



Recipes

Preparing for your Organic Acid Test

Organic Acid Test (OAT)

We don't want you to feel overwhelmed with what you can and can't eat in the lead up to your organic acids test, so we have put together some recipe ideas that are free of the foods you need to avoid (see list below).

48 hours before test, stop eating the following foods:

- Aged/processed cheese
- Avocado
- Echinacea
- Fruit and fruit juice
- Jelly
- Pecans
- Prunes
- Raisins
- Reishi mushroom
- Tomato/tomato sauce
- Vanilla extract
- Walnut
- Wine
- Bone broth

SUPPLEMENTS

- Arabinogalactan*
- Collagen powder
- Ribose supplements

If you have any existing dietary requirements, please make any necessary adjustments.

Autoimmune Protocol (AIP) friendly recipes are noted with this mark 

PLEASE REFER TO THE ORGANIC ACID TEST PREPARATION GUIDE AND SPEAK WITH YOUR HEALTH COACH BEFORE COMPLETING THE TEST



Eggs with sauteed vegetables

Ingredients

- 2 eggs
- 1 cup vegetables (e.g. rainbow chard, broccoli, capsicum, zucchini), chopped
- fresh herbs
- bacon
- gluten free toast

Method

1. Cook preferred style eggs (poached, scrambled, fried) and bacon
2. Gently sautee vegetables in ghee/ butter or olive/ coconut oil
3. Serve with fresh herbs on toast

enjoy!



Cauliflower Fried 'Rice'

AIP friendly

Ingredients

1 head cauliflower, roughly chopped
 2 tablespoons solid cooking fat
 4 rashers bacon, chopped

1 small onion, finely chopped

4 cloves garlic, minced
 1 zucchini, finely chopped
 2 celery sticks, chopped
 ¼ teaspoon sea salt
 ½ teaspoon ginger
 1 tablespoon coconut flakes
 1 tablespoon chives, chopped

Method

1. Process the cauliflower in a food processor for 10 seconds, until it just barely forms "rice" size granules
2. Heat the solid cooking fat a pan on medium-high heat.
3. Add chopped bacon. When cooked add cauliflower and sauté for five minutes till cauliflower looks slightly brown.
4. Remove from pan.
5. To empty but still hot pan (no need for it to be cleaned) add onion and cook for a few minutes, until translucent. Feel free to add more oil should it need.
6. Add the garlic, celery and zucchini, and cook, stirring for five more minutes.
7. Add back the cooked cauliflower plus sea salt, ginger, coconut flakes and stir still warmed through.
8. Serve garnished with chives.

enjoy!

TIP: Solid cooking fat can be any fat of your choosing as long as it is saturated and solid at room temperature - coconut oil, lard, tallow, duck fat, and others.



Baked cauli-cinnamon porridge

AIP friendly

Ingredients

Porridge

1/2 tin coconut cream
2 tsp. cinnamon
1 small cauliflower head "riced" (per recipe P4)
Pinch salt

Topping suggestions

Coconut yoghurt
Toasted coconut flakes
Extra salt
Fresh mint
Fresh Mango + Strawberry is also permissible for this AIP friendly dish.

Method

1. Heat oven to 180 degrees
2. Add all porridge ingredients to a baking dish
3. Bake for 45 minutes or until nicely bubbling and browned on top
4. Top with your selection of toppings.

enjoy!



Spiced hemp and chia seed porridge

Ingredients

3 tbsp oats
2 tbsp hemp seeds
1 tbsp chia seeds
½ tsp cinnamon
1/2 cup almond/coconut milk or water

Topping suggestions

Coconut yoghurt
Raw honey
Toasted coconut flakes
Sunflower/ pumpkin seeds

Method

1. Add all ingredients to a small saucepan, simmer over low heat, stirring constantly until thick and creamy.
2. Enjoy with a dollop of coconut yoghurt and a drizzle of honey.

enjoy!

