



FROM OUR KITCHENS

Peninsula Herbal Dispensary Practitioners share
their favourite wellbeing recipes with you.

Peninsula Herbal
DISPENSARY

Est. 2004

Naturopathic Clinic



The Recipes we love at Peninsula Herbal Dispensary & Naturopathic Clinic.

Carla, Kimberley, Kerstin, Cass, Jess & Jane all share their personal recipes & what they call delicious.

“We love these recipes for their health benefits & of course their taste”

Includes Meals, Drinks, Sweet Treats & helpful tips we hope you enjoy cooking them & sharing them with your loved ones.

Carla Whenn

Integrative Naturopath & Clinic Director

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Wellbeing Smoothie Bowl

Drinks



Mango Coriander Morning Smoothie

4

1½ cups fresh spinach
½ cup coriander
1½ cups fresh or frozen mango
1½ cups water
½ cup coconut milk
1 cup pineapple
½ avocado

Blend spinach, coriander, coconut & water until smooth.
Next add the remaining fruits & blend again.

“Delicious cleansing breakfast, this coriander detoxifying smoothie tastes surprisingly delicious.”

==== *Carla - Naturopath* ====



Berry & Bubble Herbal Mocktail

5

Fresh or frozen berries

Ice

Sparkling water or soda water

Lemon or lime slices

Mint

In a glass add 10+ frozen berries or fresh berries & press gently to crush open, do not completely mash. Add a few ice cubes.

Pour in sparkling or soda water, stir gently & garnish with citrus & mint.

“Healthy Cheers - a surprisingly fresh & delicious celebration drink for big & little people. So refreshing & moorish!”

==== *Carla - Naturopath* =====



Bedtime Golden Milk

6

1 small can of coconut cream
1 cup of water
1 teaspoon ground turmeric
½ teaspoon ground cinnamon
½ teaspoon ground ginger

½ teaspoon ground nutmeg
¼ teaspoon ground cardamom
½ teaspoon vanilla essence
1 to 2 tablespoons honey dependant on taste
A pinch of black pepper

Place all ingredients in a saucepan & bring to the boil while stirring. Pour into your favourite mug.

“Pour this super trendy beverage into
your favourite mug & drink in bed.
Don't forget wooly bed socks & a good book.”

===== *Jess - Naturopath* =====

Meals



“Great protein source for lunch or dinner!”

Curried Lentil Cashew Burgers

7

1/ cup red lentils, rinsed
1 cup water
¾ cup raw cashews
2 tablespoon coconut oil

1 medium onion, chopped
1 cup mushrooms, chopped
1 clove garlic, minced
2 teaspoons curry powder

3 tablespoons water
½ cup organic rolled oats
6 large lettuce leaves

Combine 1 cup of water, lentils & a dash of salt in a pot & bring to boil.

Reduce heat, cover partially & simmer 15 - 20 minutes, or until lentils are very tender.

Place in colander to drain any excess liquid & set aside to cool.

Meanwhile, place cashews in a fry pan & toast over medium-high heat for 4 minutes or until fragrant & then set aside.

In the same pan, sauté onion over medium heat with 1 teaspoon of coconut oil until transparent.

Add mushrooms, garlic, curry powder & 3 tablespoons water & cook for 2 minutes. Remove from heat & set aside.

Place cashews & lentils in food processor & pulse until combined.

Transfer to a bowl, add mushroom mixture & stir in oats until mixed well.

Wet hands & form 6 burger patties from mixture.

Cook in remaining coconut oil, using it as needed, over medium heat for 4 minutes on each side or until brown & heated throughout.

Wrap in lettuce, add your favorite toppings & enjoy!



Coconut Turmeric Chicken Soup

8

2 medium onions, diced
1 tablespoon coconut oil
1 tablespoon organic Turmeric powder
1 knob of fresh ginger, sliced
4-5 cloves fresh garlic, finely chopped
3.5 litre chicken or vegetable stock
3 carrots, peeled & diced
4 celery sticks, diced

1 can organic coconut milk
1 can organic corn kernels OR spring onions
4-6 chicken thigh, cooked & shredded
4-5 spring onions, chopped
Parsley
Coriander
Pepper
Sea salt

Sauté onions in coconut oil.

