



recipe book

FOOD **CHOPPER**

dear customer,

At MisterChef we won't promise to turn you into a Michelin-starred cook,
a purveyor of artisanal produce of Nigella 2.0.

What we will do is provide you with really high-quality kitchenware and
appliances, that won't cost the kitchen sink.

Our products aren't ornamental dust-collectors. They're sturdy and
designed for everyday use for everyone.

We focus on designing attractive products built for efficiency, ease of use
and longevity rather than extra you don't need.

The perfect blend of affordability and functionality.

At MisterChef, we're committed to keeping things fuss-free. We work
hard to ensure that our products are easy to use, easy on the pocket and
easy to return in the event you're unhappy or something goes awry.





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dressing / sauces



caesar dressing



5 mins

prep



1 mins

chop



1

servings

ingredients

- 2 whole eggs
- 2 Tbsp lemon juice
- 2 Tbsp olive oil
- 2 tsp anchovy paste
- 2 tsp mustard
- 2 cloves garlic
- 1 cup avocado oil (or another mild oil)
- 2 Tbs parmesan cheese (optional)
- black pepper, to taste



method

1. Put the eggs, lemon juice, 2 Tbs of olive oil, anchovy paste, mustard, and garlic in the bowl of your food processor.
2. Turn your food processor on for 30 seconds, until everything is blended
3. With the food processor running, either use the "pusher" in your food processor to drip the oil in, or just slowly pour the avocado oil into the bowl while the food processor is running.
4. Let it mix for 2-3 minutes, until it's thickened a bit and all the oil has been incorporated.
5. Add black pepper to taste
6. If you want parmesan cheese in your dressing, stir it in now. Enjoy!

NOTES

Get the freshest eggs you can find, since this recipe uses raw eggs.

You can store this dressing in the fridge for 5-7 days.

For a dairy free option, just omit the Parmesan.



roasted red pepper sauce



10 mins
prep



1 mins
chop



2
servings



ingredients

- 2 red bell peppers (or 1 jar of roasted red bell peppers, drained)
- 1 cup raw cashews (soak for at least 1 hour in water, then drain liquid)
- juice of 1 lemon
- 1 clove garlic minced
- 1 tablespoon nutritional yeast
- 1/4 teaspoon sea salt
- 1/8 teaspoon pepper

method

1. If you are roasting your own bell peppers, preheat oven to 400 degrees. Prepare the peppers by cutting them in half, removing the stems, seeds and membranes.
2. Lay the peppers on a parchment paper lined baking sheet, cut side facing down. You could also place the peppers directly on a baking sheet.
3. Roast for 18-23 minutes, until the skins are blackened and the peppers are sunk and have lost their shape. Remove from the oven, place the peppers in a bowl, and cover with a plate to steam.
4. Once cooled enough to the touch, peel the skins off of the peppers.
5. Now you have roasted red bell peppers!
6. Once you have roasted bell peppers, combine all the remaining ingredients in a food processor (or high speed blender) and blend until smooth.



fresh tomato salsa



10 mins
prep



1 mins
chop



12
servings



ingredients

- 1.5 pounds roma tomatoes chopped
- 1 small green bell pepper finely diced
- 1 small onion finely diced
- 1 tablespoon cilantro finely diced
- 1 tablespoon lime juice
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 1/3 teaspoon red pepper flakes

method

1. Place your tomatoes into a food processor and pulse 6-8 times, or until they reach a good salsa consistency. Depending on the size of your food processor you might have to do this in 2 batches. Transfer to a bowl once processed.
2. Add the chopped up green pepper and onion into the bowl with the tomatoes.
3. Add cilantro, lime juice, salt, pepper and red pepper flakes into the bowl and mix until everything is combined.
4. Serve with tortilla chips or on top of your favorite Mexican meal!



yum yum sauce



4 mins

prep



1 mins

chop



4

servings

ingredients

- 2 Tbs tomato paste
- 1 cup vegan mayo
- 4 cloves garlic
- 1/3 cup onions, diced
- 1 Tbs vegan butter
- salt, pepper to taste

Optional:

- 4 tsp hot sauce
- 1 tsp smoked paprika
- 2 tsp maple syrup

method

1. In a casserole or sauce pan, heat vegan butter and then add onions and garlic. Fry for around 3 minutes until golden.
2. Now take the casserole off your stove and go to a food processor.
3. Combine vegan mayo, tomato paste, the optional add ons (maple syrup, hot sauce, and smoked paprika) and the onion and garlic mix from the casserole.
4. Blend all until smooth and creamy.





chimichurri sauce



5mins
prep



1 mins
chop



1
servings



ingredients

- 2 cups fresh Italian parsley, loosely packed
- 5 cloves garlic, peeled and smashed
- 2 tablespoons shallots, roughly chopped
- 2 tablespoons red wine vinegar
- ½ lemon juiced (about 2 tablespoons)
- 1 tablespoon fresh oregano, chopped (dry works okay too, but fresh is more fragrant)
- 1 teaspoon salt
- ½ teaspoon pepper
- ½ teaspoon red chili pepper flakes
- ½ – ¾ cup extra virgin olive oil

Notes

Chef's tip: If you want that classic hand chopped look, but still want a shortcut, pulse all of the dry ingredients in the food processor, then transfer to a bowl and slowly mix in the wet ingredients.

method

1. Place all ingredients except olive oil in the food processor and pulse a few times until everything starts to break up.
2. Start slowly adding the olive oil. Start with just $\frac{1}{2}$ cup, and then slowly add more and pulse a few more times. Don't puree, just a few pulses will do. If it's too thick add more olive oil until you get to your desired consistency.
3. Serve over grilled or smoked beef, chicken, pork, fish, and even vegetables.



cranberry sauce



120 mins
prep



1 mins
chop



2
servings

ingredients

- 1 (12-oz) bag fresh cranberries
- 1 navel orange
- 1/2 cup sugar
- pinch sea salt





method

1. Place the cranberries in the bowl of a food processor. Grate the zest of one orange directly over top. Cut away and discard peel and pith from orange, then cut sections free from membranes and add to food processor bowl.
2. Pulse the cranberries, zest, orange sections, 1/4 cup of the sugar, and pinch sea salt until finely chopped. Taste, add more sugar by the tablespoon to achieve the sweetness you like — remember, cranberry sauce should be on the sweet side. Adjust with another pinch of salt if necessary. Chill, covered, at least 2 hours to allow flavors to develop.

tomato sause



40 mins
prep



1 mins
chop



4
servings

ingredients

- 1 medium onion peeled and quartered
- 2 stalks of celery cleaned and cut into chunks
- 2 medium carrots peeled and cut into chunks
- 3 tablespoons olive oil
- 3 cloves of garlic finely chopped
- 56 oz crushed tomatoes (four 14oz/400g cans or two 28oz cans)
- 1 good handful fresh flat-leaf parsley chopped
- 1 good handful fresh basil chopped
- Salt and Pepper to taste

method

1. Add the onion, carrots, and celery and to a food processor and chop them into small pieces.
2. Heat 2 tablespoons of the olive oil in a large saucepan on medium heat and saute the onion, celery, and carrots until they are soft and no liquid is being released from them.
3. In the middle of the softened vegetables, form a well, and add the remaining olive oil, followed by the garlic. Allow the garlic to brown slightly (being careful not to let it burn).
4. Mix in the tomatoes and herbs.
5. Add seasoning, bring to a boil, lower the heat, and simmer for 30 minutes.
6. If you like a thinner sauce you can add it to the food processor and puree into your desired consistency or if you like a thicker sauce, skip this step.

This tomato sauce will thicken as it cooks. If it becomes too thick, you can add a little water to loosen it up.

If you don't have fresh herbs on hand, they can be substituted for dried ones. Dried parsley has next to no flavor so I suggest using oregano in its place.



strawberry puree dressing



20 mins
prep



1 mins
chop



4
servings



ingredients

- 350g Strawberries

method

METHOD 1 (Raw Strawberries)

1. Wash strawberries and then hull.
2. Place strawberries in a food processor or blender and process until smooth (or desired consistency).
3. If the seeds bother you, or your kids, you can pass the puree through a fine mesh sieve to separate them.

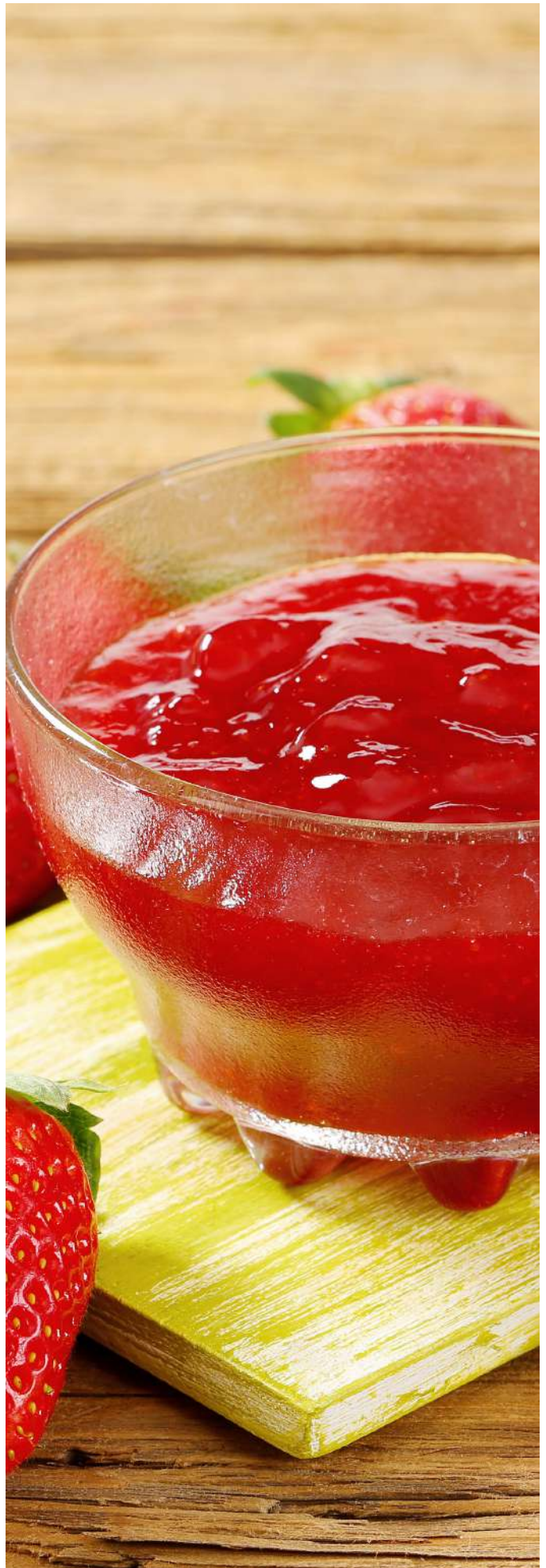
METHOD 2 (Cooked Strawberries)

