

Enjoy...

“ It’s always inspiring to read sound nutritional advice looking at food from an holistic perspective and one that strives for optimal health. With roots in wholefoods and nutrient-dense foods the recipes in the book are highly recommended if you care about your health and your body ”

Scotty Gooding

www.scottgoodingfitness.com.au



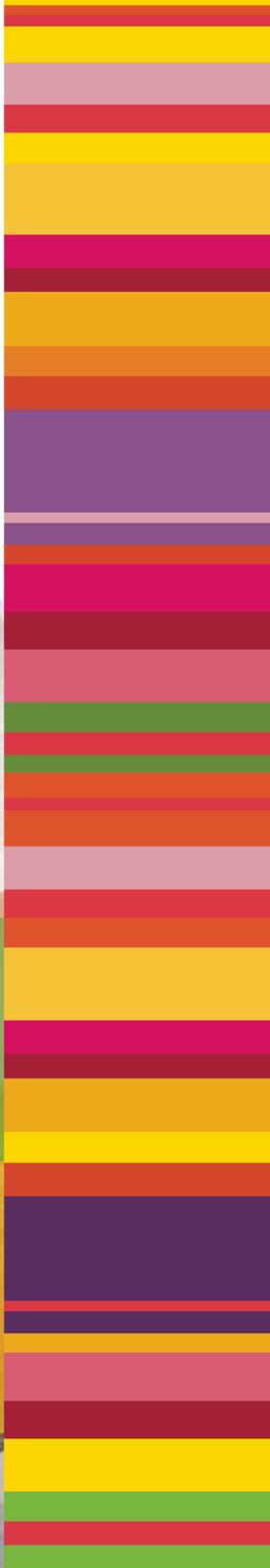
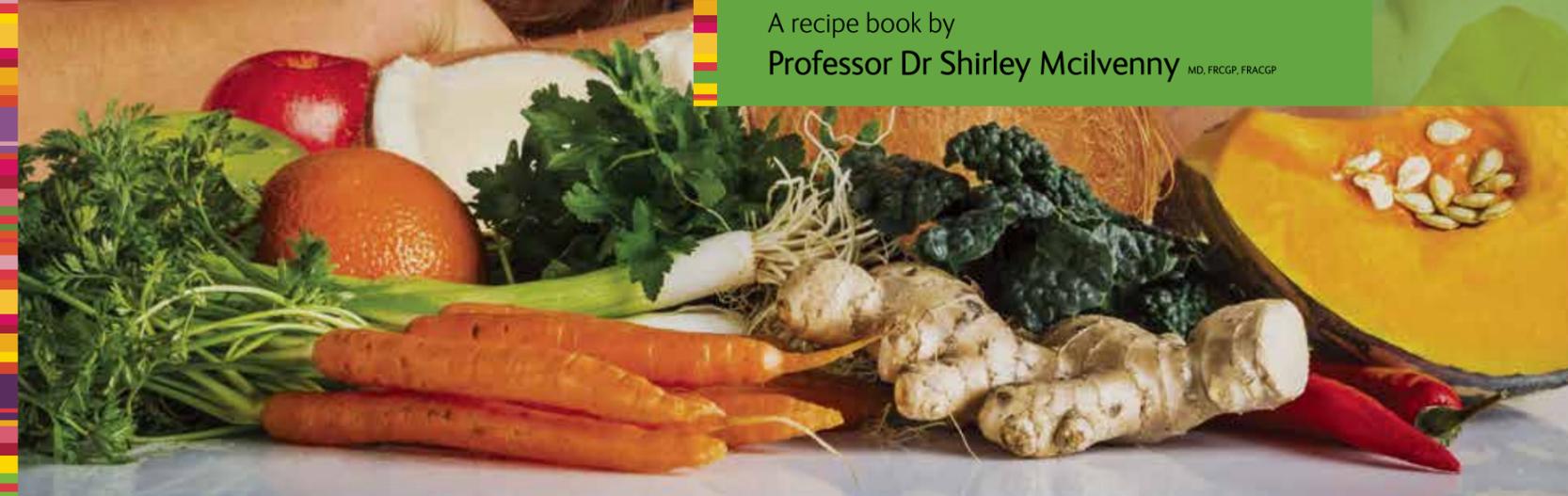
Get Rooted! Herbs, roots and shoots to spice up your sex life

Herbs, roots and shoots to spice up your sex life



Get Rooted!

A recipe book by
Professor Dr Shirley Mcilvenny MD, FRCP, FRACGP





Acknowledgements

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Get Rooted!

Herbs, roots and shoots to spice up your sex life

A recipe book by
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The Food Coach Institute

I started the Food Coach Institute because I wanted to spread the message about how important clean eating is for good health and vitality.

After many years practising as a GP and knowing that eating the right diet is crucial to good health, I was alarmed at the growing number of patients I was consulting who had inflammation and chronic disease. I was amazed to learn that most people didn't really know how to eat healthy food and what a healthy diet even looks like.

As I started my quest to educate and inform, it became clear I couldn't do it all alone. So I set up the Institute to train others so that we could all go out and spread the message. Food Coaching is not only helping people to eat a healthy diet ... but also coaching them to success!

So 2 years later, the institute is a winning formula and we're looking forward to many more students joining our family...

The Food Coach Institute

*Eat clean,
live longer,
stay stronger*



What's good for libido

If you've read my libido book *Eat fat to feel sexy*, you'll already know that flagging libidos are quite common these days. In this book we're going to give you some smashing recipes to help you regain your health and supercharge your libido. I've deliberately chosen recipes that are simple and easy to make so that 'having no time to cook' shouldn't be an issue. At the same time I've looked for dishes that don't require too many components either, so you don't need long shopping trips to forage for ingredients or follow complicated recipes.

First let's look at some principles of healthy eating that will provide you with everything you need to get your sex drive back on track in no time.

Fresh is best

For every living thing – animal or plant – there is a constant exchange of nutrients with the earth. All of our organs and tissues need regular updating and repair. Those spare parts are made from chemicals and nutrients that we eat. This principle applies to all the plants and animals that we eat – they need constant updating, too.

Now as soon as you pick a plant like a piece of fruit or kill an animal, that constant updating of nutrients stops dead in its tracks. From that time onward, the nutrients in the food will start to deteriorate and decrease. The longer a piece of fruit, meat or vegetable lies around in storage or in the supermarket, the less nutrients will be there for us to absorb and use.

So how do we get the maximum nutrients from each food that we eat? The message is to eat food that is as fresh as possible. So rather than buying your fruit from supermarkets where the food has been in storage for three months before it hits the shelf – buy from farmers' markets or direct from producers.



Ripe for life

When food is picked before it has fully matured not all the nutrients are present in the right amounts. For example, a piece of fruit or a vegetable may not have all the vitamin C it can offer if it's picked three months before it is ready. Many plant foods are harvested in this way so that they can be transported to storage units and ripened there. Unfortunately, they may not have their full complement of nutrients and may also have some unwanted chemicals. For example, salicylates are natural plant insecticides that are present in great quantities early in the life of the fruit. As the fruit matures, the salicylates are no longer needed and reduce in concentration. However, fruit that is picked early may still have high levels of salicylates, which will make the fruit taste bitter. Some people are allergic to salicylates.

So the message is: always buy fruit and vegetables that have been fully ripened before picking – from farmers' markets and local suppliers.

Organic is the way to go

Because of our modern, intensive farming methods, most food is grown with the help of chemicals. These include fertilizers to help the plants grow, insecticides and pesticides to stop the food being spoiled and fungicides to cut down mould. Residues of these chemicals are left in the food when we eat them, so over time you're taking in a considerable quantity of artificial chemicals. Add the chemicals in creams, make-up, body and hair products and the toll of artificial substances adds up. Start with making sure that as much food as possible is certified organic – that includes meat, fruit and vegetables. All recipes in this book should be made with organic produce.





Raw please

All food contains some enzymes that assist us in the breakdown of protein, fats and carbohydrates into their consistent parts and their absorption by the gut. Vitamins and minerals also need to be digested and assimilated. When we cook food we kill those helper enzymes, making our digestive system work harder. At the same time, proteins, vitamins and minerals are destroyed by cooking so that food becomes filling but dead in terms of nutrients. Try to make around half of your food raw so that you get the most benefits from all the nutrients available. There are plenty of ways to make raw food interesting and it takes less time – so there's no excuse!

Variety is the spice of life

With traditional diets, people sample from a wide range of herbs, vegetables, fruits, nuts and seeds. With supermarket shopping and fast food, many of us have narrowed the range of foods we sample from. Many fruits and vegetables have helpful chemicals called flavonoids which are anti-inflammatory, anti-allergy, anti-bacterial and anti-fungal. We need to choose food from as many different plant groups as we can so we get access to all these juicy flavonoids – whether we're young and growing, fit and active or keeping healthy going into middle age.

So many people get every cold and flu going around. Their immune system isn't working well because it doesn't have the basic building blocks of healthy nutrients to fight infections. The message is: widen your choice of fruit and vegetables, herbs and spices and get all the goodness that's coming to you.

Put out the trash

Most processed food, as we said, contains lots of artificial chemicals. Let's face it, food couldn't sit on the shelves for six months if it wasn't full of preservatives. Some foods cause more inflammation than others, such as wheat, dairy, meat from unhealthy industrial processes and seed oils.

I have tried to minimise the problem foods as much as possible. If you follow these recipes and eat daily from this book, it will give you all the nutrients you need as well as providing the healthiest foods to boost your libido.

But I can't cook!

Lots of people feel they can't cook and have no cooking skills. Most of the recipes in this book are simple to follow and there are many raw food recipes – so no great cooking skills are required. If you have a blender you can make most of the recipes in this book. However, you'll also enjoy getting in touch with basic raw foodstuffs and realise how sensuous preparing food can be, especially when you do it together. Watch the movie *9½ Weeks* while preparing dinner and see what happens next...

Here are a couple of simple cooking terms you will find in this book:

Sauté – gently fry in oil or juices

Simmer – cooking gently so that it just boils

Acidity v alkalinity

Many processed and fast foods make our bodies very acidic, along with medications, party drugs, alcohol and smoking. The foods and recipes in this book tend your body towards an alkaline state, which is much better for your health. Every chemical process in your body and every cell works much more efficiently while being bathed in alkaline fluid, while being constantly acidic is a recipe for chronic diseases like heart disease, arthritis and diabetes.



Raw





Alkaline foods include fruit and vegetables. Acidic-making foods include meat, dairy and processed foods. Balance acidic foods with plenty of calmly alkalisng foods. You know it makes sense, now you have some delicious, healthy recipes to make it easy.

Sweets for my sweet

Many people ask me what sweeteners they can use. I tend to use raw bush honey, as it's the real deal, or just honey (commercial honey often has fructose added). But you can substitute agave syrup for any honey recipes. Just make sure it's organic and not produced using chemical processing. Some people compare commercial agave nectar to high fructose corn syrup, so choose your brand carefully. Organic maple syrup may also be substituted, or use stevia powder, a natural herbal sweetener. If you don't mind the bitter aftertaste, then go for it.

But really you should use the minimum sweetener necessary. You'll see that in these recipes I've added small amounts of honey only where necessary. As you reduce the amount of sugar and sweet foods you eat, your sweet tooth will disappear. It takes about two weeks after you give up sugar for the cravings to disappear, so persevere and you'll soon find that you don't need to sweeten most of your food.

Vegan, vegetarian and paleo

Many individuals follow any of the above diets with health in mind. From my experience, it would seem that some people are suited to follow a vegan diet very successfully and others struggle without meat and with grains. I have tried to balance up the recipes so that people can follow vegetarian, vegan and paleo diets and still find plenty of useful recipes within the book. All of the dishes are wheat-free and most are fully gluten-free.

The following symbols will indicate which recipes are suitable for each type of diet:

- P** paleo
- D** dairy-free
- V** vegetarian
- Ve** vegan

Conversion of units

In these recipes I have used grams, cups, tablespoons, teaspoons and handfuls. You can convert most of these into whatever measuring tool you use. A tablespoon is 15 ml, 1 teaspoon is 5 ml, a cup is 250 ml. A handful means the amount is not critical and you can play around with the size of the handful you'd like to add.



Vegan

Nutrients you need for libido

Zinc – is a very important mineral needed for making sex hormones like oestrogen and testosterone and also brain hormones like serotonin. Our immune system also needs zinc to function properly, so it's a vital mineral. Unfortunately the soil in Australia is quite short on zinc and many suffer the consequences of zinc deficiency: poor immunity, depression and fatigue.

Good sources of zinc include shellfish and organic red meat. Vegetarian sources include pumpkin seeds and pepitas, which have the highest concentration of zinc, but many other nuts such as almonds and cashews also contain plenty of zinc and other minerals.

Vitamin C – one of the most potent anti-oxidants we have. It helps to reduce inflammation and boosts the immune system.

B vitamins – a group of water-soluble vitamins that stimulate the sex organs in a variety of ways. Vitamin B group deficiencies can lead to fatigue and anxiety – not the best for your sex-drive. Getting enough B vitamins will stimulate blood circulation, improve skin and hair, enhance skin touch, support your adrenals and reduce feelings of stress. They are also great at reducing PMS symptoms, bloating and fluid retention, and improving the absorption of other nutrients.

