



Core Community Cookbook

CORE
Health Coaching
EXERCISE / NUTRITION / LIFESTYLE

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Introduction and Thanks

This collection of recipes has been compiled by Core Health Coaching with the assistance of our amazing clients. Our clients' wellbeing is of the utmost importance to us and we strive to achieve a high level of community within the Core family. As such, we often host events inviting clients along to share their knowledge and recipes with each other. For example, we felt fortunate to have had Jillaine Williams from the Pantry Practitioner share her knowledge of fermented foods and their health benefits.



The following recipes are some of our clients' 'signature' dishes, prepared and presented with love and care and shared amongst friends. A big thank you to all those in the Core family who have shared their recipes, time and amazing food.

All recipes are nutritious and filled with delicious, fresh ingredients – and are easy to prepare.

Enjoy!



*Cameron Corish
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Scrumptious Snacks



Apricot Bites

Contributed by Gayle Hughes



Ingredients

- 1 cup dried apricots
- 2 cups desiccated coconut

Method

1. Add the ingredients to your blender or food processor. Blend, blend, blend! This may take a while to come together.
2. Press the mixture into a lined loaf tin. Refrigerate to set.
3. Once set, cut into pieces and store in the fridge. Enjoy!

Note: If you do not think your blender or food processor will combine the mixture you can either soak the apricots in boiling water for 30 minutes prior to blending or add some coconut milk while blending.

Cacao & Cashew Bliss Balls

Contributed by Kellie Rose



Ingredients

- 1 cup cashews blended until smooth (or you can cheat and buy cashew butter)
- 2 Tbsp raw honey
- 1 tsp vanilla extract
- 8 dates (pitted and soaked for at least 4 hours)
- 2 Tbsp raw cacao powder
- 1 cup desiccated coconut for coating

Method

1. Place all the ingredients except for the coconut in a mixer and whiz until smooth.
2. With your hands, roll the mixture into small balls – roughly tablespoon size.
3. Pour the desiccated coconut onto a chopping board and roll the balls in it.
4. Place the balls on a plate and refrigerate until hard.

Choc Crunch Brownies

Flour-Free

Contributed by Angela Miller



Preheat oven to 180° C / 355° F.

Grease and line a bread loaf tin with baking paper.

Ingredients

- 250 g ricotta cheese or quark
- 5 Tbsp unsweetened cocoa powder or grated raw cocoa
- 6 egg yolks
- 2 Tbsp beet sugar
- 2 ½ Tbsp coconut palm sugar
- 1–2 Tbsp goji berries
- ¼ cup crushed walnuts or hazelnuts (can be roasted)

Method

1. Place all ingredients into a medium mixing bowl. Stir until well combined by hand or with electric hand beater.
2. Pour mixture into a loaf tin and bake in oven for 20–30 minutes. Check after 20 minutes. Insert a knife into the centre of the brownies. Take them out of the oven when the sides are cooked but the centre is still slightly runny.
3. Allow brownies to sit for 15 minutes and then refrigerate for 2 hours to achieve a nice moist delicious brownie.

Coconut Quinoa Bliss Balls

Contributed by Chloe Demetres



Makes 12–15 balls

Ingredients

- 2 cups quinoa oat flakes or Forage porridge (gluten free options) or rolled oats
- 1 cup pitted dates, roughly chopped

- ½ cup shredded coconut
- ½ cup goji berries
- ½ cup almonds
- 1 Tbsp organic peanut butter
- 1 Tbsp organic cold-pressed coconut oil
- 1 Tbsp carob powder or cocoa powder
- 2 Tbsp organic honey
- 2 Tbsp water
- 1 tsp vanilla extract
- Desiccated coconut for coating the balls

Method

1. Put all ingredients apart from the water into a food processor and blend until it has the consistency of breadcrumbs. Add the water and continue to process until it becomes sticky enough to roll into balls.
2. Use a tablespoon to measure the mixture and roll into firm balls. Roll in desiccated coconut and store in an airtight container in the fridge.

Coconut Rough

Contributed by Gayle Hughes



Method

1. Place all of the ingredients into your blender or food processor. Blend until well combined.
2. Press the mixture into a loaf tin lined with baking paper and place the mixture into the freezer to set.
3. Slice and enjoy!