1. Wash strawberries and then hull
2. Half or quarter the strawberries, add to a pan and allow to simmer over a very low heat for 15 mins.
3. Place strawberries in a food processor or blender and process until smooth (or desired consistency).

Notes

This is a one ingredient recipe, you can obviously puree more or less than this amount. If you feel it requires more sweetness then you can add sugar or a sweetener of choice to suit taste. This will change the nutritional values.

Wash the strawberries before hulling to stop water from filling in the strawberries. If the seeds bother you, or your kids, you can pass the puree through a fine mesh sieve to separate them.





mojo (spicy latin sauce)



1 mins
prep



1 mins
chop



4
servings

ingredients

- 1 serrano pepper jalapeno
can also be used
- 4 garlic cloves
- 1 large handful fresh cilantro
leaves
- Juice of 1 lime
- 1/4 cup extra-virgin olive oil
- 1/4 teaspoon salt
- 1/4 pepper

method

1. Place the garlic, serrano pepper, cilantro, lime juice, and olive oil into a blender or food processor and process until chunky. Taste and adjust seasoning with salt and pepper.
2. Pour into a round bowl and serve with chips, on rice, or in sandwiches or burritos.



creamy avocado cilantro lime dressing



5 mins
prep



1 mins
chop



1
servings

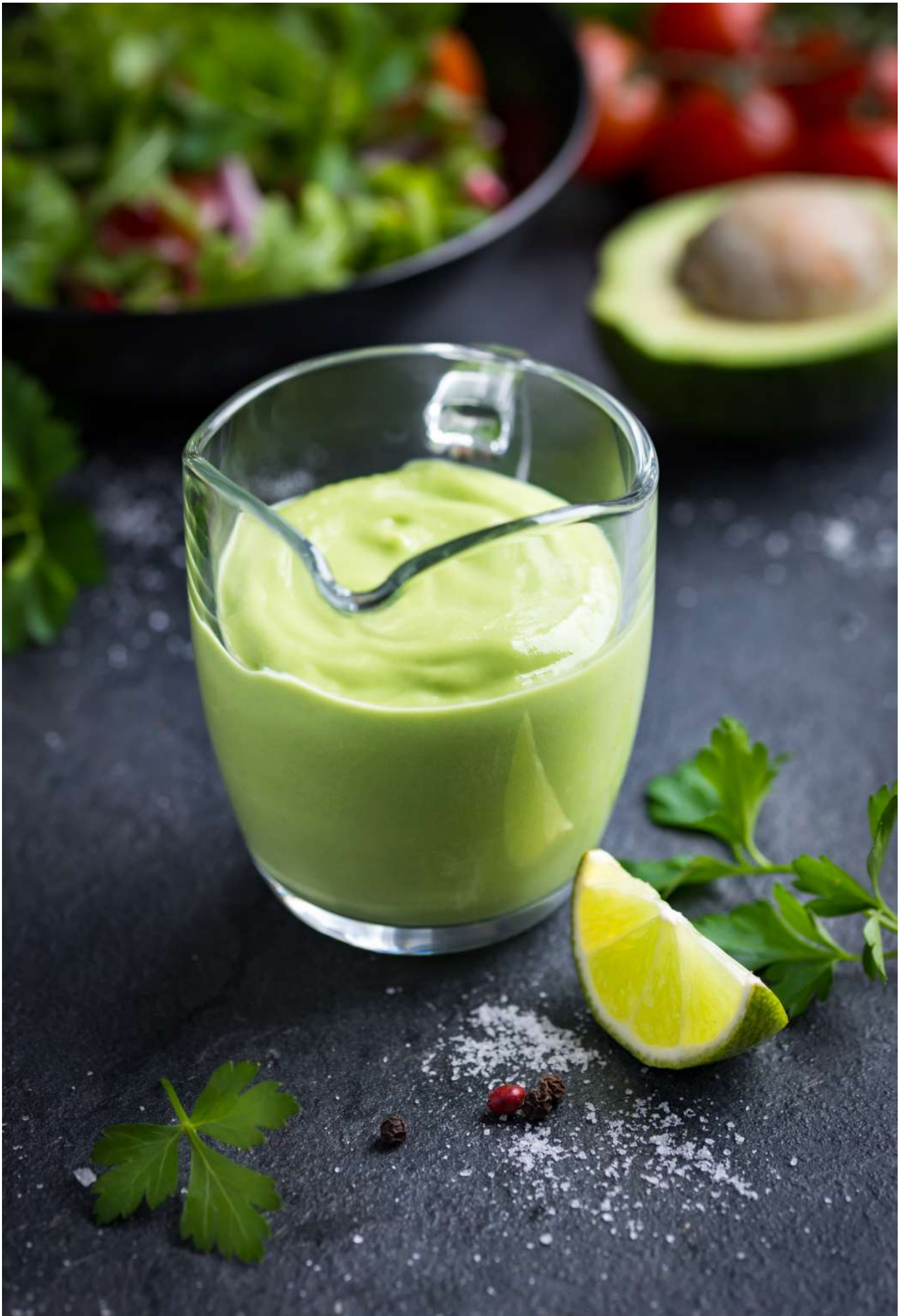
ingredients

- 1 large avocado
- 1 handful cilantro about 1/2 cup
- 1/4 cup olive oil
- 2-4 tablespoons water thin to taste
- lime juice or lemon from 1 lime/lemon
- 1 large garlic clove
- 1 teaspoon sea salt to taste

method

1. In a blender or food processor combine ingredients for dressing until smooth. Store in fridge for 5-7 days.









ice-cream



strawberry and cream ice-cream



5 mins
prep



1 mins
chop



4
servings



ingredients

- 1 cup heavy cream or whipping cream
- 1/4 cup sweetener of choice (honey, maple syrup, organic cane sugar)
- 1 teaspoon vanilla extract
- 1 pound (450 grams) frozen strawberries

method

1. Add Ingredients: Place all the ingredients in the Food processor in the order listed and secure the lid.
2. Blend: Start the food processor or blender on the lowest speed and quickly increase to the highest speed. Blend on high for about 30 seconds, using the tamper to push the frozen fruit into the blades. It's done when the sound of the motor changes and four mounds form on top.
3. Serve: Serve immediately for a smooth soft serve texture or transfer to a freezer-safe container and freeze for an hour or two to firm up to a scoopable consistency.



mango coconut ice-cream



5 mins
prep



1 mins
chop



4
servings



ingredients

- 1 cup full fat coconut milk
- 1/4 cup maple syrup or honey
- 1 pound (450 grams) frozen mango

method

1. **Add Ingredients.** Place all the ingredients in the food processor in the order listed and secure the lid.
2. **Blend:** Start the food processor or blender on the lowest speed and quickly increase to the highest speed. Blend on high for about 30 seconds, using the tamper to push the frozen fruit into the blades. It's done when the sound of the motor changes and four mounds form on top.
3. **Serve:** Serve immediately for a smooth soft serve texture or transfer to a freezer-safe container and freeze for an hour or two to firm up to a scoopable consistency.



chocolate cherry ice-cream



5mins

prep



1 mins

chop



4

servings

ingredients

- 1 cup heavy cream or full fat coconut milk
- 1/4 cup sweetener of choice (organic cane sugar, maple syrup, honey)
- 2 tablespoons cocoa powder
- 1/2 teaspoon almond extract (optional)
- 1 pound (450 grams) pitted frozen cherries

method

1. Add Ingredients. Place all the ingredients in the food processor in the order listed and secure the lid.
2. Blend: Start the food processor or blender on the lowest speed and quickly increase to the highest speed. Blend on high for about 30 seconds, using the tamper to push the frozen fruit into the blades. It's done when the sound of the motor changes and four mounds form on top.
3. Serve: Serve immediately for a smooth soft serve texture or transfer to a freezer-safe container and freeze for an hour or two to firm up to a scoopable consistency.





pineapple ice-cream



10 mins
prep



1 mins
chop



3
servings



method

1. Let's prepare the pineapple for the ice cream. First, cut off the top of the pineapple, removing the crown.
2. Cut a thin slice about 5 mm (0.2") thick to use as a garnish.
3. Cut it in half, stack the pieces and cut them into small triangular pieces.
4. In the center of the pineapple, stick pointed nail deep into the core and remove the hard, outer skin using this blade.
5. Place the pointed nail into the core, adjust the outer blade to the skin and press the cutter into the pineapple. Turn the cutter clockwise and make a shallow circular cut.
6. Cut a pineapple slice about 1.5 cm (0.6") thick and remove the core and the skin.
7. Repeat the process and cut out the rest of the pineapple rings.
8. Stack three pineapple rings on top of each other and cut the rings into 8 equal pieces.
9. Place the pineapple pieces into a freezer bag and freeze them completely.
10. Let's make the ice cream. Place the frozen pineapple into a food processor.
11. Add the sugar, lemon juice and whipping cream and cover with a lid. Pulse several times, crushing the pineapple pieces. Now, turn on the processor.
12. When the mixture is blended, turn it off and remove the lid. Scrape off the ice cream from the side of the work bowl and gather it to the center. This will help reduce the lumps in the ice cream.
13. Turn on the processor again and blend until it is completely smooth. Scoop the ice cream with an ice cream scoop and place into a chilled dessert bowl.
14. Garnish with the pineapple slice and now, it's done.

ingredients

- 200 g Pineapple frozen
- 20 g Sugar
- 50 ml Heavy Cream
- 1 tsp Lemon Juice

Notes

Chill the work bowl of your food processor and the dessert bowl thoroughly in the refrigerator before making the ice cream. Adding the lemon juice to the whipping cream will bring out the flavor of the ice cream.

