THE LITTLE BLACK BOOK
of
WRINKLE-FREE RECIPES

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Almond Milk

Almonds are a great way to achieve clear, glowing skin and healthy hair. Whereas dairy milk can often have a negative impact on the clarity of skin, almond milk contains monounsaturated fats and vitamins that are perfect for nourishing skin, hair and nails.

Almond milk is a great way to enjoy a creamy refreshing drink, while still including important vitamins and nutrients into your diet that dairy milk is lacking.

Use 1 cup of almonds for approximately 1ltr of Almond Milk

Soak 1 cup of almonds overnight (or for a minimum of 6 hours). Overnight soaking is the better way to prepare the almonds as more tannins and phytic acids are removed, ultimately enhancing digestibility of the almond milk.

Place the almonds in a blender along with 3-4 cups of water (you do not need to remove the skins). Blend the almonds for 1 minute.

Sweetener is not necessary especially if fresh almonds are used. If it is desired, however, adding 3-8 dates or a tablespoon of honey within the blending process will add a hint of sweetness to the almond milk.

Strain the milk through a nut milk bag or a couple of layers of cheese cloth.

Keep the almond milk in an air-tight container/jug for up to 4-5 days in the refrigerator.

Vary It Up!

You also don’t have to limit yourself to the use of almonds. A variety of tasty and nutritious nut milks can be made by simply substituting the almonds in this recipe for a different nut.

Hazelnut milk

Walnut milk

Macadamia milk

Cashew milk
Berry & Flaxseed Shake

Berries are often referred to as a super food because of they contain high amounts of valuable antioxidants which help slow down the aging process by eliminating free radicals from the body. This tasty shake combines the antioxidant punch of berries along with flaxseeds, which have essential fatty acids to aid in healthy hair growth and promote cardiovascular health. This shake is not only delicious but also packs a powerful punch for your health.

What a great way to start your day and give your body a boost!

Serves 1

Ingredients

1 cup almond milk (see recipe pg 1)
½ cup frozen berries
3 tbs ground flaxseeds
½ tbs flaxseed oil

Instructions

Place the ingredients into a blender and blend for 1 minute.

Serve.
Coconut Kefir

Coconut kefir has innumerable benefits for your body, your skin and your overall health.

Coconut kefir can aid in the cleansing of your liver which has the positive effect of improving your overall health as well as additional benefits such as easing joint pain, to contributing to a clearer more youthful complexion.

In addition to the cleansing properties of coconut kefir, it has also been shown to have high levels of minerals such as potassium and chloride which can make hair, skin and nails appear healthier and shinier.

You can also enjoy coconut kefir yoghurt for a great alternative to dairy yoghurt. Much like regular coconut kefir it is great for gut health. It’s fermented with good probiotics that can aid in digestion and digestive tract health, increase immunity and can aid in weight control.

Not only will coconut kefir have a positive impact on your outer appearance, but it can also increase your energy levels and reduce or even eliminate your craving for sugar, and who doesn’t love that?

Ingredients

1ltr young green coconut water
¼ cup kefir grains

Instructions

Place the coconut water and live kefir grains in a jar and seal tightly.

Leave the jar in room temperature for up to 48 hours.

Check the kefir after 24hrs, then again 12hrs later to monitor the fermentation and ensure it doesn’t ferment too long (fermenting for 4+ days can have it’s problems as you start to invite bugs and germs).

The longer the fermentation the more pungent and sour it will become, additionally the more kefir grains you have in the coconut the quicker the fermentation will take place. A warmer sitting temperature will also see the fermentation process speed up.

When the kefir has fermented to your liking, pour the coconut water kefir through a sieve to catch the kefir grains (reserve the grains for your next batch of kefir).

Store your kefir in the refrigerator.

Use the same instructions above to make Coconut Kefir Yoghurt

Coconut Kefir Yoghurt

Ingredients

300ml young green coconut pulp (pureed) or coconut water
400ml organic coconut cream
¼ cup kefir grains
Good Morning Green Smoothie

Enjoying a green smoothie in the morning is a great way to jump start your day. This green smoothie recipe holds a host of nutritional benefits that will get you off to a good start.

