

# Holistic Health<sup>©</sup>

Embracing wellness from the inside out



orthoplex

2020

SHARE THE LOVE | RECIPES | BEAUTY | HOME



# SHARE THE LOVE

This *special edition* of Holistic Health magazine has been uniquely collated with personal contributions from our passionate practitioners and very own Bio Concepts staff members! Here they *Share the Love* for health and wellbeing with you.

Within these pages you'll find a collection of their favourite healthy living recipes – including nutritious food, D.I.Y. natural beauty treatments and eco-friendly, non-toxic products for use around the home. Through all of these creations it's evident that love is the special ingredient in the recipe for a life well lived! That's love for self, love for others and love for the environment in which we live.

We hope you enjoy these recipes and *Share the Love* with those around you!



## CONTENTS

### Recipes

|                  |    |
|------------------|----|
| Breakfast in Bed | 4  |
| Salt-ry Snacks   | 7  |
| Main Squeeze     | 12 |
| Special Salads   | 18 |
| Sweet Treats     | 22 |

### D.I.Y. Beauty

|                           |    |
|---------------------------|----|
| Natural Beauty Treatments | 26 |
| Bath Time                 | 28 |

### Healthy Home

|                                  |    |
|----------------------------------|----|
| Natural Home Cleaning Recipes    | 29 |
| Pamper Your Pooch                | 30 |
| Make a Gift for the One you Love | 31 |





# Recipes breakfast in bed



Serves  
6

## SAVOURY COCONUT MUFFINS

**RIKE EHM**, Naturopath, Realize Health, QLD

### Ingredients

- 4 eggs
- ¼ cup ghee or coconut oil melted
- ¼ cup water
- ¼ tsp sea salt
- ⅓ cup coconut flour
- ¼ tsp baking soda
- ½ cup finely chopped kale
- ¼ tsp dried oregano
- ¼ tsp dried basil

### Method

1. In a medium bowl, combine the eggs, ghee or coconut oil, water and salt. Combine well, using a hand mixer.
2. Sift in the coconut flour and baking soda and keep mixing.
3. Add in the kale and dried herbs until all ingredients are well incorporated. Preheat oven to 200°C and place rack in middle of oven.
4. In a muffin pan spoon batter evenly into six baking cups.
5. Bake for 13-14 minutes until just golden on top and a toothpick inserted into the middle of a muffin comes out clean.
6. Let cool for a moment and enjoy!

## GREEN PIKELETS

**KELLIE MONTGOMERY**, Nutritionist, NSW

**We all know the importance of feeding kids a protein rich breakfast, but what about feeding them one that gives them protein, plus a serve of green vegetables as well?**

### Ingredients

- 4 eggs (ideally organic, pastured)
- 2 bananas
- 1 cup baby spinach
- 3 tblsp LSA
- ½ tsp cinnamon
- 1 tblsp butter or coconut oil for frying

### Method

1. Add all ingredients to a blender and blend until smooth.
2. Heat a little butter or coconut oil in a frypan and cook pikelets over a medium heat until golden brown.
3. Leftovers store well in the fridge for a few days and they make a great and healthy addition to a lunchbox too.

## RIPPA RASPBERRY & COCONUT CHIA PUDDING

**HILTON MELDER**, Nutritionist, Nutrition for Life, VIC

### Ingredients

- 1 cup frozen raspberries
- 250ml coconut cream
- 4 tblsp shredded coconut
- 2 tsp maple syrup
- 60ml milk (any variety)
- 1 tblsp goji berries
- ¼ cup chia seeds
- Walnuts and toasted coconut flakes to serve

### Method

1. Combine chia seeds, goji berries and shredded coconut in a bowl.
2. Blend raspberries, coconut cream, milk and maple syrup for 30 seconds in a blender, and strain to remove seeds.
3. Combine all ingredients and mix well.
4. Place into glass and refrigerate overnight.
5. Top with some walnuts and additional toasted coconut flakes before serving.

For your  
little loves





# ROASTED PUMPKIN PIKELETS

NATASHA ZERVAAS, Naturopath, Green Secrets Holistic Health Clinic, VIC

## Ingredients

2 heaped cups butternut pumpkin  
2-3 garlic cloves  
½ cup spring onion  
½ cup gluten free flour (buckwheat or coconut flour)  
1 tsp of gluten free baking powder  
Splash of plant-based milk (almond or coconut milk)  
2 free range eggs  
1-2 tblsp coconut or olive oil, plus extra for frying  
½ tsp himalayan crystal salt  
¼ tsp freshly ground black pepper  
¼ tsp smoky paprika

## Method

1. Cut the pumpkin into small cubes, leaving the skin on.
2. Add the pumpkin, garlic, salt, pepper, paprika and melted coconut oil into a bowl and mix to coat the pumpkin in the oil and seasoning before placing into a roasting pan.
3. Roast in a pre-heated oven at 180°C until golden brown.
4. Allow to cool slightly before mashing roughly by hand, then add the flour, baking powder, finely sliced spring onions and eggs. Mix and add just enough milk to make a nice thick batter.
5. Heat oil in a frying pan and add approximately 2 tablespoons of batter per pikelet.
6. Cook for 2 minutes each side until golden brown and bubbling.

## Tips

These roasted pumpkin pikelets are such a delicious goodie. Roasting the pumpkin and garlic first brings out their sweetness, combined with the savoury salt, pepper and paprika flavour – it is a match made in heaven!

You can eat these pikelets as is or can top with a little smearing of pesto, goat's or sheep's fetta (if able to tolerate dairy), or spinach/rocket leaves with a squeeze of fresh lemon.

# Recipes salt-ry snacks

## ONE BOWL SUPER SEED BISCUITS

NINA KINGSFORD-SMITH, Nutritionist, NSW

## Ingredients

1 cup rolled oats  
1 tblsp flaxseeds  
1 tblsp chia seeds  
3 tblsp sunflower seeds  
3 tblsp pumpkin seeds  
1 tblsp cinnamon  
½ cup seed/nut butter (can use a blend of chia, sesame, almonds, brazil nuts, cashews and peanuts)  
2 tblsp rice malt syrup or honey  
1 tsp vanilla extract

## Method

1. Preheat oven to 170°C conventional.
2. In a large bowl, combine the dry ingredients.
3. Add the rest of the ingredients.
4. Mix with your hands until well combined.
5. Roll the mix into balls and place on a greased or lined baking tray, then flatten each ball with your hand.
6. Pop in the oven and bake for 10-12 minutes or until golden.

