

Eat it ^{TO} **BEAT IT**



Brain-Boosting Recipes
that Reverse Depression
and Anxiety

EAT IT TO BEAT IT

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BREAKFASTS

SWEET POTATO “TOAST”



Sweet potatoes are naturally gluten-free and high in fiber. They are low glycemic index foods that will not cause an instant spike in your blood sugar levels. This helps with appetite and weight control.

INGREDIENTS

- 1 large organic sweet potato, tube-shaped is best
- ½ cup cooked black beans, smashed
- Veggies of choice: I like sautéed Brussels sprouts, kale, and zucchini
- Extra-virgin olive oil
- Salt and pepper

DIRECTIONS

- Preheat the oven to 400°F.
- Cut the sweet potatoes into quarter-inch slices. If the slices are too thin, they won't hold their shape.
- Lay the pieces on a baking sheet — you may grease the sheet with coconut oil or olive oil.
- Roast until fork-tender, approximately 5-10 minutes, flipping once.
- Here is where the fun comes in: top “toasts” with smashed black beans, sautéed veggies, and a sprinkling of sea salt and pepper.

TIP: *There are endless sweet and savory toppings for a low carb, low calorie, tasty meal! Like avocado slices with hemp seeds and oregano, fresh chopped parsley.*

BREAKFASTS

TOAST TWO WAYS



Have you ever had to feed a table full of hungry people with VERY different taste buds? This recipe is so yummy that the whole family can enjoy these tempting toast ideas — even those who do not need to follow a gluten-free diet.

INGREDIENTS | SAVORY

- Gluten-free bread, sliced
- 1 avocado, smashed with a dash of fresh lime juice
- Chives
- Handful pistachios, crushed
- Drizzle extra-virgin olive oil
- Salt and pepper

INGREDIENTS | SWEET

- Gluten-free bread, sliced
- 1 tbsp raw almond butter
- Strawberries, sliced
- Raw nuts/seeds
- Unsweetened coconut chips
- Dash of cinnamon

DIRECTIONS

- Toast bread to your liking. Top with ingredients in the order above, then enjoy!

TIP: *Top the avocado toast with some sliced spring onion for extra nutrients and flavor. Add micro-greens too if you have them.*

BREAKFASTS

HONEY NUT SQUASH YOGURT BOWL



Squash is rich in folate, which can help prevent serious birth defects for those who are pregnant or planning to become pregnant.

1 cup of butternut squash contains more than the daily requirement of vitamin A and around 50% of your daily vitamin C. It also contains more potassium than 2 bananas!

INGREDIENTS

- 1 small, organic butternut squash
- ½ cup coconut yogurt
- 1 tbsp almond butter
- 1 tbsp pumpkin seeds
- 1 tsp bee pollen
- Sprinkle of cinnamon
- 1 tsp raw honey

DIRECTIONS

- Roast the butternut squash whole until soft.
- When it has cooled to room temperature, cut in half and scoop out the seeds.
- Fill the hollow with coconut yogurt and almond butter.
- Top with pumpkin seeds, bee pollen, and a generous sprinkle of cinnamon.
- To finish, drizzle with honey.

TIP: *This makes 2 servings. Pack the filling separately and take the other half to work the next day. Lunch...sorted!*

BREAKFASTS

COCONUT-BERRY-SEED YOGURT BOWL



Mornings are a little better with a “yogurt” bowl like this in your hands. Did you know that bee pollen can aid with inflammation, works as an antioxidant, boosts liver health, and strengthen the immune system?

INGREDIENTS

- 1 cup coconut yogurt
- ½ cup fresh or frozen blueberries
- 1 tbsp almond butter
- 1 tbsp microgreens
- 1 tbsp pumpkin or sesame seeds
- 1 tbsp goji berries or dried cranberries
- ½ tbsp toasted coconut
- 1 tsp bee pollen
- 1 tsp cacao nibs
- Cornflowers to garnish

DIRECTIONS

- This is quite simple, place yogurt in a bowl and top with all those nutrient-packed topping. Be creative with it, add more of your favorite, or omit something you do not care to eat.

TIP: *Microgreens are considered a functional food due to their high antioxidant content. Use them in salads or sandwiches as they are mild in flavor so you can add them to a lot of different dishes.*

BREAKFASTS

GLUTEN-FREE, EGG-FREE CRUMPETS



You will need 4 metal egg rings for this recipe.

INGREDIENTS

- 1 ½ cups gluten-free spelt flour
- 1 tsp dried yeast
- 1 tsp honey
- 1 cup almond milk, warmed
- 1 tbsp olive oil
- Honey or maple syrup to serve
- Fresh fruit slices to serve

DIRECTIONS

- Whisk flour, yeast, honey, almond milk, and ¾ cup warm water in a bowl until smooth. Cover. Leave to prove in a warm place for 1 ½ hours or until light and foamy.
- Place 2 tsp oil in a large frying pan. Brush egg rings with oil. Place in pan. Heat over medium heat until hot. Spoon ¼ cup batter into each ring. Cook for about 4 min or until golden brown and bubbly.
- Turn crumpets over and remove rings. Cook for a further 2 to 3 minutes or until golden and cooked through. Transfer to a plate. Cover to keep warm. Repeat with remaining batter, brushing rings with oil between each batch.
- Serve with fruit and extra honey or maple syrup, if desired.

