SWEET TREATS & SAVOURY SURPRISES
Recipe Book by Rachel Holmes

30 Easy to Follow KSFL® Friendly Treats for a Healthy Lifestyle
## Sweet Treats

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## Savoury Snacks

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When following the Kick Start Fat Loss™ Lifestyle plan we all need a sweet treat or savoury snack from time to time.

And instead of reaching for shop bought, packaged cakes, biscuits or crisps, you can create your own healthy treats which are made from wholesome ingredients ensuring you stay right on the KSFL® track.

A little of what you fancy really does you good with these delicious and very easy to follow recipes.

All of the ingredients can be found in most supermarkets, health food shops or online - plus you can always experiment and add in your own variations and ingredients.

Why not get the children involved to help you create a happy healthy meal. Clean eating and baking is the perfect way to live the KSFL™ lifestyle and enjoy the benefits without compromising on taste and the foods you love.

We LOVE to hear from you so if you make any of the recipes don’t forget to Facebook, Tweet or Instagram your pictures.

Enjoy!

Love Rachel xx

Rachel Holmes Creator of Kick Start Fat Loss™
Sweet Treats
Apple Cinnamon Cookies

**Ingredients**
- 2 large apples, peeled, cored and cut into eighths
- 2 cups of sliced almonds
- 2 teaspoons of melted coconut oil
- 4-5 pitted dates
- 2 teaspoons of vanilla extract (alcohol free)
- 1 tablespoon of cinnamon
- 1 cups of finely shredded unsweetened coconut
- A pinch of salt
- 3 large eggs (organic ideally) lightly beaten (Flaxseed and water can be used in place of eggs to bind the mixture)

**Method**
1. Preheat oven at 180°C.
2. Grate the apples using the shredder attachment on the food processor.
3. Put the almonds, cinnamon, coconut oil, dates and vanilla into a food processor and pulse until coarsely chopped.
4. Add the apples, almonds, shredded coconut and salt to a large bowl and stir together. Then add the eggs and mix evenly.
5. Using an ice cream scoop, place the mixture on to baking paper and flatten down the dough into a cookie shape.
6. Place in the oven for 25-30 minutes turning the tray halfway through.

Allow to cool on a wire rack!
Enjoy…
Apple & Blueberries Muffins
Prep time – 5 mins / Cook time – 25 mins

Ingredients
• ⅔ cup of coconut flour
• ⅔ cup of brown rice flour
• ⅓ cup of oats
• ½ tbsp cream of tartar
• ½ tbsp sodium bicarbonate
• 2 tsp ground cinnamon
• 3 tbsp raw honey/coconut palm sugar
• 2 medium apples, peeled & diced
• ¾ cup of blueberries
• 2 eggs, whisked
• 4 tbsp natural yoghurt
• Up to 2 cups of water or coconut milk
• 4 tbsp coconut oil, melted

Method
1. Preheat oven at 180°C.
2. Sift the flours, cinnamon, cream of tartar and sodium bicarb together in a large bowl and mix well.
3. In a separate jug whisk the eggs, oil and other liquids into a well-combined mix.
4. At this point either add your palm sugar to your dry mix and mix well or add your honey to your liquid mix and whisk well.
5. Add your prepared fruit to your dry mix and stir until roughly combined. Add your liquid mix to your dry bowl and stir gently until just combined.
6. The nature of muffins requires that the mix not necessarily be evenly distributed so that you can still get mouthfuls of separate flavours. You should be left with a loose, lumpy cake-like batter.
7. If your mix is too dry at this point, just add a little more of your chosen liquid, Juice, water or coconut milk until the desired mix is reached.
8. Spoon the mixture into non-stick muffin pans or muffin cases until ¾ full and place in oven.

