



FROM THE INSIDE OUT

A 21 day program for total transformation where you will learn all of the skills necessary to thrive AND have the time and support to intergrate your changes into your daily life.

The program includes 3 workshops with all meals included, email and video support, discounts at local yoga studios and health shops, movie night on the big screen, over 30 recipes to take home and you get to be part of an epic community for both support and accountability.

WHERE

The workshops during the program will be held at Woolgoolga Mud Brick Hall, Boundary Street, next to the bowling club

WHEN

8th March - 29th March 2014

Check the website now to make the most of our early-bird discount

During this program you will learn;

How to cook and prepare foods that heal.

The role your mindset plays in your overall health

How to achieve goals that may have eluded you for years

How to naturally and sustainably boost your immune system

How easy, fun and beneficial meditation can be

Tools to live with purpose, direction and connection.

to register now or for more info visit:
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COFFS CENTRAL WORKSHOP

 /CoffsCentral

THE POWER OF PLANTS

RECIPE BOOK

**MICHAEL KING;
HEALTH COACH & CHEF
COVERS:**

How to heal, thrive and energise with plant based whole foods



Michael King is a chef, coach, meditation instructor and NLP practitioner that spends his time travelling and teaching the simple tools to living a life of true health, joy and connection.





TAHINI COLESLAW

INGREDIENTS

- ½ medium wombok cabbage
- 3 medium carrots
- 1 red onion
- 1 green apple
- 3 tablespoons of sultanas
- 1 tablespoon of pumpkin seeds
- 1 tablespoon of sunflower seeds
- 1 tablespoon of sesame seeds

DRESSING

- ¼ cup of tahini
- 2 tablespoons of olive oil
- 2 tablespoons of apple cider vinegar
- 1 tablespoon of honey
- ½ cup of water
- Salt and pepper to taste

MICHAEL'S COMMENTS: Serves 6-8 as a side salad. This is one of my favourite salads, it is so easy to make and I have never met anyone who doesn't LOVE it, let alone someone who wishes for traditional coleslaw instead!

NOTES:

METHOD

- Slice the cabbage and red onion as finely as possible and place in a large salad bowl.
- Peel the apples and carrots and grate. Add them to the salad bowl along with the sultanas and seeds.
- To make the dressing, add all of the ingredients into a blender and blend for around 30 seconds or until it all comes together. If you don't have a blender just mix all of the ingredients, except the water, together in a bowl with a spoon or whisk.
- Add the water a little at a time, stirring continuously, until the dressing resembles a thin mayonnaise.



RAW VEGAN CHOCOLATE CREAM

INGREDIENTS

- The flesh of 2 young coconuts (or half a tin of organic coconut cream)
- 2 cups of cashews soaked over night, or for at least 4 hours
- 4 tablespoons coconut oil
- 3 tablespoons of honey or other preferred sweetener
- 1 teaspoon of vanilla paste, or one fresh vanilla bean
- 1 cup of water
- 4 tablespoons organic raw cacao

MICHAEL'S COMMENTS:
I love this cream! It is so rich and decadent – AND easy to make.

Raw cacao really is SUPER FOOD!!! Cacao (raw, unrefined chocolate powder) it is super high in magnesium and antioxidants.

The reason I love making REAL food like this is because it is so rich (not only in taste but also in goodness) that you only need a little bit to satisfy yourself. Your body will literally say – STOP!! And you wont be left with that unfulfilled hunger and continual desire for sweets that processed food gives you. You can enjoy this cream just as it is by the spoonful, served with fresh fruit or even spread on crepes! Enjoy!

METHOD

- Strain the cashews and place in the blender along with the coconut flesh, vanilla, honey and coconut oil.
- Add half of the water and start to blend. You want to add the rest of the water a little at a time, only as needed. You are looking for a cream-like consistency, so play around with it and remember it is always easier to add more water than it is to take some out!
- Once you have got the right consistency you can eat it just like it is, or you can now add the cacao powder to make it chocolaty and take it to the next level!
- I like to serve it with fresh fruit, some chopped nuts and flaked coconut.
- If you are using coconut cream instead of flesh, you won't need as much water – so just add it a little at a time.

