

FOOD FREEDOM 4EVER

Recipes - stage 2

Food Freedom
4 Ever



GORGEOUS
SALMON

COMFORT
FOOD FOR
COLD
WINTER
NIGHTS

LOTS OF
GREAT
RECIPES





Coconut porridge with peanut butter sauce and raspberries



Serves: 6
Prep: 5 mins
Cook Time: 5 mins



Suitable from stage 2

WHAT YOU NEED

- 150 g oats
- 1 pint semi skimmed milk
- 300 g light coconut milk canned
- 2 tsp erythritol or stevia optional
- 1 pinch salt
- 1 tbsp linseeds and chai seeds

For the PB sauce

- 2 tbsp peanut butter
- 4 tbsp warm water
- 1 pinch salt

To top

- 75 g raspberries or mixed berries per portion
- 4 tbsp greek yoghurt per portion

INSTRUCTIONS

Add the oats, coconut milk, water, sugar, and salt to a small pot and place in the fridge overnight for best results but not imperative.

In the morning, bring everything to a boil and then simmer over low heat without mixing for 5-7 minutes, or until the porridge thickens.

In the meantime, mix peanut butter with water and salt, then crush the raspberries in a different bowl.

Place the porridge in a bowl, top with a tablespoon of the peanut butter sauce, 4 tbsp greek yoghurt and 75g crushed raspberries. This can be served hot or cold.



Chunky Monkey Pancakes



Serves: 1
Prep: 10 mins
Cook Time: 10 mins



Suitable from stage 2

WHAT YOU NEED

- Coconut oil spray
- ½ tsp cocoa powder
- 1 tsp chopped nuts

- For the pancakes:
 - 40g (2oz) plain Greek yogurt
 - 1 oz (25g) rolled oats
 - ¼ tsp. baking powder
 - ½ medium banana, mashed
 - 1 egg
 - 1-2 tbsp. almond milk, unsweetened
 - ½ tsp. vanilla extract

- For the sauce:
 - 1 tbsp. peanut butter
 - ½ medium banana
 - 2 tbsp. almond milk, unsweetened

INSTRUCTIONS

Add all the pancake ingredients to a food processor or blender and process until smooth.

Heat a non-stick frying pan or skillet over medium heat and spray with coconut oil.

Using a ladle, spoon the pancake batter into the pan and cook until bubbles start to appear on the surface of the pancake, around 3 minutes. Flip the pancake and cook for a further 2 minutes. Repeat the process until you have used all the batter, continue to coat the pan with coconut oil spray as required.

Prepare the sauce by mashing half a banana in a small bowl and combining it with the peanut butter. Add a splash of almond milk and stir together to reach the desired consistency.

Pour the sauce over the pancakes and sprinkle with the cocoa and nuts.

Blueberry frozen yogurt



Serves: 2
Prep: 5 mins
Cook Time: 0 mins



WHAT YOU NEED

- 6oz (150g) blueberries, frozen
- 1 ripe banana
- 100g Greek yogurt
- 4 oatcakes

INSTRUCTIONS

Place all the ingredients in a food processor or blender and mix until smooth. Save a few berries to decorate.

Place in freezer until set

Serve as a snack or dessert

Eat with two oatcakes per portion as a wafer



Suitable from stage 2





Curried parsnip soup



Serves: 4
Prep: 10 mins
Cook Time: 35 mins

1 veg
1 fat

WHAT YOU NEED

- 4 parsnips
- 2 tbsp olive or rapeseed oil
- 1 onion
- 2 garlic cloves
- 2 tsp curry powder mild or medium
- 750 ml vegetable stock
- 50 ml dairy-free cream

INSTRUCTIONS

Preheat the oven to 180°C / 350°F / Gas Mark 4.

Peel the parsnips and cut into wedges, and place in a roasting tin or baking tray. Peel the onion and slice thickly and add to the tray, then add the garlic cloves - whole and unpeeled. Drizzle over the oil, add the curry powder and season with salt and black pepper, then toss everything together until the vegetables are fully coated with oil.