The spinach and green apple will give you a good dose of fibre which will help to fill you up without having to consume a lot of calories. The high water content in this smoothie from the cucumber and coconut kefir is perfect for hydrating your body after a long sleep while also promoting beautiful healthy glowing skin.

The lemon, lime and ginger in this smoothie will also promote healthy digestion, which is important for internal health.

Serves 2

Ingredients

1 medium cucumber
¾ cup baby spinach (firmly packed)
½ organic green apple (cored)
Juice from ½ lemon
Juice from ½ lime
1 inch piece of ginger
¾ cup coconut kefir (see recipe pg 3)
¾ cup water

Instructions

Place the ingredients into a blender and blend for 1 minute.

Serve.
Berry Gronola

Many of us have heard of the health benefits of both berries and nuts, in fact, they’re often referred to as super foods and this recipe not only combines these benefits but also creates a great-tasting breakfast.

Nuts are packed with protein and healthy fats that not only help you feel fuller for longer but also have the amino acids that are the building blocks of great skin and hair. Fresh berries are full of antioxidants that can slow down the aging process and are packed with the vitamins and nutrients we need in our diets for good health.

This berry granola recipe is a great way to enjoy a quick breakfast if you make it in advance. The nuts and seeds will help to stabilize blood sugar and help you stay energized over an extended period of time and prevent those pesky sugar cravings.

You can also benefit from this recipe by conveniently taking some with you as an on-the-go snack instead of opting for a starchy snack that will just leave you feeling unsatisfied and drained of energy.

**Ingredients**

- ½ cup sesame seeds
- 1 cup sunflower seeds
- 1 cup almond meal
- 1 cup roughly chopped walnuts
- ½ cup macadamia nuts, chopped
- ½ cup coconut oil
- ½ cup honey
- ¼ cup fresh raspberries (per serve)
- ¼ cup fresh blueberries (per serve)

**Instructions**

1. Preheat a fan-forced oven to 160° Celsius/325° Fahrenheit.
2. Combine the sesame seeds, sunflower seeds, almond meal, walnuts and macadamia nuts in a bowl.
3. Melt the coconut oil and honey in a small pan on low-medium heat, then combine well with nuts and seeds.
4. Place the granola on a oven tray lined with baking paper and place in the oven for 10-15 minutes or until golden brown. Tossing every 3-5 minutes to prevent burning.
5. Cool in the refrigerator before serving with fresh raspberries and blueberries.
Steamed Fish with Baby Spinach & Poached Egg

This recipe is a great way to have a satisfying breakfast that will keep you energized for a long period of time while also providing your body with a low glycemic meal that is the best way to ensure your skin is always looking its best.

The Omega-3 fatty acids in fish contribute to skin health by strengthening the cell membranes. This in turn allows your skin cells to absorb more nutrients, dispose of waste and retain more water for a longer period of time; hydrated skin is one of the best ways to having firmer softer, wrinkle-free skin.

The baby spinach found in this recipe is also a great component to achieving healthy skin due to leafy green vegetables being rich in Vitamin A, a key vitamin to achieving beautiful skin.

The health benefits of fish and leafy green vegetables can be cancelled out if prepared in a way that isn’t healthy, such as deep-frying, so the preparation techniques in this recipe is great in not only preserving flavor but also the health benefits of the ingredients.

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Serves 2

**Ingredients**

- 2 x 200g white fish fillets
- 200g baby spinach
- 2 eggs
- 2 tbs lemon juice

**Instructions**

Line a bamboo steamer with baking paper. Place the fish fillets on the baking paper then place the steamer on-top of a pan of simmering water. Steam the fish fillets for 4-5 minutes or until cooked.

Break an egg into a cup. Lightly grease one side of a piece of cling film with olive oil. Place greased side of cling film over the cup and gently turn the cup over so the egg slips onto the cling film. Wrap the egg in the cling film until it resembles a little bag then twist the cling film to close the egg in tightly. Repeat with the remaining egg then place the wrapped eggs in boiling water for 3-4 minutes to poach.