NOTES:



WARM
MEXICAN QUINOA SALAD



ZUCCHINI PAPPARDELLE
WITH PESTO

INGREDIENTS

- 2 cups of quinoa
- 1 ½ cups of cooked kidney beans or one tin
- 2 large cobs of corn
- 2 red capsicum
- 1 red onion
- 1 large avocado, or 2 small
- ½ bunch of coriander
- 2 limes
- 1 tablespoon cumin seeds coarsely ground, or 1 teaspoon of cumin powder
- 1 teaspoon of smoked paprika
- 4 tablespoon of olive oil

MICHAEL'S COMMENTS: Serves 6

NOTES:

METHOD

- Preheat the oven to 200 degrees c, and the grill to it's highest setting.
- Cut the red onion into 1cm thick wedges, splash with a little olive oil and salt and pepper and bake for 25 minutes until slightly browned and soft.
- Cut the capsicums into quarters and remove the seeds. Place them skin side up on an oven tray and cook under the grill until the skin blackens.
- Place aside until they're cooled enough to handle and then peel off the black skin and you should be left with smoky soft capsicums.
- Whilst the capsicums are cooking place the whole cobs of corn (still in their husk) in the oven for 15 minutes.
- Meanwhile, rinse the quinoa and then place in a saucepan with 3 cups of hot water and bring to the boil. Once it has come to the boil, turn it right down, put the lid on and let it cook undisturbed for 10 minutes, turn the heat off and let the quinoa sit in the pot for another 3 minutes before taking the lid off and stirring it.
- Dice the capsicum roughly and strip the corn kernels off the cob and add to the quinoa along with the kidney beans, roast red onion and the diced up avocado.
- Add the olive oil, zest and juice of the limes, ½ the coriander and spices to the salad.
- Toss the dressing through the quinoa and vegetables with some salt and pepper, and finish off by chopping the rest of the coriander over the top.

INGREDIENTS

- Zucchini

5 REASONS WHY ZUCCHINI PASTA ROCKS!

- You can eat it raw and get maximum nutrients out of the zucchini.
- If you have it with a hot sauce (such as tomato and veg) the heat from the sauce is enough to cook the thin strips, so no extra cooking is required.
- It makes an amazing salad – all you need to do is marinate it in olive oil and lemon juice and add a heap of fresh herbs.
- It only takes a couple of minutes to make homemade pasta!
- Zucchini's are everywhere and cheap!

NOTES:

METHOD

- You will need two medium zucchini's per person.
- Wash your zucchini's and top and tail them. If you want it to look like actual pasta (for the kids) you can peel the zucchini first. I personally don't peel it because the majority of nutrients are within and just under the skin.
- Get your potato peeler and run it from one end of the zucchini to the other, making nice long even strips.
- Once you get down to the floppy, seedy part of the zucchini flip it over and do the same on the other side.
- Put the core of the zucchini aside, save it for your next stew, curry or soup. And that's it, how blinkin easy is that!



VEGAN ALMOND PESTO

INGREDIENTS

- 4 big handfuls of basil – which is around 1 large bunch or 2 small bunches.
- 1 cup of raw almonds
- 1 clove of garlic
- 1 lemon
- Around 1 cup of organic extra virgin olive oil
- 2 heaped tablespoons of nutritional yeast
- Salt and pepper to taste

METHOD

- In a food processor blend the almonds and garlic until they are fine, a few chunks is okay for texture.
- Then throw in the basil, the nutritional yeast and the juice of half the lemon.
- Add about half of the olive oil and start to blend.
- If the mix looks too dry and is struggling to blend then drizzle some more oil in slowly whilst continuing to blend. You might need to stop the blender and scrape the mix into the centre with a spatula a few times.
- Taste the mix and see what you think. Do you want a little more lemon in there? How's the salt and pepper? You will need more pepper than salt, as the nutritional yeast is a little salty.

NOTES:



PANZENELLA SALAD

INGREDIENTS

- 4 thin slices of sprouted bread cut into small cubes
- 1 tablespoon of chopped thyme
- 2 cloves of garlic
- 4 tomatoes
- ½ bunch of basil
- ½ red onion
- 2 small Lebanese cucumbers, or one large one
- ½ cup of your favourite sprouts (e.g. mungbeans, lentils, chickpeas)
- Extra virgin olive oil
- 2 tablespoons apple cider vinegar
- Salt and pepper to taste

METHOD

- Preheat oven to 180 degrees C
- Place diced bread in a baking tray and sprinkle over a little of the olive oil, just enough to touch all of the bread. Add the chopped thyme, a little salt and pepper and with a micro-plane or fine grater, grate the garlic over the bread.
- Toss it all about and bake in the oven for about 15 minutes or until the bread is nice and crispy.
- Meanwhile, roughly chop the tomatoes and cucumber into chunks – around the same size as the bread and place in a large salad bowl.
- Coarsely tear the basil and finely slice the red onion and add to the bowl along with the sprouts.
- Once the bread is cooked add it to the salad, dress the salad with 2 tablespoons of the olive oil and the apple cider vinegar, season with salt and pepper, toss it all about and you're ready to rock!

MICHAEL'S COMMENTS: Serves 4

NOTES: