



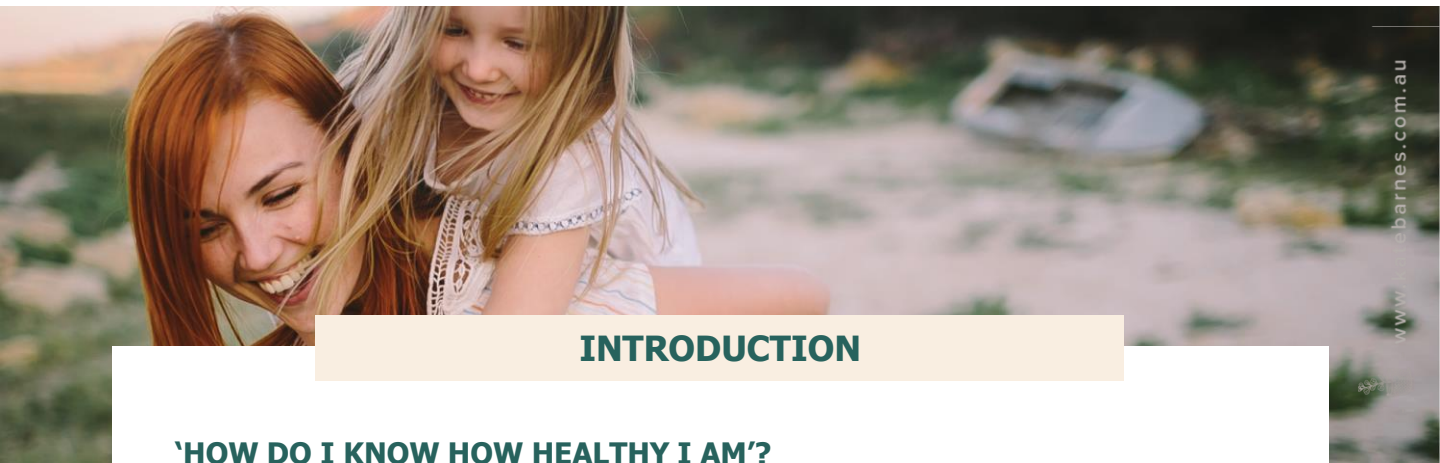
*Kate Barnes*

# 7 SIMPLE STEPS TO GET-UP & GLOW

And 5 COMMON mistakes that are sabotaging your energy every day.

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## INTRODUCTION

### 'HOW DO I KNOW HOW HEALTHY I AM?'

A question I'm often asked.

### THE SIMPLEST ANSWER IS, 'ENERGY'.

Has your get up and go, got up and gone? When did you last wake up feeling fresh and ready for the day ahead? Do you have a steady mood all day without getting tired and irritable at the end of it?

You're not alone.

There is so much competing for our time and our energy, especially as mothers. It's no wonder we feel physically and emotionally drained. In our western world most of us enter motherhood unprepared - nutritionally, emotionally and mentally. Then our children arrive and before we know it, our world as we knew it is a distant memory. Running on little sleep, make do meals and no time for ourselves, we become depleted, displaced and ... exhausted.

It wasn't until I became a mother that I quickly understood how easily time and energy becomes a finite resource. I wish I knew then what I know now.

Not because I would've been a better mother, perhaps I would've been, but because I would've been healthier, energetic and there for my kids more. I wouldn't have got sick every month with every bug going around or borderline hypothyroid. Fast-forward to today and I enjoy great energy and far more joy than I imagined possible.

It is possible to feel energetic again and... it's not hard.

*'I did then what I knew how to do. Now that I know better, I do better'. -Maya Angelou*

### ENERGY IS THE BEST MEASURE OF OUR HEALTH AND THERE'S ONE GOOD REASON THAT LIES WITHIN US.

Grab a cuppa and learn about our very own microscopic energy factories and my 7 tips to harness this energy and return to your vital self.

## SETTING THE SCENE WITH SOME SCIENCE.

We have inside most cells in our body tiny powerhouses that are vital for our good health and our energy.

Mitochondria.