Add turmeric, ginger & garlic & cook for 3 minutes.

Add stock, carrot, celery & simmer for 40 minutes.

Add veggies

Garnish with a good handful of parsley, coriander, sea salt & cracked pepper.

“A splash of Tamari could be added instead of salt. You could also use left over roast chicken, about half a chook would do.”



Baked Falafel Lettuce Wraps

9

1 can cooked chickpeas	1 teaspoon salt	Coconut oil
1 small onion, roughly chopped	1 teaspoon lemon juice	Leaves of iceberg lettuce
2 cloves garlic	1 teaspoon baking powder	2 sliced tomato
1 egg	½ cup bread crumbs	1 sliced cucumber
2 teaspoons cumin	½ teaspoon black pepper	Parsley for sprinkling

Preheat oven to 180 degrees

Pulse together chickpeas, onion & garlic in a food processor until well-chopped.

Add in egg, cumin, salt, lemon juice, baking soda, bread crumbs & black pepper.

Pulse until just combined.

Form the chickpea mixture into 12-15 balls or patties, place on a oil coated baking sheet.

Drizzle tops of balls or patties with oil & bake in preheated oven for 15-20 minutes.

Rinse lettuce wraps then layer with cucumber & tomato slices, top with falafels & drizzle with sauce (tahini, sweet chilli, mayo) & parsley.

==== *Kerstin – Naturopath* =====



“Goes great
with salmon or
on it's own!”

Super Sweet Potato Salad

10

- | | |
|--|-----------------------------|
| 1 cup of brown rice | ½ cup fresh mint chopped |
| 1 medium sweet potato, peeled & diced | ½ teaspoon turmeric |
| 1 red onion diced | 1 teaspoon coriander |
| 400 grams can of chickpeas, drained & rinsed | 3 teaspoon cumin |
| Small handful of slivered almonds | 1 teaspoon paprika |
| 1½ cups rocket leaves | 1 tablespoon olive oil |
| 1½ cups spinach leaves | 4 tablespoon natural yogurt |
| 2 tablespoon fresh coriander chopped | 1 tablespoon lemon juice |

Preheat oven to 180 degrees.

Place brown rice in a saucepan with 2 tsp of cumin & bring to the boil for 30 minutes.

Place sweet potato, chickpeas & onion in a baking tray with olive oil, turmeric, ground coriander, paprika & cumin & bake for 25 minutes or until the potato is cooked.

Mix yoghurt, lemon juice & mint together & put to the side.

In a large salad bowl mix cooked rice, sweet potato, chickpeas, onion, almonds, rocket, spinach & fresh coriander together & dress with yoghurt dressing.



Zucchini & Goats Cheese Frittata

11

5 eggs

1 zucchini

¼ cup of sundried tomatoes

½ kale leaves chopped

5 sticks of asparagus chopped

½ cup of goats cheese/ feta

Cracked pepper

Chilli flakes

In a shallow baking dish place zucchini, asparagus, goats cheese, sundried tomatoes & kale.

In a bowl whisk up 5 eggs, add seasoning (pepper, chilli, paprika- whatever your taste buds love)

Pour mixture over the vegetables & bake in a 180 degree oven for 50 minutes.

“Whatever vegetables you love can be put into this frittata. Perfect recipe for cleaning out the fridge. This was my latest combination. Great for dinner, lunch or even breakfast.”

===== *Jess - Naturopath* =====





Delicious Chicken & Tomato Curry

12

2 cloves of garlic

1 tablespoon of chopped ginger

2 teaspoons each of cumin seeds, coriander seeds, cardamom, turmeric & chilli powder

1 teaspoon of salt

6 chicken thighs cut in half

1 chopped onion

500 grams chopped tomatoes

2 teaspoons coconut sugar

1 cup chicken stock

1 400mL tin of organic coconut milk

Combine the spices, garlic, ginger & salt in a mortar & pestle (or Thermomix) & grind until it forms a paste.

