

Holistic Health

Embracing wellness from the inside out



 orthoplex™

2022

SYNC WITH THE SEASONS | A CELEBRATION OF SEASONAL EATING

SYNC WITH THE SEASONS

Tune in to the rhythms of nature and you may just discover that you become better attuned to your body's own natural rhythms and needs.

This edition of Holistic Health magazine is a celebration of seasonal eating! It's both a recipe book and reference guide for eating according to nature's cycles.

Discover 30 seasonal recipes synchronised to summer, autumn, winter and spring, alongside seasonal produce suggestions and Ayurvedic advice to balance your body.

Passionate natural and nutritional medicine practitioners have shared their favourite flavours for each phase of the year.

You can come back to this magazine again and again as you follow the seasons throughout the course of the year. With each change in season, you'll find something new waiting for you!





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Seasonal Eating

We are designed to eat seasonally. It's how our ancestors ate – long before the introduction of commercial mass-produced and processed foods, making food more accessible and readily available all year round. Convenience has meant we've lost touch with basic principles and traditional practices.

Seasonal eating is the practise of purchasing and consuming produce grown in its natural harvesting season. To eat seasonally, buy fruits and vegetables directly from a local grower shortly after harvest – local farmer's markets are great for this!

The benefits of eating seasonal, local fruits and vegetables are:

- **Fresher:** as they're often locally grown and don't require long distances for transport
- **Tastier:** as produce is picked at peak ripeness, it's more flavoursome
- **More nutritious:** as they're allowed to mature and ripen naturally, so aren't stored for long periods
- **Lower environmental impact:** as locally grown, seasonal produce takes less resources to transport and store
- **Cheaper:** when produce is in season it is abundant and available at a lower price
- **You're supporting local farmers and growers**
- **You get more diversity in your diet**

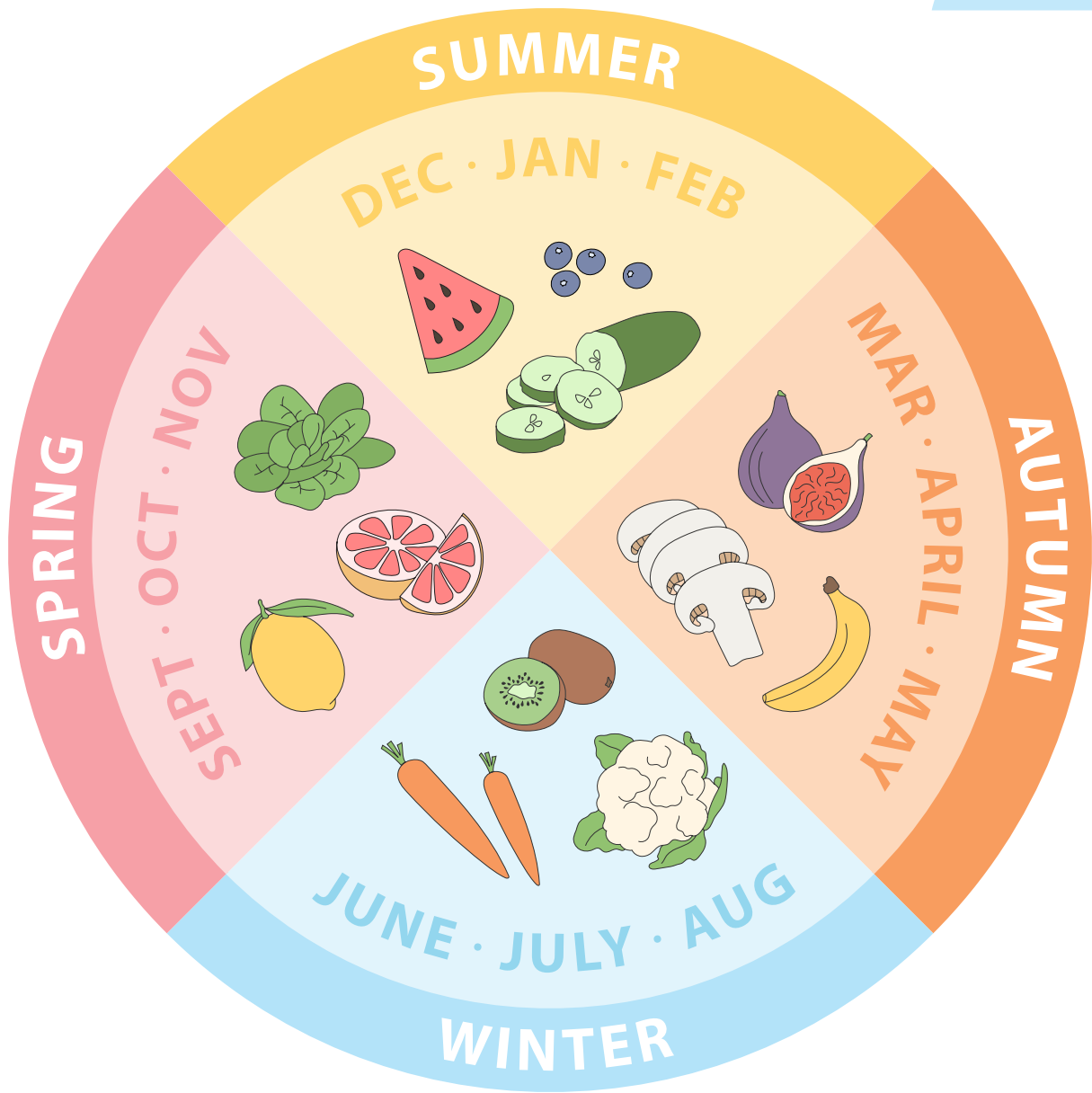
The seasonal fruits and vegetables highlighted throughout this magazine are those that are in season across Australia in general. Note that seasonal produce may vary depending on what part of the country you live in.

You may already eat seasonally without even realising it. That's because our bodies often crave certain foods during a specific season. Do you reach for cooling, high-water content foods like watermelon and cucumber in summer? Or sweet, starchy foods like sweet potato, for fuel in winter?

Eating in alignment with the seasons enables you to honour your body's natural needs. According to Ayurveda – the ancient Indian holistic health system – your bodily constitution can shift throughout the year as the seasons change. Your diet, habits and routines are at their best when following the ebb and flow of the seasons to support your wellbeing. Tuning in to the changes in your environment can help you give your body what it needs, when it needs it.

Balance the qualities of your food with the qualities of the season to maintain internal equilibrium. Eat more of the foods that pacify the qualities of the season, and fewer foods that aggravate that season's dominant qualities.

Throughout this magazine, you'll find this information at the introduction to each season.