Vitamin E – this vitamin has many uses for improving hormone balance and libido. It helps reduce stress. In men vitamin E may produce longer lasting erections and improve sperm count. In women it aids lubrication, reduces PMS and menopausal problems.

Selenium – nearly half of a man's selenium is found in the testes – selenium assists in sperm production. So to get enough you need to eat foods rich in selenium such as brazil nuts and oysters.



Magnesium – is one of the most common minerals on earth. It's what makes plants green. We have evolved to use magnesium in over 300 body processes. Not being able to store huge quantities of the mineral, we need to constantly replace what we use up. Hence the need to eat our greens every day.

Vitamin A – vital for both male and female sex hormone production, as well as sperm production. We traditionally get vitamin A from carrots, green leaves, mangoes, tomatoes, watermelon and sweet potato.

Phytonutrients These are chemicals present in small quantities in fruit and vegetables. They have strong health-giving properties such as fighting infections, calming allergies and quenching inflammation. **Flavonoids** are a type of phytonutrient that give fruit and vegetables, herbs and spices their bright colours such as red, purple, pink and orange.

Are you ready to enjoy our fun and healthy sexy food?

The rest of this book contains delicious, mouth-watering and sexy recipes to balance your hormones, boost your libido and generally make you feel great. Who says healthy eating shouldn't be fun?



Sexy

Breakfast

Watermelon

This juicy fruit relaxes blood vessels and has a Viagra-like effect boosting libido. It contains citrulline, an amino acid that relaxes the muscles in veins and arteries increasing blood flow to the pelvis and vital organs. Citrulline is converted to arginine, another amino acid that is good for the heart and immune system. Watermelon also contains the anti-oxidant lycopene, protecting the heart, liver, adrenals, prostate and skin. You also find lycopene in tomatoes and papaya. Store watermelon uncut at room temperature to maintain good levels of lycopene. Once cut, store in the fridge.

Watermelon juice

Ingredients – serves 2

500 g of watermelon – peeled and coarsely chopped with the seeds removed

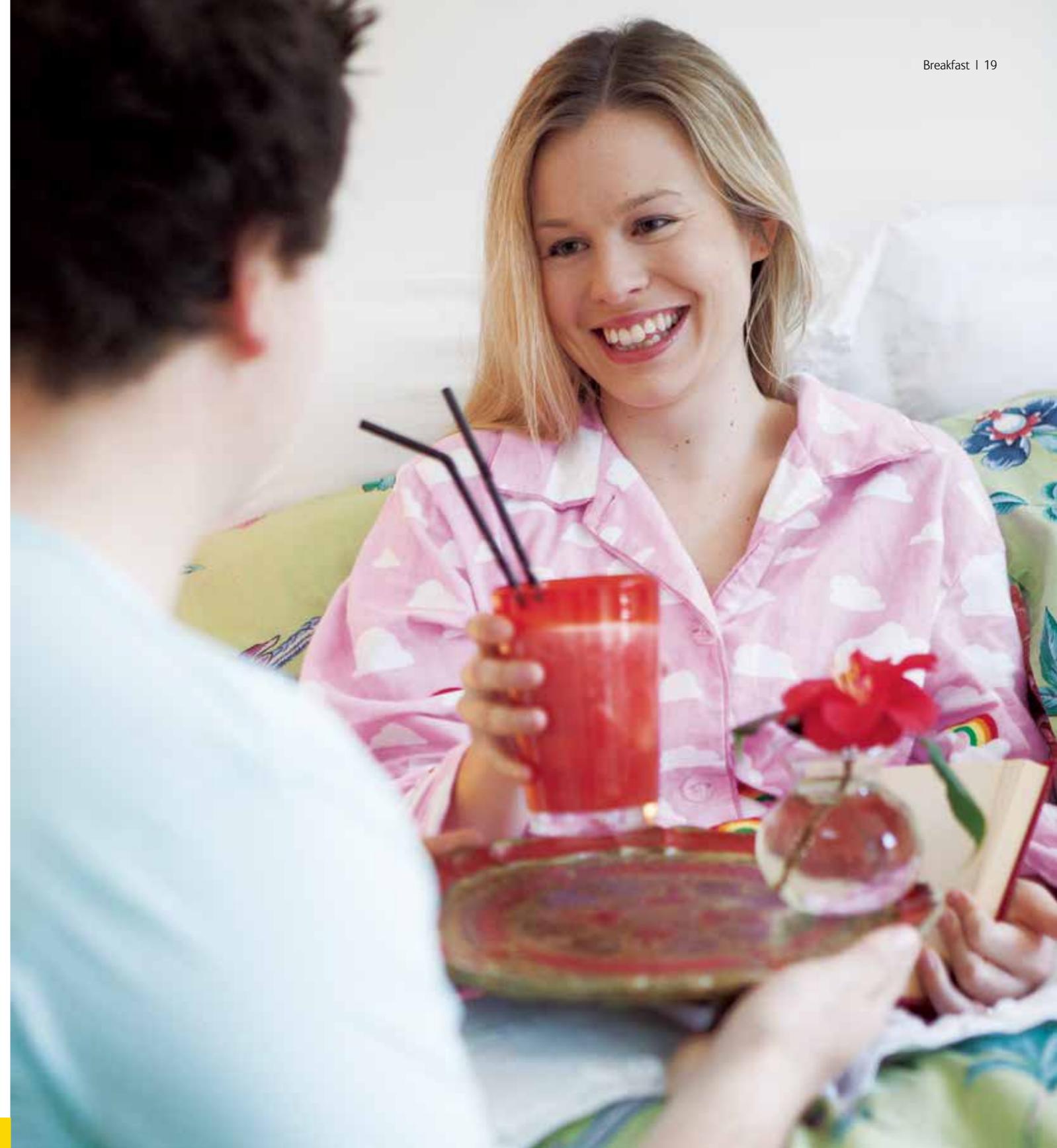
1 teaspoon finely grated ginger

1 tablespoon lemon juice

A few mint leaves

Place watermelon, ginger and lemon juice in a blender and blend until smooth. Add mint and ice cubes and stir to combine. Serve in bed for a great morning wake-me-up.

P D V Ve



Chilli

Spanish chilli omelette

Ingredients – serves 2

Heavy-based frying pan with lid

4 eggs

Splash of milk

Salt and pepper to taste

1 tablespoon of olive oil, 1 teaspoon of organic butter

1 red chilli finely chopped with the seeds removed

1 medium onion chopped

1 garlic clove chopped

3 tomatoes chopped

6 mushrooms chopped

2 handfuls of fresh spinach leaves

Beat the eggs in a bowl with a splash of milk, salt and pepper. Heat the olive oil and butter in a heavy-based pan. Add the onions and garlic and soften for a few minutes. Add 2 of the tomatoes, all the mushrooms and chilli. Cook for 30 seconds. Add the egg mixture and turn up the heat until mixture is bubbling. Add one handful of chopped spinach. (I find cutting over the pan with scissors is a quick way to chop spinach.) Turn down the heat to low and cover the pan with a large lid. Heat gently until omelette is cooked. Cut into quarters and serve with some extra chopped spinach and tomato salad on the side.

P **V** *Omit the milk and butter for dairy-free*



Maca

Maca is native to Peru and grows at high altitudes. It is normally eaten as a vegetable roasted or baked. But it also has a long history of use in traditional medicine as an energy booster, a fertility aid and a way to heighten the libido of both men and women.

In the Incan empire, battle leaders provided maca to warriors to enhance their strength. After the battle men's libidos were sensational, so they were prevented from taking maca so their libidos subsided back to normal again.

Recent research suggests that maca does indeed increase sex drive in men. Maca's libido-enhancing powers are attributed primarily to its amino acids, minerals and healthy oils. Some studies also indicate improved fertility and in women it may help with menopausal problems. Maca is an excellent addition to your morning smoothie, or add to bliss balls and even sprinkle on your porridge.

Blackberry smoothie

Ingredients – serves 2

- 1 cup coconut milk
- 1 cup frozen blackberries
- 1 banana
- 1 tablespoon maca powder

Blend all ingredients together.

P D V Ve

Kale

Kale is one of those superfoods that's bursting with B vitamins, vitamin A, vitamin C, as well as phytonutrients and the minerals potassium, iron manganese and phosphorus. It's a great detoxifier helping to bind bile acids in the gall bladder. This is a great way to start the day as well as a strong body alkaliser.

Kale and green apple smoothie

Ingredients – serves 2

- 2 handfuls of curly kale
- 1 green apple
- ½ handful of parsley
- Juice of 1 lemon
- 300 ml filtered water

Blend all the ingredients together and add more water if necessary to achieve consistency and smoothness. Serve over ice.

P D V Ve





Breakfast

Quinoa

Quinoa is a South American pseudocereal with edible seeds, so it's not a true grain. Quinoa has been an important staple in Andean cultures for thousands of years. Its origins appear to be from around Lake Titicaca about 5000 BC. The Incas held the crop to be sacred. Religious festivals included an offering of quinoa in a fountain of gold to the sun god Inti. The Inca emperor would use a special gold implement to make the first furrow of each year's planting.

It's a great source of protein with a balanced range of amino acids, especially lysine, which helps fight viral infections like herpes and cold sores. Quinoa flakes or rolled quinoa have the bitter outer saponin coating removed, leaving a versatile food that can be used in porridge and smoothies.

Quinoa porridge

Ingredients – serves 1

2 tablespoons (30 ml) rolled quinoa

90 ml filtered water

Handful of raspberries or blueberries

½ teaspoon raw bush honey

Optional: 1 teaspoon of flaxseed oil, 1 teaspoon almond milk

Add water and quinoa to a pot and cook gently for 3 minutes.

Add the flaxseed oil, honey and milk, and mix in the berries.

D V Ve

Lemons

Lemons are a great alkaliser and a great start to the day. Overnight we detox our liver releasing all kinds of toxins, so we can be quite acidic first thing in the morning, especially if we have eaten badly the day before. Although lemons taste acidic, they make our cells and body tissues become more alkaline. Start every day with a lemon cleanser no matter what you ate the day before.

Lemon cleanser

Ingredients – serves 1

Juice 1 lemon
300 ml warm water

Squeeze lemon juice into water and drink before breakfast.

P D V Ve

Banana

According to Hindu legend, it was a banana, not an apple, that Eve offered to Adam in the Garden of Eden. Bananas are good sources of potassium and B vitamins, which boost your energy levels and sex hormones. They also contain the enzyme bromelain (like pineapples), which is a great anti-inflammatory. In Hawaii the banana is considered the fruit of the gods, so treat yourself like a god with bananas for breakfast.

Banana smoothie

Ingredients – serves 2

2 cups almond milk
2 medium bananas cut into quarters
½ cup organic natural yogurt
1 tablespoon raw bush honey
Optional: 1 teaspoon of cinnamon powder

Add all ingredients to a blender and blend for 30 seconds.

P D V Ve

Vietnamese pho (breakfast noodle soup)

Ingredients – serves 2

125 g rice noodles
500 ml vegetable stock
250 ml water
½ lemongrass stem finely chopped
1 garlic clove chopped
1 cm piece of ginger thinly sliced and cut into matchsticks
1 red chilli deseeded and finely chopped
50 g mixed mushrooms
50 g bean sprouts
½ red pepper
1 stalk of baby bok choy roughly chopped
1 teaspoon fish sauce
1 teaspoon lime juice
Coriander and mint leaves, to garnish

Pour boiling water over noodles in a noodle bowl and stand for 15 minutes. Add the vegetable stock, lemongrass, garlic, ginger, chilli, mushrooms, and red pepper to a pot. Add enough of the water to get the soupy consistency you like. Bring to the boil, then turn down the heat and simmer gently for 5 minutes. Add the bok choy and simmer for another 30 seconds. Add the fish sauce and lime juice. Drain the noodles and divide into two noodle bowls. Pour in the soup over the noodles. Add the bean sprouts and top with the coriander and mint leaves.

P D V Ve – leave out the fish sauce

Chilli

Capsaicin in chillies is what makes them hot and also can help rev up your libido. Capsaicin promotes the release of chemicals that can raise your heart rate and trigger the release of endorphins that give you a natural high. This magic component also stimulates the nerve endings, making the body highly sensitive and increasing the pulse. One of the reasons chillies are considered to be an aphrodisiac is that after consuming chillies, a person's body temperature rises and he/she gets flushed cheeks, which is a classic feeling of sexual arousal.

Berries

Berries are well known for their anti-oxidant power. They contain vitamin C and flavonoids and give the biggest anti-oxidant bang for your buck of any food. Goji berries were used in Asian countries as a sexual tonic, while Acai berries were used in Brazil to enhance energy.

Berry smoothie

Ingredients – serves 2

Handful frozen or fresh berries

½ packet fresh spinach

300 ml water

2 tablespoons pea protein powder

1 tablespoon (15 ml) flaxseed oil

Pour all ingredients into blender. Add more berries if needed to achieve taste or more water for smoother consistency.

