



# BREAKFASTS

## Buckwheat Pancakes

Makes 3 pancakes

170 ml water

2 tsp coconut oil

10g buckwheat flour

½ tsp baking powder

½ tsp sea salt or Himalayan salt

½ tsp vanilla

Mixed berries

Coconut oil to heat pan.

Blend all ingredients together to make a batter

Heat a little coconut oil in a pan

Add a spoonful of batter to make pancakes ~ 10cm across

Cook for a couple of minutes (bubbles will appear on the top and the bottom will be cooked)

Flip and cook the other side

Serve with berries on top

## Quinoa Porridge

Serves 1

½ cup milk of your choice (almond, coconut)

½ cup water

¼ cup quinoa

1 apple chopped or grated with the skin

¼ tsp ground cinnamon

½ tsp vanilla

½ tsp ground flaxseeds

Rinse quinoa with cold running water.

Combine with water in a pot and bring to the boil.

Reduce heat. Cover and cook for 10 minutes until soft.

Add milk, apple, cinnamon, ground flaxseeds & vanilla.

Cook for 5 minutes until creamy – add more milk if needed.

Spoon in bowl and enjoy every mouthful.

## Eggs & Asparagus

Serves 1

2 tsp smooth almond nut butter

1 tbsp water

1 tbsp lemon juice

¼ bunch parsley (chopped)

Sea salt or Himalayan salt

Black pepper (freshly ground)

Splash of apple cider wine vinegar

2 organic free range eggs

5 asparagus spears

Handful spinach leaves

To make the sauce:

Place the nut butter, water and lemon juice in a blender and process until smooth (you can add water to thin as needed)

Stir in the herbs

Season with sea salt and black pepper.

Bring two pans of water to the boil, in one: add the vinegar then the eggs. Cook for three minutes then remove with slotted spoon.

In the second: blanch the asparagus for around 2 minutes until tender. Remove from the pan.

Place the asparagus on top of the spinach leaves. Top with a poached egg and drizzle over the nut butter sauce.

*Welcome to our Equitox recipes. They've been put together by our naturopathic nutritional therapists Angela MacRitchie and Patricia Clark, to help you through a 14 day detox, to cleanse and energise you. Do visit our website at [www.napiers.net/the-spotlight.html](http://www.napiers.net/the-spotlight.html) for more information about detoxing, tips, shopping lists, menu plans and more.*

# SMOOTHIES

## Carrot & Ginger

Serves 1

125ml unsweetened almond milk  
2 carrots, peeled and roughly chopped  
Juice from ½ lime  
1/4 tsp turmeric  
1 inch fresh ginger  
1tbsp ground flaxseeds  
1 tsp Napiers Supergreens powder  
15g Napiers pea protein powder  
Place all ingredients in a blender and whizz.

## Green Smoothie

Serves 1

125ml water  
1/3 cucumber  
1 celery stalk  
½ avocado  
1 tsp Napiers Supergreens powder  
1 tbsp chia seeds  
Juice from ½ lemon  
15g Napiers pea protein powder  
Place all ingredients in a blender and whizz.

## Beetroot & Apple

Serves 1

¼ beetroot  
1 granny smith apple  
1 pear  
A small piece of ginger  
1 tsp Napiers Supergreens powder  
15g Napiers pea protein powder  
Place all ingredients in a blender and whizz.

# STOCKS

## Chicken Stock

1 organic free range chicken  
1 leek  
1 onion  
3 carrot  
2 sticks celery  
2-3 courgettes  
2 garlic cloves  
2 tbsp apple cider vinegar  
2 tbsp coconut oil  
Sea salt or Himalayan salt  
Black peppercorns (freshly ground)  
Place the chicken in a large pot and add enough water to cover the chicken. The amount of water you add will dictate how much stock you get. A large pot will hold about 4 litres of water with your chicken and vegetables added.  
Peel and roughly chop the vegetables and add them along with all ingredients to the pot.  
Bring to the boil then lower the heat to a gentle simmer.  
Cook gently for at least 2-3 hours (ideally 6-8 hours).  
Remove the chicken and place on a platter to cool. Once the chicken has cooled remove all meat from the carcass and save for salads or added back in to make chicken soup.  
You can strain the stock and discard the vegetables or you can put them through in a blender and add back into soup.  
For a richer stock, add the carcass back into the stock and continue to cook for a further 4-5 hours.  
Alternatively, the carcass can be used to make an additional batch of lighter stock, following the recipe but using the

carcass instead of the whole chicken.