Steam the spinach in the bamboo steamer for 1-2 minutes until wilted then gently squeeze out the liquid.

Place the spinach on a plate along with the fish fillet and poached egg. Drizzle lemon juice over the fish fillet just before serving.
Boiled Eggs with Asparagus & Thinly Sliced Iceberg Lettuce

Eggs are not only easy to prepare but offer the added bonus of being full of nutrients and vitamins that can protect and strengthen your skin against UV damage. Eggs have also been shown to give skin a softer, firmer appearance and since our skin is made up primarily of protein, the high amounts of protein found in eggs provide your body with the amino acids needed to repair the tissue of your skin.

In addition to the benefits of eggs, the asparagus and lettuce found in this delicious recipe are great source of antioxidants, vitamins and minerals.

Serves 2

Ingredients

4 eggs
2 bunches asparagus spears, ends removed, sliced lengthwise
4 cups iceberg lettuce, thinly sliced
½ cup parsley, finely chopped
3 tbs walnut oil
2 tbs balsamic vinegar
Pinch of ground black pepper

Instructions

Place the eggs in boiling water for 5-6 minutes. Cool then peel and roughly chop.

In a saucepan on medium heat, steam the asparagus for 4-5 minutes or until tender.

Place the walnut oil and balsamic vinegar in a small bowl and combine well.

Place the iceberg lettuce on a plate and top with the asparagus spears, then place the chopped eggs on-top of the asparagus and serve with a sprinkle of parsley and pepper.

Drizzle with walnut oil and balsamic vinegar dressing to serve.
Chicken, Avocado and Spinach Omelette

Omelettes don’t just have to be for breakfast and this recipe is proof! It will not only keep you feeling great but will also have you looking great.

In addition to the protein found in the chicken and eggs which are important foods for strengthening your skin, the avocado in this recipe will work as a natural moisturizer for your skin and hair and will assist in reducing inflammation in the body.

The oils and Omega-3 fatty acids found in avocado help give skin a plumper, more youthful appearance, and since avocados are rich in Vitamins C and E, they have great anti-aging properties for the skin.

Serves 1

Ingredients

½ small chicken breast, poached and diced
¼ cup diced avocado
2 cups English spinach
2 tsp almond mayonnaise (see recipe pg 9)
2 eggs, beaten

Instructions

In a pan on high heat, boil the spinach in water for 2-3 minutes, or until soft. Drain well, removing as much excess water as possible.

Place the spinach in a mixing bowl along with the poached chicken and avocado. Mix well.

Line a frying pan with baking paper and place on low-medium heat. Pour the beaten eggs onto the baking paper.

When the bottom of the eggs have cooked, turn the mixture over by placing another sheet of baking paper to the side and flipping the eggs onto it, then transfer it onto the heated frying pan and cook for an extra 2-3 minutes, or until lightly browned on the bottom.

To serve, place the omelette on a plate and spoon the spinach, chicken and avocado mixture onto one half.

Drizzle with almond mayonnaise then fold over the other side of the omelette.
Almond Mayonnaise

Many people love shop bought mayonnaise but it’s usually full of unhealthy fats and preservatives which can wreak havoc on your skin. This almond mayonnaise recipe gives you a perfect alternative that can be used to substitute mayonnaise in many recipes while also helping your skin appear more radiant.

Almonds are full of antioxidants that are great for the health of your skin and they can also help improve the appearance of skin conditions such as acne. Almonds are rich in Vitamin E, which is a known vitamin in protecting skin against free radical damage that speeds up the aging process.

Not only do almonds hold a host of benefits, but the addition of flaxseed oil in this recipe will help moisturize your skin and hair.

Next time you’re craving the flavor of mayonnaise, try this substitute that not only is great in taste but is also full of nutrients and vitamins that will promote both good health and a more radiant appearance.

Ingredients

- ⅔ cup raw almonds
- ½ cup water
- 1 cup organic flaxseed oil
- 1 small garlic clove
- 3 tbs lemon juice
- ½ tsp sea salt (optional)

Instructions

Soak the almonds overnight (or for a minimum of 6 hours). Rub the almonds with your hands to remove the skin from the almonds.