P D V Ve

Raspberry and goji smoothie

Ingredients – serves 2

1 cup almond milk

1 ripe banana

1 cup fresh or frozen raspberries

¼ cup goji berries

1 tablespoon flaxseed oil

1 tablespoon coconut oil

Blend all ingredients until smooth. Add filtered water to get desired consistency.

P D V Ve

Spicy chocolate smoothie

Ingredients – serves 2

1 cup coconut water

¼ cup soaked almonds

1 tablespoon raw cacao powder

1 tablespoon acai berries or 1 teaspoon acai powder

¼ teaspoon cayenne pepper

A pinch Himalayan rock salt

Blend all the ingredients together.

P D V Ve



Berries

Dates

This fruit is popular in the Middle East and combats low libido and fatigue. Dates have a great range of amino acids and healthy minerals needed for good energy production and stamina. Soak overnight to soften them for breakfast smoothies.

Date and banana smoothie

Ingredients – serves 2

Handful dates soaked overnight

1 banana

1 cup milk

Blend ingredients and add extra milk if necessary to get right consistency.

P **V** *Substitute coconut milk for vegan and dairy-free recipe*

Cada

Ingredients – serves 2

Handful dates

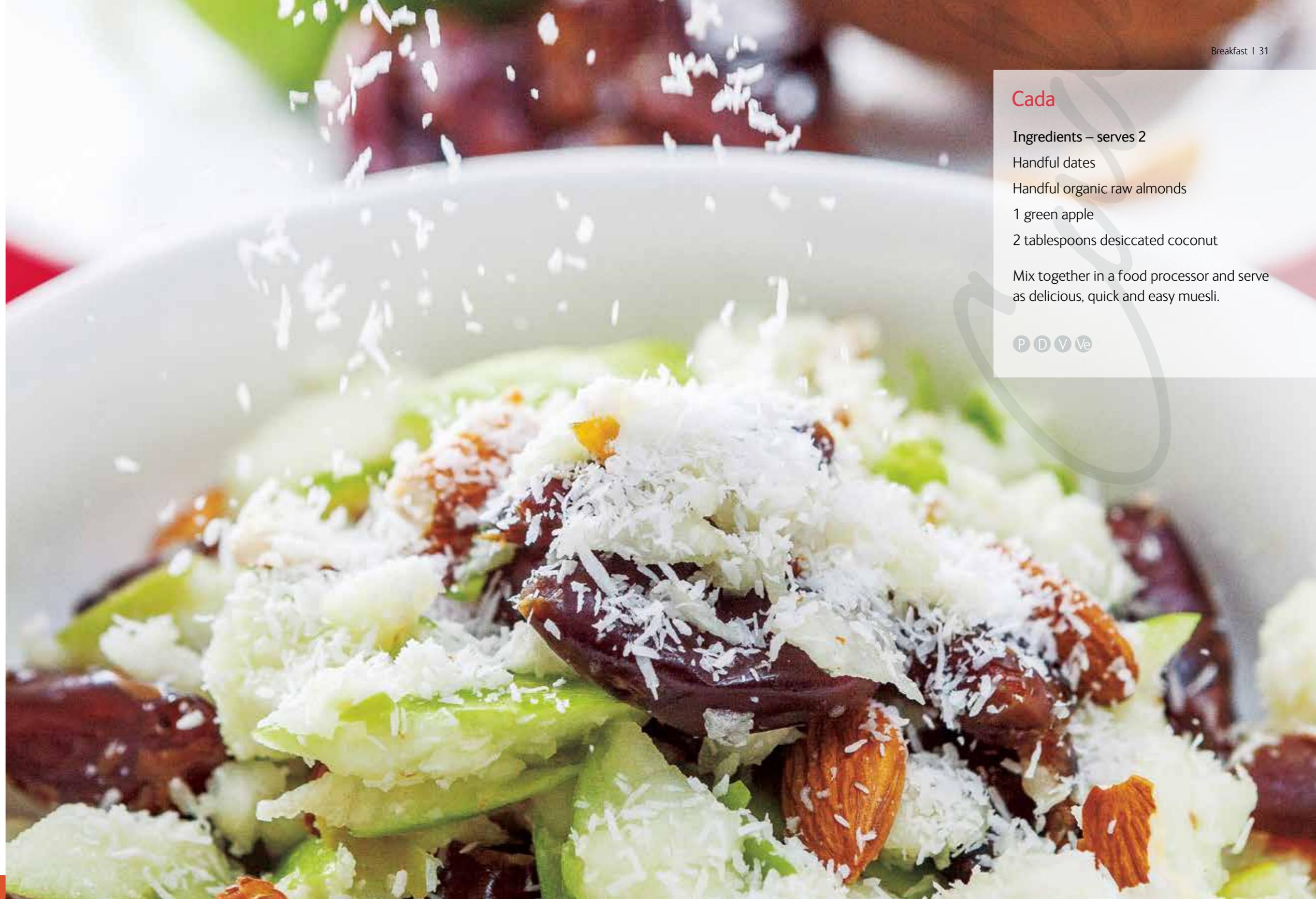
Handful organic raw almonds

1 green apple

2 tablespoons desiccated coconut

Mix together in a food processor and serve as delicious, quick and easy muesli.

P **D** **V** **Ve**



Snacks

Chocolate

This is the ultimate libido food. It has several chemicals that improve libido, increasing desire, interest and excitement. Unfortunately many people regard chocolate as a forbidden food – and commercial chocolate is not the real deal. Roasting cacao beans destroys many of the beneficial nutrients and most chocolate bars contain at least 50% sugar and soy lecithin – a processed fat made from soy bean. Much better to make your own chocolate at home using raw cacao powder and healthy fats such as coconut.

Read *'Eat Fat to Feel Sexy'* to find out more about all the desire-enhancing chemicals in raw chocolate. They include PEA, the 'love drug', as well as tryptophan, which cheers us up as a precursor to serotonin. Theobromine lowers blood pressure and opens up those all-important blood vessels. This sends blood to the right areas helping sexual function and increasing sensation in both men and women. To top it all, raw chocolate is full of anti-oxidants and flavonoids as well as important minerals such as magnesium. An all-rounder in the health and libido stakes.

Chocolate bliss balls

Ingredients – makes 20 or more balls depending on what size you want

2 cups almonds

½ cup sunflower seeds

½ cup pepitas

¼ cup chia seeds

¼ cup sesame seeds

½ cup raw cacao powder

2½ cups pitted and soaked dates

½ cup walnuts

1 tablespoon coconut oil

Desiccated coconut for coating balls

(If you don't have all the ingredients you can substitute nuts and seeds you have in the cupboard, except for peanuts.)

Process nuts and seeds until finely ground. Add cacao powder and coconut oil. Drain dates and add to mixture. Process until the mixture comes together. Roll a tablespoon of mixture into a ball and dip in desiccated coconut. Store in an airtight container in the fridge. Have one or two for a mid-morning or afternoon snack. Great for lunchboxes, too.

P D V Ve





Homemade chocolate bar

Ingredients – serves 2

¼ cup raw organic cacao powder (4 tablespoons or 60 ml)

¼ cup organic coconut oil

5 ml or 1 teaspoon peppermint essence

5 ml raw honey

Gently melt coconut oil in a cup. You can do this by putting the cup in a bowl of hot water. Don't microwave as the intense heat will destroy its healthy nutrients. Mix oil and cacao powder in a plastic or ceramic container. Add the honey and peppermint. Stir well and freeze for 30 minutes. Break into bite size pieces. Snack on half to one bar daily for a healthy, nutritious, guilt-free snack that cuts sugar cravings. Keep in the fridge as the coconut oil melts quickly, which is great if you want to spread it liberally over body parts. Lickalicious!

Options

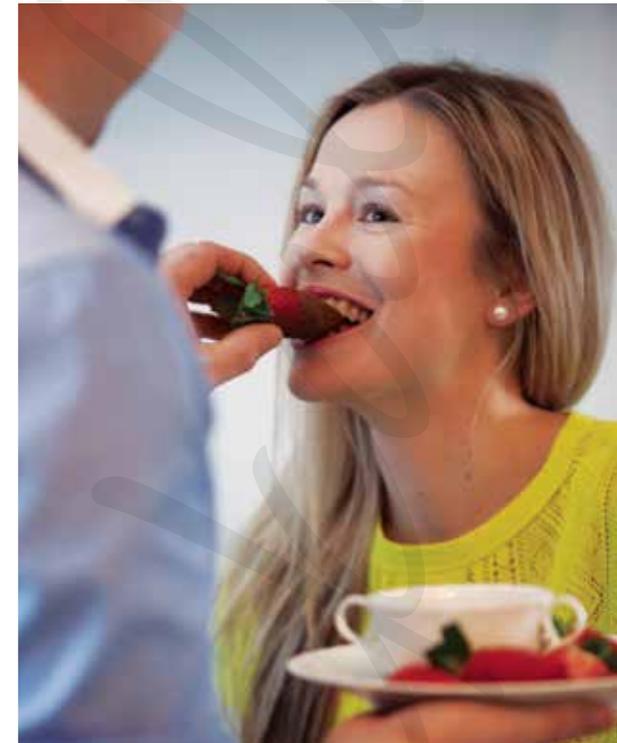
Choc nut sensation

Add a small handful of crushed raw almonds, walnuts or cashews for a chocolate and nut sensation. Add a few goji berries for a tasty fruit and nut bar.

Chilli surprise

Add a teaspoon of chilli oil instead of peppermint for a hot shot of chocolate.

P D V Ve



Pineapple

Pineapples are excellent for libido, especially in men. Studies suggest that pineapple has direct effects on sexual performance. Pineapples contain an estimated 10% thiamine. This vitamin functions as an important catalyst for chemical reactions to occur and boosts energy. Increasing energy also acts to increase libido. If that were not enough, males who drink pineapple juice are said to have sweeter semen, a more pleasant overall scent and an increase in sperm count!

Like bananas, pineapples are a great source of bromelain, which is believed to increase libido and repair impotence in men. It is also a good anti-inflammatory and aids in digestion.

Get juicing and mix up your own love concoction!

Pineapple and spinach juice

Ingredients – serves 2

- 1 cup pineapple cubed
- 1 cup fresh spinach chopped
- ¼ cup fresh parsley chopped
- 250 ml filtered water
- ½ teaspoon fresh grated ginger (optional)

Blend for 30 seconds and serve with ice.

P D V Ve

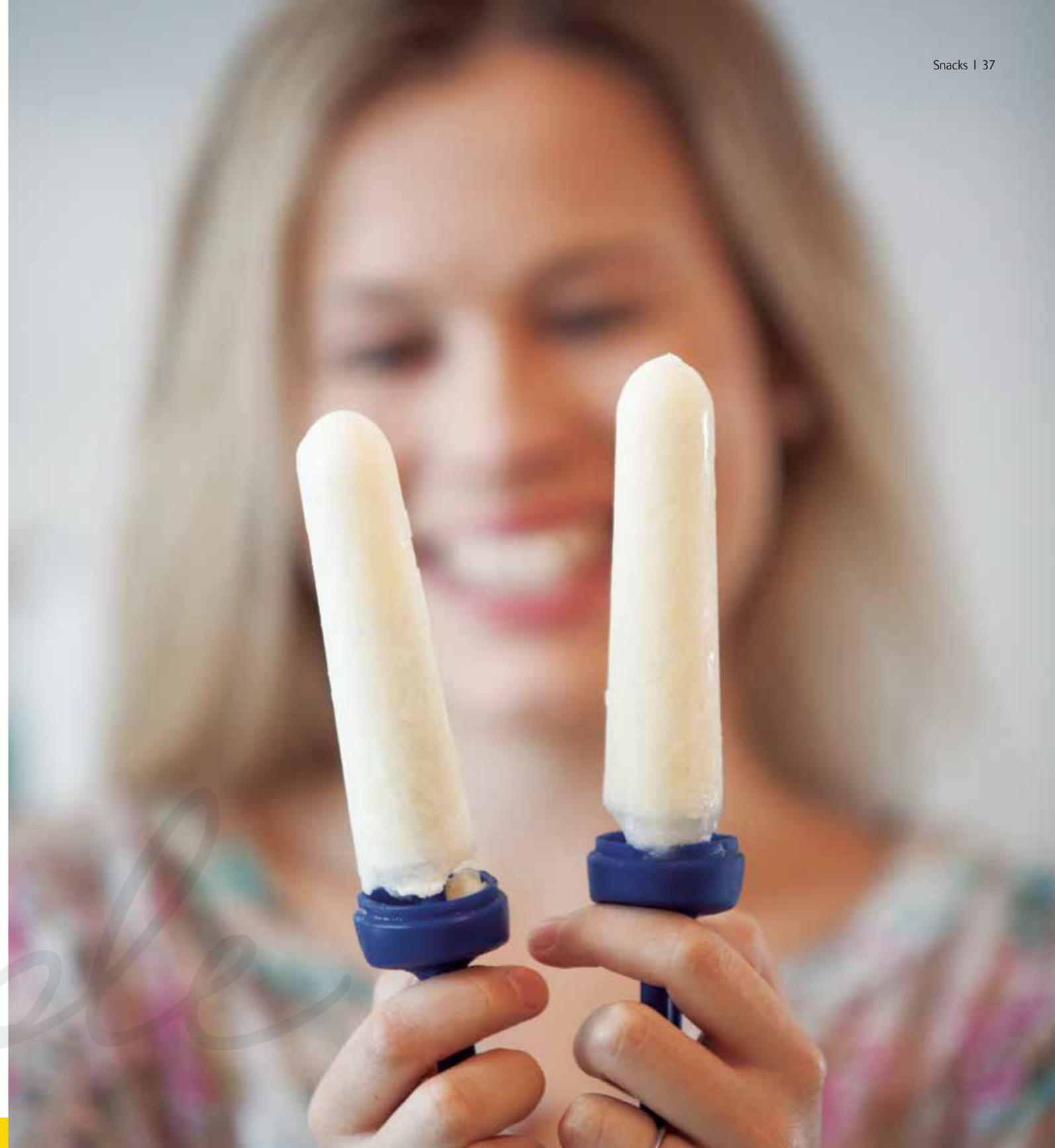
Pineapple ice blocks

Ingredients – makes a tray of ice blocks

- 2 cups fresh pineapple roughly chopped
- 120 ml coconut milk

Combine pineapple and coconut milk and blend until smooth. Pour into an ice-cube tray. Add a cocktail stick to each cube and freeze for 4 hours. Great for slurping for an afternoon delight...