TIP: *These can be stored in an airtight container in the fridge for up to 3 days. Reheat them in the toaster.*

SOUPS AND SALADS

GUT REPAIR SOUP



Loaded with so many vitamins and nutrients, this hearty soup will help you on your road to better health. The sweet potatoes give the soup a sweeter flavor AND support digestive health. They are also an excellent source of fiber, especially when you eat the skin.

INGREDIENTS

- 1 head of broccoli
- 1 zucchini
- 2 cloves minced garlic
- 1 celery stalk
- 1 carrot
- 1 tbsp of olive or avocado oil
- 1 large sweet potato
- 1 bunch green leafy veggies (spinach, chard, collards, kale, or dandelion greens)
- Herbs, to taste, such as basil, thyme or oregano
- Vegetable stock or broth
- 1 cup water for steaming

DIRECTIONS

- Cut all veggies including the sweet potato into 1-inch pieces and start steaming the sweet potato 10 minutes before the rest of the vegetables.
- Steam veggies until tender and place in a blender with steaming water.
- Add vegetable broth if it is too thick. Add a pinch of sea salt.
- Season to taste with your favorite herbs.

TIP: *If you like a creamy soup, add a tbsp of coconut cream to the blender. A grinding of black pepper tastes good too.*

SOUPS AND SALADS

FENNEL AND SWEET POTATO SOUP



This recipe is vegan, gluten-free, and soy-free!

Fennel is a favorite of mine — it balances the ratio of gut bacteria in the digestive tract for optimal health. It also protects the brain neurons against the onset of cognitive impairment. You can replace the shallots with red or brown onions.

INGREDIENTS

- 1 fennel bulb plus stems and fronds
- 1 shallot, chopped
- 2 garlic cloves, finely chopped
- 1 small chunk of fresh turmeric, finely chopped
- 2 tbsp coconut oil
- 1 large sweet potato, peeled and chopped
- 6 cups filtered water
- 6 drops Italian essential oil blend or 6 tsp Italian seasoning
- 1 sprig fresh rosemary, finely chopped
- Celtic sea salt to taste

DIRECTIONS

- Sauté shallot, garlic, and turmeric in coconut oil until fragrant, about 3 minutes.
- Add all fennel bits and sauté for another 7 minutes.
- Add sweet potato, rosemary, water, and essential oil mix and simmer until sweet potato is cooked, about 15 minutes.
- Cool slightly and blend in a high-speed blender until smooth.
- Garnish with parsley and coconut cream.

TIP: *Remember to peel the turmeric with gloves on if you don't want to stain your hands. Chop it finely or grate it.*

SPICY MANGO MINT SALAD



Mangos are a delectable tropical fruit that are widely available. They are an excellent source of vitamin A and C which have immune boosting properties. They are also a good source of vitamin B6, potassium, and magnesium.

INGREDIENTS

- 3 ripe mangos, diced (see photo)
- 1 medium red bell pepper, chopped
- ½ cup chopped red onion
- ¼ cup packed fresh mint leaves, chopped
- 1 jalapeño, seeded and minced
- 1 large lime, juiced (about ¼ cup lime juice)
- ⅛ to ¼ tsp salt, to taste

DIRECTIONS

- In a serving bowl, combine the prepared mango, bell pepper, onion, mint, and jalapeño.
- Drizzle with the juice of one lime and mix well. Season with salt to taste.

TIP: *This salad makes enough for a few people to share. It keeps well for a couple of days in the refrigerator, so you can take the leftovers to work in a lunchbox. If you're going to store it though, leave out the mint leaves and add them at the last minute.*

SWEET POTATO NOODLE SALAD WITH GARLIC & GINGER ROOT VEGGIES



This salad is full of vegetables and flavor - the perfect salad for a picnic!

**You can use different vegetables to what I used.*

INGREDIENTS

- 2 tbsp melted coconut oil
- 2 garlic cloves, peeled and finely chopped
- 1-inch chunk of ginger, peeled and finely grated
- 1 ½ tsp Celtic sea salt
- Freshly squeezed juice of ½ a lemon
- 2 carrots, finely chopped or grated
- 4 sweet potatoes, finely chopped or grated
- 2 beetroots, finely chopped or grated
- 3 kale leaves, finely sliced
- 100g packet sweet potato noodles
- 1 tbsp sesame seeds
- Handful of raw activated pistachios, chopped

DIRECTIONS

- Cook sweet potato noodles in rapidly boiling salted water. Takes about 8 min.
- While noodles are cooking, sauté garlic and ginger in coconut oil for a few minutes.
- Add the carrot, sweet potato, and beetroot, cover, and cook for about 20 minutes, until sweet potato is cooked.
- Rinse noodles under cold water and drain well.
- Toss noodles, root veggies, and kale together.
- Top with sesame seeds and pistachios.
- Sprinkle with lemon juice before serving.