**Mito what'? I hear you say. Bear with me for ONE moment as I get a bit 'sciency'!**

### WHAT MITOCHONDRIA ARE AND WHY WE MUST CARE

Mitochondria are tiny organelles (structures) found in all living cells in our bodies. **They are our primary ENERGY source.** These microscopic energy factories help turn our food and oxygen into cellular energy which we use for everything e.g. walking, breathing, pumping our blood, even thinking.

So for our bodies to be fundamentally healthy and energetic we need strong mitochondria and lots of them. They are our energy powerhouses.

### TWO FASCINATING FACTS ABOUT OUR MITOCHONDRIA

1. Originally they're thought to have derived from bacteria! Highlighting again the incredibly intimate and critical evolutionary relationship we have with bacteria. A mutually beneficial relationship we need to honour and respect..
2. All mitochondrial DNA during reproduction are inherited from our female side i.e. rather than the DNA coming from both male and female, mitochondria are only accepted from female DNA. Giving rise to the theory of a "Mitochondrial Eve", a woman from whom all people inherit their mitochondrial DNA from one generation to the next.

*The science is unclear as to what this actually means but what it does show is the fundamental importance of our Mitochondria, our energy, and that perhaps it was one of the first cells in our bodies to kick off our evolution as we know it today AND why our energy is an important barometer of our well-being.*

Our mitochondria are needed for a wide range of other functions e.g. balancing our hormones, our metabolism and the efficient use of minerals in our cells.

New mitochondria grow all the time and simple lifestyle changes stimulate the growth of our mitochondria and thereby increase our energy.

**If our energy is lacking, it's likely we need to activate our mitochondria.**



# 5 mistakes that sabotage our energy

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## 7 STEPS TO GET-UP & GLOW

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## 1<sup>ST</sup> MISTAKE. SITTING. NOT MOVING.

Movement or exercise is one of the best ways to build muscle and oxygenate the body and building muscle mass is especially effective. Generally the more muscle we have, the more mitochondria we have, the more energy we have and the healthier we are.

Unfortunately for many of us, our modern lifestyles STOP us from moving e.g. desk jobs, more sitting in the day, remotes for every thing, technology, even our cars all contribute to a more sedentary lifestyle. It's easy not to, but moving our bodies is probably THE most important thing for healthy mitochondria and our energy.



## 1<sup>ST</sup> STEP. MOVE EVERYDAY, PREFERABLY OUTSIDE.

It doesn't need to be a full on exercise class (which can also put stress on the body), just something that gets the body moving, the endorphins activated and the blood and oxygen circulating. Importantly, something you enjoy and can easily become a pleasure filled habit.

### Ideas:

- Walking to school with kids to drop off and pick them up.
- Walking or running with the dog.
- Gardening.
- Yoga.
- Riding a bicycle to the shop rather than jumping in the car.
- Walking or running with the pram.
- Take a bounce on the kid's trampoline.
- Get to bed early and get up before anyone else and exercise. The best.
- Or join a class or club and really get those muscles moving.
- My favourite. Walk and talk. Grab a buddy, it's the perfect way to catchup and I like to save up my phone calls, then get outside and go for a walk and talk.

## Make it happen:

- Schedule it in the diary
- Do it with a buddy or a group.
- Do it first thing or early in the day.
- Set the alarm and commit.
- Be accountable. Share what you're doing with friends and family or better still get them to join you.
- Register for an event that involves your favourite form of exercise and have a goal to work towards.

The hardest part is **'thinking'** about **doing** it. Once we have our sneakers on or pantry stocked it's easy to make it happen.

**Less thinking and more get-up and glow.**



*'Don't wait. The time will never be just right.'* – Napoleon Hill

## 2<sup>ND</sup> MISTAKE. HURRYING. NOT BREATHING.

We are all guilty of constantly hurrying.

Hurrying to get kids to school, hurrying to meet friends, hurrying here, there and everywhere. Constant busy-ness also places stress on our bodies, often unknowingly. When we hurry, unless we consciously don't, we breathe shallowly from our chests, not deeply and relaxingly from our diaphragm.

Taking a DEEP breath into our bellies, not only oxygenates us well, it automatically stimulates our para-sympathetic nervous systems i.e. our rest and digest response. Breathing deeply automatically switches off the stress response i.e. the fight or flight response, which at the same time stimulates production of cortisol (stress hormone) and a cascade of other hormones into the body.