Store seasonal fruits in the freezer so that you can enjoy the ice cream all year round.



vegan chocolate ice-cream



10 mins
prep



1 mins
chop



2
servings



ingredients

- 2 cups frozen bananas (peel and slice over-ripe bananas, then freeze) (2 to 3 bananas should equal 2 cups in slices, depending on the size of your bananas)
- 2 tablespoons unsweetened cocoa powder
- 2 tablespoons organic natural creamy peanut butter
- 1 teaspoon vanilla bean powder or pure vanilla extract
- 1-2 tablespoon(s) unsweetened non dairy milk Almond, soy, cashew, or coconut would all work.
- ¼ teaspoon salt optional, but brings out the chocolate flavor more

method

1. Place frozen bananas in the bowl of a food processor. Pulse a few times to start breaking them down. You may need to stop the processor and stir the chunks around a bit to ensure they all get down to the blades. Keep doing this until the bananas break down into a crumbly texture. If you're really having a hard time getting them to break down, add 1 tablespoon of milk to help get them moving.
2. Add the cocoa powder, peanut butter, vanilla powder (or extract) and salt (if using). Process until smooth and creamy. Add an additional tablespoon of milk, if needed, to reach the consistency you desire.

3. Eat immediately before it melts for soft serve style OR transfer to a freezer safe container and freeze for 1 to 2 hours (or more) for hard pack style.
4. To serve, add toppings of choice and enjoy!

Notes

Don't throw away brown spotty bananas!

They are super sweet at this stage.

Freeze them so you can make this vegan chocolate ice cream in just minutes whenever you want!

Peel the bananas and cut them into chunks before freezing. While technically you can freeze whole bananas, it will be much harder to break them down when making this recipe.

You must use frozen bananas for this recipe. Fresh bananas will not work.

Be patient. It may take the food processor a few minutes to break down the bananas. Stop it and scrape down the sides, as necessary, to help get everything puréed well.

Add a tablespoon or two of non-dairy milk to assist in breaking down the bananas. But, don't add too much or you'll end up with a smoothie instead of ice cream. Start with just one tablespoon and let the food processor do its thing.

Only add more, 1 tablespoon at a time, if you still can't get them broken down after scraping down the sides several times.

Optional Toppings:

cacao nibs or chocolate chips
dairy free whipped cream
chopped nuts
berries or chopped fruit

chocolate ice-cream



13 mins
prep



1 mins
chop



2
servings

ingredients

- 14 frozen bananas, peeled
- ¼ cup cocoa powder
- 2 tablespoons almond butter, can sub peanut butter
- ¼ cup milk of choice, only use if you are making this in a food processor
- Optional: chocolate chunks or chips, to sprinkle on the top

method

1. Chocolate Banana Ice Cream in your Food Processor:
Place the frozen bananas, cocoa powder, almond butter, and your choice of milk into your food processor. Pulse until the bananas are mostly broken down.
2. 4 frozen bananas, ¼ cup cocoa powder, 2 tablespoons almond butter, ¼ cup milk of choice
3. Scrape the sides of the food processor then continue processing on high until the ice cream is smooth and creamy.
4. Either eat right away or freeze for 2 hours so that it is hard enough to scoop into cones.
5. If using, sprinkle with chocolate chunks.
6. Optional: chocolate chunks or chips

Notes

When the bananas on my counter start to get too ripe I peel them and put them in a bag in my freezer so frozen bananas are always on hand for ice cream or smoothies.





banana ice-cream



10 mins
prep



1 mins
chop



2
servings

ingredients

- 2 ripe bananas, peeled, chopped and frozen until solid

method

1. Place the frozen banana in a food processor and pulse a few times to start breaking it down.
2. Once it's fairly well broken down, slowly start blending stopping to scrape down the sides as needed. It will seem a little dry and icy at first but continue blending until it forms a smooth, creamy, soft serve ice cream-like texture. Depending on your food processor you may need a little splash of dairy-free milk but for best results, try to use just the banana.
3. Scoop the ice cream into a bowl and enjoy right away or place back in the freezer for 30-60 minutes for firmer ice cream.





strawberry ice-cream



5 mins
prep



1 mins
chop



4
servings

ingredients

- 1 (10 ounce) package frozen sliced strawberries
- $\frac{1}{2}$ cup sugar
- $\frac{2}{3}$ cup heavy cream

method

1. Combine frozen strawberries and sugar in a food processor or blender. Process until strawberries are roughly chopped.
2. With the processor on, slowly pour in heavy cream until incorporated. Store in the freezer for up to 1 week.

Tips

You can use any frozen fruit in place of strawberries.







vanilla ice-cream



5 mins
prep



1 mins
chop



4
servings

ingredients

- 2 Ingredient Method
- 2 cups heavy cream, chilled
- 1 (14 ounce) can sweetened condensed milk, chilled
- 1/2 teaspoon vanilla extract
- Freeze & Stir or Plastic Bag Methods:
- 1 1/4 cups whole milk, chilled
- 3/4 cup granulated sugar
- 2 cups heavy cream, chilled
- 1 tablespoon vanilla extract
- 1/4 teaspoon salt

method

1. Make your ice cream mixture according to the recipe directions. Pour into a ziptop bag, squeeze out all air, and seal. Freeze, lying flat, until solid.
2. Remove from freezer and break into chunks small enough to fit into the bowl of your food processor (using the standard s-shaped blade) or high-powered blender. Pulse until completely smooth. If adding mix-ins, either fold them in or pulse until desired consistency is reached, then pour into an airtight container.
3. Cover and freeze until ready to serve.



pistachio ice-cream



30 mins
prep



1 mins
chop



2
servings



method

1. In food processor, pulse 125 mL (1/2 cup) pistachios until finely ground; set aside. Coarsely chop remaining pistachios; set aside.
2. In saucepan set over medium-high heat, combine 250 mL (1 cup) cream, milk, finely ground pistachios and corn syrup; bring just to boil, stirring occasionally. Remove from heat.
3. Meanwhile, in large heatproof bowl, whisk egg yolks and sugar until pale yellow, foamy and thickened. Gradually whisk in 250 mL (1 cup) hot cream mixture, whisking constantly; return mixture to saucepan.
4. Cook, stirring constantly, with heat-safe rubber spatula or wooden spoon, for 8 to 10 minutes or until thickened enough to coat back of spoon and instant-read thermometer reads 170°F (77°C). Stir in vanilla and almond extract. Strain through fine-mesh strainer; let cool slightly. Refrigerate for 1 to 2 hours or until thoroughly chilled.
5. Using electric mixer, beat mascarpone until smooth. Beat in remaining cream until stiff peaks start to form. Fold in chilled custard until blended. Pour into large resealable plastic bag; place flat in freezer. Freeze until frozen completely.
6. Remove ice cream from freezer; let sit at room temperature for 15 minutes. Crumble frozen mixture into food processor; mix until smooth. Stir in half of the remaining chopped pistachios. Freeze until firm.

ingredients

- 375 mL (1 1/2 cups) unsalted shelled pistachios, divided
- 375 mL (1 1/2 cups) 35% whipping cream, divided
- 250 mL (1 cup) 3.25% homogenized milk
- 30 mL (2 tbsp) corn syrup
- 4 egg yolks
- 150 mL (2/3 cup) granulated sugar
- 5 mL (1 tsp) vanilla extract
- 2 mL (1/2 tsp) almond extract
- 1 tub (250 g) mascarpone cheese

TIPS

Garnish ice cream with a dollop of whipped cream, chocolate sauce, and fresh berries.

For bright-green pistachio ice cream, add a few drops of green food colouring to the ice cream base.







dips / butters



hummus



20 mins
prep



1 mins
chop



8
servings



ingredients

- 3 cups cooked chickpeas, peeled (from 1 to 1 ¼ cup dry chickpeas or from quality canned chickpeas. See recipe notes for more instructions on cooking and peeling chickpeas)
- 1 to 2 garlic cloves, minced
- 3 to 4 ice cubes
- ½ cup (79 grams) tahini paste
- ½ tsp kosher salt
- Juice of 1 lemon
- Hot water (if needed)
- Early Harvest Greek extra virgin olive oil
- Sumac

method

1. Add chickpeas and minced garlic to the bowl of a food processor. Puree until a smooth, powder-like mixture forms.
2. While processor is running, add ice cubes, tahini, salt, and lemon juice. Blend for about 4 minutes or so. Check, and if the consistency is too thick still, run processor and slowly add a little hot water. Blend until you reach desired silky smooth consistency.
3. Spread in a serving bowl and add a generous drizzle of Early Harvest EVOO. Add a few chickpeas to the middle, if you like. Sprinkle sumac on top. Enjoy with warm pita wedges and your favorite veggies.