## Tips:

**SEEDY. CRUNCHY. SIMPLE. PERFECTION.** These one bowl super seedy biscuits are loaded with nourishment thanks to a mix of seeds, oats, cinnamon and other deliciousness. They also provide fibre, protein, quality fats, magnesium, zinc, silica, B vitamins and more. They make the perfect snack whenever and wherever you are, including an easy breakfast option or a tasty dessert with a mug of hot cacao.

**Hint:** Store these in a glass jar or container in the fridge or freezer to make them last longer.

Makes  
14  
biscuits





# LOW THIOL MUSHROOM PÂTÉ

JILLAIN WHEELER, Nutritionist, TAS

Serves  
4

## Ingredients

¼ cup dried mushrooms (porcini, French forest mix or medicinal mushrooms)  
¼ cup water  
1 cup sliced swiss brown mushrooms  
½ cup chopped parsley  
1 tsp thyme  
¼ tsp freshly shaved nutmeg  
½ tsp gluten-free asafoetida  
1 tblsp ghee or duck fat  
1-2 tblsp cold-pressed olive oil  
Salt and pepper to season  
Cashew nut butter  
The juice of half a lemon

## Method

1. Soak the dried mushrooms in water for a few hours.
2. Heat the duck fat or ghee in a medium fry pan.
3. Sauté the fresh mushrooms together with the soaked mushrooms and the soaking liquid until the liquid is reduced.
4. Add the herbs and spice and continue sautéing until fragrant and the mushrooms are softened.
5. Set aside to cool.
6. In a food processor blend the mushroom mixture, nut butter and lemon juice until smooth.
7. Add olive oil if needed to achieve a smooth consistency.
8. Spoon into ramekins and top with a slice of fried mushroom and a sprig of parsley and a drizzle of olive oil.
9. Refrigerate until firm and serve with seed crackers.

## Tips:

Certain mushroom varieties have medicinal properties. They support immune function and have antiviral and antibacterial properties. Varieties include Shiitaki, Chaga, Maitake Lion's Mane, Cordyceps, Reishi and Turkey Tail, all of which can be purchased in dried form and rehydrated for cooking together with local culinary mushrooms.

# BRAZIL NUT & HEMP DUKKAH

HILTON MELDER, Nutritionist, Nutrition for Life, VIC

## Ingredients

½ cup Brazil nuts  
3 tblsp black sesame seeds  
3 tblsp hemp seeds  
3 tsp ground coriander  
3 tsp ground cumin  
1 tsp smoked paprika  
1 tsp salt  
½ tsp black pepper

## Method

1. Roughly chop nuts or pulse into a rough chop in a food processor.
2. Toast sesame seeds in a dry pan until fragrant and aromatic, tossing regularly to avoid burning.
3. Add nuts, spices, salt and pepper and toss until fragrant and aromatic then turn off heat.
4. Allow to cool a little and add hemp seeds.
5. Once cooled store in an airtight container in the fridge.

Fantastic on  
fish, chicken  
or sautéed  
green veg





# SPICY SAVOURY SEED SPRINKLE

NINA KINGSFORD-SMITH, Nutritionist, NSW

## Ingredients

- 1 tblsp extra virgin olive oil or coconut oil
- 2 tsp mustard seeds
- 2 tsp fennel seeds
- 1 tsp cumin
- 1 tsp coriander
- ½ tsp turmeric
- ½ tsp paprika
- ¼ tsp cinnamon
- Pinch of cayenne pepper
- 2 tblsp sesame seeds
- 2 tblsp flax seeds
- ⅓ cup pepitas
- ⅓ cup sunflower seeds

## Method

1. Heat a pan over low to medium heat and add the oil.
2. Add the mustard and fennel seeds and stir occasionally.
3. Once they begin to pop, add the spices and stir continuously for about 30 seconds.
4. Add the sesame seeds, flax seeds, pepitas and sunflower seeds and keep stirring for 3 to 5 minutes.
5. Once your kitchen starts to smell deliciously aromatic and the seeds begin to look toasted, transfer to a plate lined with a tea towel or paper towel to cool properly.
6. To store, place in a glass jar in the fridge.



# TURMERIC ANTI-INFLAMMATORY MIX

LISA FIOCCHINI, Naturopath, Naturo Health Care, SA

## Ingredients

- 1 whole fresh turmeric finger
- 5 cloves garlic
- 1 large shallot
- ½ tsp pepper
- Touch of organic sea salt
- 1 cup extra virgin cold pressed olive oil

## Method

1. Peel turmeric, garlic and shallots. Add them with other ingredients into a blender and blend until a creamy consistency.
2. It can be kept in a glass jar in the fridge and used as a paste to cook vegetables, fish or chicken. Otherwise it's great blended with a salad dressing.

## Tips:

This delicious mix pairs well with hummus, tahini and lemon salad dressings or as a base on organic sourdough bread served with eggs on top.

## Tips:

These spiced savoury seeds are a great way to instantly liven up any meal with both flavour and texture.

They feature a delicious blend of spices and seeds – think mustard, fennel, cumin, coriander, cayenne, flax, pepitas, sunflower seeds and more.

You can spice up your avocado on toast, salads, soups, veggies, poached chicken and eggs by adding the sprinkle. They also work great as an addition to platters and cheese boards (sprinkle them over a dip or on top of some goat's cheese to really liven it up).

Finally, eat them on their own as a savoury snack.