Note: you could swap oats out for pre-cooked quinoa or rice.



Zucchini breakfast muffins

Recipe: Susan Joy

Ingredients

5 large eggs
2 tbsp olive oil
1 large (approx 450gm) zucchini, grated (skin on)
2 spring onion(s), finely sliced or chopped chives
3 slices ham (nitrate/maize free), diced
3 tbsp coconut flour
Fine sea salt and ground black pepper, be generous

Method

1. Preheat oven to 180c (fan-forced). Line or grease well a large 12 cup muffin tin, or use a silicon muffin tray.
2. Add the eggs and olive oil to a large bowl and whisk. Then add the zucchini, spring onions, ham, coconut flour, salt and pepper (if using extra herbs and spices add now). Mix together well, making sure all ingredients are distributed throughout the mixture.
3. Use a 1/4 measuring cup to fill the muffin cups to 3/4 full. Bake for 25 - 30 minutes or until lightly brown and set.
4. Allow to slightly cool for a few minutes before serving.
5. Store leftover muffins in an airtight container in the fridge for up to 4 days.

enjoy!



Simple and tasty

Lunch and dinner ideas

Slow cooked lamb shoulder

Rub lamb shoulder with 1 tsp salt, add 2 cups water to slow cooker, add in lamb, cook on low for 6-8 hrs. Transfer to a baking dish and pop under the grill for approx. 15min to crispen up! Serve with greens or a fresh slaw (made with finely shredded cabbage, fennel and herbs).

Oven-baked steak/lamb backstrap/chicken drumsticks

Pan fry steak or lamb in hot frying pan (cooking time will vary depending on size of cut)/ Drizzle chicken drumsticks with extra virgin olive oil and sprinkle with salt, herbs and spices and roast in 200oC oven for 1 1/2 - 2hrs. Serve with homemade sweet potato wedges and vegetables/ salad.

Oven-baked, wild-caught salmon

Preheat oven to 200 oC. Place salmon in a baking dish and bake for 20min (or until just cooked through).
Serve with salad, and/ or steamed vegetables (e.g. broccoli, bok choy, cauliflower).

Roast beef/ lamb/ chicken/ pork

Serve with vegetables (e.g. roast pumpkin/ sweet potatoes/ cauliflower/ brussels sprouts and steamed broccoli or silverbeet).



Simple and tasty

Lunch and dinner ideas

Rainbow fried rice

Made with bacon, onion, ginger, capsicum, peas, snow peas.

Stir fry

Your choice of protein (chicken or beef) and/or vegetables (e.g. capsicum, broccoli, snow peas, bok choy, cashews and sesame seeds)

To add flavour, you can use ginger, garlic, sesame oil, honey – and fermented foods like tamari/ miso.

Roast veggies

Keep roast veggies (e.g. eggplant, pumpkin, cauliflower, zucchini, brussels sprouts) in the fridge for yummy snack or meal served with hummus*, fresh herbs, rocket and a sprinkling of seeds.

*Note: many store-bought versions will include lemon juice (which you are avoiding!) so stick to the homemade variety where you can omit the lemon!



Simple pumpkin soup

AIP friendly

Recipe: Jordan Pie

Ingredients

3/4 medium sized pumpkin, chopped, remove skins and seeds
2 onions, diced
1 large zucchini, chopped (peel the green skin off)
3 broccoli stems, chopped
1 knob of ginger, peeled and chopped
6 garlic cloves
1L hot water
Salt to taste
Oil for cooking
Fresh parsley for garnishing

Method

1. Preheat oven to 180C. Add the chopped pumpkin to a large roasting tray and drizzle with a little olive oil, mix to ensure the pumpkin is coated. Place into the oven and roast for 20-30 minutes.
2. Heat a frying pan up with some cooking oil (Olive if you are on AIP). Add the onions and sauté until golden brown. Add the garlic and sauté until it has some colour on it.
3. Now add all the ingredients into a large saucepan and bring to a soft boil. Simmer with the lid on until the broccoli stems and ginger are soft.
4. When it's ready, use a stick blender or add the mix into your blender or thermomix and puree until completely smooth. Taste and add salt as desired. If you want your soup to be a little thinner, add a touch more water and re-blend until you reach your desired consistency.
5. Pour into bowls and garnish with fresh parsley. Serve with homemade toasted bread and enjoy. Optional; dollop some unsweetened coconut yoghurt on top for a dose of probiotics.

enjoy!