Place the almonds in a food processor and blend to a smooth consistency. Slowly add the water through the top insert of the food processor until a creamy texture forms (add more water if necessary).

Slowly add the flaxseed oil until the mixture becomes thick and to your desired texture. Add the garlic clove, lemon juice and salt and process for a further 30 seconds.

Store the almond mayonnaise in an airtight container or jar in the refrigerator for up to 2 weeks.
Sesame Coated Tuna Salad

Protein is the building block of every part of our body including our skin, hair, nails and muscles. Eating foods that are high in protein will not only promote healthier skin and hair but also help you to stay lean and energized throughout the day.

Tuna contains Omega-3 fatty acids, which is essential for giving skin a more youthful appearance. Omega-3 also has numerous other benefits for our bodies from increasing the health of our brains, to relieving joint pain.

In addition to the health benefits of tuna, this recipe also contains sesame seeds which may be small, but they bring their own big benefits for health. Sesame seeds not only enhance the flavor of the tuna in this meal but they also contain fatty acids that work to protect the skin and keep it smooth and moisturized. Sesame seeds also have antibacterial and antifungal properties, which can help alleviate the symptoms of certain skin conditions.

Serves 2

Ingredients

½ cup sesame seeds
200g tuna steaks, sliced into small pieces
1 tbs olive oil
1 cup lettuce, chopped
¼ cup fresh coriander leaves, chopped
½ cup tomatoes, halved

Instructions

Place the sesame seeds in a bowl. Roll the tuna steaks in the sesame seeds to coat.

Place the olive oil in a frying pan on medium heat and add the tuna steaks, cook for 1-3 minutes each side or until cooked. The cooking time will depend on the thickness of the tuna.

Combine the lettuce, coriander and tomatoes in a bowl and place the tuna steaks on top to serve.
Shredded Chicken with Thyme & Mint

Chicken is a fantastic food because it is full of protein which helps stabilize blood sugar levels and keeps us feeling fuller for longer after we’ve eaten. It’s also great to include lean protein such as chicken in our diets because it will not only help us to feel healthier, but also appear healthier.

Chicken contains B vitamins, which are important for healthy skin and hair. In addition to the health benefits of chicken, did you also know that thyme and mint have great health properties of their own?

This recipe is full of flavor because of the addition of the fresh herbs, but these herbs also lend themselves to benefits for not only overall health, but also the health of our skin. Herbs, including thyme and mint are packed with antioxidants, in fact many herbs have greater concentrations of antioxidants than some fruits and vegetables. The addition of thyme and mint in this tasty recipe not only create wonderful flavors, but can also protect our bodies against free radicals which contribute in large to the aging process.

Serves 2-4

Ingredients

2 chicken breasts
¼ tsp ground fennel seeds
4 tbs thyme, finely chopped
6 tbs olive oil
½ cup mint, roughly torn
2 lemon wedges to serve

Instructions

Poach the chicken breasts in water for 6-7 minutes, or until the chicken has cooked through.

Remove from the pan and leave to cool slightly. When cooled, shred the chicken breasts.

Place the ground fennel seeds, thyme and olive oil in a bowl and combine well. Add the shredded chicken and coat well in the olive oil mixture.

Serve with a lemon wedge and top with mint.
Coconut Poached Chicken with Bean Sprouts & Sesame Salad

This dish not only makes a delicious summer meal, but the coconut milk in this recipe is a great way to see big benefits in the appearance of your skin. Coconut, full of healthy fats, has anti-inflammatory and antioxidant properties which can help fight the signs of aging and leave your skin looking silky and smooth.

Bean sprouts, also included in this light recipe are great for the health of your skin as well because they are full of vitamins, minerals, proteins and enzymes. Bean sprouts contain components that can aid in the stimulation of collagen and elastin, which can combat the negative effects of aging on the skin.