Your muffins are ready when the top is lightly golden!
If you are making mini muffins, just be sure to dice your apple smaller and reduce your cooking time accordingly!
Coconut Blueberry Muffins

Serves 10-16 muffins

Ingredients

• 300g ground almonds
• 150g blueberries
• 3 tsp cinnamon
• ½ tsp salt
• 2 tsp baking powder
• 3-4 tbsp raw honey
• ⅓ cup coconut oil
• ¼ coconut milk
• ¼ cup shredded coconut
• 4 eggs
• 2 tsp vanilla extract

Method

1. Preheat oven at 180°C.
2. Combine all ingredients into a large bowl or food processor and mix well.
3. Divide into lightly greased muffin tins.
4. Bake for 15-20 minutes or until golden brown.
5. Test with a toothpick if need be. If it comes out clean – they are good to go!
Banana & Date Tea Loaf

**Ingredients**
- 200g spelt flour (I use wheat-free self raising flour)
- 1 tsp of bicarbonate of soda
- A good handful of chopped dates (obviously de-stoned)
- 2 mashed bananas (good way to use up over-ripe ones)
- Good handful of raisins
- About a third of a cup of coconut oil
- 1 tsp vanilla extract

**Method**
1. Mix the flour and bicarbonate of soda with water to make batter.
2. Add in the dates and raisins and mix well.
3. Add both amounts of oil, water, bananas and vanilla and beat well.
4. Pour into a lined loaf tin and bake at 200°C/400°F for about half an hour or until well risen and a skewer comes out clean. Enjoy, lovely warm or cold.
Cinnamon Rice Pudding (Serves 4)

Ingredients
- 325g long grain brown rice
- 1.5 litres rice/coconut milk
- 1 cinnamon stick, snapped in half
- Juice and zest of a lemon

Method
1. Place the rice, rice/coconut milk, cinnamon and lemon juice in a medium sized pan and bring to the boil, lower the heat and simmer for 30-40 minutes, stirring occasionally.
2. Add a little extra rice milk if required.
3. It is ready when the rice is tender and the liquid is absorbed.
4. Serve hot or cold sprinkled with lemon zest.
Raw Chocolate Ganache Tart
Serves 6 portions

Ingredients
For the base
• 300g almonds
• 1 tsp Himalayan sea salt
• 200g medjool dates

For the filling
• 4 medium sized ripe avocados
• 150g virgin coconut oil
• 2 vanilla pods, seeds only
• 200g raw cacao powder
• Pinch of Himalayan sea salt
• 100g raw honey to taste

Method
1. In a food processor, blend the almonds until broken into small pieces.
2. Add the salt and medjool dates, blend until you have ‘dough’, or until the mix forms a ball.
3. Press this mixture into the bottom of a mould. Cover in cling film and leave to harden in the freezer until you are ready to pour on the filling. Preferably use a silicone mould. They are freezer safe and easy to get the tart out once it has set.
4. For the filling, blend everything together until smooth and then pour onto the base.
5. Set in the freezer for 1 hour and it should be firm enough to slice up.
Strawberry Crisps

Ingredients

- 250g/9oz strawberries, stalks removed

Method

1. Preheat the oven to 110°C/225°F/Gas ¼.
2. Slice the strawberries very thinly. Blot any excess juices with kitchen paper and lay on a baking tray lined with silicone paper. Place in the oven for 1 hour until becoming dry, turn over, then continue to dry out in the oven until crisp but not quite golden. This could take up to a further 1-1½ hours. Turn off the oven and leave to cool. If you are not using the crisps straight away, store them in an airtight container.
3. These can be added to your fruit salad, used to top your desserts or eaten as a healthy snack!
Healthy Fruit Cocktail
Serves 2 / Prep time: 5 mins

**Ingredients**
- Handful of strawberries hulled and sliced
- Handful of raspberries (either fresh or frozen)
- 2 pears, cored and cubed (can be peeled)
- Juice of one lemon
- 4 tbsp of full fat bio live yoghurt
- 2 tbsp desiccated coconut
- 1 tbsp cocoa powder
- Handful of pecans broken

**Method**
1. Mix fruit together with lemon juice and divide into two bowls.
2. Then add a dollop of yoghurt on top of the fruit mixture.
3. Mix the coconut and cocoa powder together then sprinkle a little on top of yoghurt.
4. Finish with a sprinkling of the pecan nuts.
Protein Balls
A great snack to have post workout

**Ingredients**
- 10-12 whole, pitted Medjool dates
- Handful of raw almonds
- 2 tbsp shredded coconut
- 3 tbsp organic natural almond or cashew butter
- ½ cup of natural/vegan protein powder

**Method**
1. Place the dates, almonds and nut butter into a food processor and mix for 1-2 minutes or until the ingredients have mixed into a thick mixture.
2. Remove and place mixture into a bowl, add ½ cup of natural vanilla protein powder, and 2 tbsp of shredded coconut.
3. Mix all of the ingredients well with your hands and roll into balls, the balls should fit into the centre of the palm of your hand. It’s best to wet hands first.
4. Place the protein balls into the fridge for 1-2 hours to set.
Coco-nutty Power Balls

**Ingredients**
- 1 cup of soft pitted dates
- 1 cup of shelled hemp seeds
- ½ cup of almonds or any nut will do
- 1 cup of raw shredded coconut
- A pinch of Himalayan sea salt

**Method**
1. Place all ingredients except ½ the coconut in a food processor and whiz until blended, don’t let it get to smooth, if it’s too wet add some more hemp, if its too dry add a little water.
2. Roll into balls, rub into leftover coconut and chill for an hour or so in the fridge!

### Protein Soufflé

**Serves 2**

**Ingredients**
- 5 egg whites (large)
- 1 whole egg
- 2 teaspoons of raw honey
- 1-2 scoops of vegan protein powder
- 2 teaspoons of almond butter or flaxseed oil (small drizzle)
- (Natural flavourings can be added as desired - almond, vanilla extract or lemon juice for example).

**Method**
1. Whisk up eggs in a bowl; add ingredients one at a time and stir.
2. Make sure all of the protein powder is mixed in well.
3. Microwave on full power for 90 seconds, stir again, microwave another 90 seconds.
4. Allow to cool and then consume.

*Tip:* Can be used for a carb breakfast too by adding a handful of oats in the mix!
Healthy Nutella
Serves 1-2 people

Ingredients
• 1 scoop of Sun Warrior/vegan chocolate protein powder
• 1-2 teaspoons of organic grass fed butter
• 1 tablespoon of hazelnut butter
• Pinch of raw honey if needed

Method
1. Place butter in a bowl and place under grill for about 2 minutes until liquid has started to form.
2. Remove then add Protein powder and hazelnut butter.
3. Mix thoroughly; if too dry add more melted butter.
4. Taste and add honey if necessary.
5. If more chocolatey taste is required then add 1 teaspoon of raw cacao powder.
6. Spread on rice cakes or eat as it is!

Mango & Lime Sorbet
Serves 2. This silky-smooth sorbet was inspired by the lush flavors of Thailand.

Ingredients
• 2 cups of frozen mango chunks, slightly defrosted
• Juice of 1 lime

Method
1. Place mango into blender or food processor and purée.
2. Squeeze in lime juice and pulse to bleed.
3. Transfer to shallow glass or metal bowl and place in freezer.
4. Freeze for 30 minutes making sure you stir purée after 15 minutes.
Five Minute Raw Cacao Bars
Makes 10 bars

Ingredients
• 100g cashews
• 100g pitted dates
• 25g raw cacao powder
• 25g raw cacao nibs

Method
1. Place the cashews into a food processor and process until they are well ground.
2. Add the dates, cacao powder and process until the mixture is starting to clump into a large mass.
3. Add cacao nibs and pulse to combine.
4. Line an 8 X 12 baking dish with tin foil.
5. Empty the dough into the foil and press it down with your fingers ensuring it is uniformly thick and even. Refrigerate for about 1 hour.
6. Cut into 10 bar shapes and serve.
Blueberry and Coconut Snack Bars

Ingredients

- 300g of oats
- 100g of desiccated coconut (non-sweetened)
- 150g pack of blueberries
- 100g of butter
- 2 x bananas
- 3tbsp raw honey
- Zest of a lemon and orange

Method

1. Pre heat oven at 160°C.
2. Melt butter and honey in a large saucepan.
3. Mash bananas and add to saucepan.
4. Once mixture is melted, remove from heat.
5. In a separate bowl mix together the oats, coconut, blueberries, lemon and orange zest.
6. Add the melted butter, honey, banana mixture to the bowl and stir thoroughly.
7. Place baking paper into baking tin and grease with coconut oil.
8. Place mixture into the tin and spread evenly, approximately 1 inch thick.
9. Drizzle raw honey over the mixture to finish and place in the oven for 30 minutes.
10. Take out to cool and then cut into bars.
Bootcamp Brownies

**Ingredients**
- 240g drained chickpeas (1 tin)
- 150ml freshly squeezed orange juice
- Grated orange peel
- 3 eggs
- 2 ripe bananas
- 80g cocoa powder
- 30g ground almonds
- 1 teaspoon of baking powder
- ½ teaspoon of bicarbonate of soda
- Handful of crushed walnut halves or any preferred nuts

**Method**
1. Mash up the chick peas, bananas (make sure these are really ripe!), add the eggs, all other ingredients and mix together.
2. Line a baking tray with parchment paper greased with coconut oil.
3. Pop them in a preheated oven for 20 – 25min at 190°C (or until toothpick inserted in center comes out clean).
Flapjack Buns
Makes 12

**Ingredients**
- 175g porridge oats
- 2-3 tbsp of raw honey
- 55g of apricots, chopped
- 25g of cranberries
- 2 tbsp flaked almonds
- 1 tsp ground cinnamon
- 2 egg whites

**Method**
1. Preheat the oven to 190°C/375°F/Gas Mark 5.
2. Line a 12 whole bun tin with 12 paper cases.
3. Place the oats in a mixing bowl and add the honey, apricots, cranberries, almonds and cinnamon.
4. Beat the egg whites in another bowl until frothy, and then stir into the dry ingredients, mix together.
5. Using your hands, take about 1 tablespoon of the mixture and press together.
6. Place in a paper case.
7. Continue until all the mixture has been used up.
8. Bake for 15-20 minutes or until the tops of the buns are beginning to crisp.
9. Remove from the oven and leave until cold before serving.
Naked Bars
You will need a food processor for this recipe

Ingredients
- 250g bag of stoned dates
- 250g raisins
- 250g walnuts (you can substitute most nuts here)
- 150g desiccated coconut

Method
1. Whizz the whole lot up in a food processor until starting to bind together.
2. Then spread onto a large baking sheet with greaseproof paper bars or roll straight into marble sized balls.
3. Leave in the fridge for 48 hours so they set, making them easier to cut in to chunks.

Chocolate version
Add organic cacao powder before you blend together.

Chocolate & orange version
Add cacao with grated rind and juice of one orange.

Gingerbread
Replace walnuts with cashews with add 1-2 teaspoons of ground ginger powder.
Savoury Snacks
Lamb Koftas with Hummus Dip

Ingredients

- 1 tsp of ground cumin
- 1 tsp ground cinnamon
- 2 tsp finely grated lemon rind
- 1 onion, grated
- 2 cloves of garlic, crushed
- 500g organic lamb mince
- 2 tablespoons coconut oil
- 1 red onion, finely chopped
- 200g of tomatoes finely chopped
- 1 cucumber peeled and diced
- 50g of mint washed, picked from stem and finely chopped
- 1 tbsp of lemon juice
- Salt and pepper to taste.