Ingredients

- 2 cups desiccated coconut
- 1 heaped Tbsp cacao, cocoa or carob
- 10 medjool dates, seeds removed
- 2 Tbsp coconut cream

Beetroot Hommus Thermomix

Contributed by Cameron Corish



Ingredients

- 1 garlic clove
- 400g tin of chickpeas, drained
- 50g freshly squeezed lemon juice (approx. 1 lemon)
- 1 Tbsp tahini

- ½ raw beetroot
- 20g extra virgin olive oil
- 1 tsp ground cumin (optional)
- 1 Tbsp water
- Sea salt, to taste and paprika or sumac to sprinkle prior to serving

Method

1. Place garlic in thermomix bowl and chop 3 sec/speed 7. Scrape down sides of bowl
2. Add all remaining ingredients (except paprika/sumac) and mix 10–15 sec/speed 5 until desired consistency reached.
3. Place in serving bowl and sprinkle with paprika or sumac. Serve with vegetable sticks or crackers. This hommus may also be blitzed in a blender/kitchen whiz if you don't have a Thermomix.

Pine Nut, Ricotta & Bacon Frittata Bites

Contributed by Donna Humphrey



Makes 12

Prep time 15 minutes

Cooking time 15 minutes

Ingredients

- 240g fresh ricotta
- 2/3 cup cream
- 5 eggs
- 1/2 cup chopped chives
- 2 pieces cooked bacon diced
- 2 garlic cloves
- Himalayan pink salt & black pepper to season
- 1/4 cup pine nuts
- Olive oil, for oiling pan
- Balsamic glaze for garnish (optional)

Method

1. Preheat oven to 150C & brush small muffin pan holes with oil.
2. In a jug, whisk together the ricotta, cream, eggs, bacon, chives and garlic until well combined. Season well. Pour mixture evenly into prepared muffin pan.
3. Bake for 7 minutes. Take out of oven and sprinkle with pine nuts.
4. Return to oven and bake for another 8 minutes until golden brown and set.
5. Remove from oven. Gently turn them out on a wire rack. Turn upright and set aside to cool.
6. Arrange on a platter & drizzle stripes of balsamic glaze on top.

Delicious Salads



Almond & Currant Rice Salad

Contributed by Pam and Jan Johnson



Ingredients

- 1 cup uncooked brown rice
- ½ large onion
- 50 g flaked almonds, toasted
- 75 g currants
- ¼ tsp dried oregano
- ¼ tsp ground cumin
- ¼ tsp ground cinnamon

Dressing

- ¼ cup fresh orange juice
- ⅛ to ¼ cup olive oil (adjust to personal taste)
- 1 tsp white wine vinegar
- salt and ground black pepper to taste

Method

1. Cook rice by boiling or absorption method. Drain and cool rice.
2. Finely chop the onion and fry in a little olive oil.
3. Combine rice, onion, toasted almonds, currants, oregano, cumin and cinnamon in a bowl. Cover and place in fridge for 1 hour to allow flavours to develop.
4. To make dressing, whisk together ingredients. Pour dressing over the rice mixture and toss well to combine. Serve at room temperature.

Broccoli & Chicken Salad

Contributed by Helen Dogan



Ingredients

- 1 Tbsp butter
- 1 chicken breast
- Freshly ground pepper to taste
- 1 head of broccoli, chopped into small florets and stem diced
- 2 handfuls baby spinach leaves, roughly chopped
- 1 handful snow peas, ends trimmed and cut in half
- 1 handful of macadamia nuts, roughly chopped
- Drizzle of honey wholegrain mustard dressing made from:
 - 1 Tbsp wholegrain mustard
 - 1 tsp raw honey
 - Juice of half lemon
 - 2 Tbsp olive oil

Method

1. Melt butter in a pan over medium heat.
2. Season the chicken breast with pepper. Fry in the pan until brown on both sides and cooked through. Set aside to cool.
3. Mix the broccoli, spinach, snow peas and macadamia nuts in a bowl. Slice the chicken and mix through the salad.
4. Place honey wholegrain mustard dressing ingredients in a jar and shake well to combine. Drizzle over the top and serve.

Mango, Bean & Avo Salad

Contributed by: Daphne Kusters and Naomi Denne



Method

1. Place all ingredients, minus the avocado in a medium sized salad bowl. Gently toss to mix ingredients. Just before serving add the avocado and gently toss through.
2. Salt & pepper to taste. Drizzle small amounts of balsamic vinegar & mango juice for dressing (less is more).