When the coconut and bean sprouts are paired with sesame seeds and poached chicken, this recipe is a great way to not only enjoy a great meal, but to also help your appearance at the same time.

Serves 4

Ingredients

2 chicken breasts
400ml coconut milk

Salad

1 cup bean sprouts
1 carrot, grated
1 small cucumber, thinly sliced
½ cup mint, finely chopped
½ cup coriander, finely chopped
2 tbs lime juice
3 tbs sesame oil
3 tbs sesame seeds

Instructions

Poach the chicken breasts in simmering coconut milk for 6-7 minutes, or until the chicken has cooked through. Remove from the pan and leave to cool slightly. When cooled, thinly shred the chicken breasts.

Meanwhile, place the salad ingredients except for the sesame seeds in a bowl and combine well.

Place the salad in a bowl and top with the shredded chicken and a sprinkle of sesame seeds to serve.
Flaked Salmon with Char-Grilled Greens

Salmon is a fish that is full of healthy fats, including the all important Omega-3 fatty acids which help your skin appear more supple and moisturized. Fatty acids are great for the health of your skin because they keep the membranes healthy by allowing nutrients to enter, while keeping the substances that can harm our skin out.

Eating a diet that is full of foods like salmon is a great way to avoid the fine lines and wrinkles that can make us appear older or tired.

This recipe is not only simple to make but can also help your skin appear refreshed and radiant.

Serves 2

Ingredients

- 2 x 150g salmon fillets, skin removed
- 2 tbs olive oil
- 2 bunches asparagus, ends removed, sliced in half lengthwise
- 2 medium zucchini, peeled into ribbons
- 1 small red onion, thinly sliced
- ½ cup parsley, roughly chopped
- 2 tbs chives, finely chopped
- 1 tbs almond oil
- 2 tsp lemon juice

Instructions

Preheat a fan-forced oven to 180° Celsius/350° Fahrenheit.

Line an oven tray with baking paper. Place the salmon fillets on the tray and drizzle with the olive oil. Bake for 15-20 minutes or until the salmon is cooked through. Flake the salmon into pieces and place to the side.

Preheat a BBQ grill on high heat.

Cook the asparagus and zucchini on the BBQ grill until they become char-gilled and tender, then place into a bowl along with the red onion, parsley, chives, almond oil and lemon juice and combine well.

To serve, place the salad on a plate and top with flaked salmon.
BBQ Ginger & Lemon Prawns with Fresh Ginger Salad

The flavor of ginger and lemon not only give this prawn salad a light, fresh flavor, but consuming both prawns and ginger are both wonderful foods for the look and health of your skin.

Prawns are rich in iron for red cell formation and zinc which is important in wound healing; both of these minerals are also subsequently great for keeping your skin looking moisturized.

Ginger is full of flavor, and can also improve the elasticity of skin because it is detoxifying and helps improve circulation. The detoxifying properties of ginger mean that it aids in the delivery of more oxygen and nutrients to the skin. Skin that is more elastic is also more youthful in appearance.

Serves 4-5

Ingredients

600g king prawns, peeled
¼ cup olive oil
1 onion, roughly chopped
1 garlic clove, roughly chopped
1 tsp grated lemon rind
2 tbs lemon juice
1 tsp ground paprika
1 tbs ginger, finely grated

Salad

4 small cucumbers, thinly sliced
3cm piece of ginger, thinly sliced
1 tsp sesame seed oil
1 tbs lemon juice

Instructions

Place the onion, garlic, lemon rind, lemon juice, paprika and ginger into the bowl of a food processor and blend to form a paste.

Place the prawns in a bowl and coat in the lemon and ginger paste. Cover the bowl with cling film and place in the refrigerator to marinate for 60 minutes.

Place the salad ingredients in a bowl and combine well.

Preheat a grill to medium heat. Place the prawns on the BBQ grill and cook for 1-2 minutes each side or until cooked.

Place the salad on a plate and top with the prawns to serve.
Carrot & Beetroot Turkey Wraps

Many of us have heard that carrots are good for eye health and vision, but did you also know carrots can be great for your skin as well? Carrots are a great source of Vitamin A and antioxidants which are vital for great skin.