Not breathing deeply signifies a false alarm and if it continues over time, can contribute to disease and inflammation. Take just a minute to focus on your breathe and see how it feels.

*'Beware the barrenness of a  
busy life' – Socrates*

## 2<sup>ND</sup> STEP. BREATHE. DEEPLY.

Take time out in the day to slow down, rest and automatically switch off the stress hormones and oxygenate your mitochondria. It's vital for replenishing our energy, our health and feeling good! And we are more productive in the process. I promise.

A simple breathing exercise to do anywhere and anytime;

1. Relax your shoulders and body.
2. Close your mouth and take a deep breathe in through your nose on a mental count of 4, expanding and filling your lower diaphragm as you breathe in. All the while focusing on the breath.
3. Hold your breath for a count of 7.
4. Expel your breath completely through your mouth on a count of 8.

Repeat up to 3 times, for a total of 4 cycles. *(Adapted from Dr. Andrew Weil).*

More ideas:

- Meditation. 10 minutes can work wonders.
- Journaling. Take thoughts out of your head and onto paper.
- Spending time outside.
- Getting enough sleep.
- Yoga. Kundalini is especially good for conscious breathing.
- Breathe. Consciously.

*'When you breathe you feel. When you feel you heal' – Unknown*

### 3<sup>RD</sup> MISTAKE. SKIPPING THE ESSENTIALS.

The obvious reason we are missing essential nutrients is because we're not eating them, unfortunately it's not so clear-cut. There are 2 more important reasons we are missing essential nutrients, and we have less control over.

1. Our soils are so depleted of nutrients it IS very hard to physically get the essential nourishment and nutrients our bodies and mitochondria need.
2. More often than not our bodies are carrying an often inherited, toxic burden of one or more of the following;
  - heavy metals
  - pathogens or imbalanced micro-biomes and
  - toxic chemicals

These factors not only alter the chemistry of our body, they interfere with the absorption of the limited nutrients our bodies get access to and therefore our mitochondrial function and energy production.

3. Foods that are difficult to digest also slow down or inhibit absorption of key nutrients e.g. gluten, conventional dairy and other processed and refined foods.

There is good news.

*'Nature itself is the best physician' – Hippocrates*

### 3<sup>RD</sup> STEP. LOAD UP ON ESSENTIALS.

The ideal food to eat is grown in a healthy soil and freshly picked, jam packed full of nutrients and good bacteria. This isn't always possible and farmers markets are a great option.

Wherever possible choose organ8ic foods that don't carry a toxic burden.

Other mitochondrial approved foods;

- High antioxidant foods can protect the body against free radical damage e.g. fresh fruits and vegetables, especially berries i.e. blueberries, goji berries and fresh herbs such as coriander or cilantro and spices such as clove, cinnamon, oregano and turmeric.
- Essential fatty acids (fats we need from food), especially omega 3 fats. Mainly because they're not so commonly eaten e.g. flaxseed, cod liver oil, oily fish such as wild salmon and sardines, chia seeds, walnuts, fish roe (eggs), hemp seeds, anchovies, organic egg yolks and spinach.
- Mineral rich foods e.g. seaweeds, good quality salt and organ meats.

And if you need supplements that help oxygenate the body and support energy production, some of these include:

- Iron
- Vitamin C
- Calcium
- Sulphur
- CoQ10
- Alpha-lipoic acid
- B Vitamins
- N Acetyl Cysteine (NAC)





## 4<sup>TH</sup> STEP. DETOX.

It's vital in today's world to be supporting our elimination organs such as the liver, colon and kidneys with real, clean food and begin to detox from refined and processed foods, heavy metals and any free loaders such as parasites, fungal, viral or bacterial infections (pathogens).

Cleansing foods to support our overall wellbeing and our micro-biome include:

- Apple Cider Vinegar
- Garlic, ginger and lemon
- Enjoying an antioxidant rich diet e.g. berries, especially blueberries, fresh herbs and spices
- Fermented foods e.g. kefir, sauerkraut and kimchi
- Gelatinous foods such as bone stock, chia seeds and aloe vera.
- Dark leafy greens
- Cruciferous vegetables e.g. cabbage, cauliflower and broccoli
- Psyllium

Foods that can help to chelate toxins and support organ health:

- Hawaiian spirulina
- Barley grass powder
- Coriander or cilantro (the leaves of the plant)
- Wild blueberries
- Atlantic dulse
- St Marys Thistle
- Dandelion greens and root, slippery elm and marshmallow root

Intermittent Fasting. Giving our digestive system a much needed break from time to time can help cleanse our system and activate our energy. A window of 16 hours can be all you need to experience intermittent fasting. Work with your health practitioner and only do this if you know it works for you. It's not advised for pregnant or nursing mothers.