Summer

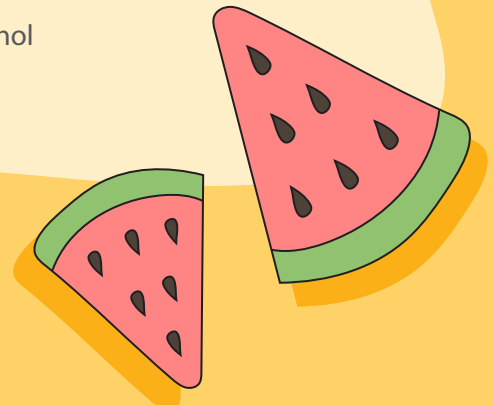
Ayurvedic qualities:
HOT · FIERY · INTENSE · SHARP

Eat more:

- ✓ Cool, liquid, refreshing foods, like watermelon and cucumber
- ✓ Light foods and small meals
- ✓ Sweet, bitter, astringent tastes
- ✓ Fresh fruits, vegetables and salads

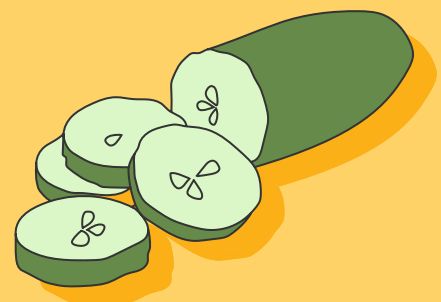
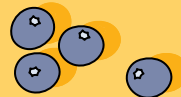
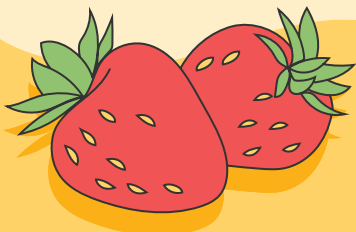
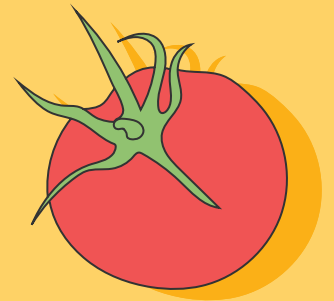
Eat less:

- ✗ Spicy food
- ✗ Coffee
- ✗ Chocolate
- ✗ Alcohol



Seasonal produce:

- | | |
|-------------------------------|-----------------|
| ✓ Bananas | ✓ Beans |
| ✓ Blueberries | ✓ Capsicum |
| ✓ Cherries | ✓ Carrots |
| ✓ Grapes | ✓ Celery |
| ✓ Mango | ✓ Chillies |
| ✓ Melons | ✓ Cucumbers |
| ✓ Nectarines | ✓ Eggplant |
| ✓ Oranges (<i>Valencia</i>) | ✓ Lettuce |
| ✓ Peaches | ✓ Snow Peas |
| ✓ Plums | ✓ Spring Onions |
| ✓ Raspberries | ✓ Sweetcorn |
| ✓ Strawberries | ✓ Tomatoes |
| ✓ Watermelon | ✓ Zucchini |





BANANA MUFFINS

LAURA KENNEDY, Student, QLD

Ingredients

2 eggs
2 cups buckwheat flour
½ cup almond meal
½ cup freshly ground flaxseed
2 cups banana, mashed
2 tsp bicarb soda
½ tsp baking powder
1 tbsp cinnamon
2 tbsp coconut oil, and spare for muffin trays
10 Medjool dates, pitted
⅓ cup water

Optional:

Dairy-free dark chocolate chips
1 tbsp medicinal mushroom powder, such as Chaga

Method

1. Preheat oven to 180°C and grease a muffin tray with coconut oil.
2. In a blender, combine dates, coconut oil and water until smooth.
3. Combine all ingredients, including the blended date mix in a large bowl.
4. Divide mixture evenly into the muffin tray and bake for 18 minutes or until a knife comes out clean when poked through the centre of muffin.
5. Enjoy!

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: **Makes 9 jumbo muffins or 15-20 mini muffins.** :
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LEMON COLLAGEN SUNSHINE BARS

LUCY STEWART, Nutritionist, QLD

Makes
12-18
bars

Ingredients

1 cup sunflower seeds
1 cup desiccated coconut
¼ cup grass-fed collagen powder
½ cup melted coconut oil
8 pitted Medjool dates
½ tsp turmeric
¼ tsp cinnamon
1 lemon, preferably unwaxed, zest and juice (50mL)
Pinch of sea salt

Topping:

¼ cup desiccated coconut
¼ tsp turmeric

Method

1. Blitz ingredients together in a food processor and press (with wet hands) into a lined 15cm x 25cm baking dish.
2. Mix extra coconut and turmeric together and sprinkle over the top.
3. Pop in the freezer for at least 2 hours then slice into bars and store in the fridge or freezer.

CITRUS SUMMER PUNCH

NINA KINGSFORD-SMITH, Nutritionist, NSW

Ingredients

750mL sparkling mineral water
250mL water
1-2 oranges, juiced (depending on the strength of your desired flavour)
1 cup raspberries, fresh or frozen
½ cup pineapple chunks, fresh or frozen

Method

1. Combine all ingredients in a large jug and stir well.
2. Pop in the fridge for about an hour so that the flavours can infuse and intensify (the longer you leave it, the more flavoursome it will be!).
3. Enjoy!

Tip

The punch will keep well in the fridge in a jar or bottle for about 3-4 days.



WATERMELON & FETA SALAD

TONI CHAMBERS, Nutritionist, QLD

Ingredients

700g watermelon
1 small red onion, thinly sliced
180g feta cheese, crumbled
1 bunch of fresh mint, coarsely chopped
Extra virgin olive oil

Method

1. Cut the watermelon flesh into chunks, removing the peel, and place in a large bowl.
2. Add the red onion, feta, mint and combine.
3. Drizzle over a little olive oil and season with salt and black pepper.





THAI COCONUT PRAWN

and Pistachio Salad, Mint Halloumi and Ruby Red Grapefruit

JULIE HADSON, Student, QLD

Ingredients

Dressing:

2 tbsp lime juice
2 tbsp fish sauce
1 tbsp soft light brown sugar or palm sugar (grate the palm)
Few drops of sesame oil

Salad:

1 large red capsicum
1 red grapefruit, segmented
30g fresh coconut flesh
30g halloumi, cut into cubes
400g raw king prawns, peeled, and deveined
2 red chillies, deseeded and finely chopped
A good squeeze of lime juice
½ cup mint leaves
½ Spanish onion, sliced
30g shelled pistachios, roughly chopped (save a little to sprinkle on top of the salad)
1 butter lettuce (or can use fresh sliced fennel)

Method

1. To make the dressing, mix all ingredients together.
2. Drizzle capsicum with oil, place in oven at 200°C and roast until hot and blistering. Once cool, peel off the skin. Slice and set aside.
3. Segment the grapefruit by slicing off the top and bottom, cut off the peel and pith. Cut out the segments using a sharp knife.
4. Shave the coconut flesh or use a spoon to scoop out the flesh and toast it in a dry frying pan until golden, then set aside.
5. Heat oil in pan and sauté the halloumi.
6. Heat oil in a pan and sauté the prawns for a few minutes until they turn pink. Add the chilli at the last minute and a squeeze of fresh lime.
7. Toss the prawns, grapefruit, capsicum, halloumi, pistachios, Spanish onion, mint leaves and dressing together.
8. On a large plate, lay down the lettuce, top with the prawn salad mix, sprinkle with a few extra crushed pistachios and serve.