Notes

If starting with dry chickpeas, allow extra time for soaking (overnight) and cooking (2 hours).

To cook dry chickpeas: soak chickpeas in plenty of water overnight (water needs to be at least doubled the volume of chickpeas). When ready, drain chickpeas and place them in a medium-sized heavy cooking pot. Cover with water by about 2 inches. Bring to a boil, then reduce heat and simmer for 1 ½ to 2 hours.

If using canned chickpeas, make sure they are drained and rinsed. It helps if you also give them a quick 20-minute simmer in a bit of water so they soften well (dry them before use).

To peel chickpeas (cooked or from a can): cover cooked chickpeas in hot water and add 1 ½ teaspoon baking soda. Leave for a few minutes. Take a handful of chickpeas and rub under running water to remove the skins. Place peeled chickpeas in a bowl.



cheese dip



5 mins
prep



1 mins
chop



12
servings

ingredients

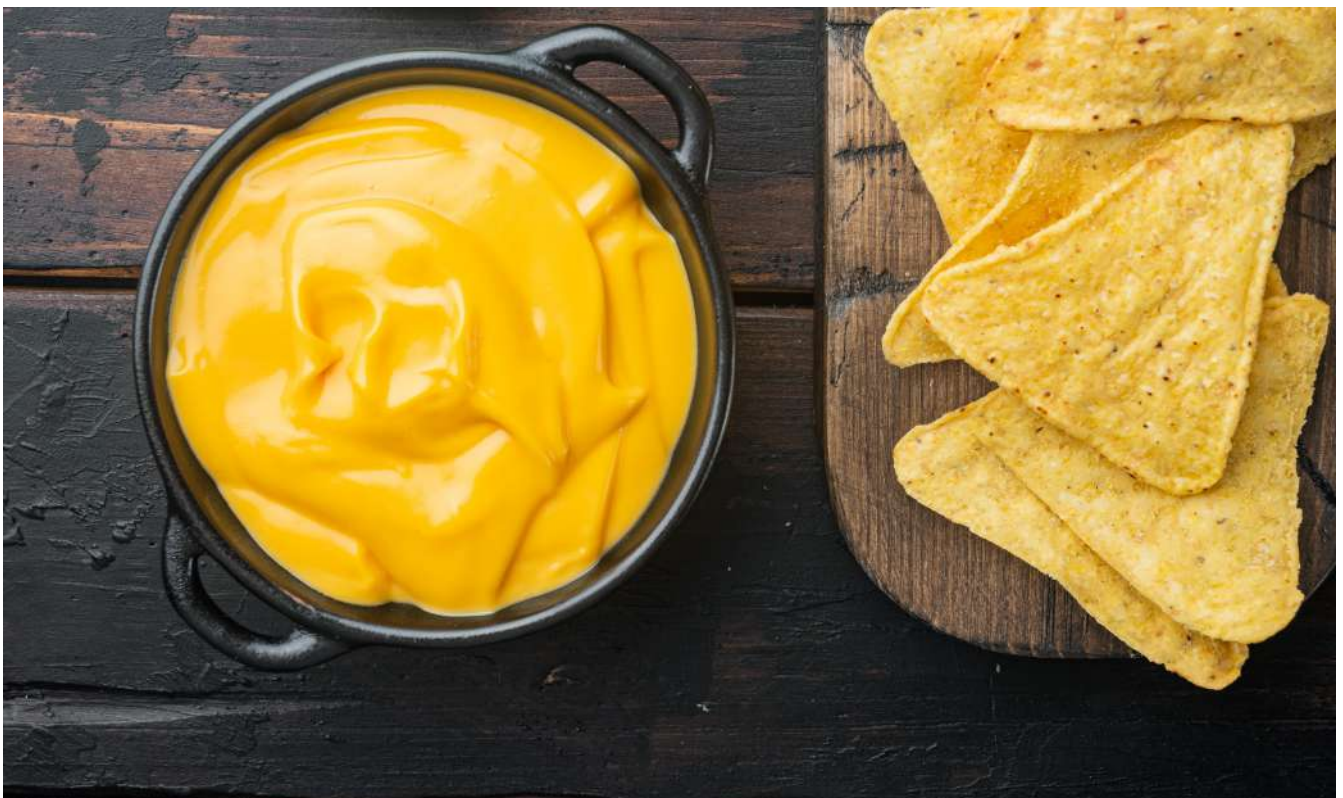
- 8 ounces cream cheese softened
- ½ cup sour cream
- ½ cup mayonnaise
- 2 cups sharp cheddar cheese shredded
- 1 teaspoon dijon mustard
- ¼ teaspoon garlic powder
- ⅛ teaspoon cayenne pepper optional

Notes

Optional Add-Ins include jalapenos, pimentos, chopped artichokes, bacon bits.

This dip can be mixed in a food processor if desired. Pulse just until combined. If you don't have a food processor or hand mixer, mix well with a spoon.

This dip will last up to a week in the fridge (as long as the dairy used is fresh). Leftovers make a great filling for celery sticks or can be melted and tossed with pasta.



method

1. Combine cream cheese, sour cream and mayonnaise in a bowl with a hand mixer until fluffy.
2. Add remaining ingredients and stir until smooth.
3. For the best flavor, refrigerate 1 hour before serving.



romesco dip



7 mins
prep



1 mins
chop



2
servings

ingredients

- 1 (16-ounce) jar roasted red peppers, drained
- 1/2 cup sliced almonds, toasted
- 2 tablespoons chopped fresh parsley leaves
- 2 tablespoons sherry vinegar
- 1 tablespoon olive oil
- 2 cloves garlic, coarsely chopped
- 1/2 teaspoon kosher salt, plus more as needed
- 1/4 teaspoon freshly ground black pepper, plus more as needed

method

1. Place all the ingredients in the bowl of the food processor fitted with the blade attachment or a blender. Blend until just smooth, stopping to scrape down the sides of the bowl as needed, about 1 minute. Taste and season with more salt and pepper as needed.
2. Transfer to a bowl and serve with crackers, crostini, or raw vegetables.

Notes

Storage: Leftovers can be refrigerated in an airtight container for up to 5 days.





beet hummus



10 mins
prep



1 mins
chop



2
servings

ingredients

- 1 (8-ounce) package steamed beets, quartered
- 2 tablespoons olive oil
- 2 tablespoons tahini
- Finely grated zest of 1 medium lime
- Juice of 1 medium lime
- 1 clove garlic, coarsely chopped
- 1 teaspoon ground cumin
- 1/2 teaspoon kosher salt, plus more as needed
- 1/4 teaspoon freshly ground black pepper, plus more as needed

method

1. Place all the ingredients in a food processor fitted with the blade attachment or a blender.
2. Blend until very smooth, stopping to scrape down the sides of the bowl as needed, about 5 minutes total. Taste and season with more salt and pepper as needed.
3. Transfer to a bowl and serve with pita chips or raw vegetables.

Notes

Storage: Leftovers can be refrigerated in an airtight container for up to 5 days.





garlic butter



5 mins

prep



1 mins

chop



16

servings

ingredients

- 1 cup butter slightly softened
- 5 cloves of garlic minced (about 2 ½ tablespoons)
- 3 tablespoons fresh minced parsley
- 1/2 teaspoon salt more or less to taste
- 1/4 teaspoon black pepper

method

1. Combine butter and minced garlic in a food processor or mixer.
2. Stir in remaining ingredients. Taste and adjust salt as needed.
3. Refrigerate in an airtight container for up to 2 weeks or freeze for up to 1 year.



Notes

Out of fresh garlic? I definitely recommend fresh when you can, but you could also use a teaspoon of granulated garlic powder instead.



nut butter



25 mins
prep



1 mins
chop



24
servings



method

1. Preheat oven to 350 degrees F (176 C) and add raw nuts to the baking sheet. If sprouted, nuts won't need as long to roast and benefit from a 5-8 minute roast at a lower temperature (325 F or 162 C). Roast raw nuts for 8-12 minutes, or until fragrant and slightly golden brown.
2. If roasting hazelnuts, remove from oven once toasted and transfer to a clean dish towel. Rub the hazelnuts against one another using the towel to remove the skins. Removing most of the skins is preferred (not all will come off).
3. Add roasted nuts to a food processor or blender and blend / mix until a creamy butter forms. The nuts should go from whole, to meal, to clumps, to creamy nut butter. This can take up to 10-12 or more minutes so be patient. Scrape down sides as needed.
4. Once creamy, add salt (or other add-ins) to taste. Then transfer to a clean jar or container and store in the refrigerator up to 3 weeks (sometimes longer).
5. Some other variations include: Cinnamon Raisin Peanut Butter, Cinnamon Hazelnut Butter, Almond Joy Butter, and Super Seedy Sunflower Butter!