*'When you clean the toxins within your body,  
you clear some blocks from your mind'*  
– Tyohar

## 4<sup>TH</sup> MISTAKE. LIVING WITH STRESS.

In today's world it's easy to get used to thinking we need to 'do it all', adding more and more to our 'to do' list and stress becomes a familiar and constant companion. It's become normal. Without thinking twice about how we are living, stress is taking a devastating toll on our energy and wellbeing.

*'Excess cortisol levels (stress hormone) can cause your brain to shrink... and may also cause the hippocampus to produce less brain cells' – Madhumita Murgia, TED – Ed.*

For many of us, stress is unrelenting. If we desire, we can be 'switched on' 24/7 and with so many triggers and stimulants such as late nights, coffee, alcohol and medications it's becoming harder and harder to 'switch off'. Stress depletes our bodies of vital nutrients, affects our nervous system, our brain health and inhibits proper digestion of our food.

Decreasing stress levels will increase the size of the hippocampus (brain) and improve memory. Take control of your stress before it takes control over you.

Incorporating short, daily practices that lift our stress and emotional load are critical for recharging our energy and preventing chronic illness.

## 5<sup>TH</sup> STEP. LIGHTEN THE LOAD AND ELIMINATE TRIGGERS.

There are many, many simple daily practices that work quickly at lifting stress, quieting our nervous system and increasing our energy. Find something you enjoy or you instinctively know will make a BIG difference and add it in to your daily routine. Before you know it, it'll become 'just a way of life'.



More ideas to keep your vibe high and quieten your nerves:

- Reduce or eliminate coffee and other stimulants. It's likely to be giving a false energy and disrupting adrenal health.
- Get more sleep.
- Monitor self-talk – it' can be very depleting.
- Reduce sugar intake.
- Exercise daily.
- Meditate.
- Journal.
- Morning routine.
- Socialise. Tend and befriend.
- Listen to music. Sing.
- Laugh.
- Supplement e.g. B vitamins, magnesium, healthy fats
- Schedule time in your diary for you. Make it non-negotiable
- Say 'no thank you' and clear your diary.
- Ask for help and get the support you need. Parenting takes a village.
- Speak your truth.
- Follow your passion.
- Monitor relationships that are energy zapping.
- De-clutter your home and de-clutter your mind.
- Find your tribe and the support you need.
- Time with loved ones.
- Say 'yes' to offers of help.
- Spend time outside in nature.
- Embrace the elements and the change of seasons.
- Stimulate the senses.
- Use essential oils, run a bath or light a candle.

What from the above list resonates for you? Choose one or two new choices to try. Take notice of how you feel and when it feels good... do it – regularly.

Practitioners who can support you and accelerate results :

- Health Coaches
- Kinesiologists
- Chiropractors
- Energy healers
- Massage
- Infra red saunas

*'The greatest weapon against stress is our ability to choose one thought over another'*  
– William James

## 5<sup>TH</sup> MISTAKE. SURFING AND STAYING UP LATE.

Many of us are chronically sleep deprived, especially as mothers with little ones. Honour your sleep as a priority and catch up on it whenever and wherever you can. No guilt. Sleep is a biological necessity, not a luxury. It matters.

In 1880 people slept on average 8-10 hours a night, today we average 6-7 hours of sleep. Thanks to the accessibility of electricity and light anytime of day or night, it's easy to keep working, surfing the net or watching TV than get our beauty sleep.

The hours of 10pm – 2pm is 'golden sleep', when we naturally fall into a deeper sleep. It's super important to aim to be in bed asleep through these hours and stay in tune with our biological rhythm.

Importantly for women, getting to bed later than this impacts our hormonal health e.g. cortisol (stress hormone) and melatonin (sleep hormone). Sleeping well and getting to bed earlier directly helps keep them in better balance.

