



Faith
Canter

FREE-FROM
COOKERY

A free-from dairy, sugar, yeast,
gluten and white carbohydrate
recipe book.

CONTENTS

ABOUT THE AUTHOR.....	2
BREAKFAST RECIPES.....	3
LUNCH RECIPES.....	10
DINNER RECIPES.....	22
SNACK RECIPES.....	33
SIDE RECIPES.....	37
DESSERTS.....	45
CONVERSION CHART.....	52
INDEX.....	53

THE AUTHOR

Hi I'm Faith Canter. I'm an author, health wellbeing coach, therapist, nutritional consultant, food intolerance specialist, raw food and fermenting expert, environmentalist, traveller, wife, mother to three fur-babies and all round lover of life.

Things weren't always this way though. I suffered for many years with ill health, which included insomnia, IBS, food intolerances, headaches, fatigue, depression and then ME/CFS.

Today, I have recovered from all my previous ailments and I feel more alive, well and happy than I ever thought possible.

I recovered by using a whole life approach, addressing the toxicity of my mind, my body, my home and my overall environment. And I now support other people along their path to regaining not only their health, but getting their lives back too.

One of the things I do is help people to heal their digestive systems. And one of the steps to this healing process is eating nutrient dense, free-from meals. And here's some of my favourite healthy free-from recipes within the pages of this book. I have also thrown in a few of my favourite raw food recipes for good measure.

Hope you enjoy creating delicious, healing, healthy meals from this book.

BREAKFAST RECIPES

Amaranth Breakfast Cereal

Serves 4

Ingredients

500ml water (or almond milk)

180g amaranth seeds

1 tsp. cinnamon

1 tsp. chia seeds

Sliced apple (optional)

Berries, fresh or dried (optional)

Dates (Optional)

Directions

1. Put amaranth seeds in a pan of boiling water, turn down heat after two minutes and then allow to simmer for 20 minutes or until it gets thick.
2. Remove from heat and add cinnamon and chia seeds. Let sit a few minutes to allow chia seeds to expand. Serve hot.

Granola

Makes 10 portions

Ingredients

75g sunflower seeds
50g pumpkin seeds
50g flax/linseeds
50g chia seeds
90g shelled hazelnuts, roughly chopped
125g buckwheat flakes
125g rice flakes
125g millet flakes
1 tbsp. cinnamon
115g dried apple, roughly chopped (optional)
115g dried, stoned dates, roughly chopped (optional)
1 tbsp. honey (optional)

Directions

1. Soak seeds and hazelnuts for 3 hours or more. When ready to use, drain, rinse well and dry. Combine the mix with cinnamon and honey.
2. Place in a dehydrator for 14-16 hours or place in the bottom of a conventional oven at a very low heat for an hour or until completely dried out.
3. Place mixture in a large bowl and allow to cool.
4. Combine the mixture thoroughly with other fruits you desire.
5. Store in an airtight container.

Note: You can use a combination of as many seeds and nuts as you wish and even add gluten-free oats.

Porridge

Serves 4

Ingredients

225g millet flakes or gluten-free oats

450ml dairy-free milk (I prefer almond milk)

Salt (a pinch ground sea salt)

A pinch nutmeg or cinnamon

Directions

1. Put millet/oats, milk and salt in a large saucepan. Bring to boil, then turn down heat. Stirring consistently, allow to simmer for 5 minutes until creamy.
2. Place in a bowl and sprinkle with nutmeg or cinnamon.

Broccoli Hash

Serves 4

Ingredients

400g sweet potatoes
175g broccoli (cut into small florets)
2 tbsp. olive oil
1 onion (finely chopped)
1 large red pepper (diced)
½ tsp. dried chilli flakes
4 large eggs
Salt and pepper to taste

Directions

1. Place sweet potatoes in a pan of boiling water with a pinch of salt just for taste. Drain, once cooked.
2. Slightly steam the broccoli for 3 minutes.
3. In a large frying pan, heat oil over high heat. Add the onion and red pepper and fry for 2 minutes or until soft.
4. Add potatoes to frying pan and stir occasionally, for 6-8 minutes until soft.
5. Add the broccoli and chilli flakes to the frying pan and turn down heat. Fry until the mixture is lightly browned.

Note: This goes well with poached eggs, scramble tofu, fish or meat.

Oat and Ginger Granola

Ingredients

270g gluten-free oats
1 tbsp. chia seeds soaked for at least one hr.
2 tbsp. gluten-free flour
1 tsp. cinnamon
1 tbsp. shredded coconut
40g pecans soaked for at least one hour and chopped
150g cashews soaked for at least one hour and chopped
80g walnuts soaked for at least one hour and chopped
¼ tsp. ground ginger
40g pumpkin seeds soaked for at least one hour
¼ tsp Himalayan salt
1-2 tbsp. coconut oil
100g dates chopped (optional)

Directions

1. Preheat the oven to 325°F/170°C /gas mark 3.
2. Put all the ingredients in a large bowl and mix well. Evenly spread the granola onto a baking sheet and bake, stirring occasionally, for about 30 minutes or until golden brown.

Sweet Potato and Courgette Hash Browns

Serves 4

Ingredients

1 medium sweet potato, grated
2 courgettes, grated
½ tsp. Himalayan salt
1 small onion finely sliced
1 tsp. coconut oil
Freshly ground black pepper to taste

Directions

1. Mix the grated courgette with the Himalayan salt and place in a colander. Place a dish underneath the colander and set aside for 10 minutes. The salt will draw the liquid from the courgettes. Squeeze the excess liquid from the courgettes until very dry, blot with a towel and place it in the mixing bowl with the sweet potato and onion. Mix well.
2. Taste and add more salt and freshly ground black pepper if desired, then make into balls.
3. Preheat a frying pan over medium heat and add the oil. Once the pan oil is hot, add the hash browns. Press them down into the pan using the back of a spatula. Cook for 3-6 minutes.
4. When the hash browns are slightly golden, flip them over and cook for another 3-6 minutes.
5. Remove from heat and serve immediately, or allow to cool down and freeze for next time. I like to make up big batches of these so I have them in the freezer when needed. I then reheat them in the oven.

Note: Serve these with grilled tomatoes, tofu or egg scramble and some mushrooms (if you can tolerate them), and you have yourself a healthy version of a fried breakfast.