This stock will keep in the fridge for 3-4 days or freezer for 1 month.

## Vegetable Stock

1 leek  
1 onion  
1 carrot  
1 small bulb fennel  
2 garlic cloves  
1 head of broccoli  
2 sticks celery  
Handful of spinach leaves  
2 tbsp apple cider vinegar  
2 tbsp coconut oil  
1 bouquet garni  
Sea salt or Himalayan salt  
Black peppercorns (freshly ground)  
Peel and roughly chop all the vegetables.  
Place in a pan and add enough cold water to cover the vegetables generously. The amount of water you add will dictate how much stock you get. A large pot will hold about 4 litres of water with your chicken and vegetables added.  
Add the bouquet garni and salt and pepper  
Bring to the boil, cover and simmer for 20-30 minutes.  
Strain the liquid and you have your broth.  
Cool and store in the fridge for up to 3 days or freezer for 1 month.

# SOUPS

## Green Detox Soup

Serves 1

1 tbsp olive oil or coconut oil  
1 leek  
1 clove garlic  
1 small head of broccoli  
3 kale leaves  
1 courgettes  
1 celery stalks  
250ml of vegetable stock  
¼ bunch parsley  
Sea salt or Himalayan salt  
Black peppercorns (freshly ground)

Wash and chop all veggies. Lightly heat the oil in a large pan on low heat. Wash and chop leek and garlic. Add to the pan and slowly cook.

Wash and chop all vegetables and add to the pan along with the stock and vegetables. Slowly bring to a boil and cook until the courgette is soft. Add salt and pepper to taste. Use a blender to process the soup to your desired consistency. Add the finely chopped parsley and serve.

## Beetroot & Butternut Squash Soup

Serves 1

1 tbsp coconut oil  
¼ butternut squash  
1 beetroot  
1 onion (small)  
1 cinnamon stick  
¼ tsp nutmeg  
250ml of vegetable or chicken stock

Peel and cut the beetroot and butternut squash into bite sized pieces. Heat the coconut oil in a pan and slowly cook the chopped onion. Add the beetroot, cinnamon and nutmeg to the pan and cook for 5-10 minutes. Add the stock and simmer for 20 minutes.

Use a blender to process the soup to your desired consistency. Return to heat for another 10 minutes and serve.

## Carrot, Coriander, Turmeric & Lentil Soup

Serves 1

1 tsp coconut oil  
250g carrots  
30g red lentils (soaked overnight)  
1 onion (small)  
250ml stock (chicken or vegetable)  
½ tsp turmeric  
¼ bunch coriander

Peel and cut the carrots and onions. Heat the coconut oil in a pan and slowly cook the chopped onion. Add the carrots, lentils, turmeric and stock and cook for around 45 minutes. Add the coriander and cook for another 3 minutes. Use a blender to process the soup to your desired consistency. Serve warm.

## Curried Lentil Soup

Serves 1

½ tbsp coconut oil  
¼ large onion finely chopped  
¼ large carrot finely chopped  
¼ rib celery finely chopped  
½ gloves garlic minced  
½ tsp curry powder  
1 cups vegetable broth  
½ cups dried lentils rinsed  
Salt & pepper  
¼ can coconut milk

In a large pan, warm oil and cook onion, carrot & celery stirring often until softened for about 8 minutes.

Add garlic – sauté for 1-2 minutes longer.

Add curry powder and sauté for 2 more minutes.

Stir in broth, lentils, salt & pepper and bring to boil.

Cover pot, reduce heat and simmer till lentils are soft -roughly 40 minutes.

Puree half the soup and return to pan, Add in coconut milk and reheat.

Season with salt & pepper.

Serve warm.

## Tuscan White Bean Soup

Serves 1

¼ tbsp virgin olive oil  
¼ medium onion finely chopped  
½ medium carrot finely chopped  
¼ ribs celery finely chopped  
1 clove garlic minced  
¼ tsp dried red pepper flakes  
250ml canned chicken broth  
¼ can white cannellini beans  
1 sprig rosemary  
½ bay leaf  
½ cup roughly chopped kale or swiss chard leaves  
Salt & pepper

Heat olive oil in large saucepan. Add onions and celery and cook until softened. About 3 minutes.

Add garlic and red pepper flakes about 1 minute.

Add chicken broth, beans & their liquid, rosemary stems and bay leaf.

Increase heat and bring to boil.

Reduce heat and simmer.

Add kale, cover and cook for 15 minutes.