# Recipes main squeeze

## CAULIFLOWER & CHICKPEA CURRY

**CASSI COWLAM**, Naturopath, Gold Coast, QLD

### Ingredients

- 1 small cauliflower, chop into individual florets (you could also use broccoli or sweet potato)
- 2 medium brown onions
- 1½ cups cooked chickpeas (can use organic canned)
- 2 carrots, no need to peel the carrot, chop into chunky pieces
- 1 small red or green capsicum, slice into 5cm strips
- 1 cup peas (fresh or frozen)
- 3 bay leaves
- 2 vegetable stock cubes (or vegetable stock)
- 3 cloves garlic, crushed or well chopped
- 1 heaped tsp garam masala
- ½ tsp chilli powder
- 1 tsp ginger powder (or a thumb length of chopped ginger)
- 1 heaped tsp organic turmeric powder
- 1 heaped tsp organic cumin powder
- 1 tsp cumin seeds
- Seasoning to taste (salt, pepper)
- 2 tblsp extra virgin olive oil
- ½ - 1 cup coconut cream or coconut milk

### Method

1. Place olive oil and all the spices in a saucepan over medium heat.
2. When aromatic and sizzling, add garlic, onion, bay leaves and capsicum and cook for 5 minutes.
3. Add cauliflower and stir well, covering it in spices.
4. Add carrots, chickpeas and peas, stock-cubes and enough water to cover vegetables.
5. When bubbling, turn heat down to simmer and cook for another 20-30 minutes.
6. Before serving, add coconut cream to individual taste.

**Tips:**  
Serve with brown rice and top with a dollop of natural yoghurt. Chopped coriander as a garnish adds another layer of flavour.



## HEALING QUALITIES



**CAULIFLOWER** is part of the cruciferous family and assists in detoxifying the liver and gut, supports hormone metabolism, has antioxidant properties and reduces inflammation.



**CHICKPEAS** also support hormone metabolism, reduce cholesterol and support bowel health, providing fibre and fuel for a healthy microbiome.



**CHILLI, TURMERIC, GARLIC and ONION** are warming, antimicrobial, anti-viral and anti-inflammatory.



**CUMIN** supports digestion (helps reduce flatulence) and promotes energy circulation.



**GINGER** is a digestive stimulant, circulatory stimulant and anti-inflammatory.

## OH MY DHAL-IN'

**LAUREN ARCHIBALD**, Bio Concepts Digital Marketing Specialist, QLD

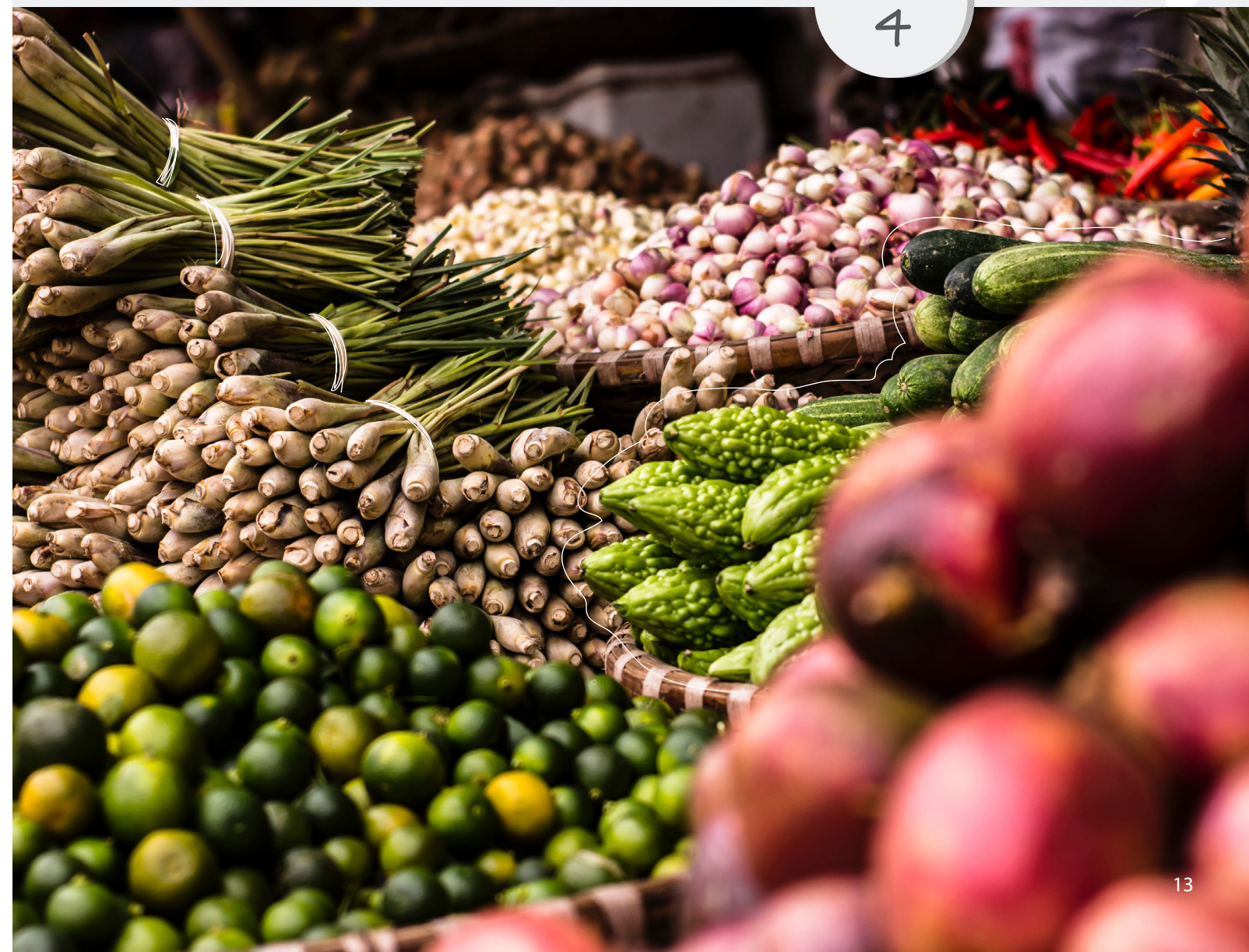
### Ingredients

- 1 tblsp ghee or coconut oil
- Half bunch spring onions, finely chopped
- 2 cloves garlic, minced
- Thumb of fresh ginger, grated
- 1 tblsp ground cumin
- 1 tblsp yellow mustard seeds
- ½ tblsp ground turmeric
- 1 tsp ground cinnamon
- Pinch of chilli powder
- Bay leaves
- 1 carrot, grated
- 1 zucchini, grated
- 250g (1½ cups) red split lentils, rinsed
- 2 cups water
- 400ml can full-fat coconut milk
- 1 can tinned tomatoes
- Juice of 1 lime or lemon
- Sea salt and freshly ground black pepper
- Fresh coriander leaves