Roast for 30 minutes until the parsnips are golden brown and soft. Remove the garlic cloves (keep them for later), and set aside.

Bring the vegetable stock to the boil in a large saucepan. Tip in the roasted parsnips and onion, then squeeze the soft flesh out of the roasted garlic cloves, add to the pan and discard the skin. Boil for 4-5 minutes, then remove from the heat, stir through the cream then blitz to a very smooth purée with a hand blender or in a blender / food processor. Taste and adjust seasoning as required.

If you wish to make parsnip crisps for a garnish, simply peel strips off a parsnip with a potato peeler. Heat a little oil in a frying pan and fry the strips gently until they are just turning golden brown. Watch carefully - they can burn in seconds! Sprinkle with salt then remove from the pan and keep on kitchen paper until just before serving so they stay crisp.

Serve the soup with a drizzle of cream and your parsnip crisps.

Suitable from stage 2



Fragrant coconut salmon prawn traybake



Serves: 4
Prep: 10 mins
Cook: 30 mins

1 fat
1 protein
1 carb
1 veg

Suitable from stage 2

WHAT YOU NEED

- 1 tbsp sunflower oil
- 5 tbsp Thai red curry paste
- 2 garlic cloves, grated
- thumb-sized piece of ginger, peeled and finely grated
- 1 x 400ml can reduced fat coconut milk
- 1 red chilli, halved
- 1 tbsp fish sauce
- 3 lime leaves (optional)
- 4 100g thick salmon fillets, skin left on
- 4 baby pak choi, cut into quarters
- 150g mangetout
- 150g raw king prawns
- ½ small bunch of coriander, roughly chopped
- 2-3 limes, cut into wedges to serve
- 3 tbsp cooked jasmine rice per portion to serve

INSTRUCTIONS

Heat the oven to 200C/180C fan/gas 6. Heat the oil in a deep frying pan or wok, and fry the curry paste, garlic and ginger for 1 min. Stir in the coconut milk and chilli, and bring to a simmer. Add the fish sauce and lime leaves, if using.

Pour the mixture into a medium roasting tin, and nestle in the salmon, pak choi and mangetout. Cover and cook in the oven for 15 mins. Scatter in the prawns and cook for a further 10 mins. Garnish with the coriander and serve with the lime wedges and rice



Serves: 4
Prep: 25 mins
Cook: 25 mins



Suitable from stage 2

Salmon burgers

WHAT YOU NEED

Salmon Patties:

- 500g fresh salmon fillet
- 1 yellow onion chopped
- 1 red bell pepper chopped
- 1 clove garlic crushed
- 1/2 tsp salt and pepper
- 2 tbsp fresh dill chopped
- 1/2 lemon juiced
- 30 g oatmeal
- 1 medium egg

Burger toppings:

- 8 pieces lettuce
- 1 large tomato
- 1 small red onion
- Yogurt Dill Sauce:
- 120 g plain full fat Greek yogurt
- 2 tbsp fresh dill chopped
- 1/2 lemon juiced
- 2 cloves garlic crushed
- 1/2 tsp onion powder
- 1 pinch cayenne pepper optional
- 1 pinch salt and pepper

Sweet Potato Fries:

- 2 medium sweet potatoes
- 1 tbsp olive oil
- 1/2 tsp garlic powder
- 1/4 tsp salt
- 1/8 tsp pepper

INSTRUCTIONS

Preheat the oven to 400°F (200°C).

Season the salmon fillets with a little salt and pepper and place onto a baking tray with parchment paper.

Peel and cut the sweet potatoes into fries, try to make them of equal size to ensure an even bake. Place the sweet potatoes onto a baking sheet lined with parchment paper. Drizzle with oil and sprinkle with salt, pepper and garlic powder.

Place the salmon on the top rack of the oven and the sweet potato fries on the middle rack and bake for 15 minutes.

While the salmon is cooking, slice the tomato and half a red onion for the burger toppings. Also rinse 8 lettuce leaves. Set aside on a serving tray.