Puree part of the soup and return to pan.

Season with salt and pepper

Serve warm.

# SNACKS

## Guacamole & Vegetable Sticks

Serves 1

Guacamole ingredients:

1 avocado

Juice of ½ lemon

1 red onion (small)

1 clove garlic

¼ bunch coriander

¼ bunch parsley

Sea salt or Himalayan salt

Black peppercorns (freshly ground)

Vegetable sticks, choose from: Carrots, Cucumber, Asparagus, Celery.

Put all the guacamole ingredients in a bowl and use a hand blender or alternatively put all ingredients in a blender jug. Blend to your desired consistency.

Chop carrots/cucumber/asparagus/celery to dip into guacamole.

## Hummus & Vegetable Sticks

Serves 1

60g chickpeas (cooked)

Juice of ½ lemon

1 garlic cloves

½ tbsp tahini

40ml extra virgin oil

Sea salt or Himalayan salt

Black peppercorns (freshly ground)

Vegetable sticks, choose from: Carrots, Cucumber, Asparagus, Celery.

Put all the hummus ingredients in a bowl and use a hand blender or alternatively put all ingredients in a blender jug. Blend to your desired consistency.

Chop carrots/cucumber/asparagus/celery to dip into hummus.

## Apple & Nut Butter

Serves 1

1 apple

Almond or cashew nut butter

Cut the apple into slices and spread the nut butter over them. Enjoy!

## Berry Chia Snack

Serves 1

25g chia seeds

125ml coconut milk

1 tbsp tahini

Pinch of sea salt/Himalayan salt

½ tsp cinnamon

125g raspberries

Place the chia seeds in the coconut milk and leave to soak for 20 minutes. The seeds should swell up and thicken the liquid.

Place all the ingredients but only half of the raspberries into a blender. Process until smooth and creamy. Add a little water if too thick. Stir in the remaining raspberries.

Spoon into bowls and serve.

Note: you can switch raspberries for strawberries, blueberries, blackberries and/or pomegranate

# LUNCH AND DINNER

## Chicken & Thyme Salad

Serves 1

1 boneless skinless organic free range chicken breasts  
Juice of ½ lemon  
1 thyme sprigs  
1 tbsp extra virgin olive oil  
75g mixed salad leaves  
1 red onion (small)  
1 garlic clove  
Handful pitted black olives  
Sea salt or Himalayan salt  
Black peppercorns (freshly ground)

Cut the chicken into strips and place in a bowl along with the lemon juice, thyme and salt and pepper to taste. Heat the olive oil in a pan. Add the chicken and mixture and slowly heat the chicken until cooked through. Add garlic, onions and olives to the pan for ~ 1-2 minutes. Remove the chicken and mixture from the pan and put over salad leaves on a plate.

## Spicy Bean Burgers

Serves 2 burgers

2 tsp olive oil  
1 onion (small)  
1 garlic clove  
Pinch cayenne pepper  
50g spinach  
400g cannellini beans  
½ tsp ground cumin  
¼ bunch coriander  
Sea salt or Himalayan salt  
Black peppercorns (freshly ground)

Heat the oil in a small pan and gently cook the onion, garlic and cayenne for 5 minutes until softened. Wash and chop the spinach and mash together with the beans, cumin and coriander. Add the heated onion, garlic and cayenne mixture and stir together. Shape two round burgers and lightly fry on each side until golden.

## Kale, Red Cabbage & Avocado Salad

Serves 1

2 handfuls Kale  
½ handful red cabbage chopped  
½ tomatoe chopped  
¼ avocado diced  
60ml olive oil  
½ tbsp balsamic vinegar  
¼ tsp dried basil  
2 cloves garlic chopped  
Sea salt & ground pepper to taste

Cut Kale off the stems and chop. Chop red cabbage, tomatoe & avocado. In a separate bowl for dressing, mix: olive oil, balsamic vinegar, garlic, salt & pepper.

## Super Healthy Salmon Salad

Serves 1

50g quinoa  
½ tbsp flaxseed oil  
1 salmon  
100g sprouting broccoli  
juice ½ lemon  
seeds from half a pomegranate  
small handful pumpkin seeds  
1 handfuls watercress  
flaxseed oil and extra lemon wedges (to serve)

Cook the quinoa in boiling water for about 12minutes

Heat water in a tier steamer.

When the water in the steamer boils, put the broccoli into the water, then lay the salmon in the tier above.

After 3 minutes the salmon should be cooked through and the broccoli tender. Drain the broccoli and run it under cold water to cool (you can drink the water that the broccoli cooked in).