Green Smoothie

Serves 1

Ingredients

- 1 avocado
- ¼ large cucumber, chopped
- 1 stick celery, chopped
- 1 tbsp. chia seeds (soaked for at least one hour)
- 1 tbsp. ground flax and hemp seeds
- 500ml filtered water or coconut water
- 1 good handful spinach or leafy greens
- 1 scoop vanilla raw protein powder

Directions

1. Place all ingredients into your smoothie maker or blender and blitz until smooth.
2. Sometimes I add beetroot, berries or other vegetables and fruits juiced down to this mix.
3. I recommend you eat all smoothies with a spoon so that your saliva can mix with your food and start the digestive process working.

Note: You do not have to have breakfast foods for breakfast: bean, rice or quinoa salads are also a great way to start the day.

LUNCH RECIPES

Raw Un-fried Rice

Ingredients

190g wild rice
½ head of green or red cabbage
1 red onion
1 tsp. cloves garlic granules or 2 cloves garlic
3 tbsp. grated ginger (or half as much ground ginger)
2 heads of broccoli cut into small florets, stems peeled and shredded
2 large carrots shredded
1 pepper (any colour)
1 bunch parsley chopped or 1 tbsp. of dried
190g peas and/or sweetcorn (frozen and thawed)
95g lime or lemon juice
170g olive oil or your choice of oil
170g sesame oil (optional), add half as much of the above oil if you add sesame seed oil
60g Tamari (gluten-free soy sauce) or add ½ tsp of dried flaked seaweed in if you want to avoid soy
1 ½ tsp. Himalayan salt
½ tsp. chilli pepper

Directions

1. Soak wild rice for 48hrs in water (changing water and rinsing rice every 6-8hrs).
2. If you cannot tolerate wild rice or if you want a quick and non-raw substitute then you could use brown rice, lentils or quinoa.
3. Put all vegetables (except broccoli, peas and sweetcorn) and dressing items into a food processor and blitz until all items are twice the size of peas.
4. Put mixture into a bowl, add the items you have left out, mix well and put into the fridge for 2hrs (or even better, overnight).
5. Mix well before serving.
6. If you don't have any of the above vegetables, use what you do have. This is a great 'use-up' recipe, so just about any vegetable works.

Spinach, Pine Nut and Avocado Salad

Serves 4

Ingredients

60g small spinach leaves
16 cherry tomatoes
60g lambs lettuce (or other soft lettuce or leaves of your choice)
30g pine nuts
1 tbsp. lime juice
1 tbsp. sesame seed oil
1 tsp. dried seaweed flakes
3 spring onions
1 large avocado

Directions

1. Put spinach leaves and lettuce in a bowl.
2. Cube the avocado, halve the cherry tomatoes and slice the spring onion.
3. Toast the pine nuts in a medium oven or grill and add to the bowl.
4. Add lime juice, sesame seed oil and seaweed and mix well. Allow to sit for at least one hour before serving.

Spicy Tomato Soup

Serves 4

Ingredients

1 large onion
2 garlic cloves
1 tbsp. olive oil
1 large carrot
1 large courgette
1 medium sweet potato
600ml passata sauce
1 litre water or gluten-free vegetable stock
1-2 tsp. paprika
1 tsp. dried oregano
2 tbsp. chopped fresh basil
1 tbsp. chopped fresh coriander
1 tbsp. chopped fresh parsley
salt and freshly ground black pepper
¼ - ½ tsp chilli powder (optional)

Directions

1. Finely dice onions and then lightly steam in a pan with a little oil.
2. Crush the garlic cloves, take off skin and add to onions.
3. Grate the carrot, courgette and sweet potato and add to the onions. Return to steaming the vegetables, stirring constantly, until they begin to soften and brown.
4. Combine the passata, water or stock, paprika, chilli powder and oregano to mixture in saucepan. Boil and then simmer for an extra 15 minutes or until vegetables are tender.
5. Add the fresh herbs and season to taste with salt and black pepper (optional). Simmer for 2 minutes and serve.

Thai Tofu Cakes

Serves 8

Ingredients

300g firm tofu drained and crumbled down
1 lemon grass stalk, outer layer discarded, finely chopped
2 garlic cloves, chopped
2.5 cm/1-inch piece fresh ginger, grated
2 shallots, finely chopped
2 fresh red chillies, deseeded and finely chopped
4 tbsp. chopped fresh coriander
90g gluten-free plain flour, plus extra for flouring
½ tsp. salt
2-3 tbsp. coconut oil, for frying
2 kaffir lime leaves, finely chopped (optional)

Directions

1. Combine the tofu with the lemon grass, garlic, ginger, lime leaves, if using, shallots, chillies and coriander in a mixing bowl.
2. Stir in the flour and salt to make a coarse, sticky paste. Allow the mixture to firm up slightly by covering and putting it to chill in the refrigerator.
3. Flour your hands and form the mixture into small balls. Use your hands to flatten into rounds until you have 8 cakes.
4. Place oil in a large frying pan and place over medium heat. Cook the cakes for 4-6 minutes or until golden brown, turn and cook for the same amount of time on the other side.
5. Drain on paper towel and serve with salad, rice or quinoa.

Tortilla

Serves 4

Ingredients

450g selection of peppers, onions, peas, sweet potatoes, courgette and other greens
1tbsp. olive oil
4 eggs
200ml dairy-free milk
2 tbsp. rice flour
1 large tomato
salt and freshly ground black pepper

Directions

1. Cut vegetables into small cubes.
2. Put them in a saucepan with olive oil and allow to slightly steam until they become soft and brown.
3. Combine eggs, milk and rice flour and beat into a batter, then season with salt and black pepper.
4. Put the vegetables in a greased flan dish or oven-proof bowl and pour the egg mixture over the top.
5. Carefully slice the tomato and put the slices on the top of the tortilla.
6. In a preheated 325°F/170°C /gas mark 3 oven, bake for approximately 30 minutes or until the tortilla begins to have a brown colour. Cut into wedges and serve with a salad garnish.

Oriental Rice Salad

Serves 4

Ingredients

125g brown rice
2 tbsp. sesame oil
2 tbsp. lime juice
1 tsp. grated fresh ginger
30g flaked almonds (soaked for at least one hour and patted down)
30g sunflower seeds (soaked for at least one hour and patted down)
60g sesame seeds (soaked for at least one hour and patted down)
Freshly ground black pepper

Directions

1. Brown rice should be cooked until tender in lots of water. Remove excess water by draining.
2. Add lime juice, grated ginger, sesame oil to the warm rice. Then allow rice to cool.
3. The almonds, sunflower seeds and sesame seeds should be placed in a medium oven for around 20 minutes, stirring part way.
4. Combine the nuts and seeds with lots of black pepper to the rice immediately before serving.