Plus we all know how much better we feel with a good night's sleep. Make time to get more sleep and we not only feel more energised, we will add time to our day and to our life.

## 6<sup>TH</sup> STEP. GET MORE SLEEP.

Tips for getting a great night's sleep:

- Start a bedtime routine at least half an hour before you aim to be tucked up and asleep.
- Reduce or eliminate caffeine
- Turn off screens at least an hour before bedtime and quieten your mind.
- Reduce alcohol. It does not make for a deep sleep.
- Eat a lighter meal in the evening and earlier to allow it to digest before hitting the hay.
- Avoid exercising late in the day. Much better to exercise early in the morning and energise your day even more.
- Be consistent.
- Try a digital sunset. As the sun goes down, so do the electronics i.e. computers, iphones and TV. It honours our natural circadian rhythms and helps balance cortisol and melatonin.
- Keep electronics out of the bedroom.
- Turn the Wifi off at night.
- My favourite. Dim the lights from 8 – 8.30pm onwards and turn electronics off.
- Download an app like 'flux' if you need reminder to switch off screens?

*'If you keep doing what you've always done you'll keep on getting what you've always got' - Jack Canfield*

## 7<sup>TH</sup> STEP. BEGIN A MAGICAL MORNING ROUTINE.

I was never a morning person.

However I started experimenting and found that when I got up early, even if I went to bed late, I had more energy. My day went better... And even better if I'd exercised.

If you don't already have a morning routine, try it. It will create energy magic in your day, especially if you put aside at least 15 – 30 minutes totally for you (before the kids or the rest of the house gets up).

For example, my ideal morning is waking up at 5:30am, meditating for 10 – 15 minutes, having a warm lemon tea, journaling for 10 minutes or reading something motivational, then a run or pilates class. It completely fills my cup, shifts my mindset and sets me up for the best day.

Create something that feels good and works for you and your lifestyle. I promise it will change your world (and because you're getting an earlier night and sleeping better, it'll be easy to make it happen).



## SUMMARY

We are all individuals with unique chemistries, yet with fundamental similarities. The key to know what we uniquely need for great energy is to listen to our bodies, to feel what's working and how our bodies respond to the choices we make as individuals.

Our full lives with competing demands on our time means it can be hard to take time to be aware of our choices. Activities such as meditation, good sleep, breathing, walking, anything that brings us into the present, helps give us the awareness to notice. Awareness is the key.

When we do this we discover the dietary and lifestyle choices we not only enjoy but which also make us feel good, our mitochondria strong and our energy soar.

*'The part can never be well unless  
the whole is well' - Plato*

## TESTIMONIALS



*"Kate's warmth, expertise, support, generosity and commitment to me and my family has been an irreplaceable resource and a truly humbling experience... So much gratitude extended to you and the integral work you are doing in the world Kate - thank you"* – Callie Brown, Life Coach and Mama of 2, Melbourne, Australia



*"Kate you have changed how I think about food and my relationship with food and consequently this has changed my body not only on the outside (achieved my goal weight) but on the inside where it counts. This knowledge is life changing, it's amazing!"* – Sara Curtin



*"I've been working with Kate on and off for over 2 years now. She is my go to source for all things health and happiness. As a total achievement junkie Kate has been the grounding source for me through two pregnancies, post-natal and the stress of starting my own business.*

*I consider her an essential in my toolkit for healthy happy living. Thanks Kate (and my family also thank you!)"* – Melitta Hardenberg, Founder – Breaking Bad Habits, Mother of 2



*"I've been meaning to try Kate's wellness programme for some time but have tried to work things out for myself. I've tried every diet under the sun and have had limited success. I already cook from scratch and think I make healthy choices for me and my family however I still continue to struggle with my weight.*

*In the past 10 days, I've lost 3kg and it hasn't been at all hard. I'm feeling satisfied with all the yummy food and have easily been able to keep on track. My goal now is to keep this going until I get back to the weight I was in my early 20's. This is a goal I would not have even considered before.*