TIP: *You can serve this hot or at room temperature.*

BUTTERNUT SQUASH SOUP



Whether you enjoy this around the dinner table or beside the fireplace, this soup packs some great health benefits. Butternut squash contains a sizeable helping of potassium and carotenoids, and is such a versatile ingredient.

INGREDIENTS

- 1 medium-sized butternut squash, peeled and cubed
- 1 small apple, cubed
- 1 small onion, diced
- 1 garlic clove, peeled and minced
- 1-inch piece of ginger, minced
- 2 cups of vegetable stock
- A few sprigs of fresh thyme, leaves picked
- 1 tsp turmeric
- 1 tbsp extra-virgin olive oil
- Salt and pepper to taste
- Shredded sautéed kale leaves to serve

DIRECTIONS

- Preheat the oven to 375°F.
- Place all the veggies and apple in a bowl — toss in fresh thyme, turmeric, and olive oil.
- Tip everything into a roasting dish.
- Roast for 25-30 minutes until tender and golden brown.
- Place roasted vegetables into a blender with the veggie stock. Blend until smooth.
- Add salt and pepper as needed.
- Top with sautéed kale and gluten-free bread (optional).

TIP: *For extra creaminess, add ¼ cup of coconut cream to the blender.*

ENTREES

QUINOA SUSHI



Delicious, cheap, and easy vegan quinoa sushi. Yummy!

INGREDIENTS

- 1 cup black/red/white quinoa
- 2 cups water
- 1 tsp ground ginger
- ½ tsp thyme leaves
- ¼ tsp Celtic sea salt
- Freshly squeezed juice of ½ a lemon
- 1 tbsp tahini
- 1 avocado, thinly sliced
- 1 zucchini, grated
- 1 carrot, peeled and grated
- 1 capsicum, thinly sliced
- Hawaiian black lava salt or Celtic sea salt to taste
- 5 nori sheets

DIRECTIONS

- Cook quinoa in water, ground ginger, thyme, and salt for 15 minutes.
- When quinoa is cooked and cooled, stir through lemon juice and tahini, and season with salt to taste.
- Place enough quinoa on a nori sheet (with bamboo mat underneath) to create a thin quinoa layer covering the entire nori sheet except the edge furthest from you.
- Top with all other ingredients and use the bamboo mat to roll the sushi, finishing with a few drops of water on the outer edge to seal the sushi.
- Slice sushi into pieces of desired size.

TIP: *I recommend that you use a bamboo mat to roll the sushi. Or if you're Hawaiian use a musubi press! Nori is high in both magnesium and calcium, which makes it the ideal bone-builder!*

RAW CAULIFLOWER RICE SUSHI ROLLS



Not only do these sushi rolls look good, they're good for you too!

INGREDIENTS

- 4 nori sheets
- ½ cauliflower head
- The following, thinly sliced: carrot, capsicum, avocado, spring onions, and parsley

KALE PESTO:

- A few kale leaves
- 2 garlic cloves, minced
- ½ cup pine nuts
- ¼ cup extra-virgin olive oil
- Celtic sea salt to taste

SAUCE:

- ½ cup olive oil
- Freshly squeezed juice of ½ a lemon
- ½ tsp sesame seeds
- ¼ tsp dulce flakes
- Hawaiian black lava salt or Celtic sea salt to taste

DIRECTIONS

- Process cauliflower into cauliflower rice using a blender or food processor on low speed.
- Blend pesto ingredients and stir pesto through cauliflower rice.
- Wrap cauliflower rice and veggies in nori sheets using a bamboo mat.
- To make sauce, mix ingredients together in a small bowl.
- Dip in sauce to serve.

TIP: *This recipe uses pine nuts but you can replace pine nuts with avocado in the pesto to make it a nut-free recipe.*

ENTREES

TURMERIC-ROASTED CHICKPEAS



Chickpeas are high in protein and make an excellent replacement for meat in vegetarian and vegan diets. However, they are missing one amino acid. Simply combine them with brown rice if you want a complete protein as part of a meal. These make a great on-the-go snack!

INGREDIENTS

- 1 can chickpeas (preferably unsalted), drained and rinsed (BPA-free lining)
- 1 tbsp olive oil
- 3/4 tsp turmeric powder
- ¼ tsp garlic powder
- ½ tsp dried thyme leaves
- ½ tsp salt

DIRECTIONS

- Preheat the oven to 375°F.
- Spread the chickpeas in a single layer on a baking sheet.
- Bake 30 minutes, stopping to shake the pan every now and then.
- Remove the chickpeas from the oven and toss well to coat with the oil, spices, and salt.
- Return to oven for another 5-10 minutes
- Store in an air-tight container in the fridge for about a week.

TIP: Soak dry chickpeas overnight in filtered water, then cook until soft as a replacement for the canned chickpeas.

ENTREES

BROCCOLI CHEDDAR QUINOA BITES



It's hard to eat just one "bite" of this tasty alternative to sugar-loaded snacks. Plus, broccoli is a great source of vitamins K and C, a good source of folate (folic acid) and also provides potassium. And, quinoa is gluten-free, high in protein, and one of the few plant foods that contain sufficient amounts of all nine essential amino acids.