SUMMER LIVER LOVIN' SMOOTHIE BOWL

MONICA CALIGIURI, Nutritionist, QLD

Ingredients

1 cup frozen bananas
1 tbsp chia seeds
½ avocado
2 cups spinach
1 cup coconut water
½ tsp spirulina

Optional toppings:

Granola
Pumpkin seeds
Shredded coconut
Dark chocolate pieces

Method

1. Blend all ingredients in high-speed blender and blitz until combined.
2. Pour into bowl and top with granola, pumpkin seeds, shredded coconut, and dark chocolate pieces!





TANGY MEXICAN BEAN SALAD

MIRIAM CULLEN, Nutritionist, NSW

Ingredients

- 2 cobs fresh corn
- 1 can organic red kidney beans
- 1 can organic black kidney beans
- 1 can organic cannellini beans
- 1 red capsicum, diced
- 1 green capsicum, diced
- 1 large red onion, diced
- 2 tbsp fresh coriander, chopped
- 1 avocado, chopped
- ¼ cup olive oil
- 2 tbsp red wine vinegar
- 2 limes, juiced
- 1 lemon, juiced
- 1 tbsp honey
- 3 garlic cloves, minced
- ½ tsp ground cumin
- 1 tsp salt
- ½ tsp ground black pepper

Method

1. Using a sharp knife, shave the corn kernels off the corn cobs.
2. Heat a cast-iron skillet over medium-high heat. When hot, add the corn kernels in a single layer and cook for 3-4 minutes or until the corn is slightly charred.
3. In a small jar, combine the oil, lime and lemon juice, red wine vinegar, honey, minced garlic, cumin, salt, pepper and chopped coriander. Secure the lid and shake to combine.
4. In a large bowl, combine the corn, beans, capsicum, red onion, and avocado. Pour the dressing over the salad just before you serve.

Tip

This is a great dish for meal prepping lunches for the week! It keeps in the fridge for 2-3 days. The avocado stays green because there is plenty of citrus juice in the dressing.



A NON-TRADITIONAL SALMOREJO SOUP

RACHAEL SCHREYER, Nutritionist, QLD

A Spanish soup, traditionally eaten cold on hot summer days! It can be adjusted for personal preferences (with the option to make this gluten free and vegan), but its flavour relies on fresh, vine ripened tomatoes and capsicums which are best in summer.

Ingredients

4 tbsp olive oil
10-15 vine ripened tomatoes, halved
2-3 red capsicums, cut into chunks
2 red Spanish onions, peeled and quartered
2-4 garlic cloves, peeled and quartered
¼ cup vegetable stock (homemade or from concentrate)
Handful fresh basil
1-2 slices of fresh sourdough bread (optional, but thickens the soup nicely for a more filling meal – omit or swap for gluten free bread if GF)
1 boiled, free-range egg (optional but makes for a creamy soup!)
Extra olive oil for blending

Optional (but recommended) toppings:

Chopped boiled egg
Shredded serrano ham or prosciutto
Sliced olives
More sourdough bread!

Method

1. Preheat oven to 180°C.
2. In a large oven-proof dish (or two if required), toss the tomatoes, capsicum, onion, and garlic in 4 tablespoons of olive oil. Place in the oven and cook for 20-30 minutes, or until the vegetables are looking a little caramelised, but not burnt.
3. Remove from the oven and leave to cool completely.
4. Add to a blender the roasted vegetables and their juices, basil, and boiled egg and bread (if using).
5. Add the vegetable stock and blend (more can be added if you would like a thinner soup consistency), drizzling in olive oil (as much or little as you like) as it blends. NOTE: this step may need to be done in batches depending on the size of your blender.
6. Continue blending until smooth and emulsified.
7. Serve chilled (or warm if you prefer) with any (or all) of the suggested toppings!





COOLING BEET AND MINT DIP

DANIJELLA BADRAK, Clinical Nutritionist, QLD

Ingredients

2 beetroots, cut into chunks
1 handful fresh mint
150g goat's cheese
2 tbsp lemon juice
1 tbsp olive oil
½ small cucumber
Salt and pepper to taste

Method

1. Roast beetroot in a drizzle of olive oil until soft. Set aside to cool.
2. Blend beetroot with all ingredients, minus cucumber.
3. Dice cucumber and place on top with extra mint.

GREEN APPLE AND AVOCADO SALAD

KATEY WEEKES, Naturopath, QLD

Ingredients

Salad:

2 green apples grated, skin on
1 avocado, cubed
2 green onions, thinly sliced
1 tsp capers
1 tbsp of fresh dill, roughly chopped

Dressing:

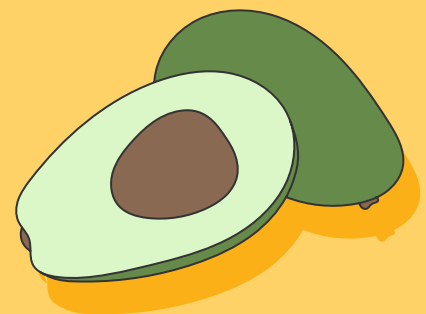
Zest of 1 lemon
Juice of ½ lemon
1 tsp olive oil
Salt and pepper to taste

Method

1. Combine all ingredients and drizzle with dressing.
2. Enjoy!

Tip

This salad pairs perfectly with your favourite fish or is just as delightful on its own topped with some Danish feta.





Autumn

Ayurvedic qualities:
COOL · DRY · ROUGH · CLEAR

Eat more:

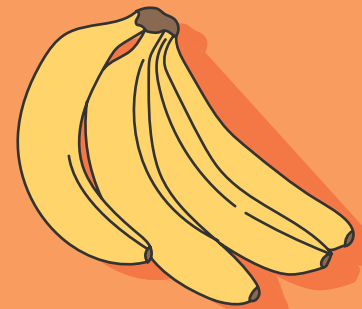
- ✓ Warming, moist foods, like soups and grains, such as rolled oats
- ✓ Stimulating spices
- ✓ Steamed vegetables
- ✓ Sweet, sour and salty tastes

Eat less:

- ✗ Raw vegetables
- ✗ Cold, frozen foods like iced drinks and smoothies
- ✗ Light, dry foods like crackers and salads

Seasonal produce:

- | | |
|--------------|-----------------|
| ✓ Apples | ✓ Carrots |
| ✓ Bananas | ✓ Cauliflower |
| ✓ Figs | ✓ Cucumber |
| ✓ Grapes | ✓ Eggplant |
| ✓ Kiwifruit | ✓ Lettuce |
| ✓ Lemons | ✓ Mushrooms |
| ✓ Peaches | ✓ Potatoes |
| ✓ Pears | ✓ Pumpkin |
| ✓ Persimmons | ✓ Spring Onions |
| ✓ Plums | ✓ Sweet Corn |
| ✓ Quinces | ✓ Tomatoes |
| ✓ Beetroot | ✓ Turnips |
| ✓ Broccoli | ✓ Zucchini |
| ✓ Cabbage | |





BANANA, PEAR & CARROT BAKED OATS

RACHAEL SCHREYER, Nutritionist, QLD

Fruit, fibre and healthy fats! These baked oats are an easy, filling and nutritious breakfast staple. Cut into bars to eat on the run or warm and enjoy with yoghurt and other seasonal fruits.

