

# 18 Recipes



to beat depression  
& anxiety

DEPRESSION,  
ANXIETY & DEMENTIA  
SECRETS

*Recipes by Sisi Kong and Sulim Soto*

## RAINBOW VEGGIE PLATE



### VEGGIES:

- Red capsicum, diced
- Red onion, sliced
- Fresh lemon with poppy seeds
- Raw broccoli florets
- Raw beetroot, finely chopped
- Tomato, diced
- Carrot, finely chopped
- Curly kale, shredded
- Avocado with Hawaiian black lava salt or Celtic sea salt

### ROASTED CHICKPEA SPLITS:

- chickpea splits or yellow split peas, soaked overnight
- ground coriander
- ground ginger
- turmeric
- Celtic sea salt
- melted coconut oil

Coat chickpea splits in other ingredients and roast at 340°F for at least 45 minutes or until cooked.

### HUMMUS:

- roasted chickpea splits
- tahini
- fresh garlic, crushed
- Celtic sea salt
- fresh lemon juice
- olive oil

Blend everything until well-combined (mine was a bit lumpy as you can see).

Assemble everything as pictured or toss into a salad. Serve with toasted millet bread “buttered” in coconut oil.

## BAKED FALAFEL STUFFED CAPSICUMS



### FALAFEL STUFFING:

- 2 cups cooked chickpea splits
  - 1 brown onion
  - small bunch of coriander, chopped
  - 4 garlic cloves, crushed (for ease of peeling and also because garlic must be crushed or cut to release the anti-bacterial, anti-fungal and anti-viral activity of allicin)
  - 2 teaspoon turmeric
  - 1 teaspoon ground coriander
  - ½ teaspoon ground ginger
  - Celtic sea salt to taste
  - 3 Tablespoon coconut oil
1. Slice the capsicums in half and de-seed.
  2. Pre-heat the oven to 410°F.
  3. Toss all falafel ingredients into a food processor and pulse away until everything is holding together but a bit soggy.
  4. Scoop mixture into capsicum halves and form remaining stuffing into slightly soggy falafel patties.
  5. Place patties onto a baking-paper-lined tray for 25 minutes, until browned on the outside.
  6. Blend sauce ingredients and serve stuffed capsicums and falafels with avocado and Hawaiian red alaea salt or Celtic sea salt, avocado sauce, lime wedges, and a smattering of hemp seeds and activated raw pumpkin kernels.
  7. Coat chickpea splits in other ingredients and roast at 340°F for at least 45 minutes or until cooked.

### AVOCADO SAUCE:

- ½ an avocado
- juice of ½ a lemon, few Tablespoon of olive oil
- 2 spring onion shoots

## Baked Rainbow Chips with Coconut Ginger Lemon Dip



### KALE CHIPS:

- 10 kale leaves, washed, torn and dried thoroughly
  - 2 Tablespoon coconut oil
  - Celtic sea salt
1. Combine oil and salt.
  2. Toss kale thoroughly in oil until evenly coated.
  3. Bake at 340°F for 10 minutes until crisp

### CABBAGE CHIPS:

- 10 red cabbage leaves
  - Celtic sea salt
  - oregano leaves
1. Tear the cabbage leaves into two or three pieces.
  2. Blanch cabbage leaves in boiling water then rinse under cold water.
  3. Drain leaves and dry with paper towels.
  4. Season with salt and oregano.
  5. Bake at 210°F for at least two hours - even more if you want them extra crispy.

### SWEET POTATO CHIPS:

- 4 gold sweet potatoes, very finely sliced into rounds
  - ¼ cup melted coconut oil
  - Celtic sea salt
  - lemon myrtle
1. Combine oil, salt, and lemon myrtle in a bowl.
  2. Toss sweet potato rounds in dressing until evenly coated.
  3. Bake at 400°F for at least half an hour, flipping regularly.

### COCONUT GINGER LEMON DIP:

- 1/2 cup coconut cream
  - 1/2 teaspoon ground ginger
  - fresh juice from 1 lemon
  - 2 Tablespoon brazil nut butter
  - handful of activated raw pistachios
1. Blend all ingredients in a blender.
  2. Top with chopped pistachios and hemp seeds.