Place a non-stick frying pan over a medium heat and sauté the onions, red bell pepper and garlic for 3 minutes. Then transfer to a large mixing bowl.

Add the egg, oats, dill, lemon, salt and pepper to the bowl and mix.

Remove salmon from the oven and set it aside to cool for 5 minutes.

Stir the sweet potato fries and pop the tray back into the oven to cook for another 5-10 minutes after this time turn off the oven to keep them warm.

While the salmon is cooling, make the sauce by adding yogurt, dill, lemon juice, onion powder, and spices to a bowl and mixing well to combine.

Once the salmon has cooled, remove the skin and flake the salmon into smaller pieces. Add the flaked salmon to a bowl along with the oatmeal, egg, and onion mixture. Mix well to combine, breaking up any clumps. Form this mixture into 4 salmon patties. Ensure to press them firmly or they will split.

Quickly rinse the pan used to cook the onion mixture. Spray lightly with oil and then place the patties in the pan and cook on each side for approximately 4 minutes, or until golden brown.

To assemble, place a piece of green lettuce on the plate. Top with salmon burger patty, sauce, tomato and then the onion. Top with another piece of lettuce. Using a knife and fork is the easiest way to eat these burgers.



Comforting Boston beans and sausage casserole



Serves: 4
Prep: 5 mins
Cook Time: 25 mins

1 protein
1 veg
1 carb

WHAT YOU NEED

- 1 large tin cannellini beans
- 500g sausages (no flour or rusk)
- 2 onions chopped
- 2 carrots chopped
- 4 celery sticks ch
- 2 garlic cloves
- 2tsp mustard powder
- 2tsp smoked paprika
- 1 bay leaf
- 500g passata
- 2tbsp tomato puree
- 300g cherry tomatoes

INSTRUCTIONS

Cook the sausages according to the packet. Combine all other ingredients except for the tomatoes and beans and bring to the boil.

Add the cooked sausages, tomatoes and beans and simmer for another 20 mins.

This is really comforting on those autumnal nights!

Suitable from stage 2



Garlic mushroom & chicken stir-fry



Serves: 4
Prep: 10 mins
Cook Time: 20 mins

1 protein
1 fat
1 veg

Suitable from stage 2

WHAT YOU NEED

- 2 tbsp. olive oil
- 1 lb. (450g) chicken thighs, chopped
- 2 tsp. Italian seasoning
- ½ tsp. garlic powder
- ½ tsp. onion powder
- ½ tsp. paprika
- 2 tbsp. butter
- 1 small onion, chopped
- 4 cloves garlic, minced
- 1 green bell pepper, chopped
- 8 oz. (250g) mushrooms, sliced
- 2 tbsp. parsley, chopped

INSTRUCTIONS

Heat the olive oil in a large pan over medium-high heat and add the chicken. Season with salt and pepper, Italian seasoning, garlic powder, onion powder, and paprika. Mix well and cook for 5-6 minutes until chicken is browned. Then, remove it from the pan and set aside.

In the same pan, add the onion and garlic, cooking for 3-4 minutes until it is fragrant. Next, add in the mushrooms and bell pepper, continue cooking for another 4-5 minutes, until soft.

Add the chicken back to the pan and mix well with the vegetables. Continue cooking for another 2 minutes. At the end of cooking, sprinkle with the parsley and adjust seasoning if needed.

Chicken & courgette green curry



Serves: 4
Prep: 5 mins
Cook Time: 15 mins

WHAT YOU NEED

- 1 small onion, sliced
- 1 large can (400ml) light coconut milk, canned
- 2 tbsp. green curry paste, or more/less to taste (no sugar)
- 1 cup (240ml) chicken stock
- 1 lb. (450g) chicken thighs, cut into bite-size pieces
- 2 large courgettes, chopped
- 3-4 handfuls spinach
- 1/2 cup basmati rice
- coriander leaves, to serve

1 protein
1 carb
1 fat
1 veg

Suitable from stage 2

INSTRUCTIONS

Place the washed and drained rice in a pan, add 1 cup of boiling water and bring to the boil. Stir once, allow rice to gently boil for 5 minutes then turn off heat and allow to stand for 20 minutes.