### Method

1. You can add all of this to the slow cooker and set to low and cook overnight, or:
2. Melt the ghee/coconut oil in a saucepan.
3. Add the garlic and cook until soft.
4. Add the ginger, cumin, mustard, turmeric, cinnamon, bay leaves and chilli and cook for 30 seconds.
5. Add the spring onions and cook lightly.
6. Add the carrot and zucchini and stir through.
7. Add the lentils, water, coconut milk and tomatoes.
8. Bring to the boil, then simmer for 20-30 minutes, lid on, but stirring from time to time, until the lentils are cooked.
9. Add the lime juice, salt and pepper to taste.
10. Serve with coriander on top.

Serves  
4





# IMMUNE BOOSTING SOUP

EMMA SUTHERLAND, Naturopath, Studio You Australia, NSW

## Ingredients

600g organic chicken thighs  
1L chicken stock  
1 brown onion, sliced finely  
6 cloves garlic, sliced finely  
1 inch fresh ginger, sliced finely  
1-2 chilli's sliced finely (ensure you use the seeds to add heat)  
200g enoki mushrooms  
80g quinoa  
Zest and juice of 2 lemons  
Parsley  
1 tblsp Goji berries

## Method

1. Sauté onions, garlic, chilli, and ginger until soft.
2. Add chicken thighs and brown them.
3. Pour in stock and simmer.
4. Once chicken is cooked, take it out and shred with a fork.
5. Return chicken to the pot with the quinoa, goji berries and enoki mushrooms.
6. To serve, place lemon zest on the bottom of your bowl.
7. Add soup and top with lemon juice and parsley.

### Tips:

**This recipe is perfect as it's a regular staple for any household and it freezes well. The soup also makes for a perfect quick lunch or light dinner. It's very therapeutic.**



# SPELT SPAGHETTI

LAURA KENNEDY, studying to become a practitioner, QLD

## Ingredients

½ cup cashews, unsalted (no need to soak prior)  
2 large tomatoes, core removed and cut into large pieces  
½ -1 full 175g tomato paste  
⅓ cup diced tomatoes  
¼ cup water  
½ tsp salt  
½ cup chicken broth (½ cup hot water, plus 1½ tsp chicken bone broth power)  
2 scoops collagen powder  
1 tsp onion powder  
2 tblsp extra virgin olive oil  
4 garlic cloves, minced  
Fresh basil finely sliced, plus additional for garnish  
1 tsp hemp seeds for garnish  
Spelt Spaghetti

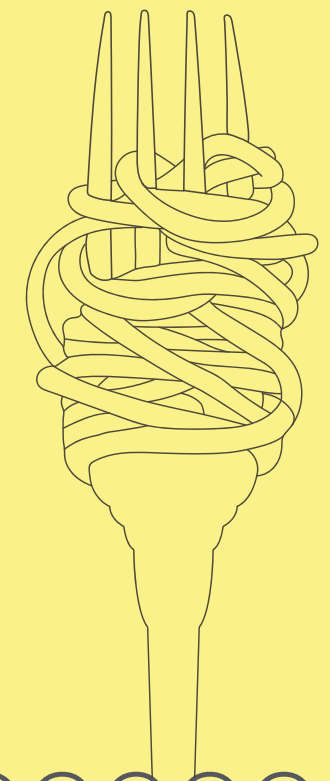
## Method

1. Place cashews, tomatoes, tomato paste, tomato sauce (diced tomatoes) and water in a blender and puree until very smooth.
2. Heat a small saucepan over medium heat and add 2 tablespoons of olive oil.
3. Add minced garlic and let it cook for 1-2 minutes, making sure it doesn't burn.
4. Stir in cashew/tomato puree and salt.
5. Combine hot chicken broth with collagen powder and onion powder, stirring until dissolved.
6. Add to saucepan, simmering for 5 minutes.
7. Boil your pasta according to package directions.
8. Taste and adjust seasoning – add more salt or broth if needed. You can use extra salt and pepper.
9. Enjoy over pasta and top with fresh basil and hemp seeds.

### Tips:

**Roast the tomatoes and cool prior to blending. The capsicum works perfectly roasted and blended too. Sauce pairs well with a poached egg on toast.**

**Hint:** Pair this dish with the handmade chocolate on page 22. Together they make a perfect date night menu for you and your loved one!



# FOOD AS MEDICINE

**CHICKEN:** perfect protein to support production of disease fighting immune molecules.

**ONION:** helps to break down mucous.

**GARLIC:** a natural antibiotic.

**GINGER:** stimulates circulation enabling more efficient clearing of toxins.

**CHILLI:** high in vitamin C.

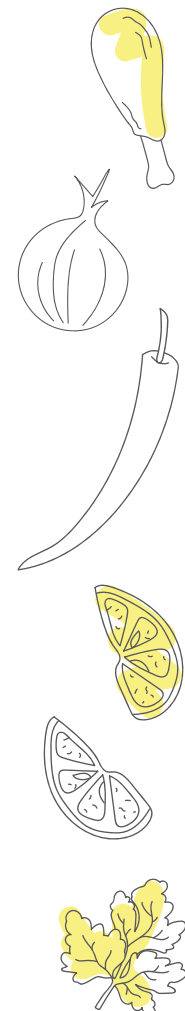
**ENOKI MUSHROOMS:** have properties that are anti-cancer so can help fight any nasty bugs.