Heat the coconut oil a heavy based pan (with a lid) & cook the chicken for 3-4 minutes on each side, or until browned.

Remove the chicken & place the spice paste & onion to the pan, cooking for approximately 4 minutes.

Add the tomatoes & coconut sugar & cook on a low heat for a further 3-4 minutes.

Add the stock & coconut milk & slowly bring to the boil.

Reduce the heat to a simmer. Add the chicken & cook for 30 minutes with the lid on & 10 minutes with the lid off before serving.

Can be served with salad, rice, baked potato or on its own.

===== Kimberley - Naturopath =====



“Packed full of
phyto-nutrients”

Chicken Salad with Citrus Chilli Dressing

13

Salad

4 boneless chicken breasts
salt & pepper
8 handfuls of mixed salad greens
½ red onion finely cut
3 oranges peeled & segmented
1 large avocado

Dressing

Juice of 1 orange
Juice of 2 limes/lemons
3 tablespoon rice wine vinegar
2 tablespoon fish sauce
2 teaspoon hot chilli sauce
1 clove garlic crushed
1 teaspoon sugar to taste
1 tablespoon chopped coriander
1 tablespoon chopped mint

Combine all dressing ingredients. Refrigerate for at least 12 hours.
Cut chicken into 3 or 4 strips & bake in oven at 180 degrees for 20 minutes.
Spoon a little dressing over chicken.
Add remaining salad ingredients to chicken & gently toss.

===== Jane – KinesioLogist & Homeopath =====



Thai Pumpkin Soup

14

¼ cup of olive oil
1 onion chopped
1-2 large green chillies chopped & seeded optional
1/3 cup chopped ginger
1 stick lemongrass chopped
1.5 kg pumpkin peeled & chopped
2 teaspoon ground coriander
2 teaspoon ground cumin
½ teaspoon ground turmeric

1.5 litres of chicken stock or water
4 kaffir lime leaves
1 cup light coconut milk
¼ cup chopped coriander
Juice of 1 lime
2 cup beanshoots to serve
2 green shallots sliced to serve
1 cup coriander leaves to serve
Lime wedges to serve

Place oil in saucepan, cook onion, chilli (optional), ginger & lemongrass & cook for 2 minutes until onion softens. Add pumpkin & cook for 3 minutes, add coriander, cumin, turmeric & cook for a further minute, stirring constantly. Add stock to pan, bring to boil, add lime leaves, reduce heat & simmer for 15 minutes until pumpkin is tender. Remove lime leaves & process mixture in food processor until smooth, then return to saucepan. Heat gently & add coconut milk, chopped coriander & lime juice. Season to taste. Serve in bowls & garnish with a selection of bean shoots, green onion, coriander & lime wedges.

===== Jane - Kinesiotherapist & Homeopath =====



Seared Salmon, Coriander, Bean Shoots, Mint & Soy

15

6 Atlantic salmon fillets skin on
Olive oil for cooking
Halved limes to serve

Soy Vinaigrette

¼ cup rice wine vinegar
2 tablespoons soy sauce
1 teaspoon honey

¼ cup sesame oil
½ cup olive oil

Salad

½ chinese cabbage shredded
1 cup bean shoots
½ cup Vietnamese mint leaves
½ cup mint leaves

1 cup coriander leaves
½ cup slice green onions
1 cup toasted cashews
1 chilli sliced finely
1 cup asian fried onions optional
¼ cup pickled ginger

Make Soy vinaigrette by combining all ingredients in a bowl.

Gently toss all salad ingredients together in a bowl & add enough soy vinaigrette to moisten.

Season salmon skin with salt & pepper.

Heat heavy based frying pan over high heat & add a little olive oil. Sear salmon skin side down. Reduce heat & cook until medium rare 3-5 minutes.

Divide salad amongst 6 plates. Top with salmon & drizzle more soy vinaigrette. Serve with halved limes.