Place 2 tablespoons of coconut milk into a wok or large pan and add the onion. Cook for about 2 minutes, stirring occasionally. Then add green curry paste, mix well, and cook for another 2 minutes.

Add in the stock and the rest of the coconut milk, mix it, and bring it to a boil over high heat.

Next, add the chicken breast and cook for 5 minutes, then add the zucchini and cook for another 4 minutes, stirring constantly.

Add in the spinach and cook until wilted, for 1-2 minutes.

Rice should be perfectly cooked and no need to drain.

Spoon a portion of rice and top with the curry

Sprinkle with coriander leaves to serve.



Grilled Chimichurri Chicken Salad



Serves: 4
Prep: 20 mins
Cook Time: 25 mins

2 fat (including chimichurri sauce)
1 protein
1 veg

WHAT YOU NEED

- ½ cup (125g) chimichurri sauce (see sauce recipe in this pack)
- 4 skinless chicken thighs
- 1 tbsp. olive oil
- 1 head of romaine lettuce, chopped
- 2 tomatoes chopped
- ½ chopped cucumber
- ½ red onion, sliced
- 2 avocados, sliced
- handful fresh parsley, to serve

INSTRUCTIONS

Place 4 tablespoons of the chimichurri sauce into a zip-loc bag along with the chicken thighs. Set aside to marinate for 20 minutes. Keep the remaining sauce to use as a dressing.

Heat the olive oil in a grill pan or skillet over medium-high heat and cook the chicken thighs for 4-5 minutes each side until golden and cooked through. Slice the cooked chicken into strips.

Divide the lettuce leaves, tomatoes, onion, cucumber and avocado between 4 bowls. Top each bowl with one chicken thigh and drizzle over with the remaining chimichurri sauce. Garnish with parsley leaves to serve.

Suitable from stage 2



Chimichurri Sauce



Serves: 8
Prep: 5 mins

1 fat

WHAT YOU NEED

- ½ cup (120ml) olive oil
- 2 tbsp. red wine vinegar
- ½ cup (12g) fresh parsley, chopped
- 2 cloves garlic, chopped
- 2 red chillies, deseeded, chopped
- ¾ tsp. dried oregano
- 1 tsp. salt

INSTRUCTIONS

Place all the ingredients into a food processor or high-speed blender and pulse to form a thick sauce.

This versatile sauce can be used as a marinade or dressing.

Once prepared, store in an airtight container in the refrigerator for up to 2 weeks.

Fabulous on all types of meat, fish, seafood and salad.

Suitable from stage 2



Crispy Tofu pesto pasta



Serves: 4
Prep: 10 mins
Cook Time: 20 mins

1 protein
2 veg
1.5 fat

WHAT YOU NEED

- 8 oz extra firm tofu
- 4 large courgettes (zucchini) spiralized
- 1 large aubergine (eggplant)
- salt and pepper

Pesto:

- 2 oz fresh basil (1 large bunch)
- 3 tbsp roasted pine nuts
- 1 tbsp nutritional yeast
- 1/2 lemon juiced
- 2 tbsp olive oil
- 1/4 jalapeno pepper omit if you don't want it spicy
- salt and pepper

INSTRUCTIONS

Place a large saucepan of water on the stove and bring to the boil. Take the tofu, wrap it in a cloth and place a few heavy books on top, or use a tofu press to release any excess moisture.

While the tofu is pressing, place the basil, roasted pine nuts, nutritional yeast, lemon juice, 1/4 jalapeño pepper (optional) and olive oil into a blender or food processor. Blend until smooth. Add salt and pepper to taste.

Place the spiralized courgette into boiling water and cook for 5 mins.

Chop the tofu and aubergine into cubes. Place a large frying pan on the stove over a medium/high heat. Add 1 tablespoon of olive oil to the pan and add in the tofu and aubergine. Crisp each side of the tofu and aubergine for 2-4 minutes each side until golden brown. Sprinkle with a little salt and pepper.