Ingredients

- 1 x punnet cherry or grape tomatoes – halved
- 1 x 400 g tin red kidney beans, strained
- 1 x 400 g tin mango pieces, strained and sliced (retain mango juice for dressing)
- 1 x 400 g tin corn kernels, strained
- 1 x avocado, cubed*

* Do not use over-ripe avos for this salad; you want one that will stay in shape.

Note: This salad works best eaten fresh. It will last for leftover the next day, but it does have a tendency to go mushy.

Quinoa & Roast Pumpkin Salad

Contributed by: Tracie Corish



Ingredients

- 350g quinoa, soaked overnight then rinsed and drained
- 4 whole eggs, well washed
- 400g skinless chicken fillet cut into 1.5cm cubes
- 250g pumpkin, cut into small cubes
- 150g spinach leaves
- 100g sun dried tomatoes cut into strips
- 100g pitted Kalamata olives, cut in half
- 150g sheep's milk or goats milk feta cut into 1cm pieces
- 1 shallot/spring onion thinly sliced
- 2tsp balsamic vinegar
- 80g extra virgin olive oil
- 1-2 pinches onion salt (optional)

Method

1. Cook eggs until hard boiled then cut into quarters.
2. Roast the pumpkin in 200 degree oven for approx. 20 minutes until cooked.
3. Steam chicken pieces until cooked through (or pan fry).
4. To assemble salad, drain quinoa and place into large mixing bowl. Add spinach leaves (or favourite salad greens), eggs, chicken, pumpkin, sun dried tomato, olives, feta and half of the sliced spring onions.
5. To serve, drizzle salad with mixed balsamic vinegar and olive oil and gently toss to combine. Season with onion salt (if using), then garnish with remaining sliced spring onions. Can be topped with your favourite savoury seed mix for extra protein.

Baked Delights



Impossible Zucchini Pie

Contributed by Melissa Miller



Method

1. Grease baking dish and preheat oven to 180°.
2. Break eggs into a large bowl and beat together with fork or whisk.
3. Add zucchini, onions, oil and flour and combine with wooden spoon. Season to taste.
4. Pour mixture into baking dish. Sprinkle liberally with grated cheese and a dusting of paprika.
5. Bake for 30–40 minutes. Serve hot or cold, with salad.

Ingredients

- 5–6 eggs
- 2–3 zucchinis, grated
- 2 medium onions, diced
- ¼ cup olive oil (or similar)
- 1 cup wholemeal self-raising flour
- Salt and pepper to taste
- Grated cheese
- Paprika

Paleo Veggie Bread

Contributed by Wal Thom



Ingredients

- 1 ½ cup almond meal.
- ¾ cups arrowroot flour.
- ½ tsp sea salt.
- ½ tsp bicarbonate of soda.
- 5 eggs
- 1 ½ teaspoon apple cider vinegar.
- 1 large zucchini, grated.
- 1 large carrot, grated.
- ½ cup finely grated parmesan cheese
- 2 Tbsp pepitas (pumpkin seeds)

Preheat the oven to 180°C / 325°F / Gas Mark 3 and line a standard loaf tin with baking paper.

Method

1. In a large bowl, mix together the almond meal, arrowroot, salt and bicarbonate of soda.
2. In a separate bowl whisk the eggs lightly with the apple cider vinegar using a fork.
3. Squeeze as much excess liquid out of the zucchini and carrot, add to the eggs with cheese and whisk well.
4. Add the egg mix to the dry ingredients. Mix well to combine. Pour the dough into the prepared loaf tin and sprinkle with pepitas.
5. Bake for 40–45 minutes or until the top starts turning golden and a skewer comes out clean. Remove from the oven and transfer to a wire rack. Cool for 5 minutes before slicing into 1.5 cm thick slices.

Pine Nut & Ricotta Frittata

Contributed by Donna Humphrey



Ingredients

- 240g fresh ricotta
- 2/3 cup cream
- 5 eggs
- 1/2 cup chopped chives
- 2 pieces cooked bacon diced
- 2 garlic cloves
- Himalayan pink salt & black pepper to season
- 1/4 cup pine nuts
- Olive oil, for oiling pan
- Balsamic glaze for garnish (optional)

Preheat oven to 150° C and brush small muffin pan holes with oil.