Vegetable Tofu Scramble

Serves 4

Ingredients

120ml and 1 tbsp. coconut oil, divided
1 to 2 cloves garlic, minced
1 tsp. sesame seed oil
¼ tsp. dried flaked seaweed
¼ tsp. sea salt
1 pack of firm tofu, drained
1 onion chopped
¼ head of broccoli chopped
1 pepper deseeded and chopped
2 to 4 tbsp. torn fresh basil
½ tsp. fresh cracked pepper
¼ tsp. sea salt (optional)
4 mushrooms, chopped (optional)
¼ tsp. chilli flakes (optional)

Directions

1. Combine 120ml oil, garlic, sesame seed oil, seaweed, sea salt (and chilli flakes if adding these) in casserole dish.
2. Mix well, then crumble the drained tofu into the mixture and put aside to marinade.
3. Over medium heat, heat a large pan and add the tablespoon of coconut oil. Sauté onion and peppers until soft, then add the remaining vegetables and cook until lightly brown.
4. Drain the marinated tofu, add it the pan and warm through.
5. Put in the basil and stir, then season with salt and pepper to taste. Heat thoroughly and serve immediately.
6. You can add brown rice or quinoa to this for a heartier meal.

Raw Pizza

Ingredients

Base

90g ground buckwheat
570g chopped celery
120g ground flax seed
2 tbsp. olive oil
½ tsp. Himalayan salt
200-250ml water

Directions

1. Add all the ingredients to a food processor and blend until the mixture resembles a batter.
2. Either form one or two large pizza bases or several smaller ones (about 14 from this recipe) on a waxed dehydrator sheet. Simply dollop some mix on the sheet and spread it out evenly in circles (the bases will shrink slightly, so it's better to make them slightly bigger than you require). If you are having difficulty spreading the mix, then return it to the blender and add a little more water.
3. Place on a tray in a dehydrator (which warms food through without destroying enzymes or nutrients) at 104°F/40°C for 5 or 6 hours, and then turn them over, placing them directly on the tray without the waxed dehydrator sheet.
4. Dehydrate for another 6-8 hours until fairly hard.

Toppings

1. Roughly blend a few tomatoes with some mixed herbs and a pinch of garlic granules. Spread evenly on the pizza base.
2. Use the raw cheese recipe (from the raw pesto boats recipe in the sides section of this book) and dollop this here and there on the pizza base.
3. Place a selection of thinly chopped peppers, onions, mushrooms and anything else you fancy, on the base, tomato sauce and cheese, and then place on a dehydrating tray at 104°F/40°C for 3-4 hours, until they look lightly cooked.
4. Eat warm from the dehydrator or cold later on.
5. I usually make twice the amount of mini-bases than I need and then freeze them "as is", to use for a quick meal at another time. They can be defrosted by popping into the dehydrator for 1-2 hours.

Lentil and Coconut Soup

Serves 4

Ingredients

2 large onions
600 ml gluten-free vegetable stock
1 clove garlic
90g creamed coconut
2 tsp. grated fresh ginger
850ml water
1 tbsp. olive oil
1 tbsp. tomato paste, optional
1 heaped tsp. ground coriander
1 tsp. ground cardamom
1tsp. ground cinnamon
¼ tsp. ground cloves
175g red split lentils
Fresh parsley, to garnish
Salt and freshly ground black pepper

Directions

1. Dice onions, crush garlic and place them in saucepan along with the olive oil and ginger. Lightly steam them until the onions are soft and brown.
2. Grind the coriander, cardamom, cinnamon and cloves and place them in the pan, then slightly steam them for a few minutes.
3. Place the split lentils and stock in pan, simmer for 20-25 minutes or until lentils are soft.
4. Put the soup in a food processor and blend until silky smooth. If you do not have a food processor, you can sieve to puree the mixture.
5. Boil 300ml of the water, add the creamed coconut and stir until mixed well.
6. Add the balance of water, tomato paste, and salt and black pepper, to taste.
7. Heat thoroughly, garnish with chopped parsley and serve.

Falafel Patties

Makes 8

Ingredients

300g pre-soaked/sprouted and cooked chickpeas (or well-rinsed canned)
50g gram flour
6 cloves garlic, minced
1 red onion finely chopped
1 handful fresh parsley chopped
1 handful fresh parsley
1 tbsp. cumin
¼ cayenne pepper or chilli powder
1 tsp. coriander
¼ tsp. Himalayan salt
½ tsp. fresh cracked pepper
Coconut oil for frying

Directions

1. Put all the ingredients except the oil for frying in a food processor and blend for a minute or until smooth. Add small amount of water to the mixture if it is too thick.
2. Pour mixture in medium-size bowl and place in fridge overnight.
3. Remove mixture from refrigerator. Make 2-inch diameter patties and place on a plate. Add water if patties crumble: this will ensure that they hold firmly together.
4. Heat approximately 2 tbsp. of oil in a pan over medium heat. When hot, add patties and cook for 3-4 minutes or until crispy on either side.
5. If more oil is needed you can add as you go along. Place patties on paper towels to drain.

Chickpea Fritters

Serves 4

Ingredients

125g gluten-free self-raising flour

1 egg (beaten)

175ml unsweetened dairy-free milk

140g spring onions thinly sliced

400g canned chickpeas, well-rinsed and drained

4 tbsp. chopped coriander or parsley

100 – 150ml of coconut oil (enough to make ½ cm depth at the bottom of the pan)

Salt and pepper

Directions

1. Pour flour in a sieve and sift, then combine egg and milk. Stir, then whisk gently for a smooth batter.
2. Add the other ingredients except the oil to the batter, mix add salt and pepper.
3. In a large pan, heat the oil, and pour in 1 tbsp. of batter at a time to make small fritters.
4. Allow fritters to fry for 5 minutes turning so that both sides are lightly browned.
5. Serve fritters with salad and dips.