NOTE: You can also leave nuts raw

Notes

*Recipe makes ~ 1.5 cups nut butter

ingredients

Basic Butter

- 3 cups raw (or sprouted) nuts (almonds, cashews, walnuts, pecans, hazelnuts // organic unpasteurized when possible)

Add-Ins Optional

- Sea salt to taste (~1/2 tsp)
- Vanilla extract (to taste)
- Hemp seeds
- Flax seeds
- Chia seeds
- Coconut butter
- Chocolate



baba ganoush



20 mins
prep



1 mins
chop



6
servings



method

1. First, smoke or grill the eggplant. Turn one gas burner on medium-high. Place the eggplant directly over the flame. Using a pair of tongs, turn the eggplant every 5 minutes or so until it is tender and the skin is charred and crispy on all sides (20 minutes.) The eggplant should deflate and become super tender. supposed to. If you don't have a gas burner you can use a grill. You can also roast the eggplant in the oven.
2. Remove the eggplant from the heat and transfer it to a large colander over a bowl. Allow it to sit and drain for a few minutes until fully cooled and all excess water has been drained (it helps if you open the eggplant up a bit and push on it with a knife or a spoon to help it release its juices).
3. Once the eggplant is cool enough to touch, peel the charred crispy skin off (it should come right off). Discard the skin and the stem (don't worry if a few bits of the skin remain, that is just added flavor).
4. Transfer the cooked and fully drained eggplant to a bowl. Use a fork to break it down into smaller pieces. Add the tahini paste, garlic, lemon juice, Greek yogurt (if using) salt, pepper, sumac, Aleppo pepper or crushed red pepper flakes. Mix gently with a wooden spoon or a fork until well-combined.
5. Cover the baba ganoush and chill in the fridge for 30 minutes to an hour.

ingredients

- 2 Italian eggplants or small globe eggplants
- ¼ cup tahini paste I used Soom tahini
- 1 lemon, juice of
- 1 garlic clove, minced
- 1 tablespoon plain Greek yogurt, optional
- Kosher salt and black pepper
- 1 teaspoon sumac
- ¾ teaspoon Aleppo pepper or red pepper flakes, optional
- Extra virgin olive oil
- Toasted pine nuts for garnish, optional



sun-dried tomato dip



15 mins
prep



1 mins
chop



4
servings

ingredients

- 1 clove garlic, minced
- 1 can cannellini beans, (white kidney beans) (15 ounces or 1½ cups) drained, reserving 2 to 3 Tablespoons of liquid from the can of beans
- 3 Tablespoons olive oil
- 2 teaspoons lemon juice
- ¼ cup sun-dried tomatoes in olive oil
- 1 teaspoon fresh oregano leaves
- salt and pepper, to taste
- extra drizzle of olive oil, for serving (optional)

method

1. Place the garlic, beans, 2 tablespoons reserved liquid from the can of beans, olive oil, lemon juice, sun-dried tomatoes, and oregano in the bowl of a food processor.
2. Process until completely smooth, scraping down the sides of the bowl with a spatula, as needed. If more liquid is needed, add an additional tablespoon of reserved bean water. Taste and add salt and pepper, as desired.
3. Transfer the dip to a bowl and refrigerate until ready to serve.
4. Drizzle with a little olive oil before serving (optional.)



Notes

Be sure to reserve two tablespoons of the liquid from the can of beans before rinsing them.
Substitutions and additions:

If cannellini (white kidney beans) aren't available, Great Northern beans are a good substitute.

Add a pinch of cayenne pepper or a few dashes of hot sauce for a little kick.



almond butter



16 mins
prep



1 mins
chop



24
servings



ingredients

- 2 cups salted roasted almonds

method

1. Place the almonds in a food processor. Process until the almonds have released their oils and you have a smooth almond butter, about 5-10 minutes, depending on your food processor.
2. During the process, you may need to stop the food processor and scrape down the sides of the container a few times.
3. During the process, you may also want to stop your food processor and allow it to rest, to avoid burning out the motor.
4. Transfer almond butter into a container. Cover and refrigerate.



