

# NATUROPATHY IN THE KITCHEN

Take tips from the experts at CNM and cook up these healthy treats.

## Banana and sour cherry muffins (Makes 10)

### INGREDIENTS:

- 100g coconut oil, melted
- 150g unrefined dehydrated coconut nectar
- 280g wholegrain spelt flour
- 1tsp (scant) bicarbonate of soda
- 1tsp baking powder
- 2 'flax' eggs – 2tbsp flax seed mixed with 5tbsp water
- 4 large ripe bananas
- 200g sour cherries, chopped
- 80g chopped pecans
- 80g coconut shavings, lightly toasted (optional)
- Pinch of sea salt

### METHOD:

- 1 Preheat the oven to 160°C fan/325°F/ Gas Mark 3 and line a muffin tin with paper cases.
- 2 Soak in hot water, with just enough to cover them, for 30 minutes (prevents the cherries burning in cooking).
- 3 Make up the flax egg and leave for 10 minutes.
- 4 In a food processor, combine the coconut oil and nectar. Then add in three bananas and blend until the mix is just combined.
- 5 Decant the mixture into a bowl. Add the other half of the banana after cutting it into medium chunks. Fold in the remaining ingredients until the flour is fully incorporated (save a few of the pecans and coconut shavings to garnish on top).
- 6 Place two tablespoons of mix into each muffin case, garnish the tops and bake for 30 minutes or until cooked through and the centres spring back when lightly pressed. Remove from the oven and allow to cool. Store in an air tight container for up to five days.



Recipe by Francesca Klottrup, a Chef and Nutritionist, who lectures on CNM's Natural Chef and Vegan Natural Chef Diploma Courses at the College of Naturopathic Medicine. Find out more at [www.naturopathy-uk.com](http://www.naturopathy-uk.com)  
Photo by Juliet Klottrup

## Lemon 'cheesecake' chia pudding (Makes 8)

### INGREDIENTS:

#### FOR THE BASE:

- 400ml filtered water
- 1 lemon verbena tea bag
- 300g pitted dates
- 200g Brazil nuts, roughly chopped

- 400ml can coconut milk
- ½ vanilla pod, seeds scraped out
- Finely grated zest and juice of 2 large lemons
- 12 pitted dates
- 300ml filtered water
- 125g chia seeds

#### FOR THE FILLING:

- 150g cashews, soaked in filtered water for 3-4 hours

#### FOR THE DECORATION:

- Toasted coconut flakes or dried rose petals

### METHOD:

- 1 To make the base, place the water into a saucepan and add the lemon verbena tea bag. Bring to the boil, then remove the tea bag and add the dates. Reduce the heat to medium and allow the dates to soften in the tea.
- 2 Using a wooden spoon, begin to stir and break down the dates until a paste is formed. Add the chopped Brazil nuts and stir to combine. Press it into the base of eight individual glasses or serving dishes.
- 3 To make the filling, place all the ingredients, except the chia seeds and rose petals, into a blender or food processor and blend on high for at least two minutes or until a smooth liquid has formed and all the cashews and dates have been puréed. Pour into a large mixing bowl and add the chia seeds. Use a whisk to make sure all the chia seeds have been evenly distributed into the liquid.
- 4 Pour the liquid mixture over the cheesecake base, then place in the refrigerator to chill and set. This will take an hour or you can leave it overnight. Decorate with rose petals or coconut flakes and serve.



Recipe from *The Yoga Kitchen* by Kimberly Parsons (Quadrille, £20)  
Photography ©Lisa Cohen. Kimberly lectures on CNM's Natural Chef and Vegan Natural Chef Diploma Courses at the College of Naturopathic Medicine.