

Recipes from our 2014 Retreat

Breakfast Saturday and Sunday

Healthy Homemade Granola by Elizabeth Ryder



2 – Cups whole oats

½ Cup chopped nuts (Pecan & Walnuts)

½ Cup seeds (Pumpkin & Sunflower work well)

½ Cup unsweetened dried cherries

½ Cup dried fruit

2 tbsp. Honey

1 ½ tbsp. coconut oil

¼ tsp Vanilla Essence

Pinch sea salt

Preheat oven to 150 c. Mix all the ingredients together. Spread it over a baking tray. Bake for about 10 minutes until lightly toasted. Keeps for about 2 weeks.

Served with Strawberries, blueberries, melon, pineapple, various nuts, mixed seeds with Goji berries and lashings of our own runny honey.

Warmed Granary, Rye and Chia breads served with Creamed Honey, homemade Rhubarb and Ginger Jam and far too much homemade Lemon Curd.

Homemade Lemon Curd – BBC Food (Yes this is none to healthy but OMG homemade lemon curd☺)



4 Free range eggs

4 Free range egg yolks

200g caster sugar

6 Lemons, juice of 6 and zest of 3

150g Unsalted butter

Sterilise the jam jars. Whisk the eggs and yolks in a heat proof bowl. Add the sugar and stir in the lemon juice and zest. Add the butter and set the bowl over a saucepan of simmering water. Stir with a wooden spoon for about 5 minutes until the butter melts. Whisk continually for another 10-12 minutes until the lemon curd has the consistency of custard. Pour into the sterilized jars and cover with a disc of waxed paper. Store in the fridge for about 2 weeks.

Homemade Elderflower Cordial – The River Cottage Recipe (Sorry also unhealthy)

20 Heads of Elderflower

1.8kg of sugar

1.2 Litres of Water

2 Unwaxed Lemons peeled and cut into slices

75g Citric Acid

Melt the sugar and Water in a large pan. Take off the heat and add the lemon, elderflower heads and citric acid. Stir well, cover for 24 hours and bottle.

Our Friday Evening Healthy Home Cooked Meal (Everything was Vegetarian or Vegan & Wheat Free)

Mozzarella and Red pepper Tart – BBC Food

2 Large sliced Red Onions

2 tbsp. Olive oil

1 tbsp. Balsamic Vinegar

12/14 Pitted Black Olives chopped

2 Red Peppers

Shortcrust pastry case (Mine was a wheat free one)

150-200g Mozzarella or Goats cheese works well

250g Cherry Tomatoes

Preheat the oven to 180c. Bake the pastry until crisp and golden. Cook the onions in the olive oil until soft and lightly coloured, add the balsamic vinegar and 1 tbsp. of water. Cook for a further 2/3 minutes. Stir in the olives and leave to cool.

Halve the peppers removing the seeds and the core. Place under a hot grill and char the skins. Place in a food bag to cool, then peel off the skins.

Spread the onion mix over the base. Place the halved peppers over the top. Slice the cheese and put a few slices in and around the peppers. Tuck the halved tomatoes in the gaps.

Bake for 20-25 minutes until the cheese is lightly tinged and the tomatoes have burst. Scatter over some basil leaves.

Lebanese Bulgur and Potato Pie with Mint Yogurt- Mail on Sunday You Magazine



880g Main crop Potatoes peeled and cut up

250g Bulgur Wheat

50g Plain Flour

½ tsp Ground Cinnamon

Sea Salt and Pepper to taste

Olive Oil

500g Onions peeled and thinly sliced

100g Chopped Fresh Coriander Leaves and Stalks

80g Pine Nuts

Squeeze of Lemon Juice

Serve it with **Minty Yogurt** (Just combine the following)

4 Heaped tbsp. of chopped mint and Coriander

300g of Yogurt (I used Soya)

2 tsp of finely chopped Green Chilli (optional)

Preheat the oven to 230/210 c. Oven proof dish oiled needed about 30c x 20c.