P D V Ve



Pineapple

Celery

Celery would probably not be on your top 10 list of libido-boosting foods but celery contains a steroid called the boar pheromone found in high concentrations in male pigs. It's possible that eating celery increases the pheromone levels in a man's sweat, making them more attractive to women.

The ancient Romans used celery root as part of the wedding ceremony and green leaves of the celery plant were used as an element of marital bed decoration for a newly married couple. At the same time celery is a very alkalising vegetable with plenty of flavonoids, anti-oxidants and fibre.

Fresh veggie juice

- 1 stalk celery with leaves
- 1 green apple
- 1 carrot
- 1 cm fresh turmeric
- 1 cm fresh ginger
- 500 ml water

Blend all veggies together as a mid-morning snack or for breakfast.

P D V Ve

Celery

Figs

Figs have long been associated with fertility and as an arousing stimulant, due to its representation of the female sex organs. Legend has it that figs were one of Cleopatra's favourite foods. The ancient Greeks held them as sacred and associated them with love and fertility – they valued them as more precious than gold.

Figs are high in some amino acids, which can help increase sexual desire and improve sexual performance. Some people believe that figs can also increase stamina and endurance. Team them up with yoghurt or goat's cheese to cover all the protein bases of essential amino acids.

Figs with honey cheese

Ingredients – serves 2

- 25 g pine nuts
- 100 g fresh organic goat's cheese
- 1 teaspoon raw bush honey
- 4 fresh figs, cut in half
- 1 tablespoon chopped orange peel

Toast the pine nuts in a dry pan. Chop the goat's cheese and drizzle with the honey. Arrange the figs and cheese on a plate. Sprinkle with toasted pine nuts and orange peel.

P D V

Figs

Chocolate and fig cake

Ingredients – makes a cake
for about 8 small slices

- 25 g raw cacao powder
- 1 can (400 ml) organic coconut cream
- 1 tablespoon organic coconut oil
- 100 g dried figs
- 10 g goji berries
- 50 g cashews
- 100 g pistachios

Blend cashews and pistachios until fine meal. Add rest of the ingredients and blend together. Pour into small cake tin or tray. Refrigerate for 2 hours. Serve with cups of hot ginger tea for a healthy afternoon snack.

P D V Ve



Ginger tea

Ingredients

1 inch piece ginger peeled
and cut into 4-6 slices

1½ cups of water

Juice from ½ lime

1 teaspoon raw bush honey to taste

Put the water into a pot with the ginger. Simmer gently for 10 minutes then drain the ginger and discard the pieces. Add the lime juice and honey, then pour into a cup... and relax!

P D V Ve



Chilli jam

Ingredients – makes a small bowl of jam

ripe tomatoes roughly chopped

4 tablespoons raw bush honey

2 tablespoons lemon juice

40 ml apple cider vinegar

2 red chillies, sliced and deseeded unless you like it hot

1 teaspoon celtic sea salt

Place chopped tomatoes and honey in a bowl, cover and leave overnight.

Pour tomatoes into a pan, add other ingredients. Bring to the boil and then reduce heat and simmer very gently for about an hour until thickened. Blend or mash to get smooth consistency.

P D V Ve

Mixed nut snack

A handful of mixed nuts makes a great morning or afternoon snack with green tea, fruit or herbal tea.

Select from organic, raw, unsalted – almonds, cashews, brazil nuts, walnuts, hazelnuts, macadamia nuts, flaxseeds and pepitas.

P D V Ve

Nuts and seeds

Nuts and seeds are great sources of the amino acid arginine. We can make arginine most of the time but occasionally we need to eat foods rich in arginine to supplement our diet. Arginine is one of the amino acids involved in the production of nitric oxide as well as citrulline. Nitric oxide relaxes muscles in the blood vessel walls, allowing them to expand and increase blood flow. This helps in erectile dysfunction as it's mostly caused by reduced blood flow to the penis. It also helps to lower blood pressure. Increased blood flow to the pelvis helps libido and sexual function in both sexes.

While fish, meat and dairy are good sources of arginine, nuts and seeds make good vegetarian sources. Each type of nut and seed has a different balance of minerals and vitamins, so a mixture of raw and unsalted organic nuts is a great way to boost your nutrient intake. For example, pepitas have lots of zinc, brazil nuts are rich in selenium, walnuts are high in Omega 3.



Nut crackers

Ingredients – makes half a dozen crackers

- 1 cup almonds
- ½ cup flaxseeds
- ½ cup filtered water
- 2 teaspoons olive oil
- ¼ teaspoon salt

Baking paper and oven tray

Blend flaxseeds and almonds to fine meal. Mix oil and salt into mixture. Add water until a thick consistency is reached. Roll out thinly onto a sheet of baking paper and put onto the oven tray (cover with plastic wrap to avoid the mixture sticking to the rolling pin, but remember to remove it before putting in the oven). Bake for one and a half hours at 70°C. Turn the heat down to 40°C and bake for a further 5 hours. Turn the large cracker over and bake for a further 5 hours. You are dehydrating the nuts rather than cooking - at a very low heat – that's why it takes so long. If you have a dehydrator then use that rather than the oven. When ready, break the cracker into smaller pieces and store in an airtight container.

P D V Ve



Nut cheese

Ingredients – serves 2

- 1 cup raw organic unsalted cashews
- 3 tablespoons lemon juice
- 1 tablespoon lime juice
- 1 large spring onion chopped
- Pinch salt
- Filtered water to cover cashews

Soak cashews overnight in water. Drain water away in the morning. Blend the cashews and then add the spring onions, lemon and lime juice. Blend until smooth. Add water to achieve desired consistency. Serve with nut crackers, olives, slices of tomato or chilli jam. Alternatively serve with crackers and fruit such as figs, dried apricots or grapes.

P D V Ve

Homemade humus

Ingredients – serves 2

- 1 cup dried chickpeas
- 1 clove garlic finely chopped
- 1 tablespoon tahini
- 2 tablespoons olive oil
- Juice of half a lemon
- Celtic sea salt and pepper to taste

Soak chickpeas overnight in filtered water. Blend chickpeas then add garlic, tahini, lemon juice and olive oil. Add more olive oil if necessary to make a smoother consistency. Season with salt and pepper. Serve in a bowl; drizzle with olive oil and sprinkle with paprika (optional). Eat with crackers and veggie sticks such as carrot, celery, courgette, red pepper and broccoli.

D V Ve



Mexican hot chocolate

Ingredients – serves 2

- 400 ml water
- 25 g raw organic cacao powder
- 2 teaspoons instant coffee granules
- 1 teaspoon ground cinnamon
- ¼ teaspoon chilli flakes
- 1 teaspoon finely grated orange zest
- 200 ml milk
- 2 teaspoons raw bush honey
- 2 cinnamon sticks, for garnish

Combine chocolate, coffee, cinnamon, chilli, orange zest and water in a saucepan. Bring to the boil, then simmer gently for 5 minutes. Add milk and honey and whisk. Add more honey to taste if necessary. Pour into mugs and garnish with cinnamon sticks.

D V Ve

Coconut maca energy balls

Makes 25 balls, depending on the size of your scoop

- 10 tablespoons coconut flour
- 10 teaspoons maca powder
- 3 tablespoons raw cacao powder
- ⅔ cup desiccated coconut
- 3 tablespoons chia seeds
- ⅔ cup oats
- 1 cup cashew butter
- 1/3 cup raw bush honey

P D V Ve

Lunch

Chilli lime oysters

Ingredients – serves 2

- 1 dozen oysters
- 1 long red chilli
- 1 teaspoon honey
- Pinch salt
- 2 tablespoons lime juice
- 1 tablespoon fish sauce

Deseed and finely slice a long red chilli and combine well with a teaspoon of honey, a pinch of salt, 2 tablespoons of lime juice and 1 tablespoon of fish sauce. Serve each oyster in its shell with a splash of dressing on the top.

P D

Oysters

Oysters were acknowledged as an aphrodisiac as early as the second century. The legendary lover Casanova ate 70 oysters a day to maintain his renowned sexual prowess and in Roman times thousands of slaves were sent to the English Channel to gather oysters for feasts of the rich. They wanted to get their women in the mood with oysters and wine! Sound familiar?

Legends aside, the nutritional facts of oysters show they pack a powerful punch. They are a rich source of zinc, which plays an important role in testosterone and sperm production; strengthening the immune system as well as improving dopamine levels in both sexes to increase libido.

Even the experience of shucking a fresh oyster and being fed the erotic flesh can in itself be considered an act of seduction.



Oysters with linguine

Ingredients – serves 2

- 12 large oysters
- 250 g fresh linguine or gluten-free pasta
- 2 tablespoons cider vinegar
- Juice of half a lemon
- 1 tablespoon chopped fresh chives
- 1 tablespoon fresh basil leaves
- Ground pepper
- 30 g melted butter

Open the oysters, keeping any water that you find inside the shells. Cut them in half and leave in the water. Cook the pasta in salted water for about 3 minutes. After draining the linguine, add the melted butter, the oysters and their water, herbs, vinegar and lemon. Stir for a couple of minutes over the heat to warm through, adding extra butter if needed.

D

Oyster and scallop ceviche

Ingredients – serves 2

- 8 prepared oysters
- 8 prepared scallops
- 8 limes juiced
- 2 large diced tomatoes
- 6 spring onions finely chopped
- 2 stalks celery sliced finely
- Half a red pepper chopped finely
- Half a green pepper chopped finely
- Ground pepper
- 2 tablespoons extra virgin olive oil

Rinse and dry the oysters and scallops. Place in a bowl and cover with the lime juice. Place in the refrigerator overnight, the scallops should now be opaque. Now pour away half of the lime juice from the bowl and add the prepared tomatoes, spring onions, celery, red and green peppers, and olive oil, season with pepper and stir together gently. Serve garnished with lime slices and with a crisp celery salad.

P D

Celery salad

Ingredients – serves 2

- 2 stalks celery with leaves chopped
- 1 green apple chopped
- 2 carrots chopped
- 1 teaspoon raisins
- 10 cashew nuts
- Dressing
- ½ teaspoon Dijon mustard
- 1 tablespoon olive oil
- 1 tablespoon macadamia nut oil

Mix all the ingredients together in a bowl. Mix dressing ingredients and drizzle over salad.

P D V Ve



celery

Asparagus

Just looking at asparagus and its suggestive shape gets you wondering what nature is trying to tell us. She is on the right track with this one, not only does the shape represent an appendage of the male body but it is packed with folate, which is shown to help a healthy sex drive in both men and women. A naturally occurring form of folic acid, folate, regulates the production of histamine – the chemical that is released during an orgasm. Asparagus also contains a high level of vitamin E, which stimulates the production of testosterone in men. The higher your testosterone level, the higher your libido!

Balsamic asparagus salad

Ingredients – serves 2

- 500 g asparagus
- 120 g mushrooms chopped
- 1 tablespoon fresh lemon juice
- 1 tablespoon balsamic vinegar
- 1 teaspoon Dijon mustard
- 1 clove garlic crushed
- 3 tablespoons extra virgin olive oil
- Freshly ground black pepper
- ½ cup chopped basil
- 2 tablespoons grated pecorino cheese

Trim the asparagus and cut into 2cm pieces. Simmer the asparagus in 100 ml of water with a pinch of salt until it is tender (about 5 minutes). Whisk the lemon juice, vinegar, Dijon mustard and garlic together. Add the olive oil and black pepper. Drain the asparagus and gently toss in the dressing. Add the mushrooms and basil and salt to taste. Sprinkle with freshly grated pecorino cheese.

P **V** *Omit the cheese for dairy-free or vegan*

Asparagus and pumpkin frittata

Ingredients – serves 2

- 250 g pumpkin chopped
- 10 g butter
- 1 garlic clove, finely chopped
- 2 leeks chopped
- 5 eggs
- Small bunch asparagus

Preheat oven to 200°C. Trim cut ends of asparagus and cook in boiling water for 1 minute. Place pumpkin on a baking tray. Drizzle with olive oil and season. Roast for 6 minutes. Reduce oven to 180°C. Heat the butter in a pan. Add garlic and leek and cook for a few minutes.

