BALI

Wellness Guide

" Every Journey Begins with a single step "
Maya Angelou

OCEANSOULRETREAT

Mind | Body | Soul

START

Infused Water

INGREDIENTS

Recipe for a 3-quart

Fruit Infusion Flavor Pitcher:

Half an organic lemon

6 or more sprigs of cilantro with stems

2 of cucumber

METHOD

This water is very refreshing and has a clean, light taste. After exercising, the water is especially hydrating when consumed cold.

Infuse for 4-8 hours and serve cold. If you are going to be infusing for longer, remove the lemon rind to prevent bitterness.

TREATS

Raw Carrot Cake Balls

INGREDIENTS

1 cup pecans

1 cup pitted dates

1 cup desiccated coconut

1 tsp cinnamon

¼ tsp ground ginger

1 tbs lemon juice

2 carrots, grated

Pinch of vanilla bean powder or ½ tsp vanilla essence

Pinch of sea salt

1 tbs flaxseeds

1 tbs tahini - I use hulled as personally I don't the un-hulled varieties.

1 tbs rice malt syrup or stevia

EXTRAS TO ROLL

Sesame seeds

Desiccated coconut

METHOD

Place all ingredients in a food processor and pulse until the ingredients are well combined and the mixture sticks together. Roll into balls and store in the refrigerator.

TREATS

Chocolate Protein Balls

INGREDIENTS

1 cup raw cashews

1 cup desiccated coconut

1 cup pitted dates

1 scoop vanilla protein powder

3 tbs cacao

1 tsp maca powder (optional)

1 tsp mesquite powder (optional)

1 tbs chia seeds

dash cinnamon

½ tsp vanilla

2 tbs melted coconut oil

1 sachet of Stevia

pinch salt

METHOD

Process the cashews, coconut and pitted dates in a food processor or high-speed blender until well combined and mixture starts to stick together.

Add all other ingredients until well combined.

Roll into balls, decorate as desired and place in the fridge to set.

Keep Refrigerated.

Easy Blueberry Coconut Mini-Muffins

INGREDIENTS

Wheat free, dairy free, vegan

2 cups spelt flour

½ cup desiccated coconut

½ cup rolled oats

½ tsp baking soda

1/3 cup freshly squeezed orange juice

1/3 – ½ cup coconut milk

1/3 cup coconut oil, macadamia oil, or butter

1/3 cup maple syrup

2 tbsp tahini or nut butter

½ tsp pure vanilla essence

1 cup fresh or frozen blueberries

METHOD

Preheat oven to 180 degrees (350F).

Combine the spelt flour, coconut, oats and baking soda in a bowl.

In a separate bowl, add the orange juice, coconut milk, oil, maple syrup, tahini and vanilla, whisking with a fork to combine.

Add the wet mix to the dry and gently stir to combine, trying not to overmix.

Fold in the blueberries.

Spoon into mini muffin tins or patty pans, and bake for 18-20 minutes, or until a skewer comes out clean.

Makes about 32 mini muffins

SMOOTHIES

Pineapple Kale Smoothie

INGREDIENTS

2 cups kale

1 cup frozen blueberries

1/2 cup frozen pineapple

3 ounces plain Greek yogurt

1/4 avocado

1 cup water

METHOD

Add all ingredients to your blender and blend until smooth. Add more or less milk to reach your desired thickness.

Chocolate spinach protein smoothie

INGREDIENTS

2 whole ripe, frozen bananas

2 cups low fat milk (coconut or almond milk all work well)

2 - 3 cups fresh spinach, washed

2 tablespoons unsweetened, organic cocoa powder

2 - 3 tablespoons almond butter (or peanut butter)

METHOD

Add all ingredients to your blender and blend until smooth. Add more or less milk to reach your desired thickness.

**Apple Cinnamon Breakfast Barley Recipe provided by holleygrainger.com* *@hollygrainger*

EARLY

Apple Cinnamon Breakfast Barley

INGREDIENTS

1 cup uncooked pearled barley

1/4 cup chopped walnuts

2 teaspoons brown sugar

1 teaspoon ground cinnamon

1/4 teaspoon nutmeg

1 cup 1% low fat milk

6 tablespoons chopped fresh apples

Makes: 3

Prep: 5 mins

Cook: 40 mins

Start to Finish: less than 1 hour

METHOD

Place all ingredients in a food processor and pulse until the ingredients are well combined and the mixture sticks together. Roll into balls and store in the refrigerator.

Nutty Oatmeal

INGREDIENTS

1/2 cup almonds,

ground using a food processor or blender

3/4 cup coconut cream

(from the top of a can of refrigerated coconut milk)

1 teaspoon honey

1 teaspoon cinnamon powder

1 dash nutmeg

1 dash cloves

1 dash cardamom (optional)

METHOD

Heat the coconut cream in a small saucepan on medium heat until it forms a liquid. Add in the ground almonds and sweetener and stir to mix in. Keep stirring for approximately 5 minutes (it'll start to thicken a bit more). Add in the spices (have a taste to check whether you want more sweetener or spices) and serve hot.