**QUINOA:** a great carbohydrate source for energy.

**LEMON:** uplifts mood.

**GOJI BERRIES:** traditionally used in China in convalescence, specifically in broths.

**PARSLEY:** high in iron which stimulates immunity.



# NO-MATO SAUCE

CHEREE SHELTON, Naturopath, NSW

## Ingredients

1 butternut pumpkin, peeled and diced  
2 red onions, finely sliced  
2 cloves garlic, chopped  
2 fresh beetroots, peeled and diced  
½ tsp paprika  
¼ tsp dried thyme  
1 tbsp olive oil

## Method

1. Heat oil in a frypan, add onion, beetroot and pumpkin and stir for a few minutes over medium heat to colour the ingredients a little.
2. Add stock, garlic, paprika and thyme, and turn the heat down so it is just simmering.
3. Put the lid on and simmer on low for 45 minutes until soft. Cool for 5 minutes.
4. Spoon into a food processor and puree until smooth.
5. Pour into clean sterilised bottles and jars, or freeze in ice moulds for future use.

**Hint:** The perfect tomato puree substitute for those on a restricted diet. The puree works well as a bolognese sauce or on pizza.



# Recipes salmon 3 ways!



## MAPLE-SOY SALMON

with miso carrot puree & pickled cucumber salad

TESS BOYER, Studying to become a practitioner, NSW

### Ingredients

#### Salmon:

- 2 150g salmon fillets
- 2 tblsp maple syrup
- 2 tblsp tamari
- 1 tblsp fresh ginger, grated
- Juice of one lime

#### Carrot puree:

- 2 carrots, sliced thinly
- 1 tsp butter or coconut oil
- 1 tsp white miso paste
- Salt and pepper for seasoning

#### For the pickled cucumber salad:

- 2 tblsp rice wine vinegar or white wine vinegar
- 2 cucumbers, sliced
- Rocket or baby spinach
- Sesame seeds to serve

### Method

1. Combine salmon ingredients except lime in bowl and marinate ½-1 day.
2. Place sliced carrots in saucepan with 2 cups water and salt, simmer over medium-high heat until water absorbed and carrots soft.
3. Place in blender with miso, butter/coconut oil and salt/pepper to taste and puree until smooth.
4. Combine cucumber ingredients except rocket in bowl and leave in fridge to 'quick pickle' until salmon is ready.
5. Preheat oven to 180°C.
6. Remove salmon from marinade and place on baking sheet and into oven for 10 minutes or until cooked to your liking.
7. Place remaining marinade in saucepan with juice of lime and simmer over low heat until slightly reduced into a syrup.
8. Remove cucumbers and drain, toss with rocket/spinach and season.
9. Place carrot puree onto plate, top with salmon and marinade. Serve with cucumber salad and sprinkle with sesame seeds.

**Hint:** This option is great for those who are looking for a recipe that is high in protein, low in carbohydrates and high in omega-3.

Serves  
2

## GRILLED SALMON

with olive tapenade, sweet potato mash & goats cheese melt

ADAM SAFFRON, Nutritionist, Saffron Nutrition, VIC

### Ingredients

- 220g fresh salmon
- ½ bunch broccolini
- 8-10 fresh asparagus spears
- 1 tblsp goat cheese
- 1 medium sweet potato
- 1 tsp turmeric root
- ½ cup kale
- ½ cup baby spinach
- 2 handfuls pine nuts
- 6 black olives
- 4 cherry tomatoes
- ½ small tomato
- 2 tsp parsley, chopped
- 2 tsp coriander, chopped
- 2 cloves garlic
- 1 lemon
- 3 tblsp olive oil
- Sea salt flakes sprinkle

### Tips:

Prior to cooking, squeeze ½ lemon onto the salmon and let it sit for 5 minutes. This will provide an additional flavour boost. Pat dry with paper towel prior to cooking. Make sure the pan is hot before cooking the salmon as it will help crisp the skin of the salmon.

### Method

#### Tapenade

1. Chop olives and tomato skin only of ½ tomato into small size 2-5mm squares and place in bowl. Crush 1 garlic clove and add to bowl, then add parsley and coriander to bowl.
2. Add 1 tblsp olive oil and squeeze lemon juice into bowl.
3. Mix all together well and set aside in fridge.

#### Salmon grilled/baked

**Grill:** Grill in hot cast iron griddle both sides of salmon with ½ tblsp extra virgin olive oil and a sprinkle of salt, 1 minute both sides.

**Bake:** Place in oven, on oven tray and bake on 180°C for 15-20 minutes.

#### Sweet potato mash with kale spinach and pine nuts

1. Peel and cut small sweet potato and place in pot.
2. Peel and crush turmeric root and place into pot.
3. Add cold water and bring to boil, then simmer for 30 minutes.
4. Drain all liquid and allow it to sit for 3 minutes.
5. Mash, and leave aside in pot.
6. In pan place 1 tblsp extra virgin olive oil and pine nuts. After mixing and heating for 20 seconds, add spinach and kale, cook together until leaves start wilting. Add mixture into mash mix and mix then set aside.

#### Broccolini and asparagus with garlic and goat cheese melt

1. Steam broccolini and asparagus.
2. Place into pan with 1 tsp extra virgin olive oil, crushed garlic and goat cheese. Cook on medium heat mixing together and set aside.

#### Plating

1. Take salmon out of the oven.
2. Place tapenade on plate, salmon on top.
3. Spoon mash onto the plate.
4. Place asparagus and broccolini on side of salmon.
5. Toss cherry tomatoes on the plate.

## ATLANTIC SALMON

with lime & ginger glaze

LAUREN REEVES, Nutritionist, NSW

### Ingredients

- 4 x 120g Atlantic salmon fillets, boned

#### Glaze:

- ½ cup English breakfast or lime marmalade
- 2 tsp fresh ginger, grated
- 2 tblsp gluten free soy sauce
- 1 tsp lime juice

#### To serve:

- 2 spring onions, finely sliced
- ¼ cup fresh coriander leaves
- 1 lime, cut into wedges

### Method

1. Heat glaze ingredients together in a small saucepan until the marmalade has dissolved to a liquid.
2. Place salmon skin-side down onto an oven tray lined with baking paper. Generously brush marmalade glaze over the salmon fillets.
3. Bake in a preheated oven of 180°C for 8-10 minutes, or until salmon is just cooked.
4. Place remaining glaze in a small saucepan and simmer for 1-2 minutes until thickened and syrupy.
5. Serve fish drizzled with extra glaze, sprinkled with spring onions, coriander and a lime wedge on the side.
6. Serve with steamed green vegetables or a garden salad.