Ingredients

2 cups uncooked rolled oats
1 cup ripe banana, mashed
1-2 pears, grated
1-2 carrots, grated
1 egg (or substitute for a flax egg)
½ cup unflavoured yoghurt of choice
½ cup milk of choice
2 tsp ground cinnamon
1 tsp ground ginger
½ tsp vanilla extract
½ tsp bicarbonate soda

Optional toppings:

Chia seeds
Coconut flakes
More sliced banana

Method

1. Preheat oven to 180°C.
2. In a large bowl, whisk together yoghurt, milk, egg and vanilla.
3. In a separate bowl, mash banana then mix in spices, grated pear and carrot.
4. Add fruit and spice mix to the yoghurt mix (in the larger bowl) and combine. Stir in the oats and bicarb soda.
5. Grease a baking tray with olive oil and pour in the mixture, pressing down evenly into the dish. Top with chia seeds and/or fruit as desired.
6. Bake for 30-40 minutes until nicely browned.
7. Cool completely before storing in the fridge for up to a week or cut into portions and freeze for up to 1 month.

MUSHROOMS

with Bean Puree, Puy Lentils and Red Wine Sauce

Serves
4

CARRUN SQUIRES, Naturopath, VIC

Ingredients

4 large field mushrooms
1 tbsp olive oil
1 red onion, cut into thin wedges
1 clove garlic, crushed
200g Puy lentils
 $\frac{3}{4}$ cup (195mL) red wine
 $1\frac{3}{4}$ cups (440mL) vegetable stock
1 tbsp flat leaf parsley, finely chopped
30g butter
2 cloves garlic, crushed (extra)

Bean Puree:

1 large potato, cut into chunks
2 tbsp extra virgin olive oil
400g can cannellini beans, drained and rinsed
2 large cloves garlic, crushed
1 tbsp vegetable stock

Red Wine Sauce:

170mL ($\frac{2}{3}$ cup) red wine
2 tbsp tomato paste
375mL ($1\frac{1}{2}$ cups) vegetable stock
1 tbsp soft brown sugar

Method

1. Remove stalks from mushrooms and chop.
2. Heat oil in a saucepan and cook onion over medium heat for 2-3 minutes, or until soft.
3. Add the garlic and mushroom stalks and cook for 1 minute.
4. Stir in the lentils, wine and stock and bring to the boil.
5. Reduce the heat and simmer, covered, for 20-25 minutes, stirring occasionally, or until reduced and the lentils are cooked through. If the mixture is too wet, remove the lid and boil until slightly thick.
6. Stir in the parsley and keep warm.
7. To make bean puree, bring a small saucepan of water to the boil over high heat and cook the potato for 4-5 minutes, or until tender.
8. Drain and mash with a potato masher or fork until smooth. Stir in half the extra virgin olive oil.
9. Combine the cannellini beans and garlic in a food processor bowl. Add the stock and the remaining oil and process until smooth.
10. Transfer to a bowl and fold in the mashed potato. Keep warm.
11. Melt butter in a deep frying pan. Add the mushrooms and extra garlic and cook in batches over medium heat for 4 minutes either side, or until tender. Remove and keep warm.
12. To make the red wine sauce, add the red wine to the same frying pan, then scrape the bottom to remove any sediment.
13. Add the combined tomato paste, stock and sugar and bring to the boil. Cook for about 10 minutes or until reduced and thickened.
14. To assemble, place the mushrooms onto serving plates and top with the bean puree. Spoon on the lentil mixture and drizzle with the red wine sauce. Season and serve immediately.



GUT HEALING APPLE DESSERT

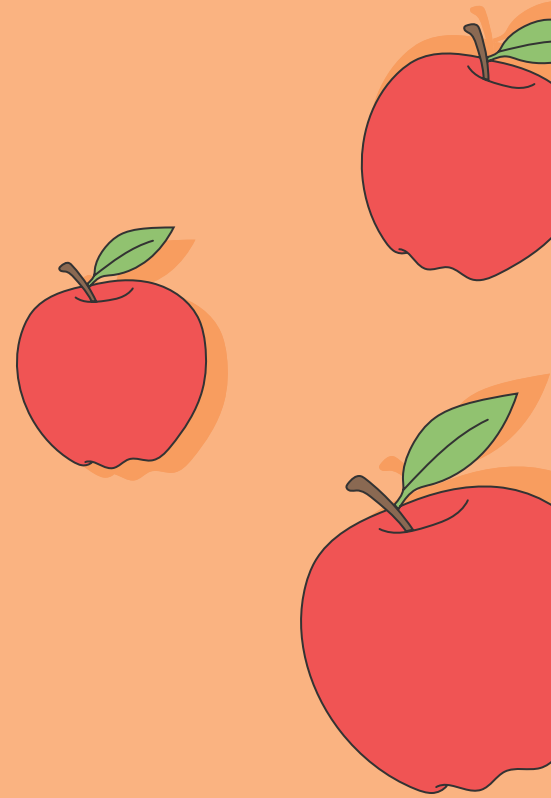
SOMMER WATTS, Naturopath, QLD

Ingredients

1 apple, peeled and cubed
1 tsp PHGG powder
1-2 cloves (optional)
Filtered water
Cinnamon, to serve (optional)

Method

1. In a small saucepan, add apple, cloves and just enough water to prevent sticking. Cover with lid and cook on medium heat until apple is soft.
2. Remove cloves.
3. Using a stick mixer, blend apple to a puree or leave apple cubes whole.
4. Blend in PHGG.
5. Sprinkle with cinnamon (optional).
6. Serve hot or cold.



PUMPKIN, LENTIL AND GINGER SOUP

CAREN WIGMORE, Naturopath, QLD

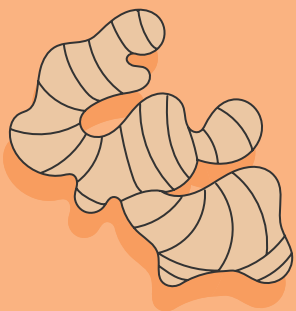
This is a winner for those who like pumpkin soup, but more importantly, for those who usually avoid it! The orange and ginger give it a lovely twist that often gets the most hesitant of soup eaters over the line! The added lentils increase the protein profile and help extend blood sugar regulation.