Method

1. In a jug, whisk together the ricotta, cream, eggs, bacon, chives and garlic until well combined. Season well. Pour mixture evenly into prepared muffin pan.
2. Bake for 7 minutes. Remove from oven and sprinkle with pine nuts.
3. Return to oven and bake for another 8 minutes until golden brown and set.
4. Remove from oven. Gently turn out on a wire rack. Turn upright and set aside to cool.
5. Arrange on a platter and drizzle stripes of balsamic glaze on top.

Veggie Slice

Contributed by Susan Carroll



Ingredients

- 275 g (about 1 large) red capsicum
- 1 tsp (5 ml) oil, for frying onion
- 160 g (about 1 medium) onion, peeled and finely chopped
- 9 g (about 1 large) garlic clove, peeled and crushed
- 460 g (about 1 very large) corn cob, husk and silk removed
- 200 g (about 1 medium) zucchini to make 1 ½ lightly packed cups grated zucchini
- 150 g (about 1 medium) carrot to make 1 lightly packed cup grated carrot
- 8 g (2 Tbsp) finely chopped parsley

- 25 g (¼ cup, lightly packed) grated parmesan cheese
- 56 g (¾ cup, lightly packed) grated tasty cheddar cheese
- 112 g (¾ cup) self-raising flour
- Salt and pepper, to taste
- 4 large eggs (minimum weight 59g)
- 83 ml (⅓ cup) oil (any mild-flavoured oil)

Method

1. Line an 18 cm by 28 cm rectangular baking dish or slice pan with baking paper.
2. Preheat grill on high.
3. Cut capsicum in half and remove stalk, seeds and membranes. Press capsicum with your hand to flatten (you may need to cut through any lumpy parts).
4. Place capsicum skin side up on a baking tray and place under the hot grill for about 8–10 minutes, until most of the skin surface blackens.
5. Remove tray of capsicum from under grill. Place a sheet of greaseproof paper on top and set aside until cool

- enough to handle (about 10 minutes).
6. Preheat oven to 180° C (160° C fan-forced).
 7. Heat one teaspoon of oil in a heavy-based nonstick frying pan over medium heat. Fry onion for about 8–10 minutes, stirring often, until softened and very lightly browned. Add garlic and cook, stirring constantly, for one minute.
 8. Set onion mixture aside while preparing remaining ingredients.
 9. Place the corn in a saucepan of boiling water, cover and cook for 2 minutes. Drain and set aside until cool enough to handle.
 10. Peel skin off capsicum and discard skin. Dice the capsicum into small pieces and place in a large bowl.
 11. Remove ends from zucchini and carrot and finely grate.
 12. Squeeze handfuls of grated zucchini and carrot over sink to remove excess liquid. Add zucchini and carrot to the bowl with the capsicum.
 13. Remove corn kernels from cob with a sharp knife. Add corn kernels, parsley and cooled onion mixture to the bowl with the vegetables and stir to combine.
 14. Add parmesan and cheddar cheeses, flour, fine salt and pepper to the bowl and stir to combine.
 15. Use a fork to beat the eggs and 1/3 cup oil together in a small bowl. Add egg and oil mixture to the other ingredients and stir until just combined.
 16. Pour mixture into prepared baking pan and spread evenly.
 17. Bake for about 40–45 minutes or until slice is golden brown and firm to the touch.
 18. Store slice in the refrigerator or freezer.
 19. Suggestion: When freezing the slice, cut it into single serve pieces, wrap the pieces in plastic wrap and place them in an airtight container. The slice is suitable to reheat.

Amazing Soups & Fermented Goodies



Bean Curd & Garlic Chive Soup

Contributed by Marilyn Thom



Method

1. Bring stock to boil. Add bean curd, salt and sugar.
2. Reduce heat and simmer for 5 minutes.
3. Add garlic chives and bean sprouts and remove from heat.
4. Top with coriander and fried shallots.

Ingredients

- 1 L chicken stock
- 250 g silken bean curd (soft tofu cut into triangle pieces)
- 1 Tbsp white sugar
- 1 tsp salt
- 200 g bean sprouts
- 1½ cup garlic chives (chopped 5cm lengths)
- ⅓ cup coriander (chopped)
- 1 Tbsp fried onions

Note: Chicken stock made with chicken bones, carrots, celery, onion, ginger, salt and water. You can substitute the chicken stock with vegetable stock.