===== *Jane - Kinesiologist & Homeopath* =====



Family Favourite Veggie Curry

16

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|----------------------------|---------------------------|
| 1 onion sliced | 1 tin kidney beans rinsed |
| 3 garlic cloves sliced | 1 red or green capsicum |
| ¼ pumpkin cubed | Sour Cream |
| 2 cups vegetable stock | Coriander |
| 1 tablespoon curry powder | Salt |
| 1 tin chopped tomato | Pepper |
| 1 tin brown lentils rinsed | |

Brown garlic & onion in a large pot.

Add pumpkin, lentils, curry powder, tin of tomato & stock & simmer with the lid on for 30 minutes stirring.

Add in kidney beans & capsicum & simmer for 10 minutes.

Add salt & pepper to taste. Serve & garnish with sour cream & coriander.

Can be served with steamed greens, rice or cauliflower rice.

==== *Carla - Naturopath* =====

Sweet Treats



Raspberry, Cashew & Coconut Bliss Balls

17

1 cup raw unsalted cashews, soaked 3-4 hours & drained

150 grams organic desiccated coconut

1 cup frozen raspberries

3 tablespoons maple syrup

Zest of 1 lemon

Extra ½ cup desiccated coconut for rolling

Blitz cashews in blender for approximately 5 seconds.

Add coconut, raspberries, maple syrup & zest.

Blitz again for another 5 to 10 seconds

Roll into balls & roll in reserved coconut to coat. Store in freezer.



Wellbeing Smoothie Bowl

18

½ a banana for smoothie, half for toppings.

Small handful of frozen strawberries, blueberries & raspberries

½ avocado

Smidge of greek yoghurt

250ml liquid- almond milk, coconut water etc.

Small handful of almonds

Sprinkle of cinnamon

Any toppings of your choice - I like granola, nuts, seeds, coconut flakes or fresh fruit.

Put everything in a blender.

Pour the smoothie into a bowl & decorate with your favourite toppings.

“Where have you been all my life? Not too sure how I have missed this but I have a new breakfast/snack idea that we love in this house! I hope you do too.”

==== Kerstin – Naturopath ====



Cacao Bliss Balls

19

200 grams dried dates

120 grams nut butter (I like to use almond butter)

½ teaspoon vanilla extract

1 tablespoon cacao powder

3 tablespoons of desiccated coconut plus more for rolling

Squeeze of honey (optional)

Pinch of Himalayan salt

+ 1-2 tablespoons of your choice of flavourings or whatever you may have in the pantry - Chia seeds, sunflower seeds, pepitas, sesame seeds, cranberries or dried cherries

Add all of the ingredients to a food processor & blitz until it comes together. Roll into balls & roll in coconut. Store in the fridge.

“Easy & delicious.”

==== *Kimberley - Naturopath* =====



Raspberry & Coconut Chia Pudding

20

- 3 tablespoons chia seeds
- 1 400mL can of organic coconut milk or cream
- 1-2 teaspoons maple syrup (optional)
- 1-2 tablespoons of shredded coconut, nuts or seeds
- 1 handful of fresh or frozen raspberries & other fruits
- A selection of toppings

Combine the chia seeds, coconut milk /cream & maple syrup in a bowl & whisk for 30 seconds. Leave for about 5 minutes, then whisk again & pour between 4 glasses.

Chill overnight or for at least 4 hours.

Take the glasses out of the fridge & top with your selection of toppings such as coconut, raspberries, blueberries pomegranate, nuts & seeds.

“A great breakfast or sweet treat, it can be tailored to any taste & can be prepared ahead of time. Enjoy!”

===== *Kimberley - Naturopath* =====



Peanut Butter Banana Ice Cream

21

3 large frozen bananas
3 tablespoons natural peanut butter
¼ teaspoon vanilla extract
Smidge of cinnamon
Smidge of sea salt
Roasted peanuts for topping

Peel the bananas & blend until smooth.

Add the peanut butter, vanilla extract, cinnamon, sea salt, & anything else you might like in there. Pulse the blender quickly to stir the ingredients all together & when everything is mixed, serve immediately.

Top with banana, peanut butter or nuts.

Left overs can be frozen again but I find the consistency is not the same if you do this.

“Get super addicted to my Peanut Butter Banana Ice cream.”

==== *Kerstin – Naturopath* =====



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