*Thanks so much – it's been fun!"* – Georgie Gallagher



## TESTIMONIALS



*“My wife enlisted Kate to change our kids eating habits. After witnessing the successful results and the transformation of my kids diet and health, I decided it was time to heal myself. As a long term suffer of IBS (roughly 17 years) I had enough with the physical and psychological impact this was having on me... Within weeks, i noticed a difference with my IBS, energy levels and weight loss...*

*Now after more than 6 months, my IBS issues have significantly decreased providing me with an increased quality of life and my eating habits have changed for the better... Kate's dedication to my situation was amazing and provided me with confidence that my issue would be resolved with time. The constant information and research Kate provided was second to none. Kate has changed mine and my families life for the better. These changes will define my children's eating habits for their lives and the rest of mine. Thank you Kate ” – Dean Roberts*

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*“Kate has a very creative way of presenting information that feeds your soul and your body – helps your mind see things more clearly and sets you on a path that is for life.” – Lisa Rowley*

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This information is just one part of a balanced lifestyle that covers a wide range of health fields and professional advice. If you are ill or sick then always continue to seek advice from your medical practitioner.





# 8 OF MY FAVOURITE ENERGISING RECIPES



# Smoked Salmon, Avocado and Walnut Salad with Fresh Herbs

**PREPARATION:** 5 minutes **SERVES:** 2



## What

- 2 large handfuls of mixed greens (I used baby spinach or leafy greens fresh from the garden)
- 1 large avocado, halved, peeled and sliced into cubes
- 200 gram (approx) of smoked salmon, cut into bite size pieces (I used the 'wild' salmon from New Zealand. It can be bought at a number of whole food stores or if you're in Perth, WA Big Fish in Bicton, sell loads of it)
- 5-6 cherry tomatoes, halved
- a good handful of fresh garden herbs e.g. basil, coriander, thyme, oregano roughly chopped
- ½ cup of walnuts, lightly toasted and broken into pieces
- 1 red onion, halved and sliced thinly (optional)
- 2 tablespoons of olives in olive oil roughly chopped (or use capers)

## Dressing

- 1 medium sized lemon, zest and juice
- ¼ cup of extra virgin, cold pressed olive oil
- 1 teaspoon of additive free horseradish cream (optional)
- Sea salt, a good pinch
- Black pepper, to taste

## How

1. Place the leaves into a bowl or onto a platter. Arrange all of the other ingredients on top.
2. For the dressing place all of the ingredients into a jar and shake until combined or mix together well in a small bowl.
3. Drizzle over the salad, just before serving.

# The Energiser Smoothie

**PREPARATION:** 2 – 5 minutes, **SERVES:** 1 adult or 2 children

## What

- Half a cup of frozen or fresh organic berries
- 1 cup of fermented coconut water, coconut water, or filtered water
- 3 tablespoons of collagen hydrolysate as a protein base
- 3 organic, pasture fed egg yolks
- One Tbsp of coconut oil
- 1 Tbsp of cacao powder
- 1 Tbsp chia seeds
- 1 tsp vanilla powder



## How

1. Add all the ingredients to a high speed blender
2. Blend and enjoy!

## Note

- Replace the chia seeds with 1 Tbsp of a nut butter and/or organic ghee for more good fats and protein.
- Add in 1 tsp of gubinge powder (a.k.a. kakadu plum or billy goat plum) for an immunity boost of Vitamin C.

•Inspired by Kelly Brogan MD, KB Smoothie <http://kellybroganmd.com>

# A Pina Colada Green Smoothie

**PREPARATION:** 2 – 5 minutes, **SERVES:** 1 adult or 2 children

## What

- 1 thick slice of fresh pineapple (about 2cm wide & cored)
- 1 banana
- 2 medium sized kale leaves
- 1 stick of celery
- 1 handful english spinach leaves
- 1/2 small cucumber
- 1/4 cup almonds (preferably soaked or activated)
- 1 tbsp chia seeds
- 1 tbsp of coconut oil
- 1 cup of ice
- 2 cups of filtered water



## How

1. Add all the ingredients to a high speed blender
2. Blend and enjoy!

## Note

- Replace the chia seeds with 1 Tbsp of a nut butter and/or organic ghee for more good fats and protein.
- Add in 1 tsp of gubinge powder (a.k.a. kakadu plum or billy goat plum) for an immunity boost of Vitamin C.