Raw Spinach Quiche

Ingredients

Base:

380g chopped courgettes
60ml olive oil
1 tsp. ground almonds
120g ground flax

Directions

1. Blend courgettes in a food processor until smooth.
2. Add remaining ingredients and blend again until well mixed.

Filling

Ingredients

190g white onion, chopped
1 tsp. Tamari (gluten-free soy sauce) or add seaweed and sesame seed oil if you want to avoid soy
2 tsp. fresh garlic or 1 tsp. garlic granules
240g sunflower seeds
60ml lime juice
120 – 150ml filtered water
500-600g well-packed, chopped spinach
1 tsp. sea salt

Directions

1. Put base batter into a quiche dish and spread evenly around bottom and sides.
2. Dehydrate at 104°F/40°C for 12-14 hrs
3. Place onion pieces in a bowl with Tamari for at least 20 mins
4. Place all ingredients except the water and lemon juice into a high-speed blender and blend until well mixed. Add all remaining ingredients and blend until it has the consistency of cottage cheese.
5. Scoop filling onto the quiche base and dehydrate at 104°F/40°C for 4hrs.
6. Serve warm or cold

DINNER RECIPES

Pasta Ratatouille

Serves 4-5

Ingredients

1 small aubergine, chopped into small squares
1 courgette, chopped into small squares
1 sweet potato, chopped into small squares
2 small red onions, peeled and cut into wedges
2 to 4 garlic cloves, peeled and left whole
1-2 tbsp. olive oil
200g tomatoes (if fresh then chop into small pieces)
175g free-form pasta
Handful of fresh basil, chopped

Directions

1. Preheat the oven to 350°F/180°C/gas mark 6.
2. Place all the chopped vegetables and garlic in a roasting tin, drizzle oil over vegetables and mix well.
3. Roast for 45 minutes, stirring half way through
4. Cook the pasta, drain and put back into pan.
5. Add the roasted vegetables, basil and tomatoes to pan and cook through, stirring well.

Three Bean Chilli

Serves 4

Ingredients

60g aduki beans
60g red kidney beans
60g whole red lentils
1 large onion
1 sweet green pepper
1 large carrot
1 green chilli
1 clove garlic
2 tsp. coconut oil
600ml passata sauce
1 bay leaf
1 tsp. dried basil
1 tsp. dried oregano
¼ - ½ tsp. chilli powder
Salt and freshly ground black pepper

Directions

1. Prepare lentils by soaking them in lots of water overnight. Before cooking, rinse and place in pot with enough water to cover them. Boil and simmer until beans are tender.
2. Cut vegetables very finely. Remove seeds from chilli and dice, crush garlic cloves.
3. In a saucepan with coconut oil, place the vegetables, chilli and garlic, then slightly steam them or until they are soft.
4. Add the passata, herbs, spices, the beans and their cooking liquid, plus adequate water, if necessary, to make a runny sauce.
5. Boil and simmer until all the vegetables and beans are tender and the sauce is thick. Simmer until the lentils and beans start to break: this will allow them to form a part of the sauce.
6. Season with salt and black pepper and serve.

Seaweed and Tofu Stir-Fry

Serves 2

Ingredients

2 strips of dried kombu kelp
1 carrot (and/or baby sweetcorn)
1 white onion
¼ tsp. chilli pepper
4 tbsp. sesame oil
Half a pack of firm tofu, drained and sliced into cubes

Directions

1. Add the kombu to some water and soak for at least one hour.
2. Fry tofu in a pan with half the sesame seed oil, making sure to turn regularly until the tofu is browned on all sides. Set aside.
3. Cut kombu into strips, then do the same with the carrot and baby sweetcorn (if using these).
4. Slice the onion thinly.
5. Pour the remaining oil into a wok and stir-fry all the other ingredients apart from the tofu and kombu. Add the remaining ingredients when everything else is cooked through.
6. Serve immediately, either on its own or with quinoa.

Indian-Style Roasted Vegetables with Pilau Rice and Dahl

Serves 4

Ingredients

DAHL

175g red split lentils
1tsp. cumin seeds
½ tsp. turmeric
½ tsp. ground coriander
½ tsp. grated fresh ginger
1 garlic clove, crushed
¼ tsp. chilli powder
850ml water
Salt and freshly ground black pepper

ROASTED VEGETABLES

2 medium carrots
2 red peppers
8 small onions
1 medium aubergine
3 medium courgettes
2 tsp. cumin seeds
2-3-inch piece fresh ginger
2-3 garlic cloves
1 tsp. ground coriander
½ tsp. chilli powder
¼ tsp. ground cardamom
¼ tsp. garam masala
3 tbsps. coconut oil
Salt and freshly ground black pepper

PILAU RICE

200g brown basmati rice
60g wild rice
1 heaped tsp. turmeric
60g raisins (optional)

Directions

1. Put all the dahl ingredients in a saucepan. Boil and simmer for 1 - 1½ hours or until the dahl becomes smooth and thick. Ensure to stir occasionally to prevent lumping.
2. Crush the garlic cloves and grate the ginger finely. Using the back of a metal spoon, press the ginger and garlic through a sieve or use a juicer until you have approximately 1 ½ teaspoons of juice. Put this in a large bowl.

3. Combine chilli powder, cardamom, garam masala, coconut oil and coriander and whisk until silky smooth. Season to taste.
4. Cut onions into halves, sweet peppers into 8 pieces, courgettes and the aubergine into 1 cm/½-inch slices.
5. Put the vegetables, coconut oil mixture in a bowl and toss until coated.
6. Put the vegetables on baking trays and sprinkle the cumin seeds on them.
7. Preheat oven at 400°F/200°C/gas mark 6 order and bake for 30 minutes or until the vegetables are cooked and brown. Stir during cooking.
8. While vegetables are roasting, prepare the rice. Wash rice and put in a pan with 1.2 liters boiling water and add turmeric. Simmer for 20 minutes and add the raisins 1-2 minutes before end of cooking.
9. Sieve to remove excess liquid. Serve roasted vegetables with pilau rice and separate bowls for dahl and the dahl in a separate bowl.