Cook the potatoes, drain and mash smoothly. Place the bulgur wheat in a bowl, fill with water, drain in a fine sieve and repeat this 4x. Using your hands squeeze as much water out as possible. Combine with the mashed potato, the flour and cinnamon and some salt and pepper.

Heat 2 tbsp. in a pan, add the onions and cook gently for 8-10 minutes until soft and lightly coloured. Add the coriander until it wilts. Stir in the pine nuts and season with the lemon juice and the salt and pepper.

Spoon half the potato mixture into the dish smoothing it out. Add the onion mixture to the top of this, finishing off with the rest of the potatoes.

Using the tip of a knife trace a diamond pattern on the top and before baking spread 2 tbsp. of olive oil over the top with the back of a spoon.

Minty Summer Vegetable Tart (An old, old summer recipe of mine)

1 Shortcrust Pastry Case (Again mine was wheat free)

2 Shallots peeled and sliced

2 Garlic Cloves peeled and chopped

225g Petit Pois

225g Baby Broad Beans

4 Large Eggs

142 ml Single Cream

2 Tbsp. Crème Fraiche

1 Tbsp. Grated Parmesan



Preheat the oven to 180c. Bake the pastry until crisp and golden.

Fry the shallots for a couple of minutes until soft and lightly coloured. Stir in the garlic, peas and beans. Stir through then leave to cool.

Beat together the remaining ingredients then fold into the vegetable mixture until well combined.

Spoon into the pastry case and bake in the oven for 40/45 minutes until golden. Leave for about 10 minutes before serving.

Sun-Dried Tomato, Mushroom and Spinach Tofu Quiche – By Angela Liddon

1 Shortcrust Pastry Case

1 tbsp. Coconut or Olive Oil

1 Leek or Yellow Onion

3 Garlic Cloves peeled and chopped

3 Cups Mushrooms

½ Cup Fresh Chives

½ Cup Fresh Basil Leaves

1/3 Cup Chopped Sun Dried Tomatoes (I used more, love em)

1 Cup Baby Spinach

2 tbsp. Nutritional Yeast (Amazon)

1 tsp Dried Oregano

¾ tsp Sea Salt

Black Pepper to taste.

Preheat oven to 350F and bake the case until lightly golden and firm to touch. Leave to cool and increase the oven temperature to 375F.

Rinse the tofu, then wrap in a few tea towels. Place a few books on top to press out the water. (This can be done while you prepare the case.)

Process the tofu until smooth and creamy. If it doesn't go creamy add a drop of almond milk to help it along.

Sauté the leek in the oil for a couple of minutes then add the garlic. Stir in the mushrooms and cook until most of the water cooks off the mushrooms. Stir in the herbs, tomatoes, spinach, yeast the oregano and season to taste. Cook until the spinach has wilted.

Remove from the heat and stir in the processed tofu until well combined, then spoon into the pastry case.

Bake at 375F for 35/40 minutes or until the quiche is firm to the touch. Allow to cool slightly before serving.

Salads all Homemade

Green Salad, Cous cous, and Coleslaw (Shredded Cabbage, carrot, Spring Onions, lemon Juice and Vegan Mayo)

Tomato Salad

Beef, salad and baby tomatoes sliced with diced red onion then arranged in a dish with lemon juice, olive oil , balsamic vinegar and mixed herbs mixed together and poured over just before serving.

Cucumber Salad with a Creamy and Mint Dressing by Angela Liddon (If I don't say so myself this was absolutely yummy)

2 Cucumbers chopped (I actually scrapped out the seeds so that this salad would last longer)

¼ Cup of Mint Leaves chopped roughly

½ Cup Chopped Red Onion

2-3 tsp chopped Fresh Dill

¼ Cup of Coconut Milk

½ Cup of Packed Fresh Mint Leaves

3 tbsp. Lime Juice

2 tsp Honey (Good job we are Bee keepers)

¼ tsp Sea Salt

½ tsp cornflower for thickening (Optional)

Combine the chopped cucumber, red onion, packed mint and the dill in a large bowl.