Lightly beat eggs in a bowl and season. Layer pumpkin, leek and asparagus in a loaf pan. Pour the egg mixture into the pan. Cook in the oven for 20 minutes or until cooked through.

P **D** **V**



Asparagus

Mexican chilli chicken

Ingredients – serves 2

250 g boneless, skinless organic chicken breasts cubed
 1 tablespoon macadamia nut oil
 500 g tomatoes roughly chopped
 250 g corn, fresh or frozen
 1 can (400 g) kidney beans
 1 tablespoon chilli powder
 ½ tablespoon ground cumin
 ½ teaspoon salt
 Pinch cayenne pepper

Brown chicken in a pan with the oil. Move to a casserole dish and add other ingredients. Slow cook on 150°C for 2 hours. Serve with crunchy mixed salad.

Mixed salad

Ingredients – serves 2

½ bag spinach or rocket
 1 red pepper
 1 spring onion
 Few florets broccoli
 Few florets cauliflower
 Handful snow peas
 Handful mung beans
 Handful shitake mushrooms
 Juice 1 lemon
 2 tablespoons macadamia nut or olive oil
 Salt and pepper
 1 clove garlic – crushed

Chop ingredients roughly and throw into a bowl. Sprinkle mung beans over the top. You can use all or some of the above vegetables or any other vegetables you like. Make sure you include the greens though! All can be eaten raw. You are not destroying any nutrients by cooking and it saves time, so it's all good. Mix the nut oil, lemon juice, garlic and seasoning and drizzle over salad. Serve with a lightly grilled organic lamb chop, some grilled organic haloumi or organic soy tempeh.

P D V Ve

illi





Curried coleslaw

Ingredients – serves 2

¼ cabbage sliced

2 carrots grated

1 medium red onion chopped

Small handful sultanas

1 tablespoon curry powder

3 tablespoons mayonnaise or nut mayonnaise

Mix cabbage, onion, carrots and sultanas together in a bowl.

Mix mayonnaise and curry powder together then stir into vegetable mix.

P D V Ve

Nut mayonnaise

Many commercial mayonnaises are full of preservatives (how else could they sit on the shelves for so long) and inflammatory seed oils. Make your own mayonnaise from tasty macadamia nuts or pine nuts and give yourself a healthy treat.

Ingredients – serves 2

½ cup macadamia nuts

1 tablespoon apple cider vinegar

1 tablespoon olive oil

¼ cup water

Pinch salt and pepper to taste

Blend ingredients together until smooth. Add more water if necessary to get the right consistency.

Curry

Other seafood

Other crustaceans such as crab, prawns, octopus and squid are great accompaniments to a juicy salad. Although not as high in zinc as oysters they are rich in selenium, necessary for good sperm production.

Chilli prawns

- 1 kg prawns peeled and deveined
- 100 g butter
- 2 tablespoons olive oil
- 3 garlic cloves thinly sliced
- 2 red chillies sliced and deseeded
- 1 tomato chopped
- 2 tablespoons chopped parsley

Melt butter and oil in a pan. Add garlic and chilli. Cook for 1 minute. Add prawns. Cook for 2 to 3 minutes or until prawns are pink. Stir in tomato and parsley. Serve with lemon wedges and a mixed salad.



Grilled squid

Ingredients – serves 2

- 500 g squid
- 1 tablespoon olive oil
- 1 tablespoon lemon juice
- Salt and pepper

Wash squid and pat dry. Cut into 3 cm chunks. Mix olive oil and lemon juice and seasoning. Toss squid in the dressing. Grill for 1 to 2 minutes on a barbecue or thread onto skewers. Serve with lemon wedges and curried coleslaw salad.



Avocados

The avocado, like many fruits, also has a rich history. The Aztecs named the avocado tree Ahuacatl, meaning testicle tree – comparing the fruit hanging in pairs on the tree to male testicles.

Like asparagus, the avocado is high in folic acid, which helps metabolise protein, increasing your libido. Avocados are also rich in vitamin B6, which helps increase male sex hormone production.

Being spoon-fed avocado chocolate mousse for dessert could do wonders for your second-course entertainment.

Chicken, avocado and mango salad

Ingredients – serves 2

- 2 handfuls spinach or mixed leaves
- 2 cooked organic chicken breast fillets thinly sliced
- 1 avocado sliced
- 1 mango sliced
- 2 tablespoons olive oil
- 3 teaspoons wholegrain mustard
- Juice of 1 orange
- Celtic sea salt and freshly ground black pepper

Spread greens over plate. Add chicken, avocado and mango slices.

Shake oil, orange juice and mustard together in a glass jar. Season well and drizzle over salad and serve.

Guacamole salad

Ingredients – serves 1

- 1 avocado
- 1 large tomato chopped
- Juice of half a lemon
- ¼ red onion finely chopped
- 1 clove garlic finely chopped or crushed
- Optional: Tabasco sauce or hot chilli sauce

Mash avocado. Mix all ingredients in a bowl. Add salt and pepper to taste and Tabasco if you like it spicy. Serve with a green salad.





Ginger

The tasty root of ginger has long been deemed an aphrodisiac because of its intoxicating smell and the way in which it promotes good circulation. It is a member of the same family as turmeric and cardamom, also known to have libido enhancing qualities. It is mentioned in the Kama Sutra as a powerful stimulant that can help during sexual encounters. Ginger has been attributed to the ability to help spark sex drive, increase performance and reduce premature ejaculation.

Homemade ginger ale

Ingredients

- 1 litre filtered water
- Juice of 3 limes
- 2 cm ginger cut into slices
- 1 teaspoon sea salt
- 1 tablespoon raw bush honey
- 1 probiotic tablet or capsule dissolved in ¼ cup water or the water drained from a tub of natural yoghurt.

Mix all ingredients together in a 2-litre bottle or glass jar. Leave some space at the top for the bubbles. Leave to settle at room temperature for 2 days. Leave for longer if you want more fizz. Add a little extra honey to taste.

Ginger and honey glazed chicken

Ingredients – serves 2

- 2 large boneless, skinless organic free-range chicken breasts
- 2 tablespoons raw bush honey
- 1 tablespoon Dijon mustard
- 2 tablespoons water
- 1 tablespoon freshly chopped ginger
- 2 garlic cloves, peeled and crushed
- Celtic sea salt and black pepper, to taste

Preheat the oven to 180°C. Place chicken in an overproof dish. Mix the honey, mustard, water, ginger, garlic and seasoning in a bowl. Pour over the chicken breasts. Bake in the oven for 45 minutes. Serve with cabbage and carrot salad.

Ale

Ginger



Carrots

Rich in beta carotene, carrots provide nutrients for your libido and strong antioxidants. Vitamin A plays an essential part in reproduction and good sperm production. Sweet potato, kale, spinach, red pepper and broccoli are also good sources of vitamin A. Crunch on a raw carrot daily or add to salads to get your daily antioxidant fix.

Cabbage and carrot salad

Ingredients

- Few cabbage leaves
- 1 carrot
- 1 green apple
- 1 teaspoon toasted sesame seeds
- 10 ml apple cider vinegar
- 10 ml olive oil
- 1 teaspoon curry powder (optional)

Dry fry sesame seeds to toast them. Mix dressing – olive oil, vinegar and curry powder – season to taste. Chop cabbage, carrot, apple and put into bowl. Sprinkle with toasted seeds and drizzle dressing over salad.

Carrots



Chia salad

Ingredients

- ¼ cup chia
- 1 packet rocket
- 3 tomatoes
- ½ red pepper
- ½ cup pine nuts
- Apple cider vinegar dressing, 10–20 ml
(Mix 10 ml of apple cider vinegar and 10 ml virgin olive oil, season to taste.)

Chop rocket, tomatoes and red pepper. Toss salad with chia and pine nuts. Drizzle dressing over salad.



Lettuce or cabbage wraps

Ingredients – serves 2

Few large lettuce or cabbage leaves

2 mashed boiled eggs

1 avocado

100 g cooked salmon roughly chopped

1 tablespoon chopped parsley

Optional

1 spring onion chopped

½ red pepper chopped

1 stalk celery chopped

¼ cup macadamia nuts chopped

Select a few large leaves from the lettuce or cabbage to use as the wraps. Mix eggs, avocado, salmon and parsley. Season with salt and pepper. Put a small amount of filling on each leaf and roll like a wrap.

Salmon with mango and chilli salsa

Ingredients

2 salmon fillets

2 mangoes finely chopped

1 red chilli deseeded and thinly sliced

2 tablespoons chopped fresh coriander

Juice of half a lime

Lime wedges to serve

Put the salmon uncovered into an ovenproof dish. Put into a cold oven. Turn oven on to 125°C and bake for 25-30 minutes. Combine the mango, chilli, coriander and lime juice in a bowl. Season with salt and pepper. Divide the cooked salmon into large wedges and arrange on a platter. Pour the salsa over the salmon and serve with lime wedges.

Dinner Starters

Spicy oyster shots

Ingredients – serves 2

6 oysters
30 ml tomato juice
Dash Tabasco sauce
Dash Worcestershire sauce
3 measures of vodka
Salt and ground black pepper
Juice of 1 lemon

Shuck the oysters. Fill a shot glass half full with vodka. Add 10 ml of tomato juice, a squeeze of lemon juice, a few drops of Tabasco and Worcestershire sauce and a pinch of salt and pepper. Swallow the oyster and follow it up with half the spicy shot.

Summer gazpacho

4 large tomatoes chopped
1 medium red onion finely chopped
¼ cucumber finely chopped
2 cloves garlic finely chopped
Juice 1 lemon
2 tablespoons olive oil
100 ml filtered water
Salt and freshly ground pepper
Tabasco sauce

Combine half the ingredients in a blender and blend until smooth. Pour into a bowl and add the other half of the ingredients. Stir and leave in the fridge for 2 hours to let the flavours develop.

Green gazpacho shot

Ingredients – serves 2

¼ cucumber
½ avocado
Few kale leaves
Sprig parsley
50 ml water
½ green chilli sliced and deseeded
Juice ½ lime
Celtic sea salt and freshly ground black pepper

Blend cucumber, avocado, kale, chilli with the lime juice and water. Season well and top-up with extra water if needed until desired consistency. Serve in hi-ball glasses with a sprig of parsley.



Watermelon gazpacho

Ingredients – serves 2

2 cups watermelon chopped

¼ cucumber chopped

½ red pepper chopped

½ small red onion chopped

2 tablespoons lemon juice

1 tablespoon olive oil

1 tablespoon fresh coriander chopped

Salt and pepper

Blend the watermelon, cucumber, pepper and onion, olive oil and lemon juice. Season to taste. Chill and serve with coriander sprinkled over the top.



Chicken stock

Ingredients – serves 2

1 organic free-range chicken carcass

1 onion peeled and cut into quarters

1 carrot cut into 3

2 bay leaves

Salt and freshly ground pepper

1 litre or more filtered water

Put chicken carcass into large stockpot. Cover with water. Add onion, carrot and bay leaves. Bring to the boil and then gently simmer for 2 hours. Strain to remove all solid matter and allow stock to cool. Freeze in containers for making soup and adding to casseroles.

The art of making good stock is very simple – but a lot of people shy away from it, either because they don't know how to do it or because it sounds like hard work. Nothing could be further from the truth. It takes a few minutes after a roast chicken dinner to throw the carcass into the pot, chop the onion and carrot and add the herbs and seasoning. Then the stock will take care of itself while you relax in front of the TV. There are plenty of recipes for stock but this one is simple and takes very little time. Cooking the chicken carcass releases nutrients from the bones, which is why chicken soup is used to promote healing.

Chicken and vegetable broth

Ingredients – serves 4

1 litre chicken stock

100 g lentils

1 leek

1 medium onion chopped

20 g organic butter

2 teaspoons olive oil

1 clove garlic finely chopped

2 carrots chopped

2 stalks celery including leaves chopped

¼ bunch parsley chopped

Leftover cooked organic free-range chicken chopped

Soak the lentils in water overnight, drain and rinse before cooking. Chop the leek and soak for 10 minutes to remove sand, grit, etc. Melt butter and olive oil in a large soup pot. Add onion, leek and garlic and sauté over a medium heat for a few minutes until soft. Add the chicken stock, lentils, carrots and celery. Season to taste. Simmer gently for 30 minutes. Add chicken pieces and chopped parsley and serve. Soup can be blended for a smoother consistency.



Nutmeg

The is the dried nut of an evergreen tree found in India, Indonesia and Sri Lanka. This complex spice has long been used in India to boost libido. In Africa is has been referred to as 'Viagra for women'. It has strong anti-oxidant properties and contains many phytonutrients. It relaxes muscles and increases blood flow and has been shown to increase male libido.