Ingredients

½ cup red lentils
1kg Japanese pumpkin, cut into chunks
1 onion thinly sliced
1 tbsp ginger, grated
1 tbsp orange zest
4 cups vegetable stock
1 garlic clove, minced
¼ cup coriander
1 scoop natural yoghurt

Method

1. Fry the onions in a little coconut oil for 5 min, until they begin to soften.
2. Rinse the lentils and add to the onions with the pumpkin, ginger, and orange zest. Add the stock and bring to the boil. Reduce heat and simmer for 30min, until the pumpkin and lentils are cooked.
3. Remove from heat and blend in a food processor until smooth. Stir in yoghurt and chopped coriander then serve.



Winter

Ayurvedic qualities:
COLD · DRY · ROUGH · HARD

Eat more:

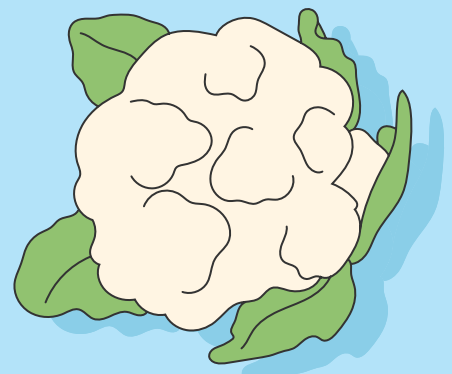
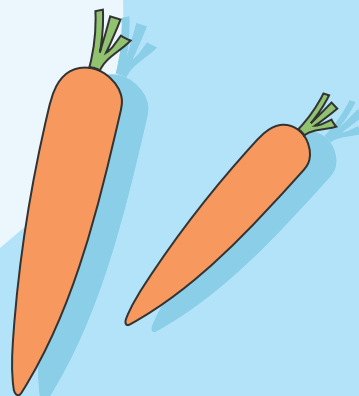
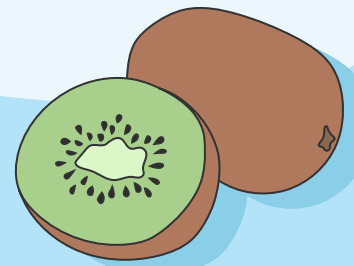
- ✓ Warming, moist, and soft foods like stews and soups
- ✓ Cooked greens and hearty root vegetables
- ✓ Substantial, nourishing foods, high in protein and good fats
- ✓ Spices such as ginger
- ✓ Warming drinks

Eat less:

- ✗ Raw, cold foods such as salads and cold snacks
- ✗ Frozen foods and iced or chilled drinks
- ✗ Excess carbohydrates, sugar, and dairy

Seasonal produce:

- ✓ Grapefruit
- ✓ Kiwifruit
- ✓ Lemons
- ✓ Mandarins
- ✓ Oranges (*Navel*)
- ✓ Broccoli
- ✓ Brussel Sprouts
- ✓ Carrots
- ✓ Cauliflower
- ✓ Fennel
- ✓ Mushrooms
- ✓ Potatoes
- ✓ Silverbeet
- ✓ Spinach





SPICED HOT CACAO

MIRANDA PARTRIDGE, Nutritionist, QLD

When the weather becomes cooler, one of our favourite ways to warm up is with a hot drink, and what is better than cacao? Cacao is the source of everyone's favourite treat, chocolate!

It has 'heart opening' effects, likely because oxytocin (the 'love' endorphin) is released when we consume it – which can have a calming effect, particularly on women. It also contains theobromine which is an energy stimulant that doesn't activate the central nervous system, meaning, you get an energy boost without the jittery buzz that caffeine can generate.

Add to this some anti-inflammatory herbs, and this is a potent tonic in a delicious form! Brew this up in the afternoon or when you want to take a moment to reconnect with yourself.

Ingredients

2 heaped tsp raw cacao
1 tsp maca powder (optional)
1 tsp cinnamon
½-1 tsp turmeric
1 tbs coconut oil, butter, or ghee
30mL-50mL boiled water
1 cup (approx.) heated milk of your choice (a coconut and rice milk blend works well as there is no sweetener added)

Option to add:

¼ tsp kashmiri chilli powder or cayenne pepper
¼ tsp reishi mushroom powder

Method

1. In a mug, while the kettle boils, combine all powders, fat of choice (coconut oil, butter, or ghee) and vanilla.
2. Pour in hot water and mix until combined and fat is melted.
3. Pour in heated milk. Enjoy – preferably whilst taking a few deep breaths and grounding yourself before getting on with the rest of your day.



PUMPKIN & CASHEW NUT CURRY

EMILY DOYLE, Student, QLD

Ingredients

½ butternut pumpkin
250mL of coconut milk (1/2 can)
½ large red onion, diced
½ cup cashews, roasted
2 tbsp olive oil
1 tsp ground coriander seeds
1 tsp curry powder
¼ tsp garam masala
½ tsp paprika
1 red chilli, diced
2 carrots, sliced
1 vegetable stock cube
Pinch of salt

Method

1. Preheat the oven to 200 degrees, fan forced. Cut the butternut pumpkin into medium sized chunks, coat in 1 tablespoon of olive oil and season with salt and pepper. Place the pumpkin chunks onto a lined baking tray and roast until soft and golden.
2. Over medium heat, place 1 tablespoon of olive oil, spices and the red onion into a large pot and fry until translucent and the spices are fragrant (roughly 2-3 minutes).
3. Place the veggie stock cube into ½ cup of boiling water and stir the cube until dissolved. Toss the diced chilli into the pot and fry for a minute before placing the carrots, veggie stock and coconut milk into the pot.
4. Cover the curry with a lid and cook for roughly 10-15 mins (if you like your carrots to have some bite, don't cook the carrots until completely soft).
5. Take half the roasted pumpkin and mash it in a bowl and add both the mashed and roasted pumpkin to the curry, alongside the roasted cashew nuts.
6. Serve on rice, quinoa, or greens.

RED LENTIL & KUMARA SOUP

MERRIDIE BOXER, Naturopath, VIC

Ingredients

- 1 cup dried red lentils (to aid digestion, soak lentils in water with a dash of lemon juice or apple cider vinegar for a few hours prior to making the soup)
- 3 tbsp olive oil
- 2 medium brown onions, diced
- 3 cloves garlic, crushed
- 1 lemon, juiced and zest finely grated
- 2 tbsp fresh ginger, grated
- 1 tsp dried chilli flakes
- 3 medium kumara/sweet potato, diced
- 2 litres vegetable stock
- 2 tbsp tamari
- Greens, to serve (rocket, spinach, or watercress if you can find it)
- Fresh parsley or dill, to serve (optional)
- Coconut yoghurt, to serve (optional)

Method

1. Crush the garlic and allow it to sit. Doing this allows the important enzyme, allicin, to be released – allicin is responsible for all the health benefits that you know and love about garlic!
2. Boil lentils in unsalted water for 10 mins. Drain and set aside.
3. Heat olive oil in a large soup pot, add the onion, garlic, lemon zest, fresh ginger, and dried chilli flakes. Cook over medium heat until onion is softened but not browned.
4. Add lentils, kumara/sweet potato, vegetable stock and tamari. Cover and simmer until kumara/sweet potato is tender (approx. 25 mins).
5. Using a stick or regular blender, carefully purée half or all the soup (half-blended creates a more rustic soup). Always be careful blending hot liquids! Do small batches if necessary.
6. Just before serving, add lemon juice to the soup. You can also add the pulp leftover from juicing for some extra zing in your soup!
7. Add a handful of greens to each bowl and ladle soup on top.
8. If you have it, top with fresh parsley or dill, and coconut yoghurt – yum!