INGREDIENTS

- 2 cups cooked quinoa
- 2 flax eggs
- 2 cups broccoli florets, finely diced
- ½ cup yellow onion, finely diced
- 1 garlic clove, finely minced
- 1 cup shredded cheddar "cheese" (dairy-free)
- 1 tbsp chia seeds
- ¼ tsp turmeric
- ½ tsp paprika
- Fresh herbs of your choice

DIRECTIONS

- Preheat oven to 350°F. Grease mini muffin tins with coconut oil.
- In a large bowl, combine cooled quinoa, flax eggs, broccoli, onion, garlic, "cheese", herbs, chia seeds, and spices.
- Scoop a heaping tbspful of mixture into prepared muffin cups. Bake for 15 to 20 minutes, or until edges turn golden brown. Remove from the oven, let cool for 5 minutes and then gently remove from the pan to cool.

TIP: To make a *flax egg, mix 2 tbsp of ground flaxseed meal with 6 tbsp of water. Mix and let sit in your fridge for 30 minutes to thicken.

ENTREES

SWEET POTATO NOODLE BOWL



Spiralized sweet potato noodles with sautéed kale, turmeric, and roasted mushrooms is serious goodness in a bowl loaded with protein and B vitamins.

INGREDIENTS

- Sweet potatoes (spiralized)
- 1 tbsp olive oil
- 1 yellow onion, chopped
- 2 cloves garlic, minced
- Handful of kale leaves, shredded
- ½ cup cooked beans (your choice)
- ¼ cup vegetable stock
- Coconut aminos
- Cilantro and micro-greens
- Avocado
- Mushrooms
- Sesame seeds

DIRECTIONS

- Peel and spiralize sweet potatoes to create “noodles”.
- Heat olive oil in a skillet, cook onion and garlic until soft and fragrant — about 3 minutes.
- Add sweet potato noodles and kale to skillet and sauté to soften. Add veggie stock, coconut aminos, and beans.
- Lower the heat and cover for 10 minutes. Adjust any seasoning to taste, and serve warm with fresh cilantro, micro-greens, sautéed mushrooms, avocado, and sesame seeds.

TIP: *If there is a lot of liquid at the bottom of the pan, simply raise the heat a bit and stir well, so that it simmers away and creates a thickened sauce.*

ENTREES

CABBAGE CUPS WITH CURRY SAUCE



These cabbage cups are quick and easy, with a flavorsome, tangy macadamia butter sauce - any excuse to show a little maca butter love!

INGREDIENTS

- 1 tbsp coconut oil
- 2 garlic cloves, peeled and finely chopped
- 4 spring onions, finely chopped
- 8 cherry tomatoes, halved
- 2 mini eggplants, diced
- Handful of snow peas, chopped
- Freshly squeezed juice of ½ a lemon
- 1 tsp Celtic sea salt
- ½ tsp dried thyme
- ½ cauliflower head
- 5 baby red cabbage leaves
- Coriander leaves and hemp seeds for garnish

CURRY SAUCE

- 3 tbsp macadamia butter
- ½ cup coconut cream
- ¼ tsp Hawaiian red alaea salt or Celtic sea salt
- Freshly squeezed juice of ½ a lemon
- 1 tsp turmeric
- 1 tsp ground coriander

DIRECTIONS

- Cook the spring onions and garlic in coconut oil for a few minutes, until fragrant.
- Add tomatoes, eggplant, snow peas, lemon juice, thyme and salt, and cook for 10 minutes, until eggplant is tender.
- While the veggies are cooking, blend cauliflower into rice using a blender or food processor on low speed.
- Add cauliflower rice to veggies and continue cooking for 5 minutes.
- Blend all sauce ingredients until smooth and well combined.
- Scoop cauliflower rice into cabbage leaves, drizzle with sauce, and top with coriander and hemp seeds.

TIP: *You can also grate the cauliflower to achieve a rice consistency.*

MAIN DISHES

LOVELY LENTIL CURRY



If you're looking for a hearty, easy vegan meal, this is the curry for you! Even if you're not vegan, I think you'll appreciate that the delicious flavors and the health benefits of red lentils are awesome: high protein supply, gut-loving, and brain food!

INGREDIENTS

- ½ cup red lentils
- Handful cavolo nero kale
- Handful scotch blue kale
- Handful fennel fronds and stalks
- 1 small broccoli head
- 1 small carrot
- 1 brown onion
- 1 garlic clove
- 1 tsp turmeric
- ½ tsp Celtic sea salt
- 1 tbsp sesame oil
- 2 cups filtered water

DIRECTIONS

- Chop garlic and onion and sauté in oil with turmeric and salt until fragrant.
- Chop all veggies and throw in with lentils and water, simmering, covered, for 20 minutes.
- Serve over quinoa or enjoy alone.

TIP: *You can use any greens you like - curries are great for using up veggies!*

BAKED, FALAFEL-STUFFED BELL PEPPERS



This recipe combines the spicy, heady flavors and aromas of falafels with the tangy creaminess of an avocado-lemon dressing. Sheer decadence!

