

Kale Chips

recipe

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SERVES 4

EASY TO MAKE

Cooking time: 45-60 minutes

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ABOUT

This is a great snack, kale is a nutrient-dense superfood which is high in fibre and low in carbohydrates. It is a great source of calcium in a bioavailable form plus also contains B vitamins and even some omega-3 fatty acids.

INGREDIENTS

1 large bag (approx. 500g) raw green kale
50 ml olive oil
1 teaspoon sea salt
Pinch of black pepper
Optional: 50g ground almonds

METHOD

Preheat oven to 120 degrees/250F/Gas mark 1/2).
Prepare the kale by washing thoroughly drying, and tearing the leaf away from the stems. The stems can be discarded.
Place the prepared kale in a large bowl, add the remaining ingredients, and mix well using your hands. Ensure that each piece of kale is fully coated.
Arrange the kale in a single layer over a baking sheet and place in the oven to slowly dehydrate. This will take 45 minutes to an hour. The kale is ready when it becomes crisp and brittle - but watch it closely as it can quite easily burn.

Trail Mix

recipe



SERVES 12

EASY TO MAKE

ABOUT/INGREDIENTS

This trail mix can really contain whatever variation of bits and pieces that you like

100g Tiger Nuts-

The tiger nuts used here are from The Tiger Nut Company and are the peeled tiger nuts. The unpeeled ones are cheaper but they are really quite chewy and the peeled ones taste much sweeter.

100g dark chocolate drops-

The 100% dark chocolate drops are from Hotel Chocolat and contain 100% cocoa solids. Dark chocolate is one of the best sources of antioxidants on the planet. Studies show that dark chocolate (not the sugary type) can improve health and lower the risk of heart disease.

50g dried yacon flakes-

Yacon flakes are simply sliced and dried pieces of the yacon root. They are extremely high in fibre - containing 40g of fibre per 100g

100g goji berries-

Goji berries contain vitamin C, vitamin B2, vitamin A, iron, selenium and other antioxidants. They go well in this trail mix but you could also use chopped dried dates or other dried fruit.

50g brazil nuts-

Brazil nuts are an excellent source of selenium. You could substitute any other type of nut for Brazil nuts and you could also add various seeds instead of nuts.

100g coconut flakes-

The final ingredient is dried coconut flakes. Dried coconut contains healthy fats and some additional fibre. You could use toasted coconut flakes too.

METHOD

Simply mix all the ingredients together and store in an airtight container.



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Raw Brownie

recipe

SERVES 16

EASY TO MAKE

Cooking time: 30-40 minutes



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INGREDIENTS

- 50g goji berries
- 50g cashews
- 50g pistachios shelled
- 3 Tbsp. raw cacao/raw chocolate powder
- 2 Tbsp. melted coconut oil
- 1 Tbsp. raw honey (optional)
- 450g pitted dates (Medjool dates are the best, but any other dates work fine if you soak in boiling water for an hour before using then drain)
- 100g 85-100% dark chocolate (optional)

METHOD

Pulse cashews in food processor until they resemble large bread crumbs. Add dates, cacao powder, honey and coconut oil and blend again until mixture is very sticky.

Transfer the mixture to a large bowl.

In a separate dish crush pistachios, as you want them to be in larger chunks than the cashews. Add goji berries and crushed pistachios into the brownie mixture and stir together.

Line a baking tray with cling film and spread mixture evenly across the tray. Melt the dark chocolate in a glass bowl over a pan of simmering water and then drizzle over the brownie mixture.

Freeze for an hour until brownies are set.

Transfer the brownie onto a cutting board and cut into bars, you can make these any size you like but they are very sweet so we usually cut into quite small bars.

You can store the brownies in an airtight container in the fridge.

Energy Bites

recipe

SERVES 8

EASY TO MAKE

Preparation time: 10-15 minutes

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ABOUT

Energy bites are a perfect on-the-go snack and are really easy to make. Shape a mixture of nut butter, sesame seeds, pistachio nuts, Medjool dates and coconut into balls for a healthy, energy-boosting snack.

INGREDIENTS

100g Medjool dates
100g shelled pistachio nuts
1 tbsp. sesame seeds
1 tbsp. cocoa powder
1 tbsp. honey or maple syrup
50g desiccated coconut
2 tbsp nut butter such as almond or cashew butter

METHOD

Put the shelled pistachio nuts into a food processor and blitz to crumbs.

Add all the other ingredients then pulse to combine.

Shape the sticky mixture into golf ball-sized balls. Put in the fridge to firm for 20 mins, then eat whenever you need a quick energy boost.