Chicken & Brown Rice Soup

Contributed by Angela Gooley



Ingredients

- 50 g raw brown rice
- 50 g raw almonds
- 1 onion, halved
- 2 garlic cloves
- 1 stalk celery, quartered
- 1 large carrot, quartered
- 30 g olive oil
- 300 g cubed chicken
- 1 L water
- 2 Tbsp chicken stock paste or vege stock paste
- Chopped fresh parsley
- 100 g frozen peas

Method

1. Place rice in Thermomix bowl and grind for 1 minute on speed 9. Add almonds and grind 20 secs on speed 9. Set these aside.
2. Place onion, garlic cloves, celery and carrot in the Thermomix bowl and chop for 3 seconds on speed 5. Add oil and cook for 3 minutes, 100 degrees, speed 1.
3. Add the cubed chicken and cook for 3 minutes at 100 degrees on speed 1.
4. Add water, stock paste, rice, and ground rice and almonds, and cook for 30 minutes at 100 degrees on reverse, speed 1.
5. Add parsley and peas, cook another 5 minutes, 100 degrees, reverse, speed 1.

Green Apple Golden Berry Sauerkraut

Contributed by Jillaine Williams



Method

1. Using your Thermomix, chop the cabbage for 4 seconds on speed 5 **OR** use a mandolin to achieve a fine shred **OR** chop away with your favourite chopping knife. Place into a large bowl and sprinkle with salt.
2. Puree your green apples and add to the bowl with the dried berries, probiotic and crushed seeds.
3. Crush the mixture with your hands until the juices are running out of the cabbage and covers the mixture when pressed down firmly.
4. Transfer to your crock or pickle jars and ensure that the solids are pressed well down below the liquid.
5. Ferment for around 3–4 days in summer or 6–7 days in winter

Ingredients

- One organic drum head white cabbage
- 4–6 organic Granny Smith apples cored and unpeeled
- A small handful of organic dried golden berries or white mulberries
- 1 level Tbsp Himalayan fine salt
- 1 tsp crushed caraway seeds
- Optional – a small piece of finely diced ginger
- Optional – a ½ tsp of probiotic powder

Refreshing Drinks



Beet Kvass

Contributed by Jillaine Williams



Beets are loaded with nutrients. One glass morning and night is an excellent blood tonic, promotes regularity, aids digestion, alkalizes the blood, cleanses the liver and is a good treatment for kidney stones and other ailments. Beet Kvass may also be used in place of vinegar in salad dressings and as an addition to soups.

Method

1. Place beetroot, whey and salt in a 2 litre glass container. Add filtered water to fill the container. Stir well and top with the round end slices of the beetroot. Cover securely. Keep at room temperature for 2 days before transferring to the fridge.
2. When most of the liquid has been drunk, you may fill up the container with water and keep at room temperature for another 2 days. The resulting brew will be slightly less strong than the first. After the second brew, discard the beets (or add to a salad) and start again.

Ingredients

- 3 medium or 2 large beetroot, peeled and coarsely chopped; retain round end slices.
- ¼ cup whey made fresh from raw milk or, if not available, add a little probiotic powder
- 2 tsp Himalayan salt
- filtered water

Carrot, Apple & Ginger Juice

Contributed by Craig Gooley



Ingredients

- 3 to 4 carrots
- A half thumb sized piece of ginger
- 3 medium sticks of celery
- 3 medium red apples
- One whole lemon including skin

Method

1. Put all ingredients into blender and blend on high until desired consistency.
2. Add water or coconut water if too thick.

Spinach, Green Apple, Banana & Coconut Smoothie

Contributed by Craig Gooley



Ingredients

- Handful of ice
- Big handful of baby spinach leaves
- One green apple
- 10 cm of cucumber
- 1 banana
- 20 ml lemon juice
- 100 ml coconut water

Method

1. Put all ingredients into blender and blend on high until desired consistency.
2. Add water or coconut water if too thick.

For further information on the recipes in this book, attending our next Core Community Kitchen event or any questions regarding Personal Training, Group Fitness, or Holistic Lifestyle Coaching, please contact:

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