Method

1. Mix together ground cumin, cinnamon, half the lemon rind, grated onion, garlic and lamb mince.
2. Using your hands mix well to combine.
3. Roll into 16 balls.
4. Heat the coconut oil in a frying pan over a high heat and cook the lamb balls for 8-10 minutes turning occasionally.
5. Serve the lamb koftas with hummus.
**Hummus Dip**

**Ingredients**
- 225g chickpeas
- 2 garlic cloves
- 2 tbsp extra virgin olive oil
- 4 tbsp tahini
- Juice of 1 ½ lemons
- Pinch of paprika
- Salt and pepper to taste

**Method**
1. Soak and cook the chickpeas in plenty of water for approx 60 minutes or according to directions on the packet.
2. Drain, reserve the liquid.
3. Puree the cooked chickpeas with the remaining ingredients with enough of the cooking liquid to make a creamy consistency.
4. Taste, and add more salt and pepper if necessary. Chill before serving!

**Avocado and Lemon Mousse**  
*Serves 4*

**Ingredients**
- 4 whole lemons
- 4 ripe avocados, stoned, peeled and mashed
- Juice of half a lemon
- Juice of half an orange
- 250g pitted dates
- 2 tbsp raw Honey
- Zest of a lemon

**Method**
1. Remove skin from lemons, cut in half and remove seeds.
2. Blend all ingredients in a food processor and blend until smooth.
3. Spoon into dessert dishes and leave to chill for approx 2 hours in the fridge.
4. Serve garnished with lemon zest.
Almond Paté
Keeps for three days in the fridge

**Ingredients**
- 200g pre-soaked whole almonds
- 75g pine nuts
- 2 tsp lemon juice
- 2 tbsp olive oil
- 1 clove garlic, peeled and crushed
- 3 tbsp chopped fresh basil

**Method**
1. Drain the almonds and then place in a food processor with all other ingredients and 2 tablespoons of water.
2. Blend until smooth.
3. Transfer into a small bowl, cover and place in fridge to set.
4. Serve with vegetable crudités.
Salmon & Dill Paté
Prep time: 10 mins / Cook time: 10 mins

Ingredients
- ¾ cup full fat bio live yoghurt
- 2 medium salmon fillets
- Small bunch of dill, finely chopped
- Salt and pepper to taste
- Juice of ½ a lemon

Method
1. Start by steaming or baking your boned salmon fillets. Either bake for 10 minutes at 200°C or steam over a pan of boiling water for 10 minutes.
2. Allow the fillets to completely cool, then remove the flesh from the skin and place the flaked fish in a large bowl, discarding the skin.
3. Add the yoghurt and a large pinch of chopped dill to the fish and either blend with an electric blender or beat well with a fork to create a roughly smoothed spread consistency.
4. Now add your lemon juice and taste. You will be able to tell how much salt and pepper to add to finish to your own tastes. If you want a stronger dill flavor, add more at this point also.
5. When you have seasoned it to your own taste, you can decide how smooth you want the finished pate to be. Some people prefer to leave it rough like it is at this point, but if you want a smoother result simply continue to blend until you’re happy with the result!

This spread won’t freeze well, but should keep, covered, in the fridge for up to 1 week.

TIP:
Serve on Buckwheat Bellinis
**Buckwheat Bellinis**

**Prep time: 5 mins / Wait time: 1 hour / Cook time: 4 mins**

**Ingredients**
- 1 cup buckwheat flour
- 1 tsp raw honey
- ¼ tsp sodium bicarb
- ½ tsp salt
- 3 egg whites
- 2 egg yolks
- ½ cup coconut milk
- 3 tbsp coconut oil

**Method**

1. Mix all ingredients except egg whites into a large bowl to create a smooth batter. Leave this to sit for 1 hr.
2. When the mix is ready, whisk egg whites until soft peaks form, in a separate bowl.
3. Fold these into the batter mix spoon by spoon.
4. When incorporated, you can cook your mix in a non-stick frying pan in a tsp of coconut oil.
5. The choice is yours whether to make these small as appetizers or larger as meal sized pancakes.
6. If you mix blueberries or blackcurrants into the batter before cooking, the burst fruits add a lovely flavour splash for breakfast.