Cauliflower and nutmeg soup

Ingredients – serves 2

- ½ cauliflower
- 700 ml vegetable stock
- 2 tablespoons cream
- 25 g butter
- 25 g almonds chopped
- 2 onions chopped
- 1 teaspoon grated nutmeg
- Salt and pepper
- 1 tablespoon parsley chopped

Divide the cauliflower into florets. Melt the butter in a large saucepan. Add the onions and cauliflower and fry gently for about 5 minutes. Pour in the vegetable stock and bring to the boil. Add the almonds and nutmeg, then reduce the heat and gently simmer for 20 minutes. Blend the soup. Pour into bowls and swirl through the cream. Garnish with the chopped parsley.

P V

Pre-dinner cleanser

- 500 ml water
- 20 ml apple cider vinegar
- Optional: 1 teaspoon raw bush honey

Many people arrive home from work dehydrated. Water drunk before your meal is quickly absorbed and utilised by the body. Water drunk after a meal is not absorbed until the food has been digested – a delay of up to 2 hours. This cleanser serves two purposes: to rehydrate you and alkalise the body after a hard day at work. Mix ingredients and add ice if preferred. Drink before dinner.



Mains

Herbs

Herbs are a great source of nutrients. Not only do they contain magnesium but they are also full of phytonutrients or flavonoids, each with anti-inflammatory, anti-allergy or anti-bacterial properties. Supermarket herbs are expensive and not organic. The easiest way to get a cheap, regular supply of herbs is to grow your own. Have a few different herb plants growing in your kitchen so you can pick a few leaves and add to salads, soups and casseroles with every meal.

Tomatoes, basil and goat's cheese salad

Ingredients – serves 2

- 500 g large tomatoes
- 1 medium red onion thinly sliced
- 100 g goat's cheese crumbled into small pieces
- 12 basil leaves finely chopped
- Extra virgin olive oil to drizzle
- Salt and freshly ground pepper

Slice tomatoes thickly and arrange on a plate. Scatter onions over the tomatoes and arrange the crumbled cheese over the top. Sprinkle the basil over the salad and drizzle with olive oil. Finish off with ground celtic sea salt and freshly ground black pepper.



Basil

This herb was used by ancient Greeks to help horses before they bred them. It was a well-known aphrodisiac familiar also to Italians who call it 'Kiss me Nicholas'. Women used to cover their bodies in powdered basil to drive men crazy. It helps with relaxation, so putting a few leaves in hot water and letting the aroma flood your house will help get you both in the mood.

Basil pesto

- ¼ cup pine nuts
- 1½ cups fresh basil leaves
- 2 garlic cloves
- 5 tablespoons organic extra virgin olive oil

Dry fry the pine nuts in a heavy-based pan for a few minutes to toast them. Blend the basil, garlic and pine nuts until smooth. Add the olive oil and blend again.

P D V Ve

Chicken basil and chilli stir-fry

Ingredients – serves 2

- 2 organic chicken breasts cut into strips
- 2 tablespoons macadamia nut oil
- 2 garlic cloves finely chopped
- 1 cm ginger finely chopped
- ¼ teaspoon hot chilli flakes
- ¼ cup chicken stock
- 1 tablespoon fish sauce
- 3 cups lightly packed fresh basil leaves
- Salt and black pepper

Heat the oil in a heavy-based pan or wok. Add the chicken, garlic, ginger and chilli flakes and cook over high heat for 5 minutes. Add the stock and fish sauce and heat until just simmering. Add the basil and cook for a further 30 seconds until just wilted. Season to taste and serve with rice and salad.

P D

Thai coconut chicken curry

Ingredients – serves 2

- 2 tablespoons coconut oil
- 500 g organic chicken thigh fillets, boneless and cut into chunks
- 1 medium red onion
- 2 garlic cloves finely chopped
- ½ teaspoon ground turmeric
- 1 tablespoon red curry paste
- ½ lemongrass stem, cut into two and bruised
- ½ small red chilli deseeded, thinly sliced
- 200 ml can coconut milk
- 8 curry leaves
- 2 tablespoons coriander leaves chopped
- ½ lime

Heat the oil in a heavy-based pan or wok. Add onion and garlic. Cook for 1 minute. Add turmeric, curry paste, chilli and lemongrass. Add chicken and cook for a few minutes. Stir regularly. Pour in the coconut milk and curry leaves. Bring to the boil and then turn down the heat. Simmer gently for 15 minutes. Add lime juice and stir in coriander. Serve with sweet potato and salad.

P D

Coconut

Coconut water has been used for centuries as a home remedy for various ailments and is well known for its anti-ageing properties. It contains magnesium and potassium and has been used for rehydration. For example, during the Second World War it was used as an IV fluid. Coconut oil is a plant saturated fat. Recent research indicates that coconut oil may help with cholesterol profiles and is great for soft skin and hair. Read *Eat fat to feel sexy* to find out more about how coconut oil can help your libido.

Coconut

Spices

Spices have been used in food for thousands of years. Often they were added to preserve food as well as give it flavour. In India, the 'Land of Spices', they were also used for their medicinal properties, which included enhancing libido and fertility. Each spice has its own characteristics and flavour. When mixed together they combine to provide a heady love potion of aromas, flavours and elements increasing sensation, enhancing mood and relaxation. Their constituents include anti-oxidants, amino acids to boost pelvic blood flow and vitamins and minerals to heighten energy levels and endurance.

Garlic

Reckoned to help sex last longer. Contains the phytonutrient allin, which is a great anti-inflammatory and which helps protect cells from free-radical damage. As well as that, there are up to 200 different chemicals in each garlic clove. In ancient Rome it was taken by soldiers for strength and in India to prevent heart disease and arthritis.



Turmeric and ginger chicken

Ingredients – serves 2

- 1 tablespoon extra virgin olive oil
- 1 teaspoon macadamia nut oil
- 1 red onion sliced
- 1 clove garlic crushed
- 4 organic boneless chicken thighs roughly chopped
- 1 tablespoon ground turmeric
- ½ cup chicken stock
- 1 tablespoon lemon juice
- 1 cm piece fresh ginger grated
- 1 red chilli sliced and deseeded
- Celtic sea salt and black pepper

Heat the oils in a large frying pan. Sauté the onion and garlic for 2 minutes. Remove to a plate. Dust the chicken pieces in turmeric powder and cook in the same pan until golden both sides. Add onion and garlic back in. Pour stock over chicken and add lemon juice, ginger and chilli. Simmer for 20 minutes. Garnish with coriander leaves and serve with sweet potato champ and salad.

Turmeric

This deep orange spice contains curcumin, a powerful phytonutrient, anti-oxidant and anti-inflammatory. It works especially well on female libido. In India women use it regularly for clear and glowing skin. Its dried and ground powder can be used in curries and casseroles but you can also use fresh turmeric in juices such as fresh veggie juice.

Turmeric

Cinnamon

This is another of those spices that increases blood flow to vital organs. It has anti-inflammatory properties. It has been used for thousands of years in sacred oils but also as a women's scent. It was a very expensive spice in ancient times and spurred countries to explore the East in search of its early cultivation. It seems to have properties helpful in controlling blood sugar in diabetes. It has a unique aroma that many people associate with winter and easily provokes many happy memories of festive occasions.

Broccoli

Many people are not too keen on broccoli, but as a cruciferous vegetable it contains many healthy libido nutrients like vitamin C, vitamin A, B vitamins, folate, calcium, magnesium, potassium, manganese and iron. It also contains flavonoids and phytonutrients, which help detox your liver, so it packs a big nutritional punch.

Eaten raw means you're not destroying any of the nutrients. Throw some florets on your green salad or try this tasty raw dish. This recipe blends raw broccoli and gives a more interesting flavour to this under-rated vegetable.

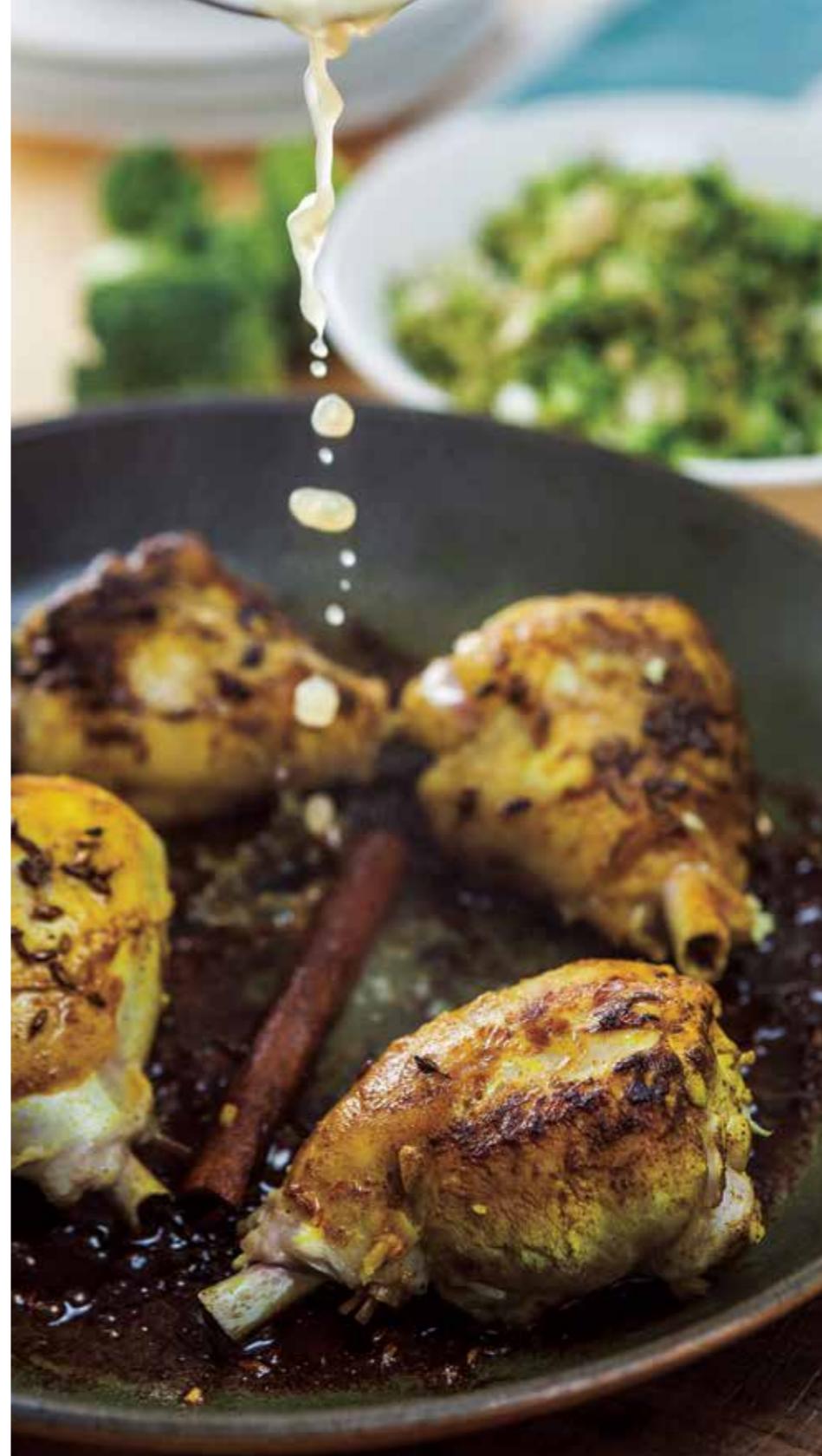
Turmeric and cinnamon chicken

Ingredients – serves 2

4 organic chicken thighs
 Juice of 1 lime
 Juice of 1 orange
 2 cloves garlic finely chopped
 Celtic sea salt
 2 tablespoons olive oil
 1 teaspoon turmeric
 1 teaspoon cumin seeds
 1 green chilli finely chopped
 2 bay leaves
 1 cinnamon stick

Make a marinade with the lime juice, orange juice and garlic. Pour over the chicken thighs and marinate for 1 hour. Heat the olive oil in a heavy-based pan over medium heat. Add the turmeric and cumin seeds and stir for a minute to toast the spices. Add the bay leaves, cinnamon stick and cook for a minute. Add the chicken and turn it to coat with the spiced oil. Add the marinade and then cook gently until the chicken is lightly browned and cooked through – about 10 minutes. Serve with broccoli mash for a great light dinner.

P D



Broccoli mash

Ingredients – serves 2

1 head broccoli
 30 g goat's cheese
 1 tablespoon olive oil
 Few leaves chopped basil
 20 g macadamia nuts chopped
 Black pepper

Blend broccoli for a few seconds. Add cheese, oil and basil. Blend again for 10 seconds. Add chopped nuts and freshly ground black pepper to taste. Serve with a chop and salad to boost your greens intake, or with tempeh.

P D V



Chinese chicken with asparagus

Ingredients – serves 2

- 500 g rice noodles
- 1 tablespoon macadamia nut oil
- 1 tablespoon olive oil
- 500 g organic chicken strips, either breast or thighs
- 1 bunch asparagus, woody ends trimmed and sliced in 2
- 1 red chilli deseeded and sliced
- 2 garlic cloves finely chopped
- 1 bunch bok choy roughly chopped
- 3 tablespoons oyster sauce
- 1 tablespoon honey

Heat the oils in a wok until hot. Add chicken strips and cook for a few minutes stirring constantly. While chicken is cooking, place noodles in a large bowl. Cover with boiling water. Stand for 1 minute. Drain and then separate noodles with a fork. Add chilli, garlic and asparagus to chicken. Cook for 1 minute. Add oyster sauce and honey. Then add noodles and finally bok choy leaves. When leaves are wilted turn off heat and turn into a noodle bowl and serve.

