



CHEF ASHTON
REAL FOOD REAL GOOD

Freezer Food!

Join me to stock up the freezer food stash

MINI EGG MUFFINS

INGREDIENTS

6 – 12 eggs (depending on how many you want to make and whether you are cracking or scrambling them together)
Bacon / ham
Veggies – grated carrot, courgette, broccoli, peas, corn
Salt and pepper

WHAT TO DO

Preheat oven 180 deg.

You can choose to either scramble up the egg mix (add ½ cup milk or water to this option) and add everything, pour into muffin tins.

OR

Line the muffin tin with ham or bacon, scramble the eggs and veg together, then pour on top of bacon/ham.

OR

Or line tin with bacon / ham, place in some veg, and crack an egg over the top. Ashton prefers his egg like this - whole rather than scrambled.

Bake in oven for 15 – 20 mins.

3 INGREDIENT PANCAKES

INGREDIENTS

2 eggs
1 banana
1 Tablespoon peanut butter (or any nut butter)

WHAT TO DO

Either mash the banana and add the eggs and peanut butter, stir to combine or whizz the whole lot up in the blender, or with a handheld blender.
Fry with some coconut oil on low – med heat until bubbles begin to form and pop. Then flip and brown on the other side.



SOME OTHER RECIPES:

Egg free waffles or pancakes

<https://www.chefashton.com/waffles-free-from-gluten-dairy-egg-nuts/>

Seed crackers (need to pre-soak seeds night before)

<https://www.chefashton.com/seed-crackers/>

Meatballs – these can be frozen raw or pre cooked

<https://www.chefashton.com/meatballs-4-ways/>

Smoothies – can freeze these in kai carriers. Swap stuff out for more seasonal alternatives (sub extra coconut cream for avo, kumara for pumpkin, courgette for grated carrot).

<https://www.chefashton.com/berries-n-cream-smoothie/>

<https://www.chefashton.com/chocolate-smoothie/>

egg wraps

<http://domskitchen.co.nz/best-paleo-coconut-wraps/>

HUMMUS

INGREDIENTS

A blender, food processor or stick blender of some sort.
1 tin of chickpeas (drained and rinsed)
1/4 c olive oil
1 t salt
1/4 c lemon juice
1 T garlic (I prefer the garlic cooked – you can pan fry or roast it first)
Optional – 1T tahini, parsley.

WHAT TO DO

Dump all the ingredients together and blend! Add some water if it's too thick until it's the consistency you like. I usually end up adding a fair bit of water, as I find it also thickens up in the fridge. Sprinkle some smoked paprika on top – yum!

Once you have made this as a base you can add different flavours – some of our favs are roasted veges (kumara, pumpkin or carrots), beetroot, or sundried tomatoes. Or cumin, curry powder, paprika and chilli all add a nice touch too.





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DATE LOAF

INGREDIENTS

1 c dates
½ c water
½ cup Coconut oil (or butter)
1 t vanilla
1 large ripe banana
2 c finely grated carrot
1 egg (or egg substitute)
½ dried fruit (raisins, chopped apricots, cranberries)
1 ½ cups flour (wholemeal, gluten free, buckwheat, almond meal, spelt*)
1 ½ tsp baking soda
Optional – 1/3 cup sweetener**
1 t cinnamon

WHAT TO DO

Preheat oven 180 deg.

Put the dates and water in a small pot and bring to the boil. Boil until all the water is dissolved. Take off the heat, add the baking soda (and watch it foam!). Add the coconut oil to melt into the hot mixture. Set aside.

Measure all the dry ingredients into a bowl. Add the wet ingredients, carrots, banana and date mixture and carefully fold it all together. Pour into a loaf tin and bake for approx 1 hour, check with a skewer and it might need another 15 mins.

OR bake in mini loaf tins (i love these because i'm way too impatient for a whole loaf to cook) for about 25 minutes.

* I sometimes use ½ c tapioca ½ cup almond meal ½ cup buckwheat, otherwise all buckwheat.

** we find the banana, dates and dried fruit sweet enough without!



INGREDIENTS

1 c almonds
1 c dates
1/2 c dried cranberries
1 t vanilla extract
1 T coconut oil
1 T raw cacao or cocoa powder
1 c desiccated coconut

WHAT TO DO

Put the almonds in the food processor and pulse until they are broken down. If you want almond chunks then leave them a bit chunky, if you want them all blended in then grind them to a powder.

Add the rest of the ingredients and process on high until the dates are broken down and the mixture is clumping and sticky.

Roll into balls and store in the fridge or freezer. I store them in the freezer and they get eaten straight from there

PEANUT BUTTER PROTIEEN BITES

INGREDIENTS

1 c peanut butter
5-6 dates
1 scoop vanilla or chocolate protein powder (we use nuzest clean lean protein)
1 c dessciated coconut
3 T cocoa powder

WHAT TO DO

Put everything in the food processor and blend together until well combined.

Roll into balls and store in the fridge or freezer. I store them in the freezer and they get eaten straight from there