Leek and Lentil Terrine

Serves 4

Ingredients

LENTIL MIXTURE

225g split red lentils

750ml water

1 tsp. garam masala

½ tsp. paprika

½ tsp. turmeric

1 tsp. grated fresh ginger

1 egg

Salt and freshly ground black pepper

LEEK MIXTURE

1 egg

275g leeks, mainly white stems

175g fennel and/or celery

1 tsp. olive oil

60ml water

60g cashew nuts

90ml dairy-free milk

1tsp. ground fennel seeds

Salt and freshly ground black pepper

Directions

1. Make the leek mixture by filling a saucepan with water add the lentils, garam masala, paprika, turmeric and grated ginger. Cook for 20 minutes or until lentils are soft. Allow to cool.
2. Slice the leeks and fennel finely, add this to a saucepan with olive oil. Slightly steam the vegetables until they are tender. Add water and simmer for 2-3 minutes or until vegetables are soft.
3. Grind the cashew nuts in a food processor. Add the milk, fennel seeds, the egg and half of the cooked vegetables and process until smooth. Add this to the pan and combine with the remaining vegetables. Season to taste with salt and black pepper.
4. Make the lentil layer by placing the lentils, ginger and the egg in the food processor and process until smooth. Season to taste salt and black pepper.
5. Lay half of the lentil mixture in a greased and lined loaf tin. Place leek mixture on top of the lentils to form another layer. Complete by adding another layer of lentils.
6. Bake, uncovered, in a preheated 200°C/400°F/gas mark 6 oven for 45-55 minutes or until the top begins to brown and the loaf is set.
7. Leave the terrine for 10 minutes before placing it on a serving dish. To serve, cut into slices and serve with vegetables or salad.

Vegetable and Ginger Casserole with Herb Dumplings

Serves 4

Ingredients

1.1 kg selection of swede, parsnip, carrots, onions, leeks, broccoli, courgette, celery, peppers, pumpkin, celeriac
1 inch piece fresh ginger
400g tomatoes chopped
100g of red split pea lentils
850ml water
1 tsp. paprika
1 tsp. fennel seeds
½ tsp. dried thyme
1 tsp. celery seeds
1 tbsp. chopped fresh coriander
1 tbsp. chopped fresh parsley
Salt and freshly ground black pepper

HERB DUMPLINGS

175g well-cooked brown rice
4 tsp. olive oil
125-180ml water
90g rice flour
2 tsp. baking powder
¼ tsp. dried thyme
Salt and freshly ground black pepper

Directions

1. Cut the vegetables into large chunks of the same size and thinly slice the ginger.
2. In a casserole dish, put the tomatoes, lentils, water, spices, herbs, salt and black pepper vegetables and ginger and mix well. Put all the above ingredients into a casserole dish and mix well.
3. Cook in a preheated oven, 200°C/400°F/gas mark 6, for 1 ¼ hours.
4. In the meantime, prepare the dumplings. Place rice, oil and 125 ml of water in a food processor and process until smooth.
5. Combine rice flour, baking powder, thyme and salt and black pepper. Add rice flour to the processor and process again, adding remaining 125 ml water to make a soft dough. The amount of water will depend on how well-cooked the rice is.
6. Make 12 dumplings from the mixture and roll them in a small amount of rice flour.
7. Add the dumplings to the top of the vegetable mix in the casserole dish. Put in the oven and cook for a further 15/20 minutes.

Lentil and Vegetable Curry (with optional egg)

Serves 4

Ingredients

200g split red lentils or puy lentils

1 litre water

780g selection of leeks, onions, celery, carrots, courgettes, sweet peppers, baby sweetcorn, okra

2 garlic cloves

1 Inch piece fresh ginger

1 tbsp. coconut oil

1 tsp. ground cumin

1 tsp. ground coriander

½ tsp. garam masala

½ tsp. turmeric

¼ tsp. cayenne pepper or chilli powder

¼ tsp. ground cardamom

Salt and freshly ground black pepper

4 eggs not quite hard boiled, shelled and sliced into four (optional)

Directions

1. Cook lentils for approximately 1 hr. in water or until they are soft. Then puree them.
2. Grate ginger, crush garlic cloves, then cut the vegetables into same size chunks.
3. Put the vegetables in saucepan with the oil, slightly steam for a few minutes, then add garlic and ginger. Steam longer until garlic and ginger are soft.
4. Add the spices and cook for another 2 minutes.
5. Add lentil puree and simmer for 15 minutes. Add water if it becomes a little dry. Add eggs at this stage and warm through.
6. Salt and black pepper can be added for taste. Serve with rice or quinoa.

Black Bean Burgers

Makes 4 burgers

Ingredients

300g dried black beans, soaked, drained, and cooked
2 tsp. dried parsley
3 tbsp. finely chopped onions
1 carrot, grated
1 tsp. chia seeds soaked in water for an hour
½ tsp. cumin
1 tsp. chilli powder
1 tsp. garlic, minced
40g gluten-free flour
2 tbsp. coconut oil
1 tsp. Himalayan salt

Directions

1. Put the beans in a food processor and blend, but not until smooth: mixture should be lumpy.
2. Add the other ingredients, except flour and coconut oil, to the mixture and blend until smooth. Pour into a bowl.
3. Add flour and form the mixture into burger-size patties. Place burgers onto a plate.
4. In a pan over medium heat, coconut oil. Cook burgers in pan for 4 minutes, turn and cook on both sides. Watch them carefully, as they can burn easily.
5. Serve with salad.

Carrot, Parsnip and Cashew Nut Roast

Serves 4

Ingredients

450g carrots
175g parsnips
60g celery
1 large onion diced
90g quinoa
125g cashew nuts (soaked for at least 2 hours)
1 tsp. dried thyme
1 tsp. dried sage
1 tbsp. fresh parsley chopped
1 clove garlic diced
1 tbsp. olive oil
Salt and freshly ground black pepper

Directions

1. Put carrots in a pan of boiling water and steam until soft, then transfer to a food processor and blend. Set aside.
2. Boil the quinoa in adequate water, turn the heat off. Cover and leave to absorb the water for about half an hour and then drain.
3. Place cashews in a medium oven for 30 minutes, to dry out. Do not brown too much.
4. Place onions, garlic and celery in a saucepan with the olive oil, and sweat for 3 minutes.
5. Grate the parsnips and add to the pan. Cook over a medium heat, stirring occasionally, until light brown.
6. Combine all the ingredients with the carrots and mix well. Season with salt and black pepper.
7. Place in a greased loaf tin, cover with foil and bake in a preheated oven at 180°C/350°F/gas mark 4 for approximately 40 minutes.
8. Serve with salad or vegetables.