Beetroot is a great addition to this quick and easy wrap, not only because of its terrific flavor and beautiful color, but also because it contains high levels of folic acid to aid in the creation of new blood cells, which is an important component of looking and feeling more youthful. Beetroot also contains large amounts of amino acids that contribute to beautiful, healthy hair, skin and nails.

This is a great meal for lunch and is easy to prepare ahead of time that will make you look and feel like you’re glowing.

Serves 2

Ingredients

1 turkey breast
1 medium carrot, coarsely grated
1 small beetroot, coarsely grated
2 tbs red onion, finely sliced
2 tbs macadamia oil
1 tbs balsamic vinegar
Romaine lettuce leaves

Instructions

Poach the turkey breast in simmering water for 6-7 minutes, or until the turkey breast has cooked through. Remove from the pan and leave to cool slightly. When cooled, shred the turkey breast.

Place the shredded turkey in a bowl along with the carrot, beetroot, onion, macadamia oil and balsamic vinegar and combine well.

Place a few tablespoons of the mixture into a lettuce leaf and roll up to serve.
Leek, Fennel and Broccoli Soup

Who doesn’t love a hearty bowl of soup at the end of a long day? This recipe for leek, fennel and broccoli soup is great because it’s full of vitamins and nutrients with properties that will have your skin looking young and your body functioning at its best.

Leeks, like carrots, are high in Vitamin A, which is an important vitamin for the health and appearance of your hair, teeth, skin and eyes.

The fennel in this soup has healthy fiber and potassium, both playing important roles in the health of your body internally as well as externally. Fennel can also help your tummy look and feel less bloated!

Broccoli, like other dark green vegetables is great for skin as well. The darker the vegetable the better it is for your skin in general and broccoli is no exception. Broccoli contains high levels of vitamins A and C, which are great for warding off pesky lines and wrinkles on the skin.

Serves 4-6

Ingredients

2 garlic cloves, chopped
1 tbs olive oil
1 leek, ends removed and sliced
1 large fennel, stalks removed and diced
1 broccoli, chopped
4 cups vegetable stock (see recipe pg 23)
2 bay leaves
½ cup coconut milk

Instructions

In a medium sized pan, fry the garlic, leek and fennel in the olive oil for 5-8 minutes until the fennel is tender.

Add the broccoli, stock and bay leaves, cover and simmer for 10 minutes or until the broccoli is tender.

Remove the bay leaves from the soup and stir in the coconut milk. Place the soup in a food processor, or use an electric blender to form a smooth texture.

Heat through before serving.
Spinach and Coconut Soup

This soup is great any time of year and no matter the weather. It’s light and flavorful and provides powerful vitamins and nutrients. In addition to the moisturizing properties of coconut, this soup also contains spinach, which is a dark green vegetable and like broccoli, is high in vitamins A and C, which are great for combating the signs of aging.

Serves 4-6

Ingredients

1 small brown onion, finely chopped
2 garlic gloves, finely chopped
1 tbs olive oil
2 cups vegetable stock (see recipe pg 23)
½ cauliflower or 5 cups cauliflower florets
2 cups baby spinach, firmly packed
¾ cup coconut milk
½ tsp ground nutmeg
½ tsp ground paprika

Instructions

In a medium sized pan, fry the onion and garlic in the olive oil for 5 minutes, or until the onion has become tender.

Add the vegetable stock and cauliflower. Cover and cook on high heat for 10 minutes, or until the cauliflower is tender.

Add the spinach and cover for a further 2 minutes, or until the spinach has just wilted.

Remove from the heat and stir in the coconut milk. Place in a food processor, or use an electric blender to form a smooth texture.

Add a sprinkle of nutmeg and paprika on the soup to serve.
Chicken Noodle Soup

Chicken noodle soup can be a reminder of our childhood and this healthy twist on the familiar favorite is also a great way to not only enjoy a comfort food but also to enhance the appearance of your skin.