**TIP:** Serve Salmon and Dill or Almond Paté on mini Bellinis.
Chicken Ballotines
Serves 4-6 adults / Prep time: 10 mins / Cook time: 25 mins

Ingredients
- 4 chicken breast fillets, skinned
- 6 tbsp of homemade Pesto
- 6 tbsp of soft goat’s cheese

Method
1. Take your chicken breast and place it on a hard surface between 2 sheets of cling film.
2. This is where you have the chance for some therapy! You need to beat your fillet flat with either a rolling pin or meat hammer. Don’t beat it to mush, just until thinned and spread!
3. In a bowl, mix the goat’s cheese and pesto until well combined.
4. Uncover the chicken and place it on top of a clean sheet of cling film. Spread generously with the goat’s cheese mix and then roll back on itself rather like a swiss roll.
5. Cover with the cling film and then, while holding the sealed ends, roll the whole thing until the ends tighten and you’re left with a neatly bound roll (ballotine) of chicken.
6. Steam this for about 20 mins or poach in boiling water for 20 mins.
7. When you open the roll, all the juice will have kept the fillet especially moist. Either serve immediately to the plate in its own juice as a whole serving, or drain on a chopping board and carve into 1” slices for a smaller selection of servings.
8. This dish works well with seasonal vegetables or sweet potato gnocchi!
9. When made into smaller ballotines, the sliced roll makes perfect canapé portions.
Potato, Leek and Cheese Patties
Serves 4

Ingredients
- 1 whole garlic bulb
- 115g sweet potatoes peeled and cut into chunks
- 175g carrots peeled and chopped
- 115g leeks, trimmed and finely chopped
- 55g goat’s cheese, crumbled
- 1 tbsp chopped fresh coriander
- Ground pepper

Method
1. Break open garlic bulb and roast in its skin for 20 minutes, or until soft.
2. Then squeeze out the roasted garlic flesh.
3. Cook the sweet potatoes and carrots in a large saucepan of boiling water for 15 minutes – drain and mash.
4. Add in roasted garlic flesh.
5. Add the leeks, goat’s cheese, coriander and pepper to the sweet potato mixture.
6. Cover and leave to chill in the fridge for about 30 minutes.
7. Preheat the oven to 190°C/375°F/Gas Mark 5.
8. Using slightly dampened hands, shape the sweet potato mixture into 8 small round patties and place on a non-stick baking sheet.
9. Bake for 15-20 minutes, or until piping hot.
10. Can be served hot or cold.
Clean Samosas

For the dough:

**Ingredients**
- 115g rice flour & 115g spelt flour
- Or 225 wheat & gluten free flour
- Good pinch of rock/sea salt
- 100g coconut oil
- 1 egg yolk
- A little room temperature water

**Method**
1. In a bowl, mix the rice and spelt flour with the salt.
2. Rub in the coconut oil.
3. Add the egg yolk and a little water.
4. Mix until it comes together in a dough, you may find you need to add water gradually, little at a time until it forms the dough.

For the Filling:

**Ingredients**
- 1 x sweet potato, diced into 5mm pieces
- 1-2 carrot, diced into 5mm pieces
- ½ cup of peas
- 1 onion, finely chopped
- 1-2 finely chopped chillies (if you like it hot)
- 1 tbsp of coconut oil
- 2 tsp of curry powder or your own spices

**Method**
1. Heat the oil in a frying pan, add the onion, garlic, spices and cook until onions soften. Add the sweet potato, carrot, peas and chilli.
2. Add a little water to ensure it is not too dry; allow cooking through for 15-20 min.
3. You can add more water if the mixture looks dry.
4. You can add any poultry or meat to your mixture if you would like.
To make the samosa

- When rolling try and make as thin as possible without falling apart.
- Easiest way is to divide dough into 6, roll into circles, cut in half, form a cone, (like an ice cream cone) by pressing edges together.
- Fill cone with filling and fold top over.
- Or if you want to look flash- Separate into 6- 9 balls, roll each out and trim to a long rectangle shape. Fold along lines from left to right and you should end up with a cone, the grey shaded area forming the final seal after filling.
Onion Bhajis
Prep time: 10 mins / Cook time: 5-15 mins