guacamole



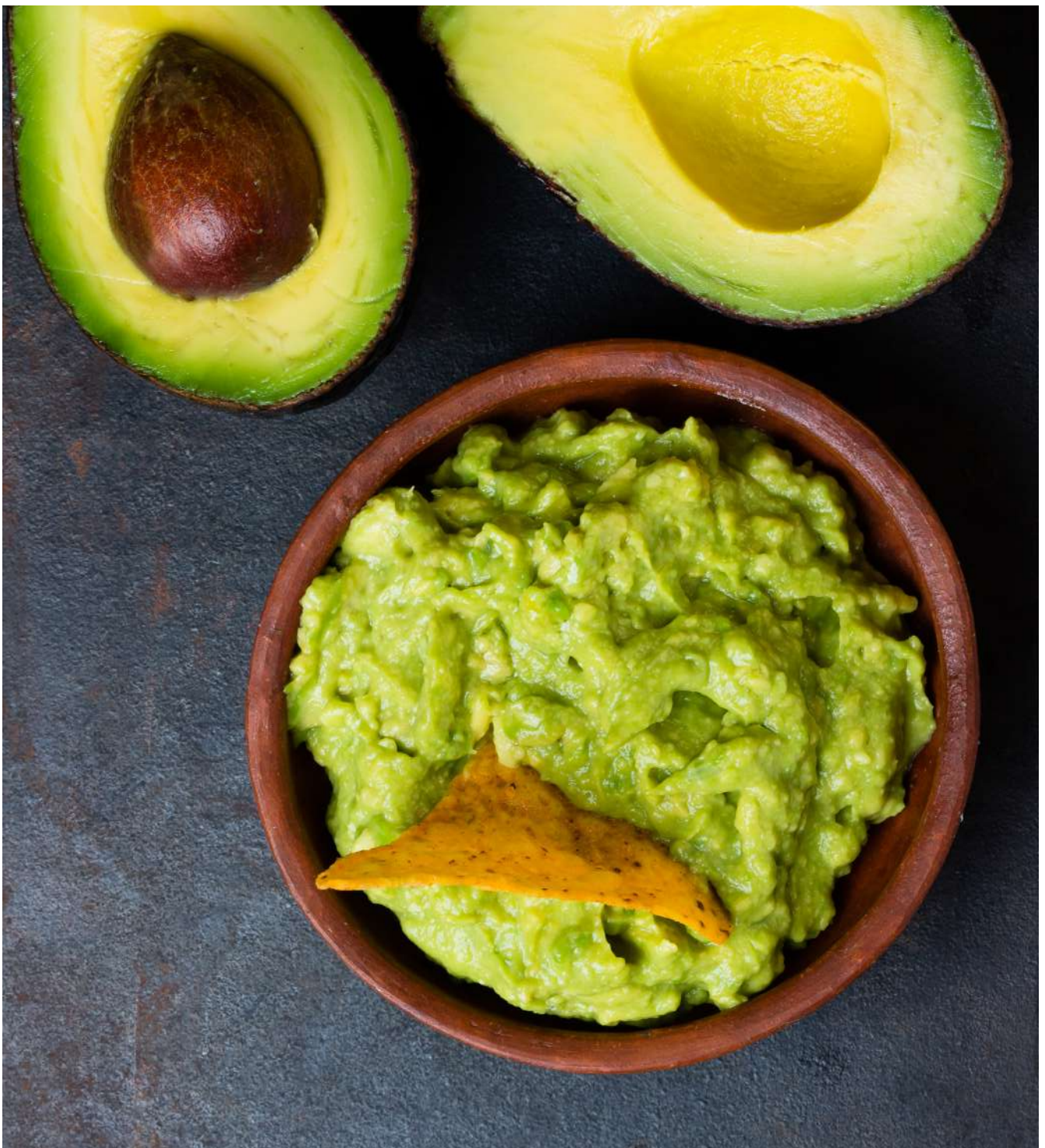
10 mins
prep



1 mins
chop



2
servings

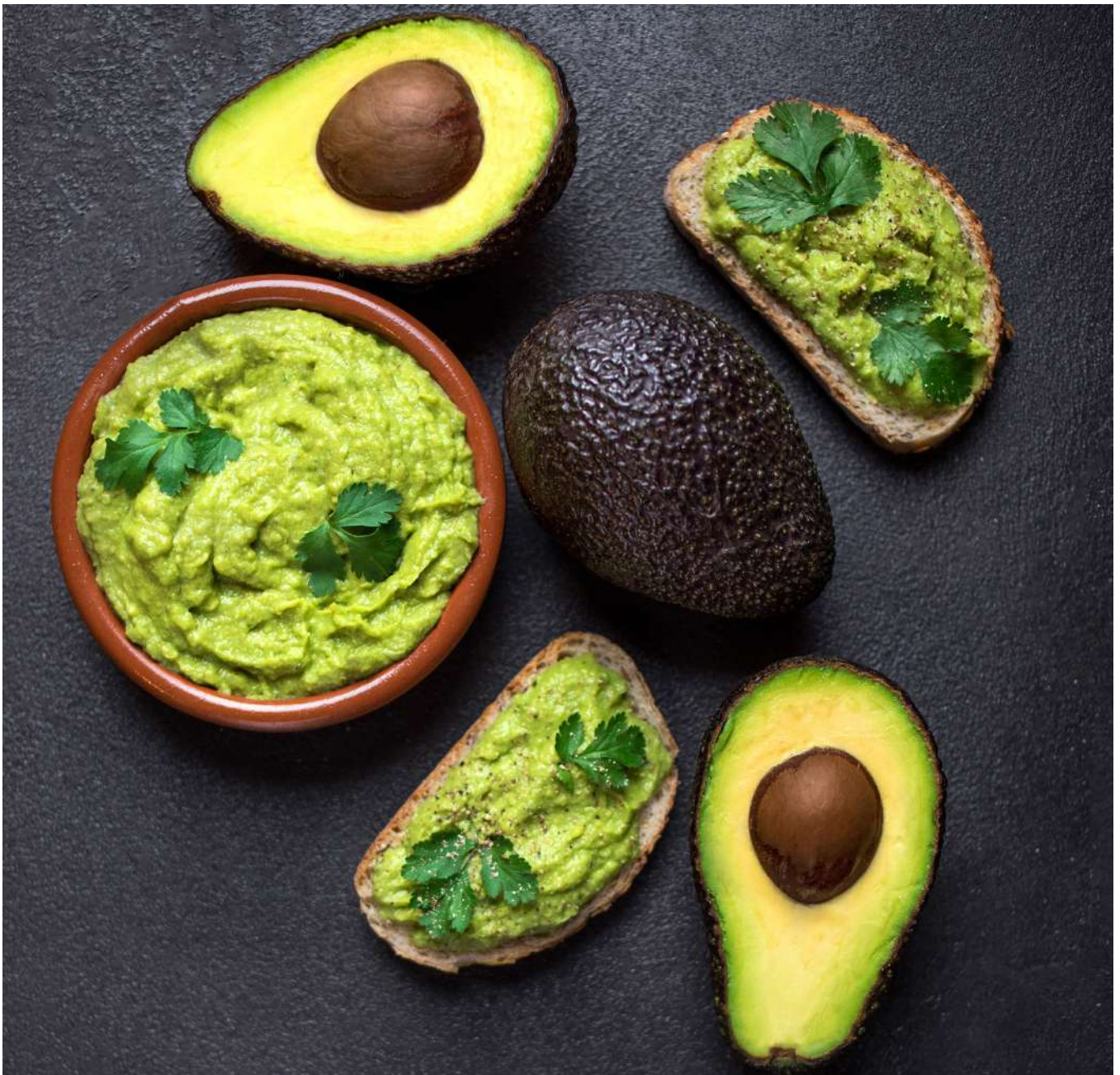


ingredients

- 2 ripe avocados peeled and halved
- 1/2 red onion
- 1/2 jalapeño if you want it spicy, leave in the seeds!
- 1 cup loosely packed cilantro leaves cut off stems
- 1/4 cup cherry tomatoes
- 3 tablespoons lime juice
- 1 teaspoon kosher salt

method

1. Place all ingredients in your Food Processor.
2. Pulse until smooth to your liking.
3. Serve with your favorite chips. Enjoy!







snacks / desserts



oatmeal peanut butter energy bars



15 mins
prep



1 mins
chop



12
servings

ingredients

- 1 cup nuts, such as pecans, walnuts, cashews, almonds, etc.
- 1 cup old-fashioned oats
- ½ cup raisins, OR dried cranberries
- 2 tablespoons chia seeds
- ½ teaspoon ground cinnamon
- Pinch of ground nutmeg
- ½ cup peanut butter, OR alternative nut butter
- ¼ cup honey
- 1 teaspoon pure vanilla extract

method

1. In the bowl of a large food processor, pulse the nuts until finely ground (but stop before they start turning to nut butter!).
2. Add the oats, raisins, chia seeds, cinnamon, and nutmeg to the nuts; pulse five (1-second) pulses to combine. Add the peanut butter, honey, and vanilla to the mixture; pulse until all of the ingredients are well blended, scraping the sides of the bowl as necessary.
3. Scrape the mixture into an 8- by 8-inch baking dish; firmly press into an even layer. Cover and chill for two hours or until firm. Use a knife to slice into bars. Store leftovers in an airtight container in the refrigerator.

Notes

These Energy Bars are no-bake and do not harden.

Keeping them chilled will firm them up, but they must be stored in and served from the fridge. They are not intended to be portable.

Recipe may be doubled and pressed into a 9- by 13-inch dish.



vegetarian chickpea nuggets



45 mins
prep



1 mins
chop



4
servings



method

1. Preheat the oven to 450 degrees. Add chickpeas, oat flour, spices, and 2 tbsp of the chickpea canning liquid (aquafaba) into the food processor with spices. Pulse until they are well combined without overmixing. The mixture should still have some texture and shouldn't be a smooth paste.
2. Set up a breading station with the beaten eggs in a shallow dish and breadcrumbs in a shallow dish. Use your hands to form the chickpea mixture into nuggets. Dip in the eggs and then in the breadcrumbs. Place on a baking sheet lined with parchment paper.
3. Bake the chickpea nuggets for 20 minutes. Carefully flip and cook for an additional 8-10 minutes until browned and crispy. Serve with your favorite dipping sauce.

ingredients

- 15 oz can chickpeas, drained and rinsed (save liquid)
- 1/3 cup oat flour
- 2 eggs, beaten
- 1 tsp garlic powder
- 1 tsp onion powder
- 1 tsp Italian seasoning
- 3/4 tsp kosher salt
- 1/4 tsp paprika
- 3/4 cup panko breadcrumbs (whole wheat preferred)



creamy coleslaw



5 mins
prep



1 mins
chop



2
servings



method

1. Chop cabbage, carrots, and red onion in a food processor. You might need to do this in a couple of batches.
2. Combine chopped veggies in a large bowl.
3. Add mayonnaise, red wine vinegar, and salt. Stir to combine. Enjoy!

ingredients

- 1/4 of a large cabbage or half a small cabbage , cut into large chunks (about 1 lb)
- 2 carrots
- 1/4 of a large red onion (about 1/4 cup)
- 2/3 cup mayonnaise
- 2 Tablespoons red wine vinegar
- Salt , to taste



vegan tofu ricotta



5 mins
prep



1 mins
chop



6
servings

ingredients

- 1 350 g package extra-firm tofu
- 1/4 cup nutritional yeast (25 g)
- 1/4 cup fresh lemon juice
- 1 tsp sea salt
- 1 tbsp apple cider vinegar
- 4 cloves garlic
- 1 cup lightly packed fresh basil, optional (30 g, sub dill, chives or other fresh herb of choice)





method

1. Before you start, consider pressing the tofu for 20-30 minutes to remove excess water. While this isn't totally necessary to the success of the recipe, pressing it will help with a more flavourful final result. See notes on how to press tofu.
2. Blend all of the ingredients except for the basil until smooth, then add the basil and pulse a few times to combine.
3. Store in a sealed container the fridge up to one week.

Notes

How to Press Tofu: Either use a tofu press or wrap the block of tofu in a dish towel, place on a plate and set a heavy object on top of it. This could be a heavy pan, a few cookbooks or a book with some canned goods placed on top. Let sit for 20-30 minutes then proceed with the recipe.

Herbs: Omit the basil for plain ricotta.

Usage: Anywhere you'd use traditional ricotta. Excellent served over a hot bowl of pasta or zucchini noodles, in lasagna or pasta shells, as a dip or spread for sandwiches, on salads and more.

vegan quesadillas



15 mins
prep



1 mins
chop



4
servings

ingredients

Filling:

- 1 can chickpeas
- 1-2 cherry tomatoes
- 2 small hot peppers
- 2 garlic cloves
- 1 Tbsp parsley, chopped
- 4-5 mint leaves
- handful arugula
- 1 tbsp olive oil
- 1 tsp coriander
- 1 tsp cumin
- salt to taste

Additionally

- 3-4 tortillas
- olive oil to toast
- tomato sauce
- guacamole

method

1. Place the ingredients for the filling in a food processor and pulse until combined, but not smooth. Spread enough mixture on half tortilla and fold.
2. Cover the surface of a pan with olive oil and toast the tortilla on each side at medium/medium-high for 2 minutes or until golden brown.
3. Serve with your favorite sauces - I chose fresh tomato sauce and guacamole with cucumbers.

Notes

I made a simple fresh tomato sauce consisting of one tomato, 1 minced garlic clove and a tsp olive oil + salt to taste. Mash everything well or blend with a hand blender.





ham salad



20 mins
prep



1 mins
chop



10
servings

ingredients

- 1 ½ pounds boneless cooked ham (leftover or purchased thick slab, trimmed of fat and diced)
- 1 hard-boiled egg
- 1 stalk celery, roughly chopped
- 2 teaspoons finely chopped onion
- 2 teaspoons sweet pickle relish (optional)
- ¾ cup mayonnaise
- 1 tablespoon prepared mustard
- salt and pepper (to taste)
- assorted crackers and/or soft rolls

method

1. Put the ham, egg, celery and onion into a blender or food processor (season with a bit of fresh black pepper)
2. Pulse (short, quick pulses) 20-25 times to mince. Scrape down the sides of the food processor to make sure it all gets combined evenly.
3. Combine remaining ingredients into a separate bowl (sweet pickle relish, mayonnaise and mustard)
4. Then stir in minced ham mixture. Cover and chill. I prefer to chill it for several hours. It definitely gets better as it chills for a while.
5. Serve on rolls, biscuits or as a spread for crackers!

Notes

This ham salad is perfect for that leftover holiday ham. I set about making my own version of a ham salad that combines all of my favorite flavors. I used a small boneless cooked ham.

Ham steaks also work for this recipe

You should end up with 3 cups ground ham after it is blended in the food processor or blender.

Give this ham salad a taste test before serving. I didn't add any additional salt to mine because my ham was salty enough so additional salt would have been too much. Adjust to your taste.