Vegetarian Haggis

Serves 4-5

Ingredients

1 white onion finely chopped
2 cloves garlic, finely sliced
30ml olive oil
½ tin of red kidney beans, well cooked and rinsed
Pinch of cayenne pepper or chilli powder
½ tsp. ground cinnamon
½ tsp. allspice, ground
Pinch of nutmeg
3 carrots, grated
75g red lentils
Juice of 1 lemon
500ml gluten-free vegetable stock
Small bunch rosemary, strip the leaves and finely chopped them
Small bunch thyme, leaves stripped
50g gluten-free oatmeal or oat bran
75g white mushrooms, roughly chopped (optional)

Directions

1. In a medium-sized casserole, sweat the onions and garlic in the oil until soft.
2. Add the mushrooms (if using) and sauté until light brown.
3. Add the spices and continue cooking for a few minutes. Then add carrots, lentils and pour the stock into the pan, just covering the ingredients. Simmer, covered, until the lentils are soft.
4. Mash the beans roughly with a fork, then add them and the oatmeal to the pan. Add a little more stock if you think it's needed. The oatmeal should absorb the last of the stock: if it doesn't, then cook for a little longer. Season to taste.
5. Spoon out the haggis and serve with tatties (potatoes) and neeps (turnips) and/or gluten-free oat cakes.

SNACK RECIPES

Kale Crisps

Ingredients

250g kale

1-2 tsp. olive oil (or sesame seed oil)

1 tsp. sea salt

1 tbsp. any other herbs or spices you like (optional)

Equipment

Dehydrator

Knife

Large bowl

Directions

1. Wash kale and pat dry.
2. Cut off any thick stems, slice leaves and place in a large bowl.
3. Add olive oil and salt.
4. Massage oil and salt into kale leaves.
5. Place kale on dehydrator trays (it will take up a lot of room until it wilts down).
6. Dehydrate at 104°F/40°C for 8-10 hrs. (or until crispy).
7. If you do not have a dehydrator, bake in a conventional oven on a low heat around 40°C for around 10 min. (stir half way through).

You can make vegetable crisps out of most vegetables. I like courgette, sweet potato and squash the best. Just slice thinly with a mandolin, knife or the slicing setting on a food processor and then follow the above instructions. Vegetables like these generally need twice as long in the dehydrator, as they are denser.

Vegetable Tempura

Serves 4

Ingredients

GINGER TOFU DIP

250g soft silken tofu, drained

2-cm/ $\frac{3}{4}$ -inch piece ginger, chopped

1 small shallot, chopped

1 garlic clove, crushed

1 tbsp. sesame seed oil

2 tsp. rice vinegar

BATTER

150g gluten-free plain flour

1 egg

200ml iced water

Nut oil, for deep-frying

500g of a selection of asparagus, baby carrots, baby corn, broccoli florets or mushrooms

Salt and pepper

Directions

1. For the dip, put all the ingredients in a food processor, process until smooth and set aside.
2. For the batter, beat together the flour, egg, water, salt and pepper: it should be smooth.
3. Heat oil in a deep pan.
4. Dip the vegetables quickly into the batter, then deep-fry in batches for 1-2 minutes until they are crisp. Drain, and serve with dip whilst hot.

Spiced Potato Wedges with Garlic Mayonnaise Dip

Serves 4

Ingredients

4 medium baking potatoes
1 tbsp. lemon juice
2 tbsp. olive oil
¼ tsp. chilli powder
Salt and freshly ground black pepper
Chopped fresh herbs, to garnish
Garlic Mayonnaise (see Side Dishes recipes)

Directions

1. Cut the potatoes in half lengthways, and then cut each half into four wedges lengthways.
2. In a large bowl, mix together lemon juice, olive oil and chilli powder and season with salt and pepper.
3. Toss the potato wedges in the oil mixture until well coated.
4. Put the potatoes on a large baking tray and bake in a preheated 200°C/400°F/gas mark 6 oven for approximately 40 minutes or until brown and crisp on the outside, but soft on the inside.
5. Serve with fresh herbs and garlic mayo dip.

Nori Vegetable Rolls

Makes 8 rolls

Ingredients

300g sunflower seeds (soaked at least 4 hrs.)
1 tbsp. dried seaweed
¼ c. spring onions
3 tsp. minced garlic
2 spring onions, chopped
180g spinach, chopped
8 sheets raw nori (untoasted)
2 carrots, thinly sliced lengthways
1 large cucumber or courgette, thinly sliced lengthways
1 large avocado, thinly sliced lengthways
50ml lemon or lime juice (optional)

Directions

1. Put first five ingredients into a food processor and process until smooth.
2. Place on each nori sheet a layer of spinach leaves, sunflower mix and then slices of carrot, cucumber and avocado along the edge closest to you.
3. Tightly roll the nori sheet into a sausage shape and seal the edge with a little warm water.
4. Slice into small discs.
5. Serve with salad and dips.

SIDE RECIPES

Raw Marinated Vegetables

Ingredients

- 1 large courgette
- 1 red pepper
- 1 yellow pepper
- 1 small red onion
- 5 or 6 mushrooms
- 2 tbsp. olive oil
- 2 tbsp. sesame seed oil
- 1 tsp. flax seed oil (optional)
- ½ tsp. garlic granules (optional)
- ½ tbsp. mixed dried herbs or 50 g fresh herbs chopped

Equipment

- Large Bowl
- Knife
- Spiralizer (optional)

Directions

1. Cut up all the vegetables or use a spiralizer (used to make raw spaghetti like shapes from vegetables), a mandolin or slice thinly with a knife.
2. Place these and the other ingredients in a bowl and mix well.
3. Cover and place in the fridge to marinate for at least 2 hours, but preferably overnight.

Cheese and Pesto Boats

Ingredients

For the cups

- 8 medium cup-like mushrooms of your choice (or use baby peppers if you prefer or go for a mix of both)
- 2 tbsp. olive oil
- 2 tbsp. lemon or lime juice (optional)
- 2 tbsp. Tamari or add ½ tsp of dried flaked seaweed
- ¼ tsp. Himalayan salt

Directions

1. Massage (rub well) all the above ingredients into the mushrooms or peppers and leave to marinade for at least 2 hours.

For the cheese

Ingredients

- 135g pine nuts that have been soaked for at least two hours
- 60ml filtered water
- 1 tbsp. lemon or lime juice
- ¼ tsp. Himalayan salt

Directions

Place all the ingredients into a food processor and blend until smooth.

Pesto

Ingredients

- 60g fresh basil chopped
- 60ml olive oil
- ¼ tsp. dried garlic granules or ½ small garlic clove
- 1 tsp. lemon or lime juice
- 50g walnuts soaked for at least 7 hours
- ¼ tsp. Himalayan salt

Directions

Place all ingredients in a food processor and blend until well mixed but still slightly lumpy.

To assemble cups

1. Place 1-2 tbsp. cheese into your mushroom or pepper
2. On top of this place 1 tsp. pesto
3. Place the cup onto a dehydrator tray
4. If using mushrooms, dehydrate at 104°F/40°C for 5-6 hours. If using peppers, dehydrate at 105°F/40°C for 6- 8 hours

Tabbouleh

Serves 4

Ingredients

175g quinoa (soaked overnight)
600ml water
10 cherry tomatoes, halved
Half a large cucumber, diced
3 spring onions, sliced
Juice of ½ lemon
2 tbsp. extra virgin olive oil
4 tbsp. chopped fresh mint
4 tbsp. chopped fresh coriander
4 tbsp. chopped fresh parsley
Salt and pepper

Directions

1. Put quinoa in a saucepan and cover with water. Bring to the boil, then take off the heat and drain.
2. Leave the quinoa to cool for a few minutes before combining it with the remaining ingredients in a salad bowl.
3. Season to taste.

Aubergine and Sun-Dried Tomato Pate/Dip

Serves 4

Ingredients

1 medium aubergine
1 heaped tbsp. light tahini
5-6 large sun-dried tomatoes, chopped
1 clove garlic, chopped
2 tsp. olive oil
1 tsp. fresh chives, chopped
1 tsp. fresh thyme, chopped
Salt and pepper to taste

Directions

1. Wrap the aubergine in foil paper and bake in medium heat oven for 1 hr. or until soft. Allow to cool, then cut into chunks.
2. Put aubergine, sun-dried tomatoes, garlic, olive oil, tahini and fresh herbs into a food processor and blend until smooth.
3. Put mixture into a pan and heat through for 10 minutes and season to taste.

Guacamole

Ingredients

½ red onion, finely chopped
1 tsp. finely chopped garlic
50 - 100g coarsely chopped tomato
2 large avocados, peeled, pitted, and cut into chunks
1 tsp. fresh lime juice
¼ tsp. cumin (optional)
Salt and pepper to taste

Directions

1. Cut the onion, garlic and tomato and place in a bowl. Crush the avocados and then squeeze the lime over the top and add the cumin.
2. Add salt and pepper to taste

Hummus and Carrot Paste

Serves 4-6

Ingredients

225g carrots
225g cooked chickpeas
2 tbsp. lemon juice
3 tbsp. light tahini
2 spring onions
1 tbsp. olive oil
Fresh herbs, to garnish

Directions

1. Grate carrots finely.
2. Put the remaining ingredients, except the fresh herbs, in a food processor and process until the mixture becomes silky smooth.
3. Add water if needed to ensure you get the desired texture.
4. Add the carrots to the hummus, mix thoroughly and garnish with fresh herbs. Serve with a small salad and/or gluten-free crackers.

Garlic Mayonnaise

Ingredients

1-2 cloves garlic, crushed

290g packet silken tofu

180ml filtered water

1 tsp. dijon mustard

1 tsp. lemon or lime juice

30 -50ml olive oil

Salt and freshly ground black pepper

Directions

1. Add all the ingredients except the oil to a food processor and blend until smooth.
2. Add oil slowly until it is the right mayonnaise texture.
3. Season to taste and then place in a refrigerator for 1-2 hours before serving.

Gravy

Ingredients

1.5 tbsp. olive oil
½ - 1 white onion, chopped
1 small clove garlic, minced or grated
1 tbsp. gluten-free flour
300 – 400ml gluten-free vegetable stock
Salt and pepper to taste

Directions

1. Add oil to a heated saucepan.
2. Add onion and cook through, add garlic and cook until lightly brown
3. Stir in flour and then slowly add vegetable stock and stir until thickened (if you add the stock too quickly, you'll get lumps).

DESSERTS

Raw Strawberry Cheesecake

Ingredients

Base

30g desiccated coconut
300g chopped pecans
8-10 dates (soaked for a min. of 1 hr.)

Directions

1. Put all base ingredients into a food processor and process down.
2. Put mixture into a cake tin and pat down well.

Filling

Ingredients

450g soaked (for at least an hour) cashews
120g lemon juice
120g agave nectar (or maple syrup)
120g melted coconut oil
¼ tsp. vanilla extract
380g chopped strawberries

Directions

1. Put all filling ingredients except the coconut oil into a blender and blend well.
2. Add the coconut oil and give it another quick blitz.
3. Pour filling mixture onto base mixture.
4. Add 2 cups of chopped strawberries on top of the mixture.
5. Put the other cup of strawberries in the food processor and blend ever so slightly, so that you have both lumps and juice).
6. Pour this over the cheesecake.
7. Leave to set for at least 2 hrs in your fridge.

Raw Carrot Cake

Ingredients

Cake Base

190g roughly chopped carrots
300g walnuts
200g raisins
60g shredded or desiccated coconut
4 tbsp. honey, agave nectar or maple syrup
2 tsp. vanilla extract
1 tsp. cinnamon
1 – 2 tsp water

Icing:

Ingredients

150g cashews
2 tbsp. lemon or lime juice
4 tbsp. honey, agave nectar or maple syrup
1 tsp. vanilla extract
1 tsp. water

Directions

1. Place carrots in food processor and process into small chunks. Add all the remaining cake base ingredients and process until everything is small chunks but not a paste.
2. Place into a cake tin and pat down or use hands to mould into a cake shape if you do not have a cake tin.
3. Put all icing ingredients into the processor and process until a paste and ice the cake.
4. Put into fridge for a few hours to set.

Pineapple and Orange Cake

Ingredients

150g dried, pitted dates

Peel of 1 orange

The juice of the same orange, plus filtered water to make up to 200ml

125ml olive oil

30g ground almonds

60g rice flour

90g gluten-free flour

60g gram flour

1 tbsp. ground ginger

4 tsp. baking powder

3 medium eggs (beaten) or a vegan egg replacer

150g pineapple

80g raisins

Directions

1. Preheat oven to 170°C / 325°F / gas mark 3.
2. Finely chop dates and combine with orange peel in a pan.
3. Pour orange/water juice mixture into the same pan and heat until simmering.
4. When dates and orange peel are soft, remove from heat and add oil.
5. Put date mixture into a large bowl and slowly add the flours, ground almonds, ginger, baking powder and then the beaten eggs (or egg replacer).
6. Chop the pineapple into small chunks and add to the cake mixture, along with the raisins.
7. Grease a cake tin with a little olive oil, put cake mixture into the tin and bake in oven for 30 minutes.
8. Reduce heat to 140°C / 275°F / gas mark 1 and bake for a further 20 minutes.
9. Remove from oven and turn out onto a cooling rack.