•Inspired by Kelly Brogan MD, KB Smoothie <http://kellybroganmd.com>

# East Meets West Oven Baked Chicken

**PREPARATION:** 5 minutes **MARINATE:** overnight or up to 4 hours **SERVES:** 4



## What

- 10-12 organic chicken pieces (e.g. wings and drumsticks) approx.
- 1/2 cup olive oil
- 1/4 cup Tamari
- 1 onion finely sliced
- 3 or 4 cloves of garlic crushed
- 1 Tbsp fresh ginger grated
- 1/4 cup finely chopped sundried tomatoes (buy the dried tomatoes or in olive oil not other vegetable oils)
- salt & pepper to taste

## How

1. Heat the oven to 170 degrees
2. Lay the chicken out in a large baking dish
3. Cover the chicken with the chopped onion and sundried tomatoes and mix in a little
4. Mix the remaining ingredients altogether into a marinade and pour over the chicken while covering the chicken with it as evenly as possible
5. Place in the oven and bake for approx. 45 – 60 minutes or until the chicken is cooked through
6. Serve and enjoy with your favourite vegetables, cauliflower rice or salad.

# Coconut Ice Balls with a Zesty Twist

**PREPARATION:** 10 minutes, **FRIDGE TIME:** 30 – 60 minutes **QUANTITY:** Approximately 15 bite sized balls

## What

- 1 cup or 80 g desiccated coconut + extra for rolling (or shredded coconut)
- zest of 1 large lemon
- 1 Tbsp lemon juice
- 1 tsp vanilla essence
- Pinch salt
- 1 cup or about 100 g Raw macadamias (or cashews)
- 2 Tbsp honey or brown rice malt syrup
- 4 tablespoons coconut oil



## How

1. Add all the ingredients into a high-speed blender and blend on high for about 30 seconds.
2. Scrape down the sides and blend on high again until all the ingredients are mixed and the desired consistency is reached.
3. Taste for added zest or sweetener or add more nuts or oil for your desired consistency.
4. Roll into small balls, about the size of a walnut. (note if the mix is a bit soft, pop in the fridge for a few minutes to firm up)
5. Dust in desiccated or shredded coconut, (I prefer shredded for a more rustic look).
6. Place in a container and in the fridge to set or the freezer for another time.

# Persian Love Cake With a Modern Twist

**PREPARATION:** 10 minutes **BAKING:** 1 hour at 160 degrees celsius



## What

- 2 cups almond meal (see notes)
- ½ cup desiccated coconut
- ½ cup medjool dates
- ½ cup (120g) softened butter
- 1 tsp himalayan or celtic sea salt
- 2 organic eggs
- ½ cup sheep milk yoghurt
- ¼ cup of raw, unfiltered honey
- ½ tsp ground nutmeg
- 1 tsp ground cinnamon
- 1 tsp ground cardamom
- ½ cup pistachios roughly chopped
- rose petals from the garden (& if you have them)
- 1 cup creme fraiche, yoghurt or organic cream to serve

## How

1. Preheat oven to 160C (fan-forced).
2. Butter a 23-25cm spring-form cake tin or line the base with baking paper.
3. In a blender combine the almond meal, desiccated coconut, dates, butter and salt and mix until it resembles breadcrumbs. The consistency will be a bit like a dough.
4. Take half of the mixture and put into the cake tin. Gently press it into the base of the tin until it covers it evenly.
5. Add the eggs, yoghurt, honey and spices to the nut mixture and blend until well combined.
6. Pour on top of the base.
7. Bake for 60 minutes OR until a knife comes out clean. The cake can be covered if it is browning too much while cooking.
8. Leave the cake in the tin until completely cooled, sprinkle over the chopped pistachios and rose petals if you have them, then serve with creme fraiche, thick cream or extra yoghurt on the side. Enjoy!

## Notes

- In place of meal, use whole almonds and mill your own meal in a high speed blender, on high for approximately 30 seconds.
- For nut free use sunflower meal in place of almonds and in place of almonds I've also used 1 cup macadamias plus 1 cup sunflower meal.