# Recipes

## special salads

## VEGETARIAN GRAIN SALAD

CHRISTINE DASHPER, Naturopath, Pure Element Naturopathy, VIC

### Ingredients

1 cup mixed quinoa  
½ cup brown rice  
Vegetable stock  
¾ tsp ground chili  
¾ tsp cumin  
¾ tsp coriander  
1 red onion or (1 bunch spring onions), roughly chopped  
1-2 cloves garlic  
Fresh ginger, chopped  
1 red capsicum  
400g can chickpeas, drained  
1 small-medium beetroot  
Fresh spinach  
Herbs of your choice (coriander and parsley works well)  
Sunflower and pumpkin seeds  
Fetta cheese\*

Serves  
**4**  
as a standalone  
salad

or up to  
**10**  
as a side with  
other salads

### Method

1. 1 cup mixed quinoa and ½ cup brown rice, cooked in vegetable stock (can be substituted with grains of your choice). When cooked, drain well and set aside to cool.
2. Then add ½ to ¾ tsp each of ground chili, cumin, coriander. Mix through the grain thoroughly with a fork.
3. Sauté, in the oil of your choice: 1 red onion or 1 bunch of spring onions – roughly chopped, 1-2 cloves of garlic, chopped fresh ginger and red capsicum. When cooled slightly, stir through the grains.
4. Toss a 400g can drained chickpeas through the mix, along with 1 small-medium sized grated beetroot.
5. Finely chop and add some fresh spinach and the herb of your choice – I added a bunch of coriander to this one, but parsley works well too.
6. Sprinkle over some sunflower, pumpkin seeds and crumbled fetta\* to complete the salad.

\*Lightly roasted firm tofu is another option here.

### Tips:

**You now have flavour, colour and crunch!  
Not to mention, plant protein, fibre, zinc,  
magnesium, calcium and iron.**



# FRESH GREEN SALAD

KIRSTY ADAMS, Naturopath, Psoriasis Skin & Wellness Clinic Perth, WA

## Ingredients

Fresh silverbeet  
Spinach leaves  
Mint and parsley  
Raw broccoli  
Almonds, sunflower seeds and pepitas (pumpkin seeds)  
Fetta and sweet organic raisins  
Dash of maple syrup  
Extra virgin olive oil  
Balsamic vinegar for a dressing

## Method

1. Add the fresh silverbeet, spinach leaves, mint and parsley to a bowl.
2. Add the raw broccoli, almonds, sunflower seeds and pepitas (pumpkin seeds) for a bit of crunch.
3. Then add the fetta and sweet organic raisins.
4. Finish off by adding a dash of maple syrup, extra virgin olive oil and some balsamic vinegar as the dressing.



*Hint: Delicious on its own or with some fish or chicken for dinner.*

# GREEN BEAN SALAD

REBECCA PATERSON, Nutritionist, RP Fitness and Health, NSW

## Ingredients

500g green beans, trimmed  
1 cup fetta cheese, crumbled  
1 cup cherry tomatoes, halved  
2 tblsp chopped red onion  
½ cup slivered almonds, toasted  
3-4 tblsp extra virgin olive oil  
2 tblsp coconut aminos  
2 tblsp fresh basil, chopped  
1 tblsp fresh parsley, chopped  
1-2 cloves garlic, minced  
Pinch of salt and black pepper

## Method

1. Boil a large pot of salted water.
2. Add beans and cook until tender (2-3 minutes).
3. Once cooked, drain the contents.
4. In a heated fry pan with olive oil, fry beans, garlic and onion until warmed and garlic cooked, add coconut aminos and stir through.
5. Add beans to a bowl with remaining ingredients and serve.



# BUDDHA BOWL

KATEY WEEKES, Peachy Natural Health & Fertility, & Bio Concepts Technical Advisor, QLD

## Ingredients

2 heads broccoli, cut into florets  
2 cups purple cabbage, finely shredded  
1 large sweet potato, cut into small chunks  
1 cup mixed quinoa or brown rice, cooked  
1 cup green lentils, cooked  
2 heirloom carrots (any colour) grated into ribbons  
1 blood orange or pink grapefruit, peeled and thinly sliced  
1 avocado, sliced  
2 tblsp raw hemp seeds, plus extra for serving  
The juice of one lemon  
2 tblsp extra virgin olive oil  
Himalayan salt and cracked pepper  
Pomegranate seeds and sprouts, for serving

## Turmeric Dressing

½ cup roasted cashews  
1 clove garlic, minced  
1-2cm piece of ginger, finely chopped  
The juice of one lemon  
½ tsp fresh or ground turmeric  
Himalayan salt and pepper to season  
(Combine all ingredients in a high-powered blender and blend until smooth.)

## Method

1. Preheat the oven to 200°C.
2. Toss the sweet potato with salt, pepper and half the olive oil and place on a baking tray. Transfer to the oven and cook for 15-20 minutes, then remove from the oven.
3. Add the broccoli with the remaining olive oil and the hemp seeds, toss to coat.
4. Return to the oven and roast for a further 15 minutes until cooked to perfection.
5. While the vegetables are cooking, combine the cabbage, lemon juice and salt in a mixing bowl and massage with your hands for 30 seconds to 1 minute.
6. To assemble, toss the quinoa or rice with the lentils and divide among 4 bowls.
7. Add the roasted veggies, cabbage, carrots, avocado and orange or grapefruit.
8. Top with pomegranate, sprouts and hemp seeds and drizzle with turmeric dressing.





# Recipes sweet treats

## HANDMADE CHOCOLATE

SONIA GULWADI, Nutritionist, Zoetic Health, VIC

### Ingredients

150g cocoa butter  
100g coconut oil  
1½ cups cacao powder (makes dark chocolate)  
Liquid sweetener of choice (honey, maple syrup or rice malt syrup)  
Tasty bits (dried fruit or nuts or puffed rice or frozen berries)

### Method

1. Place everything except the tasty bits into a heat proof bowl and melt over boiling water. Do not overheat as you will lose some of the health benefits.
2. Place tasty bits in a lined tray and pour your melted chocolate over the top.
3. Pop in the fridge to set.