*\* These are best eaten fresh and the recipe is easy enough that you can make them fresh all the time!*

## CARROT & CHARD BREAD



### INGREDIENTS:

- 1 carrot, finely chopped
- 1 small bunch of ruby chard, leaves shredded and stems chopped
- 1½ cups of raw brazil nuts, ground (be careful not to grind it into butter)
- ¼ cup hemp flour
- ½ cup of flax seeds, ground in a coffee grinder
- 1½ filtered water
- ¼ cup melted coconut oil
- 1 Tablespoon tahini
- 1 teaspoon Celtic sea salt
- ½ teaspoon dried rosemary
- few drops of Italian essential oil blend
- hemp, pumpkin and sunflower seeds for topping

### DIRECTIONS

1. Mix ground flax and water together, then refrigerate for 10 minutes to thicken.
2. Prepare veggies while flax is thickening.
3. Combine flax gel, coconut oil, and tahini.
4. Add ground nuts and hemp flour and mix well.
5. Mix in veggies, essential oil, rosemary, and salt.
6. Pour into a baking tin and top with seeds.
7. Bake at 375°F for an hour.
8. Allow to cool before slicing and serving.

## CAULIFLOWER, CHIA & HEMP PIZZA BASE



### INGREDIENTS:

The following recipe uses chia eggs to hold this dairy-free, egg-free, grain-free and soy-free pizza base together.

- ½ head cauliflower  
- processed into cauliflower rice
- 1 teaspoon dried rosemary
- handful of fresh parsley
- pinch of Celtic sea salt
- pinch of lemon myrtle
- ¼ cup chia seeds
- ½ cup filtered water
- ¼ cup almond meal
- ¼ cup hemp flour

### DIRECTIONS

1. Boil the cauliflower rice for a few minutes and then drain well. Freeze for 10 minutes to cool quickly.
2. Grind chia seeds and mix with water to create chia eggs. Refrigerate for 10 minutes to thicken.
3. Squeeze cooled cauliflower rice in paper towels to remove any excess moisture.
4. Blend all ingredients, including chia eggs, in a high-speed blender and spread mixture onto a baking tray lined with baking paper (I ran out so I had to use foil - definitely not ideal!).
5. Bake at 375°F for half an hour then top with all your favorite ingredients (I used homemade macadamia cheese, finely chopped beetroot/carrot sautéed in coconut oil, and green beans) and re-bake for another 15 minutes.
6. Garnish with parsley or other fresh herbs.

**Yield:** (makes one pizza base to serve 2 *(or 1 extra hungry person)*)

*\*You can replace chia seeds with flax seeds to achieve the same binding effect of eggs.*

## CAULIFLOWER RICE IN CABBAGE CUPS WITH CURRY SAUCE



### CABBAGE CUPS:

These cabbage cups are quick and easy, with a flavorsome, tangy macadamia butter sauce - any excuse to show a little maca butter love!

- 1 Tablespoon coconut oil
- 2 garlic cloves, crushed and finely chopped
- 4 spring onions, finely chopped
- 8 cherry tomatoes, halved
- 2 mini eggplants, diced
- handful of snow peas, chopped
- fresh juice of half a lemon
- 1 teaspoon Celtic sea salt
- ½ teaspoon dried thyme
- ½ cauliflower head

- 5 red cabbage leaves
- coriander leaves and hemp seeds for garnish

### CURRY SAUCE

- 3 Tablespoon macadamia butter
- ½ cup coconut cream
- ¼ teaspoon Hawaiian red alaea salt or Celtic sea salt
- fresh juice of half a lemon
- 1 teaspoon turmeric
- 1 teaspoon ground coriander

1. Cook the spring onions and garlic in coconut oil for a few minutes, until fragrant.
2. Add tomatoes, eggplant, snow peas, lemon juice, thyme and salt and cook for 10 minutes, until eggplant is tender.
3. While the veggies are cooking, blend cauliflower into rice using a blender or food processor on low speed.
4. Add cauliflower rice to veggies and continue cooking for 5 minutes.
5. Blend all sauce ingredients until smooth and well combined.
6. Scoop cauliflower rice into cabbage leaves, drizzle with sauce, and top with coriander and hemp seeds.