TURMERIC MILK

JODI ALLEN, Nutritionist, QLD

Ingredients

- 1 cup of preferred milk (such as almond, soy, or coconut milk)
- 1 tsp extra virgin coconut oil
- ½ tsp organic ground turmeric
- Pinch of organic ground cinnamon
- Pinch of ground black pepper
- ½ tsp natural vanilla essence
- 1 tsp natural maple syrup or raw honey (optional)

Method

1. Whiz all ingredients in a blender (this makes it nice and frothy). Alternatively, whisk all ingredients well in a small saucepan.
2. Bring to the boil over medium-high heat.
3. Allow to cool a little before serving.

Tip

Curcumin, the main active component in turmeric, has long been hailed for its anti-inflammatory and antioxidant properties. Turmeric milk makes for a warm, nourishing drink and a perfect addition to a night-time routine to prepare yourself for sleep

FIRE CIDER

DANIJELLA BADRAK, Nutritionist, QLD

Fire Cider is a traditional remedy to prevent and treat a sore throat, amongst other infections. Fire Cider contains various herbs, spices, and Manuka honey, all soaked in lemon juice and apple cider vinegar. After soaking for a minimum of 2 weeks, the liquid is then strained, and a small amount of Fire Cider is consumed each day.

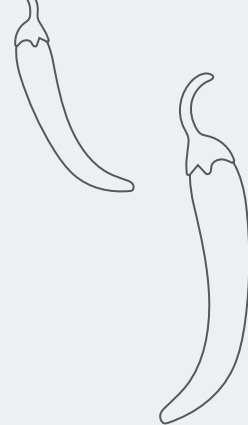
The ingredients used in Fire Cider are anti-microbial as well as being high in antioxidants and nutrients such as vitamin C. Added thyme and oregano have additional antimicrobial effects.

Ingredients

1 cup apple cider vinegar
Juice and zest of half a lemon
½ cup ginger root, grated
1 tbsp turmeric powder
1 medium onion, finely chopped
10 cloves garlic, grated
3 red chillies, finely chopped
1 handful fresh oregano
1 handful fresh thyme
1 tbsp Manuka honey

Method

1. In a medium jar, stir together apple cider vinegar, turmeric, lemon juice, and manuka honey.
2. Add other ingredients, pressing down to ensure all is submerged.
3. Leave to soak for 2-4 weeks.
4. Strain liquid and store in the fridge for up to 3 months.



ELDERBERRY SYRUP

RACHAEL SCHREYER, Nutritionist, QLD

A home-made cough syrup, filled with warming herbs and spices. Can be used every day as preventative medicine in the cooler months or acutely to soothe sore throats, colds and flu!

Ingredients

½ cup dried elderberries
1 cinnamon quill
10 whole cloves
2 tbsp grated fresh ginger
2 tbsp apple cider vinegar
2 cups filtered water (room temperature)
1 cup backstrap molasses

Tip

Adults: take 1 tablespoon per day for maintenance, or 1 tablespoon every 3 hours for acute illness.

Children: take ½ tablespoon, maximum 3 times per day.

Method

1. Add elderberries, cinnamon quill, cloves and water to a small pot with the lid on. Leave to steep for 3 hours (or overnight).
2. Once steeped, place the pot on the stove on low heat. Add the ginger and simmer for 20-30 minutes, or until the liquid reduces by half. Take off the heat and allow to cool enough to touch.
3. Strain the contents of the pot through a muslin cloth, or very fine sieve, squeezing and pressing the "pulp" to extract all the liquid.
4. Return the liquid to the pot and warm (do not bring to a boil).
5. Add molasses to the pot and stir well to incorporate.
6. Remove from the heat and cool completely.
7. Store in a sterilised glass jar or bottle in the fridge for 1 month.





ANTI-INFLAMMATORY PUMPKIN SOUP

STEPHANIE GOBBO, Naturopath, NSW

This soup is filled with gut-healing, anti-inflammatory and immune-boosting nutrients

Ingredients

2 cups diced sweet potato (approx. 325 grams)
1 cup diced carrot (approx. 125 grams)
3 cups diced Jap pumpkin (approx. 390 grams)
3 cloves of garlic, peeled
1 brown onion, chopped
1 cup leek, chopped
1 tin coconut milk
1 tin coconut cream
2 cups chicken bone broth
1 tsp freshly grated ginger root
½ tsp ground cumin
½ tsp ground cinnamon
1 tsp powder turmeric
Extra virgin olive oil, to drizzle
Salt and pepper to taste
Coriander, pumpkin seeds, and lime juice, to serve

Method

1. Preheat oven to 180 degrees. On a large baking tray, add pumpkin, sweet potato, carrot, leek, onion, and garlic. Drizzle with olive oil and bake for 30 minutes until vegetables are soft.
2. Once finished, add all vegetables to a large pot on the stove and add coconut milk and cream, bone broth, and spices. Simmer for 15 minutes. Add salt and pepper to taste.
3. Using a stick blender, process soup into a smooth liquid. Simmer for a further 10 minutes and then it is ready to serve.
4. Sprinkle with freshly chopped coriander, pumpkin seeds and a squeeze of lime.



HEARTY WINTER BEEF AND VEGGIE SOUP

Serves
8-10

MIRIAM CULLEN, Nutritionist, NSW

Ingredients

Extra virgin olive oil
1kg grass-fed beef – chuck steak, rump steak or gravy beef (roughly diced in 4x4cm chunks)
3 brown onions, sliced
1 leek, sliced
1 whole garlic bulb, crushed or finely chopped
2 twigs fresh rosemary, finely chopped
4 twigs fresh thyme, finely chopped (can also use dried)
5 large celery stalks, sliced
4 medium carrots, sliced into half-moons
4 turnips, diced into 1x1cm cubes (can substitute with parsnip)
1 large bunch of kale or silverbeet, roughly chopped
3 cups of beef bone broth (you can use dehydrated bone broth and mix with hot water)
2 cans organic whole tomatoes
½ cup dry red wine (alcoholic or non-alcoholic)
1 tbsp apple cider vinegar
3 bay leaves
2 chillies (optional)

Method

1. Pour a splash of olive oil in a large saucepan over medium-high heat.
2. When the oil is hot, add the diced brown onions and leek and fry until softened.
3. Add the celery, carrots and turnips and mix well.
4. Remove from pan.
5. Add another splash of olive oil and add the beef to the pan. Sear on all sides until fully browned (4-5 minutes).
6. Add the garlic, rosemary and thyme and cook until fragrant (1-2 minutes). Add the two optional chillies.
7. Add the vegetables to pan and stir.
8. Add 3 cups of beef bone broth, the canned tomatoes, apple cider vinegar and red wine.
9. Bring the pot to a simmer. Be careful not to allow the soup to come to a rolling boil, or the fat will separate from the beef and create a fatty layer on the top of the soup.
10. Add the bay leaves, and salt and pepper to taste. Simmer for 3-5 hours.
11. When the soup has 10 minutes to go, add roughly chopped kale or silverbeet.
12. Serve with organic, rye or spelt sourdough bread with a smear of organic, grass-fed, salted butter.