# Lentil Salad & Quinoa with a Lemon & Tahini Dressing

**PREPARATION:** 10 minutes **SERVES:** 2 adults + 2 small children

## What

- *Salad*
- 1 cup quinoa preferably soaked for 6 – 8 hours and rinsed.
- 2 cups of water
- 1 cup cooked brown lentils or 2 400g BPA free cans rinsed and drained
- A good handful of english spinach or baby spinach
- A bunch of lightly steamed seasonal asparagus or fresh green beans, chopped into bite sized pieces
- 1 cup finely chopped cabbage (optional)
- ½ cup roughly chopped flat-leaf parsley
- ½ cup roughly chopped fresh coriander (cilantro)
- 2 spring onions, finely chopped (or the amount you enjoy)
- approx. 1/3 cup goats feta unmarinated or marinated in olive oil
- ⅓ cup toasted pepitas (pumpkin seeds)

## Dressing

- ¼ cup olive oil
- 3 to 4 Tbsp lemon juice, to taste
- 1 tsp lemon zest, finely chopped
- 1 Tbsp tahini
- 1 garlic clove, pressed or minced
- ½ teaspoon sea salt
- Freshly ground black pepper, to taste



*Inspiration for this recipe comes from <http://cookieandkate.com>*

## How

1. Add the quinoa to the water into a medium pot. Bring to the boil then reduce heat to a gentle simmer and cook for approximately 10 – 12 minutes.
2. Remove from the heat, cover and allow to gently cool.
3. Gently toast the pumpkin seeds in a shallow pan over a medium heat, stirring frequently for about 5 minutes or until just browned. Take off the heat and allow to cool.
4. The dressing. In a small jar with a lid or a bowl and combine all the ingredients. Taste, and add more lemon juice or salt if need be.
5. When the quinoa is ready add it to a large salad bowl and add all the remaining salad ingredients you're using i.e. spinach, asparagus or green beans, cabbage, spring onions, parsley, coriander, feta and pepitas!
6. Drizzle the dressing over the salad, and combine.
7. Serve immediately, or leave in the fridge for later.

## Notes

- To make it dairy free leave out the Feta
- Add capers or olives for extra deliciousness!



# Magical Miso Soup



## What

- 2 cups of water
- 2 cups of home made bone stock (broth)
- 5 cm dried wakame or kombu
- 4 – 5 shitake mushrooms, sliced thin (or use 7 or 8 pieces of dried shitake, soak first for 5 minutes or fresh mushrooms)
- 200g, firm tofu, cubed (optional)
- 1 ½ teaspoons miso per cup of water
- 2 – 3 spring onions, finely sliced
- 1 red chilli finely chopped (optional)

## How

1. Soak wakame or kombu for 5 minutes until soft, then slice thin.
2. Add mushrooms and tofu to the broth and water and just bring to a boil.
3. Lower flame to simmer and cook for 3 – 5 minutes.
4. Add watercress and spring onions.
5. Dilute the miso in a small amount of water and when the soup has cooled, add to the soup (to retain benefits of fermented food).

## To add more sustenance, add in:

- sauté onions with carrot & celery or
- Add 2 handfuls of chopped kale or spinach at the end to wilt or
- a cooked whole grain in at the end or
- all of the above!



## About Kate

After working as an executive in professional services, Kate started her global business as a Certified Holistic Health Coach. She has a Bachelor of Science and a Post Graduate Diploma in Business.

Kate has taken her extensive experience to develop a comprehensive coaching philosophy that will transform your health – for life - literally. 'Being healthy is your natural state' is Kate's ethos. Simple, life changing & fun'.

“Eating nourishing foods, making empowered choices, not only changes the mind but your body too. Prevention is the cure and our health really is in our own hands - it's our choice.”

*Kate Barnes*



## How you can work with Kate:



- one on one coaching
- her signature online e-courses, 'A gentle cleanse with Kate' and 'Get-up and GLOW with Kate', her leading nutrition and detoxification programs for busy women.
- Along with 'Our Happy Children' a ground breaking education and nutrition program for happy, healthy families.
- cooking demonstrations
- pantry overhauls and
- guest speaking

Kate loves sharing her message of taking our health back into our own hands, and that prevention really is the cure, increasing awareness about the best nutritional choices and clearing the many confusing messages, she motivates and inspires people to take action and live their best lives.



## 7 SIMPLE STEPS TO GET-UP & GLOW

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