To assemble, drain the courgette, put into a large pasta bowl and toss with the pesto sauce. Place the crispy tofu and aubergine on top of the pasta and serve with fresh basil and black pepper.

Suitable from stage 2



Roasted vegetable & za'atar chicken salad



Serves: 4
Prep: 10 mins
Cook: 25 mins

1 protein
1 fat
2 veg

WHAT YOU NEED

- 1 medium red onion
- 1 large red bell pepper
- 1 large orange bell pepper
- 2 heaped cups (130g) chopped cauliflower
- 6 small carrots
- 1 ½ tbsp. za'atar spice
- 2 tbsp. olive oil
- 2 large chicken breasts

Dressing:

- 1 tbsp. of apple cider vinegar
- ½ tbsp. water
- 2 tbsp. olive oil
- ¼ tsp. za'atar spice

To serve:

- 2oz (50g) feta cheese
- 1 oz (12g) chopped parsley or mint

Simple Meal

Tip: This is a great meal prep dish for easy workweek lunches, store in kilner jars in the fridge and just take out each day for work.

Suitable from stage 2

INSTRUCTIONS

Preheat the BBQ and preheat the oven to 400°F (200°C).

Prepare and cut the vegetables into large bite-sized pieces. Keeping them uniform for even cooking.

Once the vegetables are chopped, place onto a baking sheet and drizzle with oil and sprinkle with za'atar spice, mix well to coat thoroughly.

Place the tray in the oven and cook for 25 minutes.

Season the chicken breasts with za'atar spice and a little salt and pepper.

Place the chicken on the BBQ grill. Cook the chicken for 5-8 minutes each side. Chicken is done when internal temperature reaches 165°F (75°C).

While the chicken and vegetables are cooking, place the salad dressing ingredients into a bowl and give a good mix to combine.

Remove the vegetables from the oven once they are cooked and a little brown on the edges.

Place the vegetables into two separate bowls or salad jars if taking to work. Slice the chicken breast and place on top. Sprinkle with the feta cheese and chopped herbs and drizzle over the salad dressing.

Serve immediately. Alternatively place it in the fridge for lunch the next day.



Mushroom lentil stew



Serves: 4
Prep: 30 mins
Cook: 15 mins

1 protein
1 fat
1/2 dairy
2 veg

Suitable from stage 2

WHAT YOU NEED

- 20 button mushrooms
- 1 medium cooking onion
- 1 1/2 cup green lentils
- 1/2 cup red cooking wine
- 1 tbsp vegan butter
- 2 large carrots
- 20 large green beans
- 3 cloves garlic
- 2 tbsp soy sauce
- 2 1/2 cups vegetable stock
- 1/2 tsp fresh rosemary finely chopped
- salt and pepper

Thickener:

- 1 tbsp cornflour
- 1 tbsp vegan butter
- 1 cup vegetable stock

Cauliflower Mash:

- 1 large head cauliflower
- 4 tbsp almond milk
- 2 cloves garlic
- 1 pinch fresh rosemary finely chopped
- 2 tbsp vegan butter
- 2 oz vegan cheese grated
- salt and pepper

INSTRUCTIONS

Chop the carrots, green beans, onions, mushrooms, and cauliflower (removing stem and leaves). Place the cauliflower florets into a large saucepan with $\frac{3}{4}$ cup (180ml) water. Place a lid on the pan and set it on the stovetop, over a medium heat for 10 minutes and cook until the cauliflower is soft.

Place a large frying pan over a medium heat, melt 1 tablespoon of vegan butter in the pan and sauté the onions and mushrooms for 1 minute. Pour in the wine and cook until the wine has reduced by half. Add in the carrots, lentils, vegetable stock, coconut aminos or soy sauce, rosemary, a large pinch of salt and a small pinch of pepper. Bring to the boil, before the heat to a simmer.