Mix together the remaining oil and lemon juice. Toss the broccoli, pomegranate seeds and pumpkin seeds through the quinoa with the flaxseed oil and lemon juice.

Chop the watercress and toss through the quinoa. Serve with the salmon, lemon wedges for squeezing over and extra flaxseed oil for drizzling, if you like.

## Roasted Mushroom & Sage Stuffed Squash

Serves 1

½ acorn squash  
¼ tsp salt  
¼ tsp ground black pepper  
3 tbsp olive oil  
1 garlic glove minced  
1 large portabello mushroom  
½ small onion chopped  
1 tsp fresh sage finely chopped  
Pinch red pepper flakes (optional)

Preheat oven to 450F / 250C.

Halve the squash, scoop out pulp and seeds and discard. Brush each half with olive oil and sprinkle with salt & pepper. Put cut sides down on oven tray with baking paper.

Roast the squash until the flesh is tender for roughly 25 – 35 minutes. Remove from oven, flip squash halves over and set aside.

Heat saucepan – add onions & garlic. Sauté for 2 mins.

Add mushrooms, sage, salt, red pepper flakes and sauté for 5 minutes. Fill the roasted squash halves with mushroom mixture and bake for another 10 minutes.

## Lentil, Quinoa and Sweet Potato Burgers

Serves 2 burgers

50g red lentils (cooked)  
25g quinoa (cooked)  
150g sweet potato  
1 portobello mushrooms  
1 garlic cloves  
2 spring onions  
20g sunflower seeds (ground)  
½ avocado  
½ tsp paprika  
½ tsp cumin  
2 tbsp coconut flour  
Juice of 1 lemon  
60g rocket  
Sea salt or Himalayan salt  
Black peppercorns (freshly ground)  
2 tsp olive oil  
Sea salt or Himalayan salt  
Black peppercorns (freshly ground)

Preheat the oven to 180C / gas mark 4.

Peel and chop the sweet potato into 1cm pieces. Simmer in a pan until softened (around 10 mins).

Chop the garlic and remove the stalk from the mushroom. Place the mushroom on a baking tray and sprinkle over the garlic, a pinch of salt and drizzle over 1/2 tbsp olive oil. Place in the oven for 10-15 mins.

Finely slice the spring onions. Peel and de-stone the avocado and slice thinly. Drain and mash the sweet potato, add the drained quinoa, spring onion, paprika, cumin, sunflower seeds lemon juice and add salt and pepper to taste. Shape into 2 burgers and dust in the coconut flour.

Heat a pan with 1/2 tbsp oil and fry the sweet potato and lentil burgers for 3-4 mins each side until golden brown.

To serve, place the sweet potato and lentil burgers on a plate and layer over the sliced avocado. Serve alongside the baked mushroom and the rocket. Drizzle over the juice from the lemon.

## Rice Salad

Serves 1

50g red rice  
100ml stock (use chicken or vegetable)  
2 tsp pumpkin seeds  
2 tsp sunflower seeds  
2 tsp linseeds  
2 tsp hemp seeds  
2 tsp pine nuts  
1 spring onion  
¼ cucumber  
¼ bunch mint  
¼ bunch basil

Dressing:

25ml flaxseed oil  
2 tsp apple cider vinegar  
1 garlic clove  
Pinch of cayenne

Cook the rice in the stock for ~20 minutes.

Allow to cool and add the remaining ingredients.

Mix all the dressing ingredients together.

Drizzle over the salad and serve

## Chickpea & Cauliflower Curry

Serves 1

1 small cauliflower (about 250g), trimmed  
2 tsp coconut oil  
1 onions  
1 garlic clove  
80g fine green beans  
1 tsp freshly grated ginger  
2 tsp ground coriander  
2 tsp ground cumin  
Large pinch cayenne pepper  
2 star anise  
150ml stock (chicken or vegetable)  
80g chickpeas, cooked  
¼ bunch coriander  
Sea salt or Himalayan salt  
Black peppercorns (freshly ground)

Cut the cauliflower into medium florets. Put into a large pan, cover with water and bring up to a rolling boil. This will part-cook the cauli. Take off the heat straight away, drain well and keep warm in the pan.

Heat the oil in a pan over a medium heat. Add the onions, garlic and ginger and sauté for ~10 minutes, stirring often. Add the coriander, cumin, cayenne, star anise and some salt and pepper and cook for a further 5 minutes.