*\*You can also grate the cauliflower to achieve a rice consistency.*

## FAUX PASTA WITH PARSLEY PESTO & MACADAMIA CHEESE



### PASTA:

- 4 oz gluten-free fettuccine (I used edamame and mung bean fettuccine)
- 4 oz gluten-free vermicelli (I used Thai red rice vermicelli)
- Handful of raw activated pepitas
- Handful of broccoli/radish/sunflower sprouts
- Several broccoli florets for garnish
- big handful of fresh parsley
- 1 garlic clove, crushed
- 1 Tablespoon pine nuts
- fresh juice of ½ a lemon
- pinch of Celtic sea salt
- ¼ cup olive oil

### MACADAMIA CHEESE

- 1½ cups raw activated macadamias
- fresh juice of ½ a lemon
- ¼ cup filtered water
- 1 garlic clove, crushed
- 1 Tablespoon pine nuts
- big pinch of Celtic sea salt

### PARSLEY PESTO

- ½ cup raw activated cashews

1. Cook fettuccine and noodles according to package instructions.
2. Blend pesto ingredients and stir pesto through pasta.
3. Blend cheese ingredients and either stir through pasta or place to the side.
4. Stir through pepitas and sprouts and garnish with broccoli.

**Yield:** 4 servings.

## LOVELY LENTIL CURRY



### INGREDIENTS:

If you're looking for a hearty, easy vegan meal, this is the curry for you! Even if you're not vegan, I think you'll appreciate the delicious flavors and the health benefits of red lentils are awesome: high protein supply, gut-loving and brain food!

- ½ cup red lentils
- handful of cavolo nero kale
- handful of scotch blue kale
- handful of fennel fronds and stalks
- 1 small broccoli head
- 1 small carrot
- 1 brown onion
- 1 clove of garlic
- 1 teaspoon turmeric
- ½ teaspoon Celtic sea salt
- 1 Tablespoon sesame oil
- 2 cups filtered water

### DIRECTIONS

1. Chop garlic and onion and sauté in oil with turmeric and salt until fragrant.
2. Chop all veggies and throw in with lentils and water, simmering, covered, for 20 minutes.
3. Serve over quinoa or enjoy alone.

*\*You can use any greens you like - curries are great for using up veggies!*

## MIDAS HUMMUS



### INGREDIENTS:

Why have I dubbed this Midas Hummus?! Because I've turned it to gold by adding a carrot and some turmeric!

- 3 cups chickpeas, soaked overnight then boiled
- ¼ cup tahini
- ¼ cup lemon juice
- ½ teaspoon turmeric
- ¾ teaspoon Celtic sea salt
- 1 carrot
- ¼ cup water
- ½ cup olive oil
- 6 cloves of garlic

### DIRECTIONS

1. Blend all ingredients together in a food process until smooth. Blend less if you prefer chunky hummus.
2. Serve with celery sticks or healthy crackers.

Yield: 1½ cups.

## QUINOA SUSHI



### INGREDIENTS:

Delicious, cheap and easy  
vegan quinoa sushi! Yummy!

- 1 cup black/red/white quinoa
- 2 cups water
- 1 teaspoon ground ginger
- ½ teaspoon thyme leaves
- ¼ teaspoon Celtic sea salt
- fresh juice of half a lemon
- 1 tbs tahini
- 1 avocado, thinly sliced
- 1 zucchini, grated
- 1 carrot, grated
- 1 capsicum, thinly sliced
- Hawaiian black lava salt or Celtic sea salt to taste
- 5 nori sheets

### DIRECTIONS

1. Cook quinoa in water, ground ginger, thyme and salt for 15 minutes.
2. When quinoa is cooked and cooled, stir through lemon juice and tahini, and season with salt to taste.
3. Place enough quinoa on a nori sheet (with bamboo mat underneath) to create a thin quinoa layer covering the entire nori sheet except the edge furthest from you.
4. Top with all other ingredients and use the bamboo mat to roll the sushi, finishing with a few drops of water on the outer edge to seal the sushi.
5. Slice sushi into pieces of desired size.