## CHOCOLATE MINT HERBAL SNACK BALLS

TRACY GAIBISSO, Beyond Health Natural Therapies, WA

### Ingredients

2 cups herbal powder (can use astragalus, hawthorn, tulsi or ashwaganda)  
½ cup peppermint powder  
1 cup tahini or pumpkin seed butter  
2 cups raw cacao  
1 cup honey (or sweetener of choice to taste)  
½ cup ground nuts and/ or seeds  
¾ cup coconut oil melted

### Method

1. Mix herbal powders with raw cacao powder in a big bowl.
2. Add chopped nuts, sweetener and coconut oil and mix.
3. Use additional coconut oil or cacao powder as needed to form a soft dough-like mixture.
4. Break off pieces and roll into balls and place on a tray in the fridge to harden.
5. Use as a pick-me-up snack at morning or afternoon tea.



## CARROT CAKE MUFFINS

RACHEL EVERITT, Naturopath, Healing Hands Natural Health Centre, QLD

Serves  
12

### Ingredients

⅓ cup coconut oil, melted  
2 eggs, at room temperature  
¼ cup freshly squeezed orange juice  
1 tsp vanilla essence  
1 cup gluten free flour  
1 cup almond meal or sunflower meal for nut free  
1 tsp baking soda  
1 tsp ground ginger  
1 tsp cinnamon  
¼ tsp turmeric  
¼ tsp nutmeg  
⅛ tsp salt  
½ cup coconut sugar  
½ cup walnuts, omit for nut free  
¼ cup sultanas  
1 apple, peeled, cored and grated  
1 cup carrot, grated

### Method

1. Preheat oven to 180°C.
2. Oil and flour a 12 cupcake tin or use cupcake cases.
3. Whisk together melted coconut oil, eggs, orange juice and vanilla in a small bowl or jug.
4. Mix flour, almond meal, baking soda, spices, salt and coconut sugar in a large bowl.
5. Add the wet ingredients to the dry ingredients and mix until combined, avoid over-mixing.
6. Add the remaining ingredients one at a time, gently folding into the mixture.
7. Spoon mixture into cupcake tin/cases, evenly filling each one.
8. Bake for 25-35 minutes or until the muffins spring back when gently touched or skewer comes out clean when inserted.

### Tips:

These muffins are a great healthy breakfast, snack for school lunches (without nuts) or baked as a cake, iced with cream cheese for a special occasion. This recipe is also gluten free, dairy free, refined sugar free and has a nut free option.

## BALANCED BLISS BALLS

SARAH SPANN & ROSE FLANNERY, Nutritionists, The Gut Kitchen, QLD

Makes  
12-15  
balls

### Ingredients

1 cup almond meal  
3 tblsp ground flaxseeds  
1 tblsp chia seeds  
2 tblsp vegan protein powder  
2 tblsp cacao nibs  
2 tblsp natural peanut butter  
1 tblsp coconut oil  
½ tsp sea salt  
½ tsp ground cinnamon  
Desiccated coconut for rolling

### Method

1. Add almond meal to a large bowl, then add all other dry ingredients and mix with a wooden spoon.
2. Add peanut butter and coconut oil and mix well.
3. Gradually add a little bit of water to create a smooth consistency and mix with your hands if needed. Make sure to add the water slowly as it can easily become too wet. If this happens, add more almond meal. The texture should be moist and firm, but not sticky.
4. Use a teaspoon to scoop up a small ball of the mixture.
5. Make a ball with the mixture and roll in the desiccated coconut. Repeat this step until there is no more mixture left.
6. The balanced bliss balls can be stored in the fridge in an airtight container for up to one week, or frozen for longer.





# Holistic Health

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Holistic Health is not only about fuelling our body with healthy nutritious food. It's also about living a healthy life in our modern environment and looking after the health of the planet.

That means considering the chemicals we're exposed to and we're exposing our planet to. That means considering not only the food and drinks we're consuming, but the products and materials we're supporting as consumers – which are ultimately returned to the environment.

Plastic is in excess, toxic chemicals are pervasive and waste is often mindless. Holistic health is about considering the bigger picture – if not just for ourselves, but also for the future health of our planet, for future generations and for Mother Earth herself.

Here we've compiled some D.I.Y. natural beauty treatments and eco-friendly, non-toxic products for use around the home, so you can bring holistic health principles into all aspects of your life – caring for your body and home, without any nasty consequences.



# Natural beauty treatments



## LOVE POTION MASSAGE OIL

### Ingredients

Dark glass container  
28g carrier oil – such as jojoba, sweet almond, apricot kernel, sesame or grapeseed oil  
8 drops sandalwood essential oil  
3 drops jasmine, ylang ylang or neroli essential oil  
2 drops vanilla essential oil

### Method

1. Measure out the carrier oil in a separate container.
2. Slowly add the essential oils to the base oil.
3. Pour the combined oil into the dark bottle and shake well.
4. Use ½ teaspoon to 1 teaspoon to massage your partner.

**Hint:** For the perfect gift idea, this Love Potion Massage Oil pairs well with the Rose and Lavender Whipped Body Butter on page 27. Match made in heaven!

## SALTED CARAMEL & VANILLA LIP POLISH

### Ingredients

2 tblsp coconut sugar  
1 tblsp honey  
2 tsp coconut oil  
½ tsp sea salt  
4 drops vanilla essential oil

### Method

1. Place coconut oil and honey in a small saucepan and stir over low heat until melted.
2. Remove from heat, allow to cool, then stir in remaining ingredients.
3. Transfer to a sealed container. This polish will keep for up to 6 months.