P D

Minestrone soup

Ingredients – serves 2

- 1 leek
- 1 onion
- 2 cloves garlic
- 1 teaspoon coconut oil
- 1 tablespoon olive oil
- 3 stalks celery
- 3 carrots
- 1 kg tomatoes
- Small handful dulse or dried seaweed
- ½ bunch parsley
- 500 ml water
- 1x 400 g tin organic chickpeas or
- 150 g raw chickpeas soaked overnight

Chop leek and soak for 10 minutes to loosen any sand or grit. Chop onion, garlic, celery, carrots, tomatoes, parsley and seaweed. Heat coconut oil and olive oil in a large soup pot. Add leeks, onion and garlic and sauté for 3 minutes or until soft. Add carrots, celery, tomatoes and seaweed. Add 500 ml water and salt and pepper to taste. Simmer gently for 30 minutes until carrots just soft. Add parsley and chickpeas. Heat through and then serve.

D V Ve

Parsley

Parsley is loaded with nutrients that are essential for the optimal functioning of the sex organs. The plant is particularly rich in vitamins A, C, B1 and B6. According to studies, a handful of parsley contains as much beta-carotene as a large carrot. It is also rich in minerals such as iron, calcium and magnesium. It is effective for acidic urine, for menstrual problems and for fluid retention. Lastly it's also a great breath freshener – always helpful when you're trying to woo someone.

Coconut chilli vegetable curry

Ingredients – serves 2

3 tablespoons desiccated coconut
 1 green chilli finely chopped
 1 cm ginger finely chopped
 2 garlic cloves finely chopped
 2 tablespoons coconut oil
 100 g cauliflower chopped
 100 g potatoes chopped
 100 g peas fresh or frozen
 1 onion chopped
 ½ teaspoon turmeric
 ½ teaspoon ground coriander
 100 ml coconut milk
 Salt and pepper
 3 tablespoons fresh coriander chopped
 Pinch of garam masala

Mix the desiccated coconut, ginger, garlic and chilli together to make a paste. Heat the coconut oil in a heavy-based pot and add the mixture. Sauté for 1 minute. Add the potato, cauliflower and peas. Add the turmeric, coriander and season. After 2 minutes add the coconut milk. Gently simmer until vegetables are just soft. Decorate with chopped coriander and top with garam masala.

Greek lamb

Ingredients – serves 2

2 x 200 g lamb backstraps
 1 teaspoon cumin seeds
 1 teaspoon whole black peppercorns
 ½ red chilli finely chopped
 2 tablespoons fresh rosemary chopped
 Grated zest of ½ lemon
 Grated zest of ½ orange
 100 ml extra virgin olive oil
 2 tablespoons mint leaves chopped
 2 tablespoons natural yoghurt

Grind cumin and peppercorns together in a large bowl. Add rosemary, chilli, lemon and orange zests, olive oil and salt. Add lamb and stir well to cover meat with mixture. Refrigerate for 2 hours.

Heat the barbecue until hot. Barbecue lamb until still rare in the middle, about 5 to 8 minutes. Mix mint and yoghurt and serve with the lamb.

P D – omit the yoghurt

Rosemary

Known as 'dew of the sea' because often it needs no more water than the humidity that blows off the sea. It is native to the Mediterranean and the Greeks refer to Aphrodite being covered in rosemary as she rose from the sea. This fragrant herb calms the nerves and gives you a feeling of relaxation and is a natural aphrodisiac. It seems to aid memory and was a sign of love and loyalty.



Ratatouille

Ingredients – serves 4

- 1 medium onion
- 2 cloves garlic
- 1 tablespoon coconut oil
- 1 tablespoon olive oil
- 1 aubergine (eggplant) roughly chopped
- 2 courgettes roughly chopped
- 1 red pepper roughly chopped
- 500 g tomatoes chopped
- Salt and black pepper to season

Heat the coconut and olive oil together in a pot. Add onion and garlic and gently sauté for a few minutes until soft. Add the vegetables, season to taste and very gently simmer for 30 minutes. Turn off heat and leave flavours to develop.

P D V Ve

Sweet potato champ

Ingredients

- 1 sweet potato peeled and roughly chopped
- 1 spring onion chopped
- 100 ml milk or coconut milk
- 30 g organic butter
- Salt and pepper

Cook the sweet potato in hot water for 10 minutes or until soft. Meanwhile, gently heat the milk over a low heat. Add the chopped spring onion and gently heat for 5 minutes. Drain the sweet potato and mash. Add the onion and a little milk to the sweet potato and mix well. Top with a knob of butter and seasoning.

P D (use coconut milk), V Ve



Watermelon and feta salad

Ingredients – serves 2

500 g watermelon cut into chunks

100 g goat's cheese feta

2 tablespoons mint leaves chopped

2 tablespoons parsley chopped

1 spring onion, green stalk only, finely chopped

60 ml extra virgin olive oil

Juice of half a lemon

Salt and black pepper

Arrange the watermelon on a platter. Cut the feta into cubes and crumble over the watermelon. Scatter the spring onion and herbs over the platter. Mix the lemon juice and olive oil and season with salt and pepper. Drizzle the dressing over the salad.

P D

Spicy celery curry

Ingredients – serves 4

1 tablespoon coconut oil
 2 tablespoons olive oil
 500 g celery roughly chopped
 1 medium red onion
 2 cloves garlic finely chopped
 1 cm ginger grated
 ¼ teaspoon cumin seeds
 1 cinnamon stick
 ¼ teaspoon coriander powder
 Pinch of turmeric powder
 2 tablespoons chopped coriander leaves
 2 tomatoes chopped
 Celtic sea salt
 Cayenne pepper

Heat the coconut and olive oil in a heavy-based pan. Add the coriander, cumin and cinnamon and stir for 1 minute. Add the ginger, onion and garlic. Add the turmeric powder and stir well. Add the celery and tomatoes and season with salt and pepper. Cook until celery softens. Stir in the chopped coriander leaves. Serve with rice or a gluten-free wrap as a filling.

P D V Ve

Stir-fry ginger beef

Ingredients – serves 2

2 tablespoons apple cider vinegar
 4 tablespoons organic soy sauce
 1 tablespoon honey
 1 cm ginger finely chopped
 2 red chillies deseeded and finely sliced
 1 teaspoon ground cumin
 500g organic beef strips
 2 tablespoons coconut oil
 1 tablespoon macadamia nut oil
 2 spring onions chopped
 2 garlic cloves finely chopped
 Another 1 cm ginger finely sliced
 2 tablespoons chopped coriander

Mix the soy sauce, vinegar, ginger, honey, cumin and chilli in a bowl. Add the beef and mix well so that all the strips are covered and marinate for 30 minutes. Heat the oils in a wok or a large pan until hot. Add the beef, garlic, sliced ginger and spring onions. Cook over a high heat for a few minutes until beef is cooked. Add the chopped coriander and serve with rice and salad.

P D

Coriander

Hippocrates created a drink that became a staple at wedding parties during the Middle Ages. It contained coriander, cardamom, cloves, ginger and cinnamon and was called Hippocras. It was eventually banned as it provoked the libido too much. Coriander is one of the oldest herbs known to man and was well known as a cure for impotence.



Stir-fry ginger beef

Indian lamb stew with spinach

Ingredients – serves 2

- 300 g lamb chopped into small chunks
- 1 tablespoon coconut oil
- 1 tablespoon olive oil
- 3 cardamom pods
- 3 whole black peppercorns
- 2 cloves
- 3 cloves garlic finely chopped
- 1 small onion chopped
- 1 cm ginger finely chopped
- 1 teaspoon ground cumin
- ½ teaspoon ground coriander seeds
- 2 tablespoons natural yoghurt
- 200 g spinach leaves roughly chopped
- ½ teaspoon salt
- Cayenne pepper
- Pinch garam masala

Heat coconut and olive oil in a pot. Add cardamom pods, peppercorns and cloves. Add garlic, onion and ginger. Add cumin, coriander, salt and a pinch of cayenne pepper. Gently cook until onion soft. Add chopped lamb pieces. Add yoghurt and stir until it's mixed with the spices. Cook the lamb over a low heat for about 30 minutes until tender. Add the spinach and cook for another minute or until just wilted. Sprinkle a pinch of garam masala on the stew. Serve with rice and dahl.

P D



Garam masala

Garam masala

Ingredients – serves 2

- 2 cm length cinnamon stick
- ½ teaspoon cumin seeds
- ½ tablespoon cardamom seeds
- ½ teaspoon cloves
- ½ teaspoon black peppercorns

Blend all the spices in a grinder. Cuddle up beside each other in front of a log fire and enjoy the hot and spicy aromas. Store for no more than 1 month in an airtight container. Sprinkle over cooked curries and dahl.

P D V Ve

This is a mixture of spices that has a wonderful aromatic flavour. It is usually added at the end of cooking an Indian dish to give it a special extra aroma and flavour. There are many different recipes for garam masala but the one below is quite simple and easy.

While it's easier to buy prepared curry powders and garam masala, these commercial mixtures can be sitting in the supermarket for a long time while the nutrients deteriorate. So you won't get much benefit from a jar of ground spice that has been sitting in your cupboard for a couple of years. Throw out all those old jars lurking in the back of the drawer and get cracking on using fresh spices in recipes. It will boost your libido and put you in touch with the earthy fire of traditional cooking with spices. Choose fresh spices from a speciality store and use whole seeds rather than ground.

Making your own ground and dry roasted spices is a labour of love, especially if you do it together. It fills your home with wonderful, hot and spicy aromas – a great prelude to a relaxing weekend of love-making.

Carrot biryani rice

Ingredients – serves 4

- 1 onion chopped
- 4 garlic cloves chopped
- 1 tablespoon coconut oil
- 1 tablespoon olive oil
- 1 cinnamon stick
- 6 cloves
- 12 black peppercorns
- 6 carrots grated
- Salt
- 2 cups rice – white or brown
- 1 litre filtered water

Heat the coconut and olive oil in a heavy-based pan. Gently sauté the onion and garlic in the oil for a few minutes until soft. Add the spices and stir. Add the carrots and season with salt. Add the rice and stir. Add 1 litre of boiling water. Bring to the boil and then simmer gently until rice is cooked and all water has been absorbed. For basmati rice, this may be only 7 minutes. Turn off the heat and keep the lid on the pot to let the rice finish cooking within its own steam. If using brown rice, it may need 20-25 minutes to cook the rice. The spices give this rice a wonderful aromatic flavour but you may want to pick out the cinnamon and cloves. The black peppercorns give a lovely hot crunch when you bite into them.

P D V Ve



Dahl curry

100 g green or red lentils

If using red lentils soak them for a few hours in water before cooking to soften them.

- 1 small onion chopped
- 2 cloves garlic finely chopped
- 1 cm ginger finely chopped
- 1 tablespoon coconut oil
- 1 tablespoon olive oil
- 1 teaspoon ground coriander seeds
- ½ teaspoon turmeric powder
- 500 ml water
- Pinch of salt and pepper
- 1 teaspoon whole cumin seeds
- 1 teaspoon organic butter
- 1 tablespoon fresh coriander leaves chopped

Heat the oil in a heavy-based cooking pot. When hot add the onion, garlic and ginger. Gently cook for 2 minutes until soft. Drain lentils and add to the pot with the water, coriander, turmeric, salt and pepper. Bring to the boil and then turn down heat and simmer gently for about 1 hour, until lentils are cooked. Check every 15 minutes to make sure they don't stick. Pour into your serving dish. Heat the teaspoon of butter in a frying pan. Throw in the cumin seeds and let them sizzle for a few seconds. Add to the dish and stir. Sprinkle with chopped coriander and serve.

V Ve – for dairy-free substitute coconut oil for the butter

Dahl



Pumpkin and leek nut roast

Ingredients – serves 4

- 1 tablespoon olive oil
- 1 tablespoon coconut oil
- 750 g butternut pumpkin, peeled, deseeded and cut into cubes
- 2 leeks washed and sliced
- 1 cup mushrooms chopped
- 1 cup mixed nuts, finely chopped (almonds, pistachio, cashews)
- ½ cup quinoa
- 2 teaspoons ground coriander
- ¼ cup fresh coriander leaves chopped
- 1 egg lightly beaten
- ¼ cup organic soy sauce

Preheat oven to 200°C. Grease the sides of a small loaf pan and line with baking paper. Heat oils in a large frying pan. Add pumpkin and cook for 5 minutes. Add leek and mushroom, and cook till pumpkin is tender. Add the nuts, quinoa, ground coriander, coriander leaves, egg, soy sauce, plus salt and pepper to taste and mix well. Press firmly into the pan. Roast for 35-40 minutes or until golden-brown and firm to touch. Stand in pan for 10 minutes to rest, then lift out and slice.

D V

For paleo leave out the quinoa, for vegan omit the egg.