For the dressing process the rest of the ingredients until mostly smooth (Mint specks will remain)

Mix the cucumber and the dressing together and season.

Detox Salad (Who would ever have thought raw cauliflower could be so amazing)



1 Heads of Broccoli and 1 head of cauliflower (Stems removed)

2 ½ Cups of Shredded Carrot

½ Cup of Sunflower Seeds

1 Cup of Currents and ½ Cup of Raisins

½ Cup chopped Fresh Parsley

4-6 tbsp. Fresh Lemon Juice or to taste

½ tsp of Sea Salt and lots of Ground Black Pepper

Honey to drizzle on just before Serving

Process the broccoli, carrots and the cauliflower in a food processor until fine and then place in a large bowl. Stir in the rest of the ingredients. Add the lemon juice and the seasoning to taste. Drizzle with honey just before serving.

pudding and Cakes (These were all wheat, refined sugar and dairy free)

Plum (Vegan) Crumble

Enough plums to fill a pie dish, mine were drizzled in honey and pre-roasted in the oven before being turned into the dish.

For the Crumble Topping

1 Cup Oats

1 Cup Sliced Almonds

1/3 Cup Ground Almonds

¼ Cup Unsweetened Shredded Coconut

1 tsp Cinnamon

¼ tsp Sea Salt

¼ Cup Honey

¼ Cup Virgin Coconut Oil

Preheat the oven to 375F

Mix all the ingredients together in a bowl until well combined. After a couple try outs at home first where I cremated my crumble topping I ended up heating my fruit in the oven first then sprinkling the topping on and baking it until golden. Serve with homemade ice cream.

Chocolate Brownie (OMG) – By Angela Liddon

The Brownie bottom



1 Cup Walnut Pieces

½ Cup Hulled Hemp Seeds

1.5 Cups Pitted Dates

½ Cup Cacao Powder (Or Cocoa)

1.5 tsp Vanilla Extract

¼ tsp Sea Salt

2 Tbsp. Cacao Nibs (Or broken up Vegan Chocolate)

¼ Cup Walnut Pieces.

The Chocolate Topping

½ Cup Virgin Coconut Oil

½ Cup Cacao Powder

¼ Cup Honey

Pinch of Sea Salt

¼ tsp Vanilla Extract.

Line an 8" dish with parchment paper.

Process the Walnuts until fine. Add the dates and hemp seeds and process until chopped and sticky.

Add the cacao, vanilla, and salt process until well combined. Pulse in the nibs and the rest of the walnut. Finally press the mixture into the tin until smooth.

For the chocolate topping, melt the coconut oil if set. Remove from the heat and whisk in the rest of the ingredients until smooth Spread out evenly over the brownie base.

Place in the freezer until firm, cut into squares, then keep in the freezer to eat as and when.

Banana Elvis Bars – By Angela Liddon



The Bottom Layer

1.5 Cups whole Almonds

2 tbsp. Coconut Oil

2 tbsp. Honey

1 tbsp. Nut Butter (I used Almond)

½ tsp cinnamon

Pinch of Sea Salt

The Middle Layer

2 Medium Ripe Bananas

¼ Cup Coconut Oil

2 tbsp. Nut Butter

1 tsp Vanilla Extract

Pinch of Sea Salt

The Chocolate Topping

3 tbsp. Dark chocolate (I used Vegan)

½ tbsp. Coconut Oil

Line an 8" Dish with parchment

Process the almonds to a fine crumb. Add the rest of the base ingredients and process until sticky. If it doesn't hold together add a splash of water. Smooth out over the dish base.

Process all the middle layer ingredients and smooth out over the base. Place in the freezer to firm.

For the topping heat the chocolate and coconut oil together and drizzle over the Elvis Bar. Place back in the freezer until firm, then cut into squares. Back in the freezer to eat when the urge takes you.

Would like to thank my Husband and Daughter for been guinea pigs for all of the above. ;)

