

Spinach Smoothie Bowl

1 cup water
¼ cup almonds
2 dates OR a banana
2 cups spinach
1 cup blueberries
Blend well

Stir in 1/4 cup of rolled oats
1 tablespoon pumpkin seeds
Eat or make the night before.

Tip – keep serve size portions of spinach in the freezer ready to go for a breakfast on the run!



Minty Spinach

Bunch spinach chopped
Red onion finely sliced
Bunch fresh mint chopped
Herbamere
Black pepper
Lemon juice

Cook onion in 1/4 cup boiling water until water has evaporated and onion is soft and slightly caramelised.

Add spinach and cook until wilted
Toss through mint and seasonings.

Use as a topping on baked sweet potato or as a side dish.

Spinach Basil Pesto

1/2 cup walnuts
1/2 cup toasted pine nuts
2 bunches fresh basil leaves
120g bag baby spinach
2 garlic cloves
Zest & juice from 1/2 lemon
2 tablespoons nutritional yeast
Herbamere to taste

Combine walnuts & pine nuts in food processor until they resemble fine breadcrumbs. Add remainder of ingredients and pulse on low speed until the mixture comes together. Serve as a dip or toss through zucchini zoodles. Refrigerate for up to a week or freeze.

Spinach Slaw

Spinach finely sliced
Red cabbage finely shredded
2 carrots grated
4 spring onions chopped

Dressing
1 orange peeled & deseeded
1 tablespoon tahini
Herbamere to taste
Blend until smooth

Combine slaw ingredients with dressing.
Add a can of rinsed red kidney beans for a light lunch.