INGREDIENTS

FALAFEL STUFFING

- 2 red bell peppers
- 2 cups cooked chickpea splits
- 1 brown onion
- Small bunch of coriander, chopped
- 4 garlic cloves, crushed (for ease of peeling and also because garlic must be crushed or cut to release the anti-bacterial, antifungal and anti-viral activity of allicin)
- 2 tsp turmeric
- 1 tsp ground coriander
- ½ tsp ground ginger
- Celtic sea salt to taste
- 3 tbsps coconut oil

AVOCADO SAUCE

- ½ an avocado
- Juice of ½ a lemon
- 3 tbsps of olive oil
- 2 spring onion shoots

DIRECTIONS

- Slice the bell peppers in half and remove the seeds.
- Preheat the oven to 410°F.
- Toss all falafel ingredients into a food processor and pulse away until everything is holding together but a bit soggy.
- Scoop mixture into bell pepper halves and form remaining stuffing into soft falafel patties
- Place patties onto a baking-paper-lined tray for 25 minutes, until browned on the outside.
- Blend sauce ingredients and serve stuffed bell peppers and falafels with avocado and Hawaiian red alaea salt or Celtic sea salt, avocado sauce, lime wedges, and a smattering of hemp seeds and activated raw pumpkin kernels.
- Coat chickpea splits in other ingredients and roast at 340°F for at least 45 minutes or until cooked.

TIP: *If you're watching your weight, feel free to leave the olive oil out of the dressing. The avocado adds enough natural oils.*

HONEY SRIRACHA BLACK BEAN “MEATBALLS”



Some people say you can never have too much sriracha! These amazing “meatballs” will satisfy both your sweet and spicy cravings, while adding healthy protein to your diet with black beans — totally loaded with nutritious fiber, folate, and potassium. Also, spicy food speeds up your metabolism and combats inflammation.

INGREDIENTS

VEGGIES

- 2 cans black beans, drained, rinsed, and smashed
- 1 cup gluten-free panko breadcrumbs
- 2 flax eggs (see tip below)
- ¼ cup green onions, chopped
- Organic garlic powder, a couple of shakes
- Salt and pepper to taste

SAUCE

- ¼ cup sriracha
- 3 tbsp coconut aminos
- 3 tbsp rice vinegar
- 4 tbsp honey
- 2 tbsp grated fresh ginger
- 3 cloves garlic, grated (use microplane)
- 1 tsp toasted sesame oil

DIRECTIONS

MEATBALLS

- Mix together black beans, breadcrumbs, eggs, green onions, and seasonings until well combined.
- Shape mixture into balls (roughly 40). Bake meatballs for 20 minutes at 375°F.
- Toss in the sauce for the last 5 minutes of cooking.

SAUCE

- Mix and simmer over low heat until thickened.

TIP: Soak dry beans overnight in filtered water, then cook until soft as a replacement for the canned beans.

To make a flax egg, mix 2 tbsps of ground flaxseed meal with 6 tbsps of water. Mix together, and let sit in your fridge for 30 minutes to set up and thicken.

RAINBOW VEGGIE PLATE



Nutritionists advise us to “eat a rainbow” to get a good variety of nutrients. Well, here’s one for you in all its glory.

INGREDIENTS

VEGGIES

- Red capsicum, diced
- Red onion, sliced
- Fresh lemon
- Poppy seeds
- Raw broccoli florets
- Raw beetroot, finely chopped
- Tomato, diced
- Carrot, finely chopped
- Curly kale, shredded
- Avocado with Hawaiian black lava salt or Celtic sea salt

ROASTED CHICKPEA SPLITS

- ½ cup chickpea splits, soaked overnight
- ½ tsp ground coriander
- ½ tsp ground ginger
- ½ tsp turmeric
- Celtic sea salt, to taste
- 1 tbsp coconut oil, melted

HUMMUS

- 1 cup canned chickpeas, drained and rinsed
- 1 tbsp tahini
- 1 clove garlic, peeled and crushed
- Celtic sea salt, to taste
- Juice of ½ lemon
- 1 tbsp olive oil

DIRECTIONS

ROASTED CHICKPEA SPLITS

- Coat chickpea splits in other ingredients and roast at 340°F for at least 45 minutes or until cooked.

HUMMUS

- Blend everything until well combined (mine was a bit lumpy as you can see).
- Assemble everything as pictured or toss into a salad. Serve with toasted millet bread “buttered” with coconut oil.

TIP: Taste the hummus and add more lemon juice and seasoning if you prefer. Top with a grinding of black pepper and a sprinkle of paprika.

MAIN DISHES

CAULIFLOWER, CHIA & HEMP PIZZA BASE



The following recipe uses chia eggs to hold this dairy-free, egg free, grain-free, and soy-free pizza base together.