*\*I recommend that you use a bamboo mat to roll the sushi.  
Or if you're Hawaiian use a musubi press!*

*\*Nori is high in both magnesium and calcium, which makes it the ideal bone-builder!*

## RAW CAULIFLOWER RICE SUSHI ROLLS



### INGREDIENTS:

Not only do these sushi rolls look good, they're good for you too!

- 4 nori sheets
- ½ cauliflower head
- the following vegetables, thinly sliced:
  - carrot
  - capsicum
  - avocado
  - spring onions
  - parsley

### KALE PESTO:

- few leaves of kale
- 2 garlic cloves, minced
- ½ cup pine nuts
- ¼ cup extra virgin olive oil
- Celtic sea salt to taste

### SAUCE:

- ½ cup olive oil
  - fresh juice of half a lemon
  - ½ teaspoon sesame seeds
  - ¼ teaspoon dulse flakes
  - Hawaiian black lava salt or Celtic sea salt to taste
1. Process cauliflower into cauliflower rice using a blender or food processor on low speed.
  2. Blend pesto ingredients and stir pesto through cauliflower rice.
  3. Wrap cauliflower rice and veggies in nori sheets using a bamboo mat.
  4. Dip in sauce to serve.

*\* This recipe uses pine nuts but you can replace pine nuts with avocado in the pesto to make it a nut-free recipe.*

## SWEET POTATO NOODLE SALAD WITH GARLIC GINGER ROOT VEGGIES



### INGREDIENTS:

This salad is full of vegetables and flavor - the perfect salad for a picnic!

- 2 Tablespoon melted coconut oil
- 2 garlic cloves, crushed and finely chopped
- 1-inch chunk of ginger, finely chopped
- 1½ teaspoon Celtic sea salt
- fresh juice of half a lemon
- 2 carrots, finely chopped or grated
- 4 sweet potatoes, finely chopped or grated
- 2 beetroots, finely chopped or grated
- 3 kale leaves, finely sliced

- 100g packet sweet potato noodles
- 1 Tablespoon sesame seeds
- handful of raw activated pistachios, chopped

### DIRECTIONS

1. Cook sweet potato noodles according to packet instructions (takes about 8 minutes).
2. While noodles are cooking, sauté garlic and ginger in coconut oil for a few minutes.
3. Add the carrot, sweet potato, and beetroot, cover, and cook for about 20 minutes, until sweet potato is cooked.
4. Rinse noodles under cold water and drain well.
5. Toss noodles, root veggies, and kale together.
6. Top with sesame seeds and pistachios.

*\*You can use different vegetables to what I used.*

## FENNEL AND SWEET POTATO SOUP



### INGREDIENTS:

Fennel is a favorite of mine – it balances the ratio of gut bacteria in the digestive tract for optimal health. It also protects the brain neurons against the onset of cognitive impairment.

*This recipe is vegan, gluten-free and soy-free!*

- 1 fennel bulb plus stems and fronds
- 1 eschallot, chopped
- 2 garlic cloves, finely chopped
- 1 small chunk of fresh turmeric, finely chopped
- 2 Tablespoon coconut oil
- 1 large sweet potato, peeled and chopped

- 6 cups filtered water
- 6 drops Italian essential oil blend or 6 teaspoon Italian seasoning
- fresh rosemary, finely chopped
- Celtic sea salt to taste

### DIRECTIONS:

1. Saute eschallot, garlic and turmeric in coconut oil until fragrant, about 3 minutes.
2. Add all fennel bits and sauté for another 7 minutes.
3. Add sweet potato, rosemary, water and essential oil blend and simmer until sweet potato is cooked, about 15 minutes.
4. Cool slightly and blend in high-speed blender until smooth.
5. Garnish with parsley and coconut cream.

*Note: you can replace the eschallot with red or brown onion.*

## AvOCOCO ICE CREAM



### INGREDIENTS:

This ice cream has a soft serve consistency that will appeal to even tiny tots. Make sure to add lots of coconut nectar if you have a sweet tooth. The carob adds some sweetness, but the avocado and coconut cream aren't sweet at all.

- 1 large avocado, diced and frozen overnight
- 1 can of Ayam coconut cream, poured into ice cube tray and frozen overnight
- coconut flesh and coconut water from 1 fresh young coconut
- juice of half a lemon
- handful of coconut chips (preservative- and sulphite-free)
- fresh avocado, diced
- handful of raw carob kibbles
- coconut nectar to taste (optional)

### DIRECTIONS:

1. Blend frozen avocado, coconut cream ice cubes, coconut flesh and water, and lemon juice together in a high-speed food processor or blender.
2. Serve with coconut chips, fresh avocado, and carob kibbles.