Roast



Shrimp and basil over zucchini noodles

Ingredients – serves 2

8 large uncooked prawns, de-veined

6 zucchini

1 tablespoon coconut oil

Pinch of paprika

10 fresh basil leaves finely chopped

Juice of ½ a lemon

Juice of ½ a lime

Celtic sea salt and black pepper to taste

Use a vegetable peeler to slice down the zucchini into thin ribbons. The long thin slices will form the zucchini noodles. Arrange the noodles on a plate.

Melt the coconut oil in a pan until hot. Cook the prawns for 2 minutes; add the paprika, basil and half of each of the juices, and cook for a further 2 minutes.

Serve on the bed of zucchini noodles, with a sprinkling of the remaining lime and lemon juices. Season to taste.

P D





Thai green vegetable curry

Ingredients – serves 2

1 tablespoon Thai green curry paste

2 tablespoons coconut oil

1 small onion chopped

1 carrot diced

50 g sliced mushrooms

½ red pepper thinly sliced

50 g snow peas halved

100 ml chicken or vegetable stock

100 ml coconut cream

1 tablespoon fish sauce

Salt and pepper to taste

Heat the coconut oil in a large saucepan. Gently fry the curry paste for 5 minutes, then add the onion and fry till soft. Add all the vegetables and fry for 2 minutes on high heat, stirring all the time.

Turn the heat to low, and add the stock, coconut cream and fish sauce with salt and pepper to taste. Bring to the boil, cover and simmer gently for 15 minutes, stirring occasionally to prevent sticking.

P D V Ve

Flavor

Baked snapper salad

Ingredients – serves 2

2 snapper fillets
 400 g spinach and kale salad
 1 spring onion
 1 red pepper
 2 tomatoes
 Juice of 1 lemon
 2 tablespoons organic olive oil
 2 tablespoons pesto dressing
 Celtic sea salt and freshly ground black pepper

Heat the oven to 180°C. Line a roasting tray with baking paper and place the snapper on it. Brush with olive oil and sprinkle with half the lemon juice. Bake in the oven for 20 minutes. While the fish is cooking, mix together the salad leaves, pepper, onion and tomato. Place 1 fillet of snapper and half the salad on each plate. Season to taste, spoon over the basil pesto and drizzle over the rest of the lemon juice.

P D

Vegetarian Chinese stir-fry

Ingredients – serves 2

2 tablespoons coconut oil
 2 cm piece of ginger grated
 2 cloves garlic finely chopped
 1 small onion roughly chopped
 ¼ cup of water
 1 teaspoon organic soy sauce
 1 cup broccoli
 ½ cup sliced water chestnuts
 ⅓ cup bean sprouts
 ½ cup sliced mushrooms
 1 cup chopped snow peas
 Celtic sea salt
 Freshly ground black pepper

Heat the coconut oil in a wok or large non-stick saucepan. Fry the ginger onion and garlic over a medium heat for 2-3 minutes, stirring frequently. Add all the vegetables and the water and soy sauce. Fry for 5 minutes then serve in a bowl. Add salt and pepper to taste.

P D V Ve

Pomegranate and cauliflower salad

Ingredients – serves 2

1 head of cauliflower
 1 tablespoon olive oil
 1 tablespoon pine nuts
 1 tablespoon chopped parsley
 Seeds of 1 pomegranate
 Juice 1 lemon

Blend cauliflower florets until rice-like consistency. Add olive oil, lemon juice, parsley and season with salt and pepper. Add pine nuts and pomegranate seeds and mix well. Serve as a side salad to any of the dishes or as a main meal like lunch.

P D V Ve

Pomegranate

This is probably the best-known aphrodisiac. It appears to boost testosterone – increasing libido in both men and women. It also helps reduce blood pressure and relax blood vessels – helping increase blood flow to the pelvic region. In ancient cultures pomegranates were associated with fertility and rebirth. King Tut and other ancient Egyptian monarchs were buried with pomegranates in the hope of an afterlife. Create your own paradise on earth with fresh pomegranate juices, soups and salads.



Pomegranate

Desserts

& Special Occasions

Chocolate mousse

Ingredients – serves 2

- 2 ripe avocados
- ½ cup raw organic cacao powder
- ½ tablespoon vanilla extract
- 3 tablespoons raw honey
- 2 tablespoons coconut oil
- ½ cup water

Mash avocado with a fork or blend in a food processor for a smoother texture. Mix other ingredients into the bowl and add a little water until desired consistency is reached.



Raw berry tart

Ingredients – serves 2

For the base:

3 pitted dates

10 g raw organic cacao powder

50 g organic walnuts

2 teaspoons desiccated coconut

1 tablespoon organic coconut oil

For the filling:

2 dates soaked for 6 hours

30 g raw organic cashews soaked for 6 hours

50 g fresh raspberries or mixed berries

Blend the base ingredients together and spoon into 2 small bowls or ramekins. Drain the dates and cashews. Blend the cashews, dates and raspberries until smooth. Spoon over the base and refrigerate for 1 hour. Serve with fresh berries and yoghurt.



Indonesian fruit salad

- 2 bananas
- ¼ pineapple
- ½ pawpaw
- 1 lime

Slice bananas, pineapple and pawpaw. Halve the lime and squeeze the juice over the fruit. Serve with natural yoghurt mixed with honey.



Coconut and passionfruit ice

- 6 passionfruit
- 1 400 ml can organic coconut cream

Halve the passionfruit and scrape the pulp out of each half. Pour the coconut cream into a bowl. Add the passionfruit and mix in well. Freeze for 6 hours. Mix every 2 hours so that pulp does not sink to the bottom. Serve with fresh berries and grated chocolate.



Special Occasions

Lime shandy

Ingredients – serves 4

- 1 litre lager beer
- 2 limes
- 500 ml soda

Squeeze limes into beer and mix in soda for a refreshing lager.

Menu:

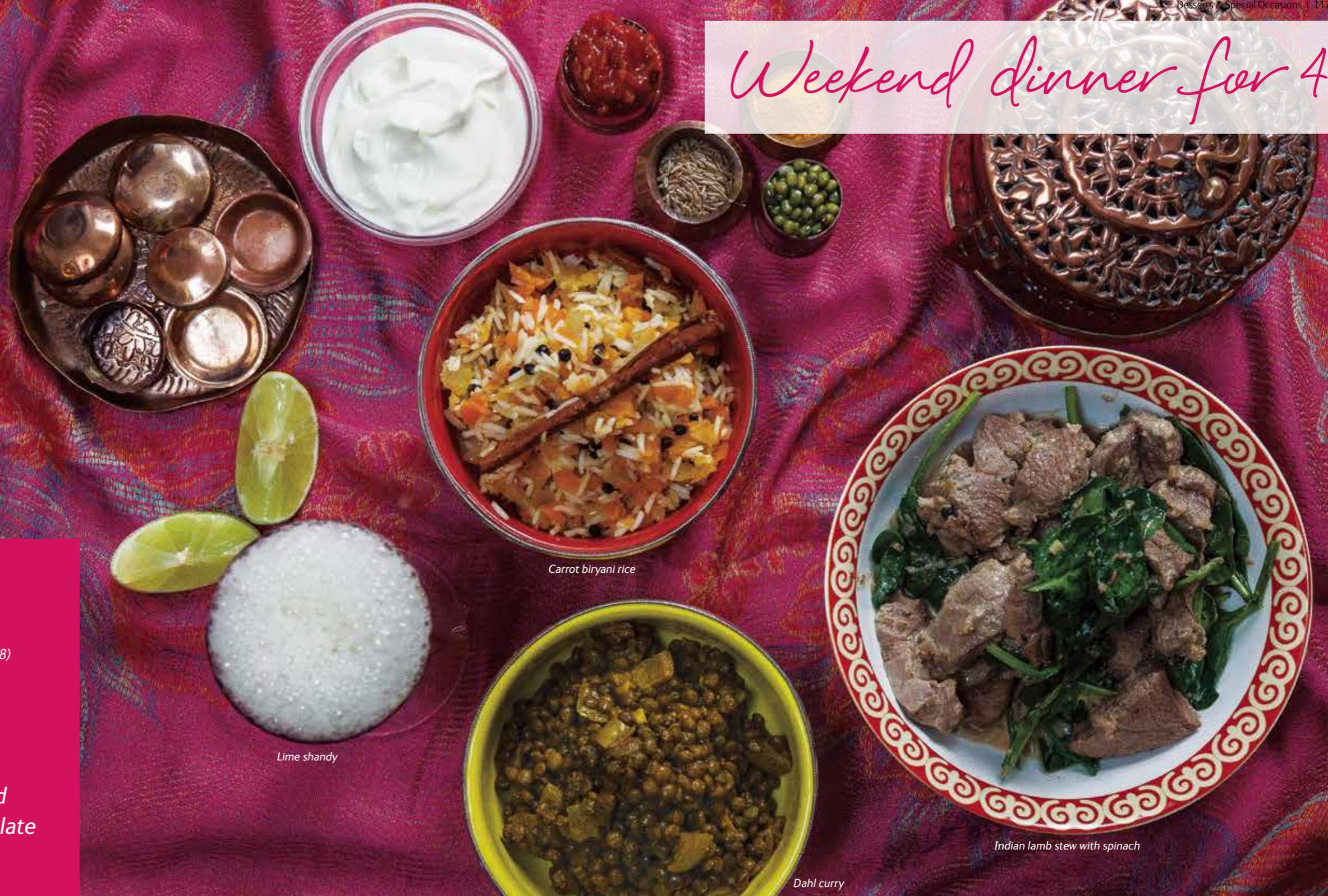
Indian lamb stew with spinach (Page 98)

Dahl curry (Page 101)

Carrot biryani rice (Page 100)

Coconut and passionfruit ice, served with berries and shaved mint chocolate (Page 115)

Weekend dinner for 4



Carrot biryani rice

Lime shandy

Indian lamb stew with spinach

Dahl curry

Sangria

- ½ bottle red wine
 - 300 ml soda water
 - 1 lemon cut into quarters
 - 1 lime cut into quarters
 - 1 orange peeled and cut into small pieces
 - 1 apple cut into small pieces
 - 1 nectarine cut into small pieces
 - 100 g strawberries chopped into small pieces
 - 1 tablespoon brandy
 - Raw bush honey to taste
- Pour wine into pitcher. Add chopped fruit and brandy. Squeeze lemon and lime wedges into wine. Add soda water to top-up pitcher. Add honey or sweetener to taste.



Vegetarian Dinner for 2

Menu:

Green gazpacho (Page 71)

Pumpkin, leek and nut loaf (Page 103)

Tomato and goat's cheese salad (Page 78)

Chocolate mousse (Page 110)



Menu:

Chilli lime oysters (Page 48)

Salmon with mango and chilli salsa (Page 69)

Curried coleslaw (Page 57)

Mixed salad (Page 54)

Indonesian fruit salad with honey yoghurt (Page 114)

Pina colada

Ingredients – serves 2

200 ml fresh pineapple juice

120 ml coconut milk

60 ml white rum

Mix pineapple juice, coconut milk and rum.
Pour over ice cubes into 2 tall glasses.



Salmon with mango and chilli salsa

Mixed salad

Curried coleslaw

Pina colada

Romantic Summer Picnic Lunch for 2

Chilli lime oysters



Menu:

Cauliflower and nutmeg soup

(Page 76)

Greek lamb (Page 91)

Ratatouille (Page 93)

Sweet potato champ (Page 93)

Raw berry tart (Page 112)

Glühwein

- 1 bottle red wine
- 1 tablespoon brandy
- 1 green apple chopped
- 1 orange chopped
- 1 stick cinnamon
- 6 cloves
- Some honey, stevia or coconut palm sugar to taste

Add red wine, fruit, brandy, spices and sweetener to a pot. Gently heat until desired temperature. Serve in front a roaring log fire after a long winter walk.

Romantic Winter Dinner for 2





Bloody Mary

Ingredients – serves 6

- 6 measures of vodka
- 1 litre tomato juice
- 1 tablespoon Worcestershire sauce
- Juice 1 lemon
- Salt and pepper to taste
- Dash of hot sauce like Tabasco to desired spiciness
- 6 short celery stalks

Mix vodka, tomato juice, lemon juice, Worcestershire sauce, salt and pepper. Add hot sauce until level of heat achieved. Pour over ice into 6 glasses, add a celery stalk to each glass.

*Drinks and
Nibbles for 6*

Menu:

Middle Eastern mezze

Humus, olives – different varieties – nut cheese, sun-dried tomatoes, chilli jam, veggie sticks and homemade nut crackers (Pages 43-47)

Dessert

Chocolate and fig cake, chocolate bliss balls, coconut maca energy balls

Pineapple ice blocks, watermelon slices (Pages 32-47)



Enjoy...

I hope you've enjoyed making and eating these delicious recipes and they've made you realise that healthy eating can be fun and sexy. If you choose foods and recipes from this book as part of your normal diet, you should feel more energetic and vital. At the same time your skin will be fresher, your thinking and memory clearer and you'll be amazed to find more interest in sex and better stamina.

So throw out your old ways, get some herbs, roots and shoots into your diet and say hello to your new libido...

Dr Shirley McIlvenny