Wild salmon bake

Recipe: Fiona Knaggs

Ingredients

1x 415g tin Alaskan Wild Caught Salmon
 6 large eggs
 1/2c almond or coconut milk
 1 1/2c c kale, shredded
 1c roasted pumpkin, cut into 2cm cubes (MAKE AHEAD)
 1/2 red onion, diced
 1/2 red capsicum, diced
 10 pitted Kalamata olives, sliced
 1/2 c flat leaf parsley, roughly chopped
 1/4 c dill, finely chopped
 1 heaped tbsp coconut flour
 2 tsp seaweed flakes
 1/2 tsp salt
 1/2 tsp cracked pepper

Method

1. Preheat oven to 180C and grease a square 25cmx25cm baking dish.
2. In a large bowl, whisk together eggs, milk, S&P.
3. Gently fold through the remaining ingredients.
4. Give a little jiggle to level out the mix.
5. Pour into baking dish and bake for 40 min or until firm and golden.

enjoy!



Easy zucchini slice

Recipe: Jordan Pie

Ingredients

6 large eggs (or 7 medium)
2 cups grated zucchini
1/2 cup finely chopped onion
1 cup grated broccoli stem
1 cup blanched almond flour
1/2 cup coconut flour
1/3 cup melted ghee or unsalted butter
1/2 tsp baking soda
1 Tbsp dried parsley or 3 Tbsp fresh parsley or basil
Salt and pepper to taste
Optional: 2 tsp garlic or onion powder,
3-4 rashers or chemical free bacon
cooked and diced

Method

1. Preheat the oven to 180C. Grease and line a slice tray with baking paper.
2. Mix all of the ingredients together in a bowl until combined, you can do this by hand or in a mixer.
3. Spoon the mixture into the lined tin and smooth it out. Drizzle some olive oil on top of the slice and use a spatula to spread the mixture out until it's completely even and the top of the slice looks smooth.
4. Place into the oven and bake for 40 minutes, or until golden brown and cooked through.
5. Remove from the oven and allow to cool slightly. Slice and serve warm with butter or avocado, or just on its own.

enjoy!



Fresh herb falafel

Recipe: Pheobe Liebling

Ingredients

100g flaked almonds
100g pistachios (shelled)
1 medium onion
200g spinach (mixing with 100g of watercress also works really well)
100g fresh parsley
50g fresh coriander
50g fresh dill
400g chickpeas
3 tablespoons extra virgin olive oil
1 teaspoon baking powder
1 heaped teaspoon ground cumin
1 teaspoon black pepper
1/2 teaspoon Himalayan salt

Method

1. Preheat the oven to 190°C. Line a large, flat baking tray with parchment. Drain and rinse the chickpeas, then leave in a sieve to one side.
2. Place the spinach, parsley, coriander and dill into the bowl of a food processor, pulse a couple of times to break down. Peel and roughly chop the onion then add to the herbs blending again until fine, you might need to scrape down the sides a couple of times.
3. Next, add the nuts, cumin, baking powder, olive oil and seasoning, blending again until completely incorporated before finally adding the chickpeas. Pulse 3-4 times to chop but not completely process, you want to keep a bit of texture within the falafel. Taste a small amount of the mixture and adjust the seasoning if needs be.
4. Use a tablespoon to scoop out portions of the mix, rolling into balls before flattening slightly into patties and arranging on the parchment-lined tray. Continue with the rest of the mixture then place in the oven to bake for 15 minutes. Gently check the underside to see they're lightly golden then flip carefully and return to the oven for a further 10 minutes.
5. Serve with gluten-free recipe below, homemade hummus (see snack section) and salad.