**Yield:** 2 servings.

*\* Add coconut nectar if you want it to be sweet.*

## BANANA BERRY BREAD & BERRY COCONUT SORBET



### BREAD:

- 5 ripe bananas, mashed
  - ½ cup mixed berries
  - handful of dried pear pieces, chopped
  - ½-¾ cup coconut nectar (depending on desired sweetness)
  - ¼ cup coconut oil, melted
  - 1 vanilla bean, ground
  - fresh juice of half a lemon
  - ½ teaspoon ground ginger
  - ½ teaspoon Celtic sea salt
  - 1½ cups quinoa flakes (more for topping)
  - ⅓ cup almond meal
  - ⅓ cup amaranth flour
  - ⅓ cup sorghum flour
  - handful of walnuts, chopped (more for topping)
1. Mix bananas, coconut oil, coconut nectar, vanilla, lemon, ginger, salt, berries, and pear.
  2. Add the dry ingredients to the wet ingredients.
  3. Pour batter into a loaf pan and smooth out the top.
  4. Sprinkle with walnuts and quinoa flakes and bake at 385°F for 40 minutes.

### SORBET

- 2 cups of frozen mixed berries
  - ⅓ cup coconut cream
  - ⅓ cup coconut nectar
1. Blend until well combined and serve with bread.

*\* You can leave out the pear pieces if you'd prefer.*

*\*Quinoa flakes are much more nutritious than oats and lighter on digestion!*

## CAROB HEMP BALLS



### INGREDIENTS:

These carob hemp balls are excellent for a nutritious hit on the go and are full of protein and healthy fats!

- 1 cup sunflower kernels
- ½ cup raw activated pepitas
- 1 cup desiccated coconut (sulphite-free) (plus optional ¼ cup for rolling)
- ⅓ cup melted coconut oil
- 2-3 Tablespoon raw carob powder (depending on desired level of “sweetness”)
- 2 Tablespoon Brazil nut butter
- ¼ cup hemp seeds (plus optional ¼ cup for rolling)

### DIRECTIONS:

1. Pulse sunflower kernels and pepitas in a food processor until a meal forms (be careful that it doesn't become a butter consistency).
2. Add the rest of the ingredients and process until mixture clumps together.
3. Form mixture into balls and roll balls in either hemp seeds or coconut.
4. Refrigerate overnight.

Yield: 16 balls.

*\*Make sure you use coconut oil as it's essential for the balls to set.*

## CAROB KIBBLE & COCONUT QUINOA PORRIDGE



### INGREDIENTS:

- ½ cup quinoa, rinsed
- ¾ cups water
- ½ cup coconut cream
- 1 Tablespoon almond meal

### DIRECTIONS:

1. Cook quinoa in water and coconut cream for about 12-15 minutes until liquid has evaporated and quinoa is cooked.
2. Drown in extra coconut cream and serve with avocado, coconut chips, ground ginger, and carob kibbles. Add coconut nectar if you need sweetener.

Yield: 1 serving.

*\*Stick it in the fridge for 20 minutes to serve cold on warmer days.*

## PEPPERMINT CAROB CHIA SEED PUDDING



### INGREDIENTS:

- ⅓ cup chia seeds
- 1 can (5.4 oz) coconut cream
- 1 heaped Tablespoon raw carob powder (more if you want it really caroby)
- fresh juice of half a lemon
- 1 drop of peppermint essential oil
- 1 teaspoon coconut nectar (optional)

### DIRECTIONS:

1. Shake all ingredients in a large glass jar.
2. Refrigerate overnight in a bowl.
3. Serve chilled with any toppings you like, such as extra chia seeds, berries, banana, coconut, dried fruit, nut butter, fresh fruit, raw activated nuts, refrigerated coconut cream, etc.

**Yield:** 2 servings.

*\*You can also use almond milk or another non-dairy milk instead of coconut cream, though it won't set as firm so you might want to use a little less liquid.*