INGREDIENTS

- ½ head cauliflower - processed into cauliflower rice
- 1 tsp dried rosemary
- Handful fresh parsley
- Pinch Celtic sea salt
- Pinch lemon myrtle
- ¼ cup chia seeds
- ½ cup filtered water
- ¼ cup almond meal
- ¼ cup hemp flour

DIRECTIONS

- Boil the cauliflower rice for a few minutes and then drain well. Freeze for 10 minutes to cool quickly.
- Grind chia seeds and mix with water to create chia eggs. Refrigerate for 10 minutes to thicken.
- Squeeze cooled cauliflower rice in paper towels to remove any excess moisture.
- Blend all ingredients, including chia eggs, in a high speed blender and spread mixture onto a baking tray.

SUGGESTED TOPPINGS

- **Tomato and “mozzarella”** - Spread the base with tomato paste, scatter with minced garlic, top with thinly sliced very ripe tomatoes. Top this with cashew mozzarella circles. Sprinkle with Himalayan salt, balsamic reduction, and dried basil. Once baked, scatter with fresh basil leaves.
- **Hummus and veg** - Spread base with hummus, scatter with minced garlic. Top with torn baby spinach leaves, halved ripe cherry tomatoes, sliced mushrooms, and sliced red onion. Scatter top with finely grated lemon zest and whole chickpeas. Drizzle with olive oil.
- **Mediterranean mix** - Spread base with tomato paste or hummus. Top with a mixture of sliced red pepper, red onion, zucchini, and very ripe cherry tomatoes. Scatter with dried oregano, olives, Himalayan salt, freshly ground black pepper, and a drizzle of olive oil. When baked, scatter with fresh arugula leaves.

TIP: *If you don't have lemon myrtle available, substitute it with a teaspoon of finely grated lemon peel.*

MAIN DISHES

PARSLEY PESTO & FAUX PASTA WITH MACADAMIA CHEESE



There are so many delicious gluten-free pasta alternatives available now. Try them... you'll be pleasantly surprised!

INGREDIENTS

PASTA

- 4 oz gluten-free fettuccine (I used edamame and mung bean fettuccine)
- 4 oz gluten-free vermicelli (I used Thai red rice vermicelli)
- Handful of raw activated pepitas
- Handful of broccoli/radish/sunflower sprouts
- Several broccoli florets for garnish

PARSLEY PESTO

- ½ cup raw activated cashews
- Big handful of fresh parsley
- 1 garlic clove, crushed
- 1 tbsp pine nuts
- Freshly squeezed juice of ½ a lemon
- Pinch of Celtic sea salt
- ¼ cup olive oil

MACADAMIA “CHEESE”

- 1½ cups raw activated macadamias
- Freshly squeezed juice of ½ a lemon
- ¼ cup filtered water
- 1 garlic clove, crushed
- 1 tbsp pine nuts
- Big pinch of Celtic sea salt

DIRECTIONS

- Cook fettuccine and noodles according to package instructions.
- Blend pesto ingredients and stir pesto through pasta.
- Blend “cheese” ingredients and either stir through pasta or place to the side.
- Stir through pepitas and sprouts and garnish with broccoli.

TIP: *As with ordinary pasta, be careful not to overcook the fettuccine and vermicelli.*

NUT BUTTER ENERGY BITES



Guaranteed to give you a boost of energy to get you through your busiest days. With ingredients like oats and chia seeds, these little bites go a long way to helping you get your daily dose of fiber and omegas.

INGREDIENTS

- 1 cup dry organic oats (I like ½ old fashioned oatmeal and ½ quick-cooking)
- ¼ cup peanut butter or any nut butter of your choice
- ¼ cup local raw honey
- ¼ cup mini dark cacao chips
- ½ cup toasted coconut flakes
- 2 tbsp chia seeds
- ½ tsp cinnamon
- Dash of ground ginger

DIRECTIONS

- Add all of the ingredients to a food processor and pulse to combine.
- Roll into bite-sized balls.
- Store the bites covered in the fridge for up to a week, or in the freezer for up to 3 months.

TIP: *Add a bit more honey or nut butter if the mixture seems a bit on the dry side. Use a small cookie scoop (#60 - 2 tsp sized) instead of hand-rolling them. These can be made without a food processor just a bit more mixing by hand is involved.*

MATCHA COCONUT BLISS BITES



So much healthy goodness in one little bite! Matcha is packed with antioxidants including a powerful metabolizer; and it detoxifies effectively and naturally. It also calms the mind and relaxes the body, and is rich in fiber, chlorophyll, and vitamins.

INGREDIENTS

- 1 cup raw slivered almonds
- ½ cup pistachios (unsalted)
- 1 cup unsweetened coconut shreds
- 1 tbsp melted coconut butter
- 1 tbsp coconut oil
- 1 tsp matcha powder
- 1 tsp spirulina
- Dairy-free milk (optional)

DIRECTIONS

- Blend all the ingredients in a blender.
- Optional: Add dairy-free milk as needed if the batter is too dry; start with a tsp and gradually add more.
- Roll into balls, and top with coconut shreds.
- Store in a glass container with a tight-fitting lid. I prefer mason jars. Keeps in the refrigerator for a week.

TIP: Try adding ⅛ tsp of maca and/or eleuthero, which are adaptogenic herbs. These herbs have been used for centuries to help the body “adapt” to stress and enhance immune function.