Gluten free wraps

Recipe: Stacey Clare

Ingredients

12 eggs
1 cup coconut milk (tin or long life)
1 cup tapioca flour
3 tbsp coconut flour

OPTIONAL

1 tsp ground cinnamon (for a sweet option)
or
1 tsp smoked paprika (for a savoury option)

Method

1. Whisk the eggs with the coconut milk in a bowl.
2. Now, whisk in the tapioca and coconut flours and any spices you're using. Give it a really good whisk because you don't want any clumps left.
3. Heat a frypan over medium heat and coat with a little coconut oil. Spoon a small ladle of the mixture in. Turn the wrap once it's nearly set the whole way through. Remove from the pan and repeat the process.



AIP friendly

Chicken & cauliflower carbonara with bacon

Recipe: Jordan Pie

Carbonara sauce ingredients

1/2 cauliflower, roughly chopped
 1 zucchini, roughly chopped
 2 broccoli stems, chopped
2 Tbsp ghee (or butter) - Olive Oil for AIP
 Salt to taste
 1 cup hot water
 Optional; add in a handful of spinach if you would like to make the sauce 'greener'

Ingredients

Roughly 500g chicken thigh, diced
 4-6 rashers of chemical free/maize free bacon, diced
 1 large brown onion, diced
 4 cloves garlic, finely diced
 1/2 - 1 tsp black pepper (omit for AIP)
 1-2 tsp mild mustard seeds (omit for AIP)
 Olive oil for cooking
1 packet GF pasta - 1 spiralised zucchini for AIP

Method

1. Heat a large frying pan with ghee /olive oil. Sauté the onion until golden brown. Add the bacon and cook until crispy and golden brown. Add garlic and stir.
2. Meanwhile, boil the cauliflower, zucchini, broccoli stems in water, or steam until soft.
3. When the onion and bacon mixture is golden and crispy, remove from the pan and onto a plate.
4. Cook the chicken pieces in the leftover bacon fat until golden brown. Add in the mustard seeds and pepper (Omit for AIP), salt and stir it through for a few more minutes. Turn off heat.
5. When the veggies are ready, strain off the excess water. Add them into a food processor and blend with 1-2 Tbsp ghee (or Olive oil) and 1 cup water until smooth and creamy. If the sauce is too thick, add a little more water and re-blend. If you want the sauce to be 'greener' in colour, blend through some spinach leaves until super smooth and creamy (this is optional).
6. Bring some water to a boil in a large saucepan. Add a good pinch of salt. Add the GF noodles to the boiling water. Follow the cooking instructions on the packet. For AIP cook zucchini spirals (zoodles) for just 2 minutes to cook.
7. Strain GF pasta/zoodles.
8. Add the chicken, bacon mix and noodles into a large bowl. Pour 1/2 - 3/4 of the carbonara sauce in and mix gently to combine evenly. Add more sauce if desired.
9. Serve in bowls and garnish with some freshly chopped parsley.



Easy and nutritious

Sweets and Snacks

Home-made hummus dip with fresh vegetables

Ingredients

1 tin organic chickpeas
1/3 cup chilled water
2 cloves garlic, minced
2 tbsp tahini
2 tbsp extra virgin olive oil
1/2 tsp cumin
1/2 cup roasted pumpkin or beetroot (optional)

Method

1. Blend together in a food processor until smooth. Adding more water if you want a smoother consistency.
2. Serve with your favourite veggies, you could try celery, capsicum, beans, or snow peas.

Note: we have specified homemade hummus because you are avoiding lemon juice before your OAT (and most store-bought hummus dips will include lemon juice).