Serve on rolls, biscuits or as a spread for crackers!



carrot cake energy bars



10 mins

prep



1 mins

chop



16

servings

ingredients

- 1 cup Carrots - peeled, chopped (2 medium carrots)
- Dry ingredients
- ½ cup Walnuts
- 2 tablespoons Flaxseed Meal
- ⅔ cup Desiccated Coconut
- 1 cup Oats - instant or rolled oats
- ¼ teaspoon Ginger
- 2 teaspoons Cinnamon

Wet ingredients

- ½ cup Soft Pitted Dates - Deglet or Medjool
- ¼ cup Almond Butter - or peanut butter
- 1 teaspoon Vanilla
- 1 tablespoon Maple Syrup - optional, add if you want the bars sweeter

Notes

Store in an airtight container in the fridge for up to 1 week or freeze and defrost them 2 hours before at room temperature.



method

1. Place the peeled, chopped carrots in the bowl of your food processor, with the S blade attachment.
2. Pulse a few times until it forms tiny pieces of carrots. Set aside in a bowl.
3. In the food processor bowl again (no need to clean it!), add all the dry ingredients and blend on high speed until the nuts, oats, and coconut turn into a fine ground/flour. It shouldn't take more than 1 minute.
4. Add in almond butter, vanilla, maple syrup (optional, only for a boost of sweetness), the carrot pieces from step 1, and the soft pitted dates. If your dates are slightly dry, make sure you soak them in hot water for 10 minutes before using them in this recipe.
5. Drain well before adding to the food processor to avoid the addition of water.
6. Blend on high speed again until it forms a sticky dough.
7. Scoop out dough and roll between your hands to form golf size balls.
8. You should be able to shape about 16 balls.
9. Roll each ball into unsweetened desiccated coconut.
10. Place each ball onto a plate covered with parchment paper.
11. Refrigerate 15 minutes to firm up if desired or eat straight away.



peanut butter chickpea muffins



25 mins
prep



1 mins
chop



10
servings



ingredients

- 1 (15 ounce) can chickpeas, rinsed and drained
- 3 large eggs
- 1/2 cup creamy natural peanut butter (just peanuts + salt)
- 1/2 cup pure maple syrup (or sub honey)
- 1 teaspoon vanilla extract
- 1 teaspoon baking powder
- 1/4 teaspoon salt
- 1/3 cup dark chocolate chips, plus 2 tablespoons for sprinkling on top (dairy-free, if desired)

method

1. Preheat oven to 350 degrees F. Line a 12 cup muffin tin with 10 muffin liners (we're only making 10 muffins) and spray the inside of each liner with nonstick cooking spray so that the liners do not stick to the muffins -- this is important.
2. Place chickpeas and 1 egg in the bowl of a food processor or high powered blender and process until beans are well blended. Add two other eggs, peanut butter, maple syrup, vanilla, baking powder and salt and process again until smooth. Fold in 1/3 cup chocolate chips.
3. Divide batter evenly among muffin cups. Sprinkle remaining chocolate chips evenly among the tops of each muffin batter. Bake for 25 minutes or until toothpick inserted into the middle of a muffins comes out clean. Place on a wire rack to cool for 10 minutes, then remove muffins from tin and transfer to a wire rack to cool completely. Keep muffins for a day at room temperature, then transfer to fridge and place in an airtight container. Makes 10 muffins.

Notes

Feel free to use almond butter or cashew butter instead of peanut butter.



sugar cookies



20 mins
prep



1 mins
chop



40
servings

ingredients

- 3/4 cups (6oz/170g) butter, cubes and cold
- 1 cups (8oz/225g) sugar
- 2 eggs*
- 1 teaspoon vanilla extract
- 2 1/2 cups (12oz/340g) all-purpose flour
- 1 teaspoon baking powder
- 1 teaspoon salt



method

1. In a food processor add in the flour, sugar, salt, and baking powder. Stir a little with a spatula
2. Add in the cold butter and blitz for seconds JUST until the mix looks like big bread crumbs
3. Whisk together the eggs and vanilla extract. Pour into the food processor and pulse for a few seconds until the dough comes together. Take care not to over mix. If your mix seems dry you can add a tiny bit more egg or milk. (This dough can also be made by hand by rubbing in the butter into the flour)
4. Chill the dough for a minimum of 2-3 hours. Preferably chill overnight. Also it can be frozen at this stage for up to 8 weeks.
5. Once chilled, roll out some of the dough on a well floured surface to about 1/4-1/8 inch thick.
6. Cut out your desired shapes and transfer them to a baking tray lined with parchment. (this is a soft dough so work fast).
7. Bake at 325°F (160°C) for 18-20 minutes or until a light golden brown. Set aside to cool.
8. Decorate with royal icing if you wish and store in an airtight container for up to 7 days.

Recipe Notes

*Eggs: To replace eggs in this recipe the best substitute would be condensed milk. Reference my Egg Substitute Chart for the amounts.



chocolate truffles



10 mins
prep



1 mins
chop



16
servings



method

1. Line a small plate or dish with parchment paper and set aside.
2. Add pitted dates, melted coconut oil, and water to a food processor (a blender can also work, but not as well). Mix until small bits remain or a paste forms.
3. Add cacao powder, vanilla, cashew butter, and a healthy pinch of salt and blend again to combine.
4. Next add almond flour in 1/4-cup (28 g) measurements until the mixture forms a ball in the food processor. Scrape down sides as needed. You're going for a sticky energy-bite texture (see photo).
5. Use a scoop or lightly oiled 1-Tbsp measuring spoon to scoop out 1-Tbsp amounts of the mixture to roll into balls between the palms of your hands. They can stick a little bit if you work slowly, so try not to overhandle them. If too sticky, add a bit of cacao powder to the mixture and/or your hands to limit sticking.
6. Transfer to the parchment-lined plate or dish to prevent sticking. Repeat until all truffles are formed — as recipe is written, about 16.
7. Optional: Empty a small amount of cacao powder into a shallow dish or bowl and roll the truffles around to coat. This helps prevent them from sticking and also adds a more intense chocolate flavor.
8. At this point you can enjoy them as is. Or, for a firmer truffle, transfer to the freezer to set for 30 minutes. Store leftover truffles covered in the refrigerator up to 1 week.

ingredients

- 10 medjool dates, pitted (about 3/4 cup or 180 g packed)
- 1 Tbsp coconut oil
- 2 Tbsp water
- 1/4 cup unsweetened cacao powder or cocoa powder (plus more for rolling)
- 3/4 tsp vanilla extract
- 1 1/2 Tbsp cashew butter (or sub other nut or seed butter)
- 1 healthy pinch sea salt
- 1/2 -3/4 cup almond flour







baby food



pea baby puree



13 mins
prep



1 mins
chop



2
servings

ingredients

- 2 cups peas, fresh or frozen
- 1/2 cup zucchini, roughly chopped (optional)
- 4 mint leaves, roughly chopped (optional)

method

1. **Steam:** In a medium saucepan, bring 2" of water to a boil over medium heat. Place the zucchini in a steamer basket, and place over boiling water. Cover and steam for 5 minutes.
2. **Add Peas:** Add in the peas, and steam for an additional 3-5 minutes. Reserve steamer water. Let cool slightly.
3. **Blend:** Add the zucchini, peas and mint leaves to a blender or food processor and puree for 1 minute or until you have achieved the desired texture. If the puree is too thick, add in 1/4 cup of the reserved steamer water until you have the right consistency.
4. **Serve:** let cool and serve to your baby or freeze for a later meal.

Notes

Age: 4-6 months and up
Yield: 15 ounces

Note on Zucchini: while this is a 2 vegetable starter puree, zucchini allergies are very low, so I added it to this recipe to give the peas a mild taste and smoother texture. You can completely leave them out if you prefer. Just steam the peas as directed.

Additional Spices: instead of the mint, feel free to use a splash of lemon or lime juice, 1/2 tsp coconut oil, 1 tsp chopped basil, 1 tsp chopped parsley or 1/4 tsp fresh ginger.

Storage: Fridge – store in an airtight container in the fridge for up to 4 days.
Freezer – can be frozen for up to 4 months.





apple baby puree



20 mins
prep



1 mins
chop



2
servings

ingredients

- 6 apples, peeled, cored and chopped
- 1/2 cup water
- 1/4 teaspoon cinnamon (optional)

method

1. Add: In a medium saucepan, place the apples, water and cinnamon.
2. Cook: Cover and heat on medium-low for 10-15 minutes or until apples are tender. Let cool slightly.
3. Transfer: Transfer all of the ingredients into a blender or food processor.
4. Puree: blend on medium for 1-2 minutes or until completely smooth. For a chunky puree, quickly pulse the ingredients 10-15 times or until you receive your desired consistency.
5. Eat: Serve to your baby or freeze for later.

Notes

Age: 4-6+ months and up
Yield: roughly 20 ounces

Additional Spices: Feel free to sub in these spices instead of the cinnamon for this recipe – pinch of cloves, nutmeg, ginger powder, coriander or 1-2 leaves of fresh mint, 1-2 leaves of fresh basil, a pinch of freshly grated ginger.

Apples: you can use any sweet apple in this recipe – Gala, Honeycrisp, Fuji, McIntosh, etc.

sweet potato baby puree



60 mins
prep



1 mins
chop



2
servings

ingredients

- 2 medium sweet potatoes
- 1/4 tsp mild curry powder (optional)
- 1/4-1 cup liquid or pureeing, (water, fresh breast milk, formula, or sodium-free chicken stock)

method

1. Prep: Heat oven to 400°. Line baking sheet with tin foil, parchment paper or a silicone mat.
2. Bake: Wash and dry the sweet potatoes. Prick with a fork in several places and then place the sweet potatoes on the baking sheet. Bake for 45 minutes – 1 hour or until a fork can easily prick the sweet potato. Let sit until cool to touch.
3. Peel: Cut into the skin of the potato lengthwise and peel away the skin of the potato. Scoop out the sweet potato meat and place it into a blender or food processor, adding in the mild curry powder and liquid.
4. Blend: Puree on high for 1-2 minutes or until smooth, adding in additional liquid in 1/4 cup increments if needed. I had to add in 1 cup of water to the puree pictured.
5. Eat: Serve to baby or freeze for a later meal.