To make a thickener for the stew, place the butter in a small saucepan and heat on medium. Add in the flour or GF flour and stir until it makes a roux. Pour in vegetable stock and whisk the mixture until smooth and free of any lumps. Now pour the thickener into the stew and mix well to combine.

Simmer the stew for 15-20 minutes, uncovered, until the lentils and vegetables are cooked. Stir often, to stop the lentils from sticking to the bottom of the pan. Add in green beans for the last 10 minutes of cooking.

Now take cooked cauliflower and mash it with a fork or blend it in a food processor. Add in the crushed garlic, almond milk, vegan butter, grated cheese a pinch of salt, a pinch of pepper and the rosemary. Mix well until the cauliflower mash is smooth.

To serve, place the cauliflower mash on the bottom of the plate and top with the stew.

Vegan Hash



Serves: 2

Prep: 5 mins

Cook: 10-15 mins

WHAT YOU NEED

- 2 medium yellow potatoes
- ½ cup (150g) baby tomatoes or 1 small Roma
- 200g kale leaves or spinach
- 2 vegan sausage of choice
- 1 tsp. paprika
- ½ tsp. garlic powder
- ½ tsp. onion powder
- ⅛ tsp. red cayenne pepper (optional) for extra heat
- pinch of salt and pepper
- 1 tbsp. olive oil
- ½ cup (120ml) water

1 protein
1 carb
1/2 fat
1 veg

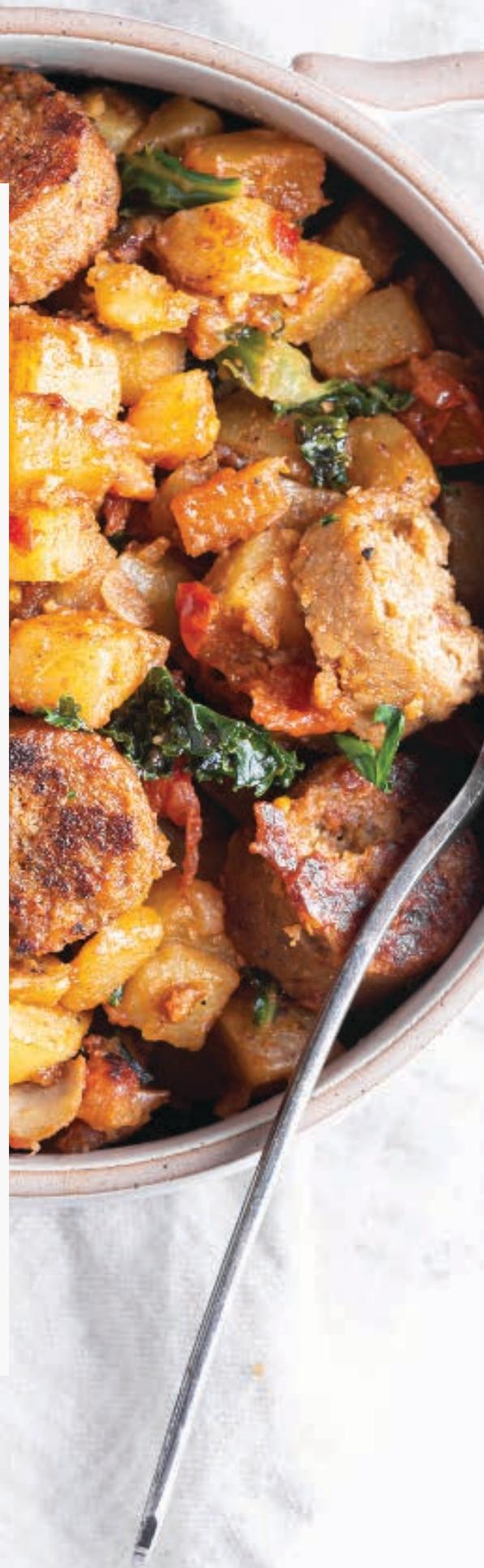
Suitable from stage 2

INSTRUCTIONS

Chop the potatoes into bite-sized pieces. Cut the baby tomatoes in half, and remove the stem from the kale and chop it up.