Tip

Alternative cooking method: If you have a slow-cooker or a multi-cooker that has a searing function, you can sear the beef at the start and then use the slow cooker (on high) for up to 10 hours.



WARMING WINTER CONGEE

MARGO WHITE, Nutritionist, VIC

Congee is a warming soup that is so easy to make – put everything in a pressure cooker, turn it on, and walk away! The rice is cooked with a much higher ratio of water to grain and simmered until it is soft and mushy, making it easy to digest. It's also incredibly nourishing for the digestive tract.

Ingredients

1 cup brown or white rice, rinsed and drained
8 cups vegetable or chicken broth
2-inch piece ginger, grated
2 whole chicken breasts or 200g cubed tofu
½ tsp garlic powder
½ tsp Chinese five spice powder
2 cups sliced mushrooms of choice (such as Shiitake mushrooms for immune and anti-inflammatory support)

Optional toppings to serve:

Sautéed bok choy or other Asian greens, fried egg, fried onion, tamari, sesame seeds, spring onion, sriracha and/or coriander

Method

Pressure cooker method

1. Rinse and drain the rice.
2. Place rice, ginger, spices, chicken, broth, water, and mushrooms in a slow cooker. Cook on the pressure cooker setting for 15 minutes.
3. Remove chicken and shred into bite-size pieces using two forks or blend in a Thermomix for 5-10 seconds at speed 5.
4. Ladle rice into bowls and top with shredded chicken, cooked Asian vegetables, and other garnishes.

Stove top method

1. Rinse and drain the rice.
2. Place rice, ginger, spices, chicken, broth, water, and mushrooms in a large pot and bring to boil.
3. Give the rice a good stir, scraping the bottom of the pan to prevent sticking, then lower the heat and half cover the pan. Simmer gently for 1½ to 2 hours, stirring every 15 minutes, until the grains have burst open, and you have a thick congee. Keep an eye on the pot to make sure the rice doesn't stick to the bottom.
4. Remove chicken and shred into bite-size pieces using two forks or blend in a Thermomix for 5-10 seconds at speed 5.
5. Ladle rice into bowls and top with shredded chicken, cooked Asian vegetables, and other garnishes.



Spring

Ayurvedic qualities:
WARMING · SOFT · MOIST

Eat more:

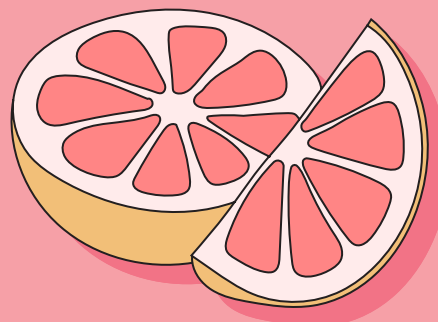
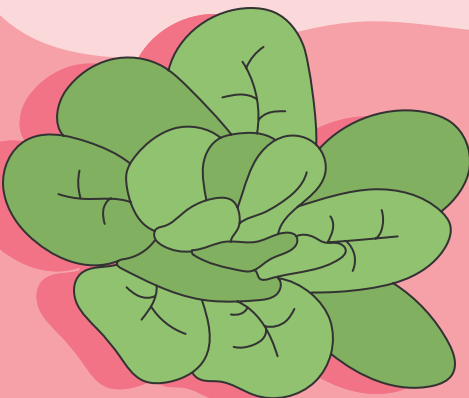
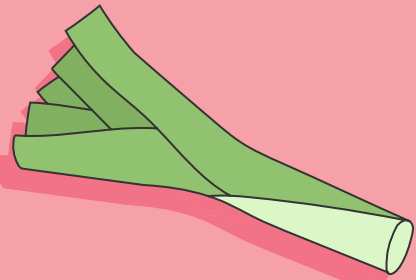
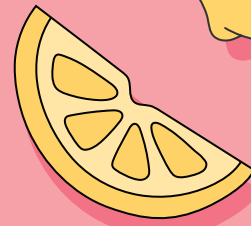
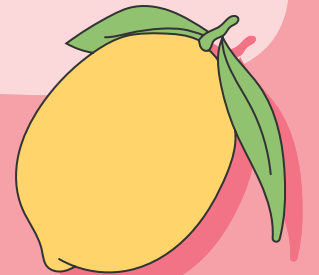
- ✓ Eat the first bounty of the season
- ✓ Fruit, fresh vegetables, and salads
- ✓ Light, cooked grains, steamed vegetables, and legumes
- ✓ Foods that are lighter, drier, pungent, astringent, and bitter

Eat less:

- ✗ Excess carbohydrates
- ✗ Heavy, oily or fried foods
- ✗ Sugar and dairy

Seasonal produce:

- | | |
|----------------------------|---------------|
| ✓ Bananas | ✓ Cabbage |
| ✓ Grapefruit | ✓ Cauliflower |
| ✓ Lemons | ✓ Fennel |
| ✓ Oranges (<i>Navel</i>) | ✓ Leeks |
| ✓ Artichokes | ✓ Mushrooms |
| ✓ Asparagus | ✓ Peas |
| ✓ Beansprouts | ✓ Rhubarb |
| ✓ Beetroot | ✓ Silverbeet |
| ✓ Broccoli | ✓ Spinach |
| ✓ Brussel Sprouts | |





CHICKPEA AND SWEET POTATO CURRY

SULIN SZE, Naturopath, NSW

Ingredients

11-12 cherry tomatoes
½ tsp cumin seed
1 tsp fennel seed
½ tsp coriander seed
1 tsp turmeric powder
1 tsp garam masala
½ tsp ras el hanout
2-3 tbsp sunflower oil
1 tsp black mustard seeds
1 onion, chopped
1 large sweet potato, chopped into small pieces (around 1cm squares)
1 cup vegetable stock
½ tsp pink Himalayan salt
1 can chickpeas, drained
½ cup green peas
1 cup sunflower seeds
½ lime (juice)
Fresh parsley and coriander leaf, to garnish

Method

1. Pop the tomatoes into a dry pan in the oven, on 190°C for 15 mins to soften and cook.
2. Combine spices in a mortar and pestle.
3. Turn on a pan at medium heat with oil and mustard seeds. Once they're popping, add in the onion and sauté for a few minutes before adding the spices.
4. Add the sweet potato, salt, tomatoes, 1 cup of vegetable stock and stir to combine.
5. Let simmer for 15 minutes covered, or just until the potato is cooked.
6. Add the chickpeas and simmer for a further 5 minutes. Then add the green peas. Simmer for a few more minutes. Turn off the heat and cover.
7. To prepare the sunflower seeds, place them into a dry pan on medium heat. Keep stirring the seeds until they are roasted and crispy on the outside or until you smell the aroma of roasting seeds.
8. Serve curry topped with a squeeze of lime juice, the sunflower seeds and a garnish of finely chopped parsley and coriander. Delicious!