Notes

Age: 4-6+ months and up

Yield: 24 ounces

Additional Spices: Feel free to use the following spices instead of the curry – 1/2 tsp of cumin, 1/4 tsp of nutmeg, 1/4 tsp of cloves, 1 fresh garlic clove, 1/2 tsp of chopped fresh thyme, 3-4 basil leaves, 1/2 tsp chopped rosemary or even a big pinch of fresh ginger or 1/2 tsp ginger powder.





broccoli baby puree



17 mins
prep



1 mins
chop



2
servings

ingredients

- 2 cups broccoli, chopped into small florets
- 1/2 apple, pear or small white potato peeled and chopped (optional)
- 1 tbsp good quality olive oil (optional)

method

1. **Prep:** In a medium saucepan, bring 2 inches of water to a boil over medium heat.
2. **Steam:** Place the broccoli and apple/potato/pear into a steamer basket and place over boiling water, cover and steam for 8-10 minutes or until the broccoli and apple are tender. Reserve the water from the steamer. Let cool slightly.
3. **Transfer:** Add the broccoli and apple to a blender or food processor.
4. **Add Olive Oil:** Drizzle the olive oil into the blender or food processor.
5. **Blend:** Puree on high for 1-2 minutes or until smooth, adding in additional liquid (reserved water, fresh breast milk or formula) in 1/4 cup increments if needed. I had to add in 1/4 cup of water to the puree pictured.
6. **Eat:** Serve to your baby or freeze for a later meal.

Notes

Age: 4-6 months and up

Yield: roughly 12 ounces

Adding In Spices: Feel free to add in 1 tsp of chopped chives, 2-3 mint leaves, 1 tsp of chopped cilantro, 1/2 tsp cumin or a squeeze of fresh lemon juice.

carrot baby puree



17 mins
prep



1 mins
chop



2
servings

ingredients

- 1 lb carrots, trimmed, peeled and roughly chopped
- pinch nutmeg (optional)
- 1/2-1 cup reserved water, fresh breast milk, formula or fresh water

method

1. Steam: In a medium saucepan, bring 2" of water to a boil over medium heat. Place the carrots into a steamer basket, cover and cook for 9-11 minutes or until tender. Reserve steamer water. Let cool slightly. Transfer: Place the cooked carrots into a blender or food processor and add a pinch of nutmeg, or any spice/herb you are using. Add in 1/2 cup of liquid
2. Puree: turn on the blender or food processor and puree for 1-2 minutes on medium. If puree is too thick, add in 1/4 cup liquid at a time, until you achieve desired consistency. I had to add in 1 1/4 cup water.
3. Eat: Serve and enjoy, or freeze some for later.

Notes

Age: 4-6 months and up
Yield: roughly 24 ounces

Notes on Nutmeg: adding spices to your baby's first purees is completely optional but totally safe. Nutmeg rounds out the acidic taste carrots sometimes have and make this puree taste grounded and full-bodied.

Additional Spices: Feel free to substitute in a pinch or two of ginger powder, freshly minced ginger, curry powder, cloves, finely minced fresh chives, or 1/4 minced garlic clove.





mango-licious baby puree



6 mins
prep



1 mins
chop



2
servings

ingredients

- 2 cups fresh or frozen mango, deseed, peeled and roughly chopped. If using frozen mangos, thaw first.
- 1 banana (see notes)
- 1 pinch nutmeg (optional)

method

1. Place the mango, banana and nutmeg (if using) into a blender or food processor. Puree for 1-2 minutes or until completely smooth. If your mango is not ripe enough, you might need to add in up to a 1/4 cup of water while blending to get the right consistency.

Notes

Age: 4+ months

Yield: 10 ounces

Notes on the Banana: For a first puree, you can leave the banana out of this recipe, but I have found that they give the mangos a creamier and smoother consistency.

Additional Spices: Feel free to also add in a pinch of cinnamon, cloves, mild curry powder, mint, basil or fresh ginger before blending.

Additional Add-Ins: You can also add in a handful of raspberries, a spoonful of full-fat plain Greek yogurt, a splash of canned coconut milk or even a 1/4 cup of chopped spinach to this recipe for more delicious meal options.

Storage: Fridge – store in an airtight container in the fridge for 3-4 days. Freezer – can be frozen for up to 4 months.

avocado baby puree



3 mins
prep



1 mins
chop



2
servings

ingredients

- 1/4 avocado
- 1 tsp breast milk, formula or water (optional)

Avocado Puree with banana

- 1/2 avocado
- 1/2 banana

Coated Avocado Slices

- 1/4 avocado, sliced and peeled
- 2 tbsp hemp seeds, breadcrumbs or crushed baby puffs

method

1. Place the avocado on a cutting board, and taking the back of a fork, smash until you get your desired consistency. For a smooth puree, add in the liquid and smash until smooth.
2. Smashed avocado in a small bowl with spoon resting next to it with puree on it.

Avocado puree with banana

1. Place the avocado and banana in a small blender or food processor. Puree for 1 minute or until smooth, adding in liquid if needed.
2. Small white bowl of pureed avocado puree

Coated avocado slices

1. Take the sliced and peeled avocado and roll in the hemp seeds, breadcrumbs or crushed baby puffs.

Notes

Age: 4-6 months for purees, 6+ months for baby-led weaning
Yield: 1 serving

Storage: If saving any leftover avocado or avocado puree, since it's likely baby will not eat the entire avocado, squeeze a few drops of lemon or lime juice on the avocado to prevent it from turning brown. Avocado puree or strips will last 1-2 days in the fridge. Avocado puree can be frozen with a little lemon or lime juice mixed in for up to 2 months.





roasted banana baby puree



17 mins
prep



1 mins
chop



2
servings

ingredients

- 4 peeled bananas, cut lengthwise
- 1/8 tsp fresh rosemary finely chopped

method

1. Preheat: Heat oven to 350 degrees F. Line baking sheet with parchment paper.
2. Roast: Place bananas on a baking sheet and roast for 10-12 minutes or until golden brown. Let cool slightly.
bananas lined up on a baking sheet ready to get roasted for a baby food puree.
3. Blend: Place bananas and rosemary into a blender or food processor and puree for 1-2 minutes or until completely smooth. You may need to add additional water, so start by adding in 1/4 cup increments until you get the desired consistency. You may want to add a squeeze of lemon juice to prevent it from browning.
Roasted bananas and rosemary in a blender ready to get pureed into baby food.
4. Serve: Let cool slightly, and serve to baby or freeze for later.
A hand holding a freezer tray full of a banana puree for baby.

Notes

Age: 4-6 months and up

Yield: 15 ounces

Note on Bananas: while any ripeness of bananas will work, I have found that the bananas that are ripe to very ripe tend to work best in this recipe.

Storage: Fridge – store in an airtight container in the fridge for 2 days. Freezer – can be frozen for up to 4 months.

butternut baby puree



5 mins
prep



1 mins
chop



2
servings

ingredients

- 1 butternut squash
- 1 tsp fresh thyme or rosemary, roughly chopped
- 1-2 tsp olive oil (optional)
- 1/2-1 cup liquid (water, fresh breast milk, formula, stock or bone broth)

method

1. Preheat: Heat oven to 450 degrees F. Line baking sheet with a silicone mat, tin foil or parchment paper.
2. Prep: Cut butternut squash in half, deseed and place flesh side up, skin side down on the baking sheet. Optional – feel free to drizzle the squash with 2 teaspoons of olive oil for some added healthy fat.
A butternut squash cut in half and deseeded. Roast: Place the baking sheet into the oven and bake for 45-60 minutes or until you can easily prick the squash with a fork. Roasted butternut squash laying on a baking sheet.
3. Peel: Let cool until you can handle the squash with your hands. Scrape the flesh off of the skin and place in a blender or food processor.
Chunks of roasted butternut squash with the skin off on a baking sheet.
Add Herbs: Add the thyme or rosemary to the blender.
Blender with roasted butternut squash with rosemary inside.
4. Puree: Turn on the blender or food processor and puree, adding liquid in 1/4 cup increments until you have the desired consistency. I had to add in 3/4 cup of water to my puree shown below.
Blender with pureed butternut squash inside ready for baby.
4. Eat: Serve or freeze for later.
Small bowl of butternut squash puree along with a blue napkin and white baby spoon with a hand holding the bowl.

Notes

Age: 4-6 months and up

Yield: 25 ounces





green bean baby puree



15 mins
prep



1 mins
chop



2
servings

ingredients

- 1 pound green beans, fresh or frozen
- 1 big pinch of fresh basil, cilantro or parsley, roughly chopped (optional)

method

1. Trim: roughly trim the green beans and roughly chop the herb (if using).
Green beans and cilantro on a cutting board.
2. Steam: fill a medium saucepan with 2" of water and bring to boil over medium heat. Place the green beans (fresh or frozen) into a steamer basket over the boiling water, cover, and cook for 10 minutes or until tender. Let cool slightly.
Reserve steamer water.
Green bean in a steamer cooking for baby puree.
3. Puree: transfer the green beans and herb to a blender or food processor and puree for 1-2 minutes or until smooth, adding liquid in 1/4 cup increments if needed until you reach your desired consistency.
Pureed green beans in a blender for baby.
4. Eat: serve to baby or freeze for later.
Hands holding a freezer container filled with green bean baby food.

Notes

Age: 4-6 months and up

Yield: 16 ounces

Storage: Fridge – store in an airtight container in the fridge for up to 4 days or in the freezer for up to 4 months.

Thank You

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