COCONUT CHIA SEED PUDDING



Chia seeds are loaded with antioxidants. Almost all the carbs in chia seeds are fiber. The high fiber and protein content in chia seeds may aid in weight loss.

INGREDIENTS

- ½ cup organic chia seeds
- 2 cups organic coconut milk
- 1 tsp raw local honey (optional – depending on desired sweetness, add more or less)
- 1-2 tsp vanilla extract (optional)
- Dash of grated nutmeg and cinnamon
- Toppings of your choice like fresh fruit, unsweetened shredded coconut, bee pollen

DIRECTIONS

- Whisk coconut milk, honey, vanilla extract, nutmeg, and cinnamon in a bowl.
- Pour over chia seeds and stir well.
- Allow coconut milk-chia seed mixture to soak by refrigerating overnight in a covered glass bowl.
- Store in a sealed container and refrigerate. *Good for 3-4 days

TIP: *Storing nuts and seeds in the freezer or refrigerator is best as it preserves their oils from going rancid and helps them last longer.*

AVOCOCO ICE CREAM



This ice cream has a soft-serve consistency that will appeal to even tiny tots. Make sure to add lots of coconut nectar if you have a sweet tooth. The carob adds some sweetness, but the avocado and coconut cream aren't sweet at all.

INGREDIENTS

- 1 large avocado, diced and frozen overnight
- 1 can Ayam coconut cream, poured into ice cube tray and frozen overnight
- Coconut flesh and coconut water from 1 fresh young coconut
- Juice of ½ a lemon
- Handful of coconut chips (preservative- and sulphite-free)
- Fresh avocado, diced
- Handful of raw carob kibbles
- Coconut nectar to taste (optional)

DIRECTIONS

- Blend frozen avocado, coconut cream ice cubes, coconut flesh and water, and lemon juice together in a high-speed food processor or blender.
- Serve with coconut chips, fresh avocado, and carob kibbles.

TIP: *Add coconut nectar if you want it to be sweet.*

BANANA BERRY BREAD & BERRY COCONUT SORBET



An interesting and more nutritious take on the traditional banana bread, this is sure to become a family favorite!

INGREDIENTS

BREAD

- 5 ripe bananas, mashed
- ½ cup mixed berries
- Handful of dried pear pieces, chopped
- ½-¾ cup coconut nectar (depending on desired sweetness)
- ¼ cup coconut oil, melted
- 1 vanilla bean, ground
- Freshly squeezed juice of ½ a lemon
- ½ tsp ground ginger
- ½ tsp Celtic sea salt
- 1½ cups quinoa flakes (more for topping)
- ⅓ cup almond meal
- ⅓ cup amaranth flour
- ⅓ cup sorghum flour
- Handful of walnuts, chopped (more for topping)

SORBET

- 2 cups frozen mixed berries
- ⅓ cup coconut cream
- ⅓ cup coconut nectar topping)

DIRECTIONS

BREAD

- Mix bananas, coconut oil, coconut nectar, vanilla, lemon, ginger, salt, berries, and pear.
- Add the dry ingredients to the wet ingredients.
- Pour batter into a loaf pan and smooth out the top.
- Sprinkle with walnuts and quinoa flakes and bake at 385°F for 40 minutes.

SORBET

- Blend until well combined and serve with bread.

TIP: *You can leave out the pear pieces if you'd prefer.*

NUTRITIOUS DESSERTS & SNACKS

BAKED RAINBOW KALE CHIPS WITH COCONUT GINGER LEMON DIP



These are best eaten fresh and the recipe is easy enough that you can make them fresh all the time!

INGREDIENTS

- 10 kale leaves, washed, torn, and dried thoroughly
- 2 tbsp coconut oil
- Celtic sea salt

CABBAGE CHIPS

- 10 red cabbage leaves
- Celtic sea salt
- Oregano leaves

SWEET POTATO CHIPS

- 4 gold sweet potatoes, very finely sliced into rounds
- ¼ cup melted coconut oil
- Celtic sea salt
- Lemon myrtle

COCONUT GINGER LEMON DIP

- ½ cup coconut cream
- ½ tsp ground ginger
- Freshly squeezed juice of 1 lemon
- 2 tbsp Brazil nut butter
- Handful of activated raw pistachios

DIRECTIONS

- Combine oil and salt.
- Toss kale thoroughly in oil until evenly coated.
- Bake at 340°F for 10 minutes until crisp.

CABBAGE CHIPS

- Tear the cabbage leaves into two or three pieces.
- Blanch cabbage leaves in boiling water then rinse under cold water.
- Drain leaves and dry with paper towels.
- Season with salt and oregano.
- Bake at 210°F for at least two hours- even more if you want them extra crispy.

SWEET POTATO CHIPS

- Combine oil, salt, and lemon myrtle in a bowl.
- Toss sweet potato rounds in dressing until evenly coated.
- Bake at 400°F for at least half an hour, flipping regularly.

COCONUT GINGER LEMON DIP

- Blend all ingredients in a blender.
- Top with chopped pistachios and hemp seeds.

TIP: *If you don't have lemon myrtle, substitute 1 tbsp finely grated lemon peel.*

ICED GOLDEN SPICED MILK



This Iced Golden Milk is rich in antioxidants, which help protect cells from damage, fight off disease and infections, and contribute to your overall health. Add the Golden Spice Blend to vegetables, lattes, and grain dishes for added flavor and health benefits. Play with the flavor combinations — ginger for more heat, and cinnamon for more warmth.

INGREDIENTS

GOLDEN SPICE BLEND

- 4 tbsp ground turmeric
- 2 tsp ground ginger
- 2 tsp ground cinnamon
- ¼ tsp ground cardamom
- 1 tsp ground black pepper

ICED GOLDEN MILK

- 1 tsp Golden Spice Blend
- 2 tsp hot water
- 1 cup coconut milk (recipe on page 32)

DIRECTIONS

GOLDEN SPICE BLEND

- Mix in a container with a lid and store in the pantry.

ICED GOLDEN MILK

- Mix Golden Spice Blend with hot water until well blended.
- Add non-dairy milk of choice and sweetener (optional).
- Shake vigorously and pour over ice.

TIP: *You can also add adaptogens like ashwagandha and/or lion's mane to aid with mental clarity and stress relief.*

NUTRITIOUS DESSERTS & SNACKS

REFRESHING MINT AND PINEAPPLE JUICE



The ingredients have a host of health benefits...

Fresh pineapple contains the enzyme bromelain, which helps reduce inflammation.

Cucumber is also beneficial for inflammation and it's hydrating. As a bonus, it contains plant lignans, which help with digestion.

Lime contains vitamin C, which is perfect to keep your immune system strong. Mint is known to be good for headaches and digestion.

So overall, this juice is not only refreshing and delicious on a hot day, but it's also good for you! Makes 1 serving.

INGREDIENTS

- 1 cup pineapple pieces
- ½ cup cucumber pieces
- Juice of ½- 1 lime, plus a few slices for the garnish
- Handful of fresh mint leaves — save a few for garnish

DIRECTIONS

- Peel the pineapple and wash the cucumber and the lime.
- Pick the mint leaves off their stalks.
- Put everything through the juicer. Start with the pineapple, then the mint and lime, then the cucumber so that the mint doesn't get stuck.
- Serve on ice with extra mint leaves and lime slices to garnish.

TIP: *It's helpful to chill all the ingredients before juicing them. You can even use frozen pineapple pieces. The colder the better!*

USED IN RECIPES

COCONUT MILK



Coconut milk comes from the white flesh of mature brown coconuts, which are the fruit of the coconut tree. It should not be confused with coconut water, which is found naturally in immature green coconuts. Coconut milk is a versatile alternative to cows' milk that can be substituted for dairy milk in most recipes.

INGREDIENTS

- 1 cup unsweetened shredded coconut
- 6 cups boiling filtered water
- 2-3 pitted dates (depending on desired sweetness)
- 1-2 tsp vanilla extract (optional)
- Pinch grated nutmeg
- Pinch cinnamon
- 1 nut bag or cheesecloth for straining

DIRECTIONS

- Add 1 cup shredded coconut to a heat-safe blender. Pour boiling water over coconut until blender is 3/4 full.
- Add dates and let this sit for 30-45 minutes or until lukewarm. Add vanilla and blend on high for one minute until smooth.
- Over a bowl, strain the coconut milk through a nut bag. Squeeze any liquid out of the bag until the coconut is mostly dry. Discard coconut or store it to use in your overnight oats, smoothies, etc.
- Pour coconut milk into a sealed glass container and store in the refrigerator for 3-4 days.

TIP: *If you purchase ready-made coconut milk, be sure to check the label and avoid brands with added preservatives or sugar.*

ABOUT JONATHAN OTTO



Jonathan Otto is an investigative journalist, natural health researcher, documentary filmmaker, and humanitarian.

Throughout his career, Jonathan has turned his attention to seeking truth and exposing the errors in conventional medicine.

He has created and produced several groundbreaking self-hosted docuseries — ***Depression, Anxiety & Dementia Secrets, Autoimmune Secrets, Natural Medicine Secrets, and Women's Health Secrets*** — covering innovative, effective natural remedies for cancer, autoimmune disease, neurodegenerative disease, mental health, and heart disease.

These docuseries represent Jonathan's unceasing quest to discover the true root

cause of debilitating diseases by gathering stories and protocols from world-renowned natural medicine doctors, health experts, and their patients.

In response to this life-saving knowledge, Jonathan created **Well of Life**, a line of doctor-formulated, 100% natural supplements specially designed to detox and fortify the body.

Jonathan's greatest reward has been hearing the testimonials from people whose lives have literally been saved with the natural medicines and protocols he discovered.

His work has been featured in international TV broadcasts, print media, national news, and radio broadcasts. He received the awards, ***Young Citizen of the Year and International Volunteer of the Year***, from the Australian government for international humanitarian contributions, which he continues to support.

Jonathan and his wife, Lori, welcomed their first son, Asher, in January 2019.