## ROSE & LAVENDER WHIPPED BODY BUTTER

### Ingredients

1 cup shea butter  
½ cup coconut oil  
5 tblsp almond, sunflower or jojoba oil  
30 drops rose essential oil  
10 drops lavender essential oil  
2 tsp arrowroot  
2 tsp pink clay

### Method

1. In a large mixing bowl, add coconut oil and shea butter.
2. Using a handheld mixer, combine until the mixture becomes light and fluffy, scraping down the sides throughout.
3. Add the almond, sunflower or jojoba oil, pink clay, arrowroot and rose essential oil to the mixture.
4. Start on low speed, slowly increasing to high speed. Keep mixing until the pink clay is well combined into the butters and oils, and the mixture is light and fluffy.
5. Spoon into a sealed glass jar.

## ZESTY COFFEE BODY SCRUB

### Ingredients

250g organic ground coffee beans  
⅓ cup macadamia, olive or almond oil  
¼ cup coconut, brown or rapadura sugar  
Orange zest or 4 drops wild orange essential oil

### Method

1. Mix all ingredients together in a large bowl, then transfer to a sealed glass jar. This scrub will keep for up to 6 months.
2. Use when skin is damp but not wet.





## LAVENDER & ORANGE BATH SALTS

### Ingredients

- 1 cup epsom salt
- 1 tblsp pink himalayan salt
- 2 tblsp dried lavender buds (or 6 drops of lavender essential oil)
- Zest from half an orange (or 4 drops of wild orange essential oil)

### Method

1. Mix the epsom salt and pink himalayan salt together.
2. Add the dried lavender buds and zest from an orange.
3. Stir all ingredients together.
4. Store in an airtight container.

## THYME & CHAMOMILE DETOX BATH SOAK

### Ingredients

- 2 cups Epsom salt
- ½ cup baking soda
- 8 drops thyme essential oil
- 3 chamomile tea bags
- ¼ cup dried thyme (optional)

### Method

1. Mix thyme essential oil into the Epsom salts.
2. Crush thyme into fine pieces and pour into Epsom salts with the contents of the chamomile tea bags.
3. Stir all ingredients together.
4. Store in an airtight container.

**Hint:** Treat yourself or your partner to a bath and light a handmade scented soy candle from page 31.

## Natural Home cleaning recipes



## D.I.Y. LAUNDRY LIQUID

### Ingredients

- 2 litres water
- ½ cup washing soda (sodium carbonate)
- 1 cup white vinegar
- 10 drops essential oils (such as eucalyptus or wild orange)
- ¼ cup (60ml) liquid castile soap (optional)

### Method

1. Place water in a large saucepan and bring to a gentle boil over medium heat.
2. Once the water begins to boil, add the washing soda.
3. Turn off the heat and stir to dissolve.
4. Add the mixture and remaining ingredients to a large bowl or bucket, stirring well.
5. Cool the mixture before pouring into storage containers.
6. As the mixture settles, it will form a gel, stir or shake well it when you're ready to use.

## MULTI-PURPOSE CLEANER

### Ingredients

- 2 cups white vinegar
- 2 cups water
- 30 drops tea tree oil
- 10 drops lavender or peppermint essential oil
- 1 tblsp washing soda (sodium carbonate)

### Method

1. Whisk all ingredients together in a large bowl.
2. Pour into a spray bottle.
3. Spray and wipe!



# Pamper your pooch

## GENTLE OATMEAL DOG SHAMPOO

### Ingredients

- 1 cup uncooked oats
- 1/3 cup baking soda
- 4 cups water
- Fresh rosemary
- 1 tbsp coconut oil

### Method

1. Add the water and rosemary together in a pan and place over a low heat for 15 minutes. This will infuse the water with the oil from the rosemary which will help to moisturise the skin.
2. Remove the rosemary from the water and mix in the coconut oil.
3. In a blender, mill the oats until they become fine, like flour.
4. Add in the baking soda, to the oats and mix thoroughly.
5. Then combine the oatmeal mix and the infused water together, mixing thoroughly.

**Hint:** Store in a glass container and use within three days.

## SHARE THE LOVE WITH YOUR PETS!

### Ingredients

- 1L water
- 1 cup baby shampoo or nontoxic dish soap
- 1 cup apple cider vinegar
- 1/3 cup glycerine (ethically sourced and GMO-free)
- 2 tbsp aloe vera gel

### Method

1. Add all ingredients to a spray bottle and shake thoroughly to combine.
2. Apply to your dog, avoiding their eyes and work into their coat.
3. Rinse thoroughly.

## Make a Gift for the one you love



## SCENTED SOY CANDLE

### Ingredients

- 1 large container made to withstand heat (you can use an amber glass jar)
- Crock pot
- Crock pot liner
- Wooden candle wick
- Ladle
- Wick stickers or glue
- Tape
- Fragrance oil (you could use vanilla, rose, apple or cherry)
- 4 heaped cups natural soy wax flakes
- 1 cup coconut oil
- Rod (you can use a stick or pencil)
- Glass jar for candle

### Method

1. Add 4 cups of natural soy wax with 1 cup of coconut oil to your crock pot, with liner in.
2. Turn crock pot onto high heat for about one hour – or until wax and oil are melted (there may be small chunks of wax leftover that are best broken up with a spoon).
3. Once oil and wax are melted, turn crock pot off (if lid is left on this will stay liquid and warm for several hours).
4. Drop a small amount of wax or a small amount of hot glue to the bottom of your jar to hold the wick. Allow to harden for a few minutes.
5. Tape to the side of your jar to keep the wick out of the way as your pour in your wax.
6. Ladle your melted wax into your jars. Wipe off any excess immediately.
7. Allow the wax to cool for a bit (if it hasn't already in the crock pot).
8. Then add 20 drops of your pure essential oils to each individual jar.
9. Use a rod (straw, pencil or anything similar) resting horizontally over the top of the jar, tape the wick to the rod to keep the wick centered upright.
10. Place jars with melted wax on a tray or somewhere they won't get bumped.
11. Once the wax hardens trim the wick down close to the hardened wax.
12. Allow candles to stand for 48 hours before burning.



# Patient Support

At Bio Concepts we are committed to providing the tools and resources needed to support your patients on their journey of healing.

Booklets | Flyers | Brochures | Notepads



Visit our Facebook page for more recipes and healthy lifestyle tips.

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