Rather than using traditional noodles which can leave skin looking dull and unhealthy, this recipe uses zucchini noodles. Zucchini is high in water content, and hydration is important to the health of your skin. It is also packed with vitamins and potassium that can increase your overall health and well-being, while also promoting the healthy appearance of your skin. Zucchini is also great for your waistline as it is a high volume, low-calorie food that will leave you feeling full and satisfied without adding inches to your waistline.

Serves 2

Ingredients

1 medium-large zucchini, cut into long noodles (use a vegetable spiral slicer with a noodle grating method such as the “Spirooli Vegetable Slicer”)
2 cups chicken stock (see recipe pg 23)
1 chicken breast

Instructions

Poach the chicken breast in water for 6-7 minutes, or until the chicken has cooked through. Remove from the pan and leave to cool slightly before shredding into pieces.

Heat the chicken stock in a pan on medium heat. Add the zucchini noodles and simmer for 1 minute then remove the pan from the heat.

Add the shredded chicken to the pan and stir to combine.

Serve.
Super Salad

Salads are not only light but they’re also versatile and can be served alongside another dish or on their own as a main dish. This salad is particularly beneficial because it combines a number of nutritious ingredients that will leave your skin glowing and your body feeling energized.

This salad not only combines salmon and avocado, each with healthy fats that leave your skin feeling smooth and moisturized, but it also has the added bonus of packing in vegetables including carrots and spinach, each of which are full of vitamins and nutrients that leave your skin looking clear and healthy.

Serves 2

Ingredients

100g smoked salmon, thinly sliced
½ avocado, cubed
1 medium carrot, grated
1 cup baby spinach
½ cup red cabbage, shredded
½ red capsicum, thinly sliced
2 tbs walnut oil
1 tbs apple cider vinegar
4 tbs pumpkin seeds

Instructions

Place all of the ingredients in a bowl and combine well.

Serve.
Fish with Tomato and Almond Sauce

The benefits of this recipe come from white fish which is rich in protein essential for promoting healthy skin and is enhanced with the inclusion of tomatoes and almonds.

Almonds are wonderful for improving the appearance of skin making it look more youthful and moisturized, and tomatoes have their own properties that contribute to that gorgeous glow.

Tomatoes are full of lycopene and is full of antioxidants to help our bodies fight age-inducing free radicals. They are also rich in vitamin A, which is important in the maintenance of healthy skin and hair.

Serves 4

Ingredients

4 white fish fillets
1 ½ cups diced tomatoes or one 400g can diced tomatoes
1 bunch parsley, chopped
1 lemon, peel finely grated
1 garlic clove, finely chopped
1 tsp paprika ground
1 ½ tbs olive oil
50g slivered almonds

Instructions

Preheat a fan-forced oven to 180° Celsius/350° Fahrenheit.

In a bowl mix together the tomatoes, parsley, grated lemon rind, garlic, paprika, olive oil and almonds.

Place the fish in an oven proof dish and layer evenly with the tomato mixture.

Bake in the oven for 20-30 minutes, or until the fish is cooked.

Serve with vegetables or salad.
BBQ Mackerel Stuffed with Onion & Pine Nuts

Mackerel, like salmon is an oily fish which means it’s a great food to eat for cell repair and to achieve healthy looking skin. In addition, mackerel is rich in protein, nutrients and vitamins, all of which contribute to a glowing exterior.

The toasted pine nuts add a rich flavor to the light flavor of the fish, and in addition to important vitamins including vitamin E and B that are both vital for protecting your skin and maintaining a youthful appearance, they also contain copper, which helps in the production of red blood cells that contribute to an overall more youthful appearance.

This recipe is not only packed with valuable nutritional qualities, but it’s also great for entertaining during the warm summer months, when paired with a delicious side salad.

Serves 4

Ingredients

4 whole mackerel, gutted and cleaned
½ cup pine nuts
4 tbs olive oil
3 red onions, finely chopped
2 garlic cloves, finely chopped
2 celery stalks, finely chopped
4 rosemary sprigs, finely chopped
1 cup diced tomatoes
4 tbs red wine vinegar
½ cup sultanas

Instructions

Preheat a fan-forced oven to 180° Celsius/350° Fahrenheit.