Coconut yogurt with seeds and honey

Try chia seeds or lightly toasted sunflower and pumpkin seeds
Drizzle with raw honey

Brazil nuts, cashews or almonds

Nuts are a great snack – Brazil nuts, cashews and almonds are fine to eat. There are a few nut varieties to avoid, so make sure you check the list on page 2 of this booklet.



Vegetable Sticks and Creamy Dip

AIP friendly

Ingredients

Creamy Coconut Dip

3/4 cup fine shredded coconut
3/4 cup filtered water or coconut milk
1/3 cup extra-virgin olive oil
2 cloves garlic
1 tbs apple cider vinegar
1/4 teaspoon salt
2 anchovy fillets
Small handful of chopped chives

Vegetables

Celery
Cucumber
Cauliflower florets
Chard/sorrel/fresh leafy greens

Method

Creamy Coconut Dip

1. Combine all ingredients in a blender. Mix for a few seconds until well mixed.

Note: Dressing keeps well in the fridge for a few days, but it does harden as it cools so will need to be brought to room temperature before enjoying.

Vegetables

Chop your choice of fresh vegetables and enjoy with the dip.

enjoy!

Optional

Also enjoy roast vegetables and meat with this dipping sauce.



Blender chocolate muffins

Recipe: Susan Joy

Ingredients

3 large eggs
1/2 cup ghee, or coconut oil melted to room temp
1/3 cup maple syrup (100%)
1/2 cup arrowroot flour, or tapioca
1/3 cup (35g) coconut flour
1/4 - 1/3 cup cacao raw powder, (I use 1/4 cup for children)
2 1/2 tsp baking powder (gluten free)
1/4 tsp fine sea salt

Method

1. Preheat oven to 170c (fan-forced). Place 8 paper muffin liners into a large muffin tray.
2. Add ingredients in order to a blender. Blend for 10 seconds on high-speed to mix well, then scrape down the sides of the jug using a spatula and stir.
3. Spoon the batter evenly between the 8 muffin cups (approx. 2/3 full) or use smaller muffin cups which will increase the number.
4. Bake for 12 - 13 minutes or until the muffins have risen and the tops are just firm (the centres should still be a little moist). Leave the muffins to cool in the tray for 5 - 10 minutes then transfer the muffins to a wire rack to finish cooling.
5. Store in an airtight container for up to 3 days, suitable to freeze.
6. (This recipe can also be made into a slice - Pour the mixture into a lined 22cm square cake tin and bake for 15 minutes. You might like to add 1/2 cup of chopped nuts into the mixture before baking for an adult treat. Once cooled, cut into squares and top with a dollop of dairy-free cream).

enjoy!



Easy vegan tahini cookies

Recipe: The Loopy Whisk

Ingredients

1/2 cup (100 g) tahini
5 tbsp (95 g) maple syrup or honey (if the cookies being vegan isn't a concern)
1/4 tsp baking soda
pinch of salt
1 cup + 1 tbsp (100 g) almond flour
3 tbsp white sesame seeds
2 tbsp black sesame seeds

Method

1. In a bowl, mix together all the tahini cookies ingredients except the sesame seeds. Mix together the white and black sesame seeds in a small bowl.
2. Shape one tablespoon of the cookie dough into a ball, roll it in the sesame seed mixture and place it onto a baking sheet lined with baking paper. Using the flat bottom of a glass or measuring cup, gently compress the cookie ball until it's about 3/4 cm (1/3 inch) thick. Repeat with the rest of the cookie dough and refrigerate for about 15 minutes.
3. While the cookies are chilling, pre-heat the oven to 180°C. Bake the cookies for about 8 minutes or until slightly spread out and light golden brown on top. Immediately out of the oven, the cookies will be very soft. Allow them to cool on the baking sheet for about 10 minutes before transferring them to a cooling rack.

enjoy!