Place 1 tablespoon of olive oil into a non-stick frying pan with a thick bottom. Heat the pan to a medium heat and add the potatoes and all the spices. Stir gently for 1 minute. Add in ½ cup of water and cover the pan with a lid. Cook the potatoes on a medium-low heat until all the water evaporates, this will take approximately 5 minutes.

While the potatoes are cooking, cut the vegan sausage into bite-sized pieces. Once the water has evaporated from potatoes, add in the tomatoes, kale and sliced vegan sausage. Cook for another 5 minutes stirring until the sausage and potatoes crisp up a little. Serve immediately.





Halloumi Traybake



Serves: 6
Prep: 15 mins
Cook Time: 1 hour

1 protein
1 veg
1 carb
1/2 fat

WHAT YOU NEED

- 600g baby new potatoes , halved
- 2 medium red onions , quartered and broken up into large pieces
- 3 tbsp olive oil
- 400g can chickpeas , drained
- 1 large red pepper , sliced into strips
- ½ romanesco broccoli or cauliflower (about 400g), cut into small florets
- 250g mixed colour cherry tomatoes
- 4 garlic cloves , peeled
- 250g pack reduced fat halloumi , thinly sliced
- small bunch basil , leaves torn

INSTRUCTIONS

Heat oven to 160C/140C fan/gas 3. Put the potatoes in a large roasting tin with the onion. Pour over 2 tbsp olive oil and roast in the oven for about 30 mins.

Add the chickpeas, pepper, romanesco, tomatoes and garlic. Drizzle with 2 tbsp oil, then roast for a further 20-25 mins until everything is cooked and browning nicely. Toss together briefly and put the halloumi slices on top. Put it under the grill for 5-10 mins, or until the cheese is melting and browning (keep an eye on it). Scatter over the basil leaves to serve.

Suitable from stage 2



Butter bean & feta spread with Greek salad salsa & oatcakes



Serves: 6
Prep: 10 mins

WHAT YOU NEED

For the spread

- 400g can butter beans , drained
- 1 lemon , ½ juiced, ½ cut into 4 wedges
- 2 tbsp ricotta or greek yogurt
- 100g feta , crumbled
- 1 garlic clove

For the salsa

- 4 tomatoes , chopped
- 1 medium cucumber , finely diced
- 1 small red onion , finely chopped
- 10 pitted Kalamata olives , chopped
- 1tbsp olive oil
- a few chopped mint leaves (optional)
- 2 oatcakes per serving

INSTRUCTIONS

Tip the beans, lemon juice, ricotta, 50g feta and the garlic into a bowl and blitz with a hand blender or in a food processor to make a paste. Stir in the remaining feta and spoon the mixture into six small pots or one large jar

To make the salsa, stir all the ingredients together with the mint (if using) and divide into six more pots or one large pot, topping with a lemon wedge.

To eat, spread two oatcakes per portion with the bean mixture, squeeze the lemon wedges over the salads and pile generously onto the oatcakes.



Suitable from stage 2





Sweet potato toasts



Serves: 2
Prep: 2 mins
Cook Time: 6 mins

WHAT YOU NEED

- 1 sweet potato
- 2 tbsp. nut butter of choice
- 6 oz (285g) chopped berries of choice per portion

1 carb
1 fat
1 fruit

INSTRUCTIONS

Cut the sweet potato into 4 slices, roughly 1cm thick for 2 portions you can make 4 slices. Use a large kitchen knife to do this, you want each slice of sweet potato for “bread slices”.

Place the sliced potatoes into the toaster and cook on the longest setting. This will take approximately 6 minutes. The sweet potato is done when the edges are golden brown and the middle still has a bit of crunch.

While the sweet potatoes are cooking, cut up the berries, strawberries, blueberries, blackberries, or raspberries are a great choice.

Once the sweet potatoes have cooked, spread each slice with 1/2 tablespoon of nut butter and topped with berries.

Suitable from stage 2

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