CUMIN AND ROSEMARY LAMB MEATBALLS

DANIJELLA BADRAK, Nutritionist, QLD

Lamb and cumin are intentionally paired in this dish, not only because they taste delicious together, but cumin can help with the digestion of meat. Cumin has been shown to increase the activity of digestive enzymes as well as release of bile from the gallbladder. What does this mean? Better digestion and absorption of proteins and fats found in meat!

Tip

Store in the fridge for 3 days or freeze for up to 1 month.

Ingredients

500g lamb mince
2 tbs dried rosemary
1 tbs cumin
1 tbs sumac
1 tsp smoked paprika
1 tsp salt
Drizzle olive oil

Method

1. Mix all dry ingredients in a bowl.
2. Add lamb mince and olive oil, mixing together well.
3. Shape into bite sized balls.
4. Bake in oven on medium heat for 20 minutes or until they brown.



SPRING BUCKWHEAT TABBOULEH

GILL NICHOLLS, Nutritionist, NSW

This high-fibre recipe is in demand during the spring months when tomatoes are just coming into season and mint and parsley are young and fresh.

Ingredients

- ½ cup cooked buckwheat
- 2 cups fresh leaf parsley, finely chopped
- ½ cup fresh mint, finely chopped
- 2 sundried tomatoes, cut into small pieces
- 2 medium tomatoes, cut into small pieces
- ½ seedless cucumber, cut into small pieces
- 2 tbsp fresh lemon juice
- 1 tbsp olive oil
- ½ tsp Himalayan salt
- ¼ tsp black pepper

Optional extras:

Handful chopped walnuts, pepitas and/or sunflower seeds

Method

1. Mix oil, lemon, salt and pepper in a bowl.
2. Add the rest of the ingredients, stir through and serve.

Tip

If making ahead of time or in a large batch, mix buckwheat, fresh herbs, tomatoes and cucumber together and combine the dressing (oil, lemon, and salt and pepper) in a jar to serve later

VIPASSANA BEETROOT SALAD

JEANIE MCCLYMONT, Naturopath, QLD

A taste of bliss from a 10-day Vipassana silent meditation retreat! This salad is quick and easy to make in a food processor and it keeps well for a few days in the fridge.

Ingredients

- 2 large beetroots
- 1 large carrot
- Juice of 2 oranges, or 2-3 rounds of fresh pineapple (you can use some of both or just juice if that's all you have; both are best fresh)
- ⅓ cup of dried currants (more or less, to taste)
- ½ cup of desiccated coconut (optional)

Method

1. Grate beetroot and carrot (using the finest holes), or process until finely diced in your food processor.
2. Add freshly squeezed juice of oranges or crushed pineapple (or just add into the food processor too).
3. Add currants and desiccated coconut and mix through with a spoon or fork.
4. Cover and refrigerate for up to 4 days.
5. Serve as a side.





PUMPKIN, PISTACHIO & POMEGRANATE SALAD

SHARON CARIUS, Student, QLD

Ingredients

- ¼ pumpkin
- 1 tsp cumin, ground
- 1 tsp coriander, ground
- ¼ tsp chilli, ground (optional)
- 1-2 tbsp olive oil
- ½ small red onion
- ¼ cup white wine vinegar
- 1 tsp brown sugar
- ¼ tsp salt
- Filtered water
- ½ cup pistachios (or pine nuts)
- ½ cup pomegranate seeds (frozen ones taste just as good)
- 2-3 cups rocket

Optional extras:

Add grilled salmon, chicken, or beef strips, if desired
Goat's cheese (2-3 cubes, crumbled) on top also takes it to another level!

Method

1. Thinly slice the red onion and put it in a small bowl. Cover with vinegar and brown sugar, top up with water to ensure onion is covered, and put aside to pickle (for 10-15 minutes).
2. Preheat oven to 180°C.
3. Peel and deseed pumpkin and either slice into thin pieces or chop into cubes. Place olive oil, cumin, coriander, and chilli flakes into a bowl and combine. Then cover pumpkin pieces completely in oil and spices.
4. Spread pumpkin onto a flat tray and bake for 15-18 minutes until cooked. Remove from oven and set aside to cool or serve on salad bed warm.
5. While pumpkin is cooking, plate up rocket onto a platter.
6. Drain onion and pat on paper towel.
7. To assemble salad, layer rocket then add pumpkin, spread over red onion, sprinkle over pomegranate seeds, top with pistachios and any optional extras. Alternatively, put salad into individual serving bowls.

Tip

This salad is often moist enough without dressing so serve any salad dressing on the side. This also ensures that any leftovers last for longer.



BEETROOT RISOTTO WITH GOAT'S FETA

LUCY SCHMID, Naturopath, QLD

Ingredients

- 2 tbsp of olive oil
- 30g of ghee or butter
- 2 cups of Arborio rice
- 1L vegetable or chicken bone broth, heated
- 3 medium beetroots
- 1 leek sliced
- ½ red onion chopped
- 1 tsp minced garlic
- 1 tsp fennel seeds
- ½ cup white wine
- ½ cup sheep's parmesan
- Cracked pepper
- Chopped parsley
- 100g of goat's feta

Serves
4

Method

1. Preheat oven to 180°C. Remove any leaves from cleaned beetroot and individually wrap tightly in baking paper with some salt and pepper. Bake for 20 minutes until soft, then remove from paper and puree in a blender, adding a little stock if needed.
2. While the beetroots are baking, melt ghee or butter in heavy based pan with olive oil on medium to low heat. Add leek, onion and salt, and cook for several minutes until soft and translucent. Add garlic and fennel seeds and cook for another few minutes.
3. Add 2 cups of Arborio rice and toast in the pan for 3-5 minutes until rice slightly colours.
4. Stir through the white wine and simmer to absorb the liquid.
5. Begin adding the stock, cup at a time, allowing each addition to be stirred through and absorbed before adding the next cup.
6. Adjust consistently with extra stock or water as desired.
7. Remove pan from heat and stir through grated parmesan and beet puree. Once mixed, garnish with crumbled goat's feta, pepper and parsley, and place lid back on for a final few minutes to let everything melt together.

Tip

Enjoy with a bitter rocket leaf and pumpkin seed salad!



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