

Healthy
FOOD
RECIPES



Hello Foodie :)

I introduce to you 5 recipes to prepare with aid of thermomix - where culinary creativity meets cutting-edge technology!

The Thermomix is not just a kitchen appliance; it's your personal sous-chef, simplifying meal prep and transforming the way you cook.

With its multifunctional capabilities, you can chop, blend, steam, knead, and even cook at precise temperatures—all in one compact machine.

Forget about cluttered countertops and endless utensils!

Recipe 1

Gluten Free Bread of Life

- Ingredients:

- 100 g walnuts (finely chopped)
- 100 g almonds, peeled & finely chopped
- 50 g hazelnuts, finely chopped
- 150 g pumpkin seeds
- 100 g sunflower seeds
- 100 g flaxseed
- 30 g poppy seeds
- 10 g nigella seeds
- 50 g olive oil, plus extra for greasing
- 6 eggs or 250g of aquafaba
- 1 teaspoon salt



Mix all ingredients together in Thermomix or a bowl..

Transfer prepared combination to a loaf tin and bake for 45-50 min at 170

Recipe 2

Smoky Mexican Soup

- onion, garlic, tomatoes,
 - chipotle chillies,
 - mixed beans, corn kernels
 - almonds & cashews sour cream
-
- READY in 35 minutes!
 - Portions: 4 - 6



Scan QR code to see full recipe



Recipe 3

Magic Muffins

- carrot, zucchini, banana, dates,
 - buckwheat groats, walnuts, eggs,
 - milk of your choice, coconut oil,
 - chocolate, cinnamon
-
- READY in 30 minutes!
 - Portions: 6 - 8



Scan QR code to see full recipe



Recipe 4

Anti-inflammatory smoothie

- pineapple, turmeric, banana,
- ginger, mint, spinach, walnuts,
- coconut water
- Ready in 5 minutes!
- Portions: 2



Scan QR code to see full recipe



Recipe 5

Indian kofta curry with broccoli rice


- broccoli, onion, chilli,
- lamb mince meat,
- egg, coconut flour,
- coriander, ginger, garam masala,
- tomato passata
- Ready in 50 minutes!
- Portions: 4



Scan QR code to see full recipe



Words of Thanks



Thank you for reading this short ebook!

I have a little wish that, I hope comes true: that you'll bring these recipes to life, whether you're using a Thermomix or not.

Not sure where to start?

I know that with so many responsibilities, it can feel overwhelming, so why not begin with just one recipe a week?

Before you know it, you'll be cooking with joy and ease.

With the Thermomix it might be even easier!

Designed for people who love to eat, not stand over the stove.

Even if you're not a chef, you'll cook like one! Healthier & faster!

If you want to learn more about it, contact me today.

With love x

Isabela

SugarFree Mama

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About us

Meet Isabela



As a sugar-free living enthusiast and ambassador, with over a decade of experience, the last few years I have decided to promoting the benefits of sugar free diet to others and teach them how to use food to enhance our well-being. My passion and commitment led me to learn more and more and recently earned me the accreditation in holistic health and nutrition, which has equipped me with the knowledge and tools to guide others toward making healthier choices. I love to work through workshops, cooking class, small & big events! Nothing makes me more happy and thankful, than empowered people ready to break free from sugar dependency and embrace the transformative power of whole, nourishing foods, choosing a lifestyle that prioritizes health and vitality. Looking forward to chat soon! :)

Meet Marta



As a nutritional therapist and health coach, I have the privilege of supporting women through the transformative journey of menopause. My passion for holistic health grew from witnessing the challenges my clients faced—fatigue, mood swings, digestive issues, and emotional eating. I understand that each woman's journey is unique and requires empathy and tailored guidance.

With qualifications in psychobiology, psychosomatics, and the Silva Life System, I equip women with the tools to navigate these changes with confidence. I find joy in educating others about nourishing foods and healthy habits, and there's nothing more fulfilling than helping women embrace a vibrant, healthy lifestyle.

My motto is: ***"If you change your diet, you only change your diet, but if you change your habits, you will change your life."***

Wishing you all the best in your cooking adventures!

Please feel free to reach out—I'm here to support you on your health journey.

Intro

Welcome to your journey towards healthier eating.

In this e-book, we've curated a collection of 10 delicious recipes that not only nourish your body but also tantalize your taste buds.

Whether you're a well-skilled home chef or just starting in the kitchen, these meals are designed to be simple, satisfying, delicious and packed with nutrients.

As women enter perimenopause, maintaining a proper diet becomes increasingly important. During this transitional phase, hormonal fluctuations can lead to various symptoms, including mood swings, weight gain, and changes in metabolism. As we said during our recent event, a well-balanced diet can help manage these symptoms, support your health, and promote overall well-being.

Avoiding sugar, incorporating nutrient-dense foods rich in vitamins, minerals, and healthy fats can aid in maintaining energy levels, improving mood, and supporting heart health.

This e-book features recipes that focus on whole foods, lean proteins, and plenty of fruits and vegetables, all tailored to support your health during this pivotal time.

Eating well doesn't mean sacrificing flavour, and we're here to prove it!

Dive into these recipes and explore new ways to enjoy wholesome ingredients and mouth-watering meals made from scratch.

Let's embrace a healthier lifestyle together, one delicious meal at a time!

ENJOY!

Marta & Izabela