Recipe provided by Louise Hendon of paleomagazine.com

SUPPER

Lemon, Thyme Chicken with Sweet Potato & Greens

INGREDIENTS

2 organic chicken breasts (skin removed)

2 garlic cloves, minced

½ cup of chicken stock

1 unwaxed lemon – zest and juice

2 sprigs of fresh thyme

Sea salt & freshly ground black pepper to taste

TO SERVE:

1/2 Cup Cubed Sweet Potato, Steamed

1/2 Cup Frozen Peas

1 Small Zucchini, Cubed

1/2 Cup Spinach Leaves

METHOD

Preheat the oven to 185°. Season the chicken breasts on each side with salt and pepper. Place the chicken breasts in a baking dish and add the minced garlic, chicken stock, lemon zest + lemon juice from half the lemon, along with the thyme sprigs. Place in the oven and cook for 25 to 30 minutes, until the chicken is cooked through, basting a couple times throughout.

Meanwhile, cook peas to packet instructions. Steam sweet potato for 20 minutes until tender and add the zucchini to the steamer for the last 5 minutes.

In a bowl, mix together the spinach, cooked peas, and steamed veggies, together with the remaining lemon juice.

Season vegetables to taste, and serve between two plates, topping with sliced chicken breast.

TIP

You can use whatever herbs you like in this – try fresh basil + swap the zucchini for cherry tomatoes for an Italian twist!

Recipe From the-fit-foodie.com @thefitfoodieblog

SUPPER

Pretty Potato Salad

INGREDIENTS

1 medium – large sweet potato (about 450g)

1 small zucchini

A handful of green beans, sliced lengthways

1/2 cucumber, roughly chopped

A large handful of cherry tomatoes

2-3 spring onions (green onions), sliced

2 big handfuls of roquet (arugula) or another leafy green

1/4 cup pepitas

FOR THE DRESSING

2 tbs seeded mustard

2 tbs apple cider vinegar

1 1/2 tbs olive oil

1/2 – 1 tsp maple syrup

1/4 tsp sea salt

METHOD

A few edible flowers – I used nasturtium and cornflowers.

Wash and cut the sweet potato into 5cm chunks (peel if desired). Gently steam until they are tender (you can also lightly boil if you don't have a steamer).

Meanwhile, spread the pepitas onto a baking tray and bake at 170 C (340F) for 5 minutes, or until lightly toasted.

Combine all dressing ingredients in a small bowl or jar and set aside.

Take a vegetable peeler and peel into 'ribbons', slowly turning the zucchini around as you go.

Once the potato is cooked, transfer to a large bowl and sprinkle with around 1/3 of the dressing and gently mix through. Add the rest of the salad ingredients, the dressing and gently toss to combine. Sprinkle over the pepitas and decorate with edible flowers if you like. If you don't have any flowers, you could use a few raspberries, or other berries, to pretty it up a little.

Recipe From mywholefoodromance.com *@mywholefoodromance*

SUPPER

Healthy Chicken Fajitas

INGREDIENTS

2 x Lilydale Chicken Breast Steaks

4 corn mountain wraps (or gluten-free wraps of choice, as needed)

1 avocado, sliced

1/2 cup smoked almonds, chopped

2 sprigs broccolini

1/8 cup mint leaves

2 tbsp tahini

fresh or dried chilli, to taste

lemon wedges, to serve

METHOD

Cook the chicken breast for 20-30 minutes in a medium oven (180 degrees) until cooked through.
Allow to cool slightly and shred, or pull apart with your fingers.
Layer up! Add the chicken strips, avocado, raw brocollini and almonds.
Top with mint, drizzle with tahini and squeeze over lemon.
Top with as much chilli as you can handle (it boosts metabolism!).
Wrap and roll

Recipe From the-fit-foodie.com *@thefitfoodieblog*

SUPPER

Zucchini Pesto

INGREDIENTS

2 medium Zucchinis

1 cup fresh basil

½ cup raw cashews

¼ cup olive oil

1 clove of garlic

pinch of sea salt

pinch of ground pepper

1 tbs goats cheese

METHOD

Use a spiralizer, grater or peeler to prepare the noodles; set aside.
In a small food processor (I use my Nutri Bullet) place the remaining ingredients with 1 tbs of water to help mix. Pulse until a pesto is formed.
Mix into noodles and serve

NOTE

You can eat the Zucchini raw or steamed. I don't often like to use a microwave but it's a great way to instantly heat your noodles if wanting them warm. Add 1 tbs water to the bowl of zucchini and cover with cling wrap. Pierce two holes with a fork and place in the microwave for two minutes.

Recipe from aconsciouscollection.com *@aconsciouscollection*

oceansoulretreat.com