Place the pine nuts in a frying pan on low heat and cook stirring constantly until lightly toasted - remove from the pan.

Add the olive oil, onions, garlic, celery and rosemary and cook for 10 minutes or until the celery has softened.

Add the tomatoes, vinegar and sultanas to the pan, cover and simmer for 10 minutes. Remove from the heat and leave to cool then stir in the pine nuts.

Place the mackerel on a baking tray lined with baking paper and rub the olive oil evenly into the skin. Place the onion and pine nut stuffing into the cavities of the mackerel, then bake in the oven for 15-20 minutes or until cooked.

Serve the mackerel with a side of salad.
Baked Tuna with Steamed Kale & Asparagus

Dinner recipes don't have to be complicated or full of numerous ingredients to be delicious. In fact, a fresh piece of fish alongside vegetables is often the perfect weekday dinner and has the added bonus of being nutritional.

Tuna, particularly when prepared in a healthy way such as baking is a great source of protein and omega-3 fats, which are essential to achieving great skin.

This recipe also has the addition of steamed kale. Kale is often an overlooked vegetable but it's virtues for the skin and overall health of the body are important. Kale is often called a superfood and this is for good reason - kale is high in vitamins such as vitamin C which is important to prevent premature aging of the skin. Kale also acts as an anti-inflammatory which is important for beautiful skin as inflammation plays a big role in overall physical and mental aging of the body.

Much like the tuna in this recipe, kale is also a great way to maintain steady blood sugar levels, which will help you feel full and energized and contribute to your overall health.

The next time you're scrambling for a simple, healthy dinner to prepare, this is a great go-to recipe for any occasion.

Serves 2

Ingredients

2 x 200g tuna steaks
2 tbs olive oil
3 tbs lemon juice
Finely grated rind of 1 lemon
250g kale, stems removed, finely sliced
2 bunches asparagus
2 cups rocket
2 tbs olive oil
3 tbs lemon juice
1 lemon, cut into wedges to serve

Instructions

Preheat a fan-forced oven to 180° Celsius/350° Fahrenheit.

Place the tuna steaks on an oven tray lined with baking paper and rub the olive oil, lemon juice and lemon rind into the flesh. Bake for 15-20 minutes or until the tuna is cooked through.

Steam the kale and asparagus in a pan with some water for 4-5 minutes or until cooked, drain and place into a bowl along with the rocket, olive oil and lemon juice, combine well.

Place the tuna steak on a plate with a side of kale, asparagus and lemon wedges to serve.
Stock

Stock is often a key ingredient to a number of recipes, but buying pre-packaged canned or boxed stock can often mean we’re adding sugar, sodium and preservatives to even the healthiest of meals. Consuming these ingredients can take a toll on our skin, leaving us looking dull, tired and less than vibrant.

Preparing your own stock is a great way to not only ensure you’re only eating the freshest and most wholesome of ingredients, but to also make sure your skin is getting the essential vitamins and nutrients it needs to keep that beautiful glow.

Do your skin and your body a favor and instead of reaching for pre-made stocks in your local supermarket, make your own - it’s easily made in large batches and can be frozen for future use.

Vegetable Stock

Ingredients

3 medium carrots, halved
4 onions, peeled, quartered
8 celery stalks, quartered
3 bay leaves
2 tsp ground black pepper
3 litres (12 cups) water

Instructions

Place all the ingredients in a large saucepan, cover and simmer for 1.5-2 hours, stirring occasionally.

Strain the stock and remove vegetables from the liquid.

Cool before refrigerating.

Chicken Stock

Ingredients

1kg chicken wings or chicken drumsticks
2 medium carrots, halved
3 onions, peeled, quartered
2 celery stalks, quartered
3 bay leaves
2 tsp ground black pepper
3 litres (12 cups) water

Instructions

Place all the ingredients in a large saucepan, cover and simmer for 1.5-2 hours, stirring occasionally.

Strain the stock and remove chicken and vegetables from the liquid.

Cool before refrigerating.