

Key Lime Pie



This key lime pie recipe is the perfect summer treat – without the guilt!

Dill Fridge Pickles



Amazing dill pickle recipe without all the added sugar!

Kimchi



Kimchi is a spicy, sour and delicious way to enjoy fermented foods.

Crunchy Fried Chickpeas



Perfect on salads, in curry dishes, or on their own, these crunchy fried chickpeas are an easy and fulfilling snack!

Roasted Red Pepper Curry Sauce



This roasted red pepper curry sauce is beyond delightful. Light, flavourful with a slight kick.

Sweet Potato Coconut Soup



This coconut sweet potato soup is perfect for those cool days. Simple, flavourful, and filling.

Coconut Cauliflower Rice



This coconut cauliflower rice is an excellent alternative to

traditional rice.

Fermented Salsa



This fermented salsa recipe will have you loving salsa even more than you already do!

Cranberry Sparkle Beverage



This cranberry sparkle recipe is not only perfect for a warm summer day, it's also insanely good for you. Drink up!!

Thai Coconut Soup



This thai coconut soup is perfect soup to compliment any meal.