Add the stock and the chickpeas. Stir through, then add the cooked cauliflower. Simmer for 5-10 minutes, stirring once or twice, until the cauliflower is tender.

Stir in half the rough chopped coriander. Serve with the remaining coriander scattered on top.

# LUNCH AND DINNER

## Stuffed Chicken Breast, Olive, Sage & Walnut

Serves 1

1 organic free range chicken breast, skinless and boneless  
50g Kalamata olives, pitted  
½ garlic clove  
5g fresh sage leaves  
25g walnut halves  
1 tbsp coconut oil  
Sea salt or Himalayan salt  
Black peppercorns (freshly ground)  
75g rocket  
2 tsp extra virgin olive oil  
Juice of ½ lemon

Preheat the oven to 180°C/350°F/gas mark 4. Rub a little oil over the base of a roasting tin.

Cut a slit in the side of the chicken breast, creating a pocket.

Blend the olives, garlic, sage, walnuts and oil until smooth.

Stuff the chicken breast with the olive mixture, rubbing any excess over the top of the chicken breast and place in roasting tin.

Put the roasting tin on a baking tray and cook for around 20-25 minutes or until the meat juices run clear.

Serve with rocket drizzled with olive oil and lemon juice.

## Chicory, Fennel & Bean Salad

Serves 1

½ fennel bulb  
½ grapefruit  
½ carrot  
25g sprouted mung beans  
1 head chicory (endive), leaves separated

Dressing:

½ tsp apple cider vinegar  
2 tsp lemon juice  
1 tbsp flaxseed oil  
2 tsp tahini  
Sea salt or Himalayan salt  
Black peppercorns (freshly ground)

Remove the outer layer from the fennel and shred it finely.

Cut between the membrane of the grapefruit to release the segments.

Grate the carrot. Place in a bowl with the grapefruit, fennel and sprouted beans and toss lightly.

Dressing:

Whisk all the ingredients together to form a creamy thick dressing. Add a little water if needed to thin as necessary. Season to taste. This can be kept in the fridge for 3-4 days.

Place the chicory leaves on a platter. Scatter over the fennel mixture. Drizzle with the dressing just before serving.

# JUICES

## Bitter Boost

Serves 1

6 kale leaves  
1 bunch dandelion greens  
1 bunch flat leaf parsley  
1 cucumber  
6 stalks celery  
½ unwaxed lemon with peel  
1 tsp Napiers Kelp powder (alternatively take 2 Napiers Organic Hebridean Kelp capsules)

## Juice Veggie Delight

Serves 1

3 stalks of collard greens  
1 apple  
1 whole broccoli stem (you can steam and eat the head)  
2 green bell peppers  
1 carrot  
1 unwaxed lemon  
1 tsp Napiers Kelp powder (alternatively take 2 Napiers Organic Hebridean Kelp capsules)

## Master Juice

Serves 1

¼ lemon (peel removed)  
¼ lime (peel removed)  
¼ pineapple (peel removed)  
2 apples  
4 carrots  
1 handful spinach  
½ raw beetroot  
¼ cucumber  
1 stick celery  
½ bunch parsley  
½ bunch watercress  
¼ inch ginger  
½ avocado (de-pitted)  
1 tsp Napiers Kelp powder (alternatively take 2 Napiers Organic Hebridean Kelp capsules)

## Deep Beet

Serves 1

¼ pineapple  
2 carrots  
1 raw beetroot  
1 inch ginger  
4 springs basil  
1 tsp Napiers Kelp powder (or 2 Napiers Kelp capsules)

## Pear Passion

Serves 1

1 apple  
2 pears (hard pears will give more juice)  
1 medium parsnip  
½ lime  
½ lemon  
Handful spinach  
4 springs mint  
1 tsp Napiers Kelp powder (alternatively take 2 Napiers Organic Hebridean Kelp capsules)

## Crazy Cabbage

Serves 1

½ small green cabbage  
3 celery stalks  
3 carrots  
½ bunch coriander  
1 whole lemon (unwaxed))  
1 beetroot  
1 cm slice fennel  
1 inch ginger  
1 tsp Napiers Kelp powder (alternatively take 2 Napiers Organic Hebridean Kelp capsules)

## Electric Energy

Serves 1

¼ pineapple  
1 large handful spinach  
¼ cucumber  
½ courgette  
1 cm slice fennel  
20 sugar snap peas  
½ lime  
1 tsp Napiers Kelp powder (alternatively take 2 Napiers Organic Hebridean Kelp capsules)