Strawberry and Lime Sorbet

Serves 6

Ingredients

450g fresh strawberries, hulled (you can use other berries as well)

5-6 tbsp. fresh lime juice, to taste

50ml agave nectar

100ml filtered water

Directions

1. In a food processor, combine all ingredients and process until smooth. Adjust agave nectar or lime juice to taste.
2. Pour mixture into a tube of some description and place in your freezer for a few hours.
3. Remove and scrape the mixture with a fork to break it up a little. Return to freezer. Remove and scrape every hour thereafter until the mixture has been in the freezer for 4-5 hours.
4. When its firm enough, scrape into a bowl and serve.

Peach Crumble

Serves 4

Ingredients

6 large peaches, peeled and sliced (or other fruit if you prefer)
4 tbsp. chia seeds, soaked in water for 1 hour
2 tbsp. coconut sugar
1 tsp. cinnamon
2 tbsp. lemon juice
Handful of oats
Handful of mixed ground seeds (and/or nuts)
2 tbsp. honey (optional)
4 small ramekins

Directions

1. Preheat oven to 180°C / 350°F / gas mark 4.
2. Blend soaked chia seeds, coconut sugar, cinnamon, and lemon juice in a blender.
3. In a bowl, fold the blended chia seed mixture into the sliced peaches.
4. Divide the mixture evenly among the ramekins.
5. Sprinkle with oats and nut mixture over the fruit mixture in the ramekins and drizzle with honey if you wish.
6. Place the ramekins on a baking tray and bake in the oven for 30-40 minutes.
7. *Serve with dairy-free ice cream or custard.*

Choc Chip Cookies

Ingredients

90g almond meal
1 tbsp. coconut flour
1 tbsp. coconut oil
1 large egg
1 tsp. honey
½ tsp. vanilla extract
½ tsp. baking powder
2 tbsp. unsweetened almond milk
3 tbsp. dairy-free chocolate chips

Directions

1. Preheat oven to 180°C / 350°F / gas mark 4. Oil baking tray with coconut oil.
2. In a bowl, mix together almond meal, coconut flour, and baking powder. Then add all the wet ingredients and mix well.
3. Add in the chocolate chips and fold through the mixture.
4. Make 12 cookie shapes from the dough and place on the baking tray.
5. Bake for 8-10 minutes and then allow to cool to firm up.

Sweet Potato Cookies

Ingredients

380g gluten-free oat flour
½ tsp. cardamom
1 tsp. ground cinnamon
1 large sweet potato, roasted, peeled and mashed
120ml coconut oil, melted
180ml unsweetened coconut milk
2 tsp. vanilla extract
1 tsp. baking soda
¾ tsp. Himalayan salt
A handful of dried fruits (optional)
1-2 tsp. honey (optional)

Directions

1. Preheat oven to 350°F / 180°C / gas mark 4. Oil a cookie sheet with a little coconut oil.
2. Mix together dry ingredients in a bowl. Add wet ingredients and mix well by hand or on slow speed of a food processor.
3. Make cookie shapes out of batter and place on cookie sheets in the middle of the oven.
4. Bake for about 20-22 minutes until cookies are golden brown and crumbly. Transfer to a wire rack to cool.

Sometimes I just halve nectarines, apples or pears, take out the pips/seeds, sprinkle with cinnamon and bake in the oven for 20 minutes for a super easy, yummy and healthy dessert.

CONVERSION CHART

UK MEASUREMENTS	USA MEASUREMENTS
240ML	1 CUP
480ML	1 PINT
950ML	1 QUART
125G FLOUR	1 CUP FLOUR
225G BUTTER	1 CUP BUTTER
170G SUGAR	1 CUP SUGAR
90G OATS	1 CUP UNCOOKED OATS
170G RICE	1 CUP UNCOOKED RICE
100G CHOPPED NUTS	1 CUP CHOPPED NUTS
140G DRIED FRUIT	1 CUP DRIED FRUIT

INDEX

AMARANTH BREAKFAST CEREAL	3
BOATS - CHEESE AND PESTO	38
BROCCOLI HASH	6
BURGERS - BLACK BEAN	30
CAKE - PINEAPPLE AND ORANGE	47
CAKE - RAW CARROT	46
CASSEROLE - VEGETABLE, GINGER AND DUMPLINGS	28
CHEESECAKE - RAW STRAWBERRY	45
CHILLI - THREE BEAN	23
COOKIES - CHOC CHIP	50
COOKIES - SWEET POTATO	51
CRISPS - KALE	33
CRUMBLE - PEACH	49
CURRY - LENTIL AND VEGETABLE	29
FALAFEL PATTIES	19
FRITTERS - CHICKPEA	20
GRANOLA	4
GRANOLA - OAT AND GINGER	7
GRAVY	44
GUACAMOLE	41
HAGGIS - VEGETARIAN	32
HASH BROWNS - SWEET POTATO AND COURGETTE	8
HUMMUS AND CARROT PASTE	42
MARINATED VEGETABLES - RAW	37
MAYONNAISE - GARLIC	43
NORI ROLLS - VEGETABLE	36
NUT ROAST	31
PATE/DIP - AUBERGINE AND SUN-DRIED TOMATO	40
PILAU RICE AND DAHL	25
PIZZA - RAW	17
PORRIDGE	5
POTATO WEDGES	35
QUICHE - RAW SPINACH	21
RATATOUILLE	22

RICE - RAW UN-FRIED	10
SALAD - ORIENTAL RICE	15
SALAD - SPINACH, PINE NUT AND AVOCADO	11
SMOOTHIE - GREEN	9
SORBET - STRAWBERRY AND LIME	48
SOUP - LENTIL AND COCONUT	18
SOUP - SPICY TOMATO	12
STIR-FRY - SEAWEED AND TOFU	24
TABBOULEH	39
TEMPURA - VEGETABLE	34
TERRINE - LEEK AND LENTIL	27
TOFU - VEGETABLE SCRAMBLE	16
TOFU CAKES - THAI	13
TORTILLA	14



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