Ingredients
- 1 cup of brown rice flour
- 1 large onion, sliced
- 1 clove garlic, chopped
- 1 tsp of turmeric, cumin & coriander
- 1 tsp garam masala
- Pinch of paprika
- ½ tsp sea salt
- Coconut oil, for cooking
- 1 cup water
- Juice of ½ a lemon

Method
1. Start by mixing together the dried spices, the sea salt, in a frying pan with your sliced onion and garlic.
2. Add a little water and soften the onions over a gentle heat until spices coat softened onion evenly.
3. Pour the resulting mix into a bowl and allow to cool before adding the lemon juice. To this, add the flour and stir into a stiff mix before adding water little by little until a thick batter consistency is formed.
4. It should be possible for the batter to hold the onion within it rather than allow it to slip easily off a spoon.
5. You can either make tbsp sized drops or ¼ cup servings.
6. This mix can either be oven baked in a tray lightly oiled with coconut oil, turning once during cooking to ensure even colouring, or quick fried in a pan of coconut oil for 3-5 mins and then drained.
7. Either way gives you a crisped, grease free bhaji.
8. These bhajis will freeze well in a sealed bag for up to 3 months, but are better fresh as reheating in the oven can dry them out a little!
9. Serve as an accompaniment to curries or eat alone as a snack. Alternatively, eat as lunch served with fresh raita.
Raita Dip
Prep time: 5 mins

Ingredients
• 1 cup of full fat bio live yoghurt
• ½ cucumber, finely diced
• Large bunch of fresh mint, chopped
• Salt and pepper, to taste
• ½ onion, finely diced (optional)

Method
1. Once you have peeled and finely diced your cucumber, wrap it lightly in a kitchen towel or kitchen roll and press gently to remove any excess liquid.
2. Do not squeeze tightly or you will end up with mush!
3. Mix your chopped cucumber and mint with the yoghurt and you are done.
4. For a sharper kick, add ½ a diced white onion.
Sweet Potato Chips
Serves 2

Ingredients
• 2 medium sweet potatoes
• Tablespoon of coconut oil
• Salt
• Pepper
• Paprika (natural)

Method
1. Pre heat fan oven to 220°C
2. Peel and chop sweet potato into similar chip sized pieces (use a very sharp knife).
3. Place in a bowl.
4. Pour in melted coconut oil.
5. Add salt and pepper and paprika.
6. Mix thoroughly.
   (this is dependent on the chip size just don’t let them go too brown)
8. Take out of the oven and turn over (watch your fingers they’ll be hot).
9. Put back in over for 8-10 mins again don’t let them go too brown.
10. Remove and let cool for a few mins and enjoy.
Kale Crisps

**Ingredients**
- 1 bunch raw kale
- 2 tsp coconut oil, melted
- Himalayan sea salt, to taste

**Method**
1. Preheat Oven 200°C Gas Mark 7.
2. Tear the leaves from the hard stem place in bowl and add oil.
3. Toss them well until coated and arrange them on a baking sheet making sure not to overlap.
4. Bake them for around 15-20 minutes or until crisp.
Have you got a copy of our Elimination Book?
After going through the Kick Start Fat Loss™ Detox or Elimination you will be ready to enjoy a sweet treat from time to time.

With the 30 Sweet Treats & Savoury Surprises Recipe Book you don’t have to give up your KSFL™ lifestyle by creating your own delicious sweet treats & savoury surprises.

Clean eating and baking is the perfect way to live the KSFL™ lifestyle and enjoy the benefits without compromising on taste and the foods you love.

All of these recipes are healthy, clean and so delicious, keeping you right on the KSFL™ track.

“But I’m not very good at baking”
Our recipes are so simple to create that anyone can rustle up these fabulous treats.