



Pure Goodness

Healthy, delicious and easy recipes for the whole family

By Tanja Ting & Friends

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Pure Goodness

A lifestyle and recipe book
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Contents

Introduction	6
Rise & shine	11
On the go	33
Flours & eggs	57
Dips	59
Vegetarian	75
Drinks	131
Soups	151
Fish	165
Chicken & meat	177
Sweet treats	199
Beauty	223
Conversion chart	234
About the author	238

It all started a long time ago...

In my early twenties I started to experience my first anxiety attacks that within a short time became a daily problem. At first I thought it was stress-related due to work so I decided to cut down on my busy life only to find out that my stress level didn't reduce in line with my hours. I started to have difficulties with concentration and organising my days. I was rapidly getting more and more frustrated and found myself moving into a depression. I tried to gain support and answers from the diverse offerings of conventional medicine and alternative sources but to my dismay all were short-term solutions.

Over the years my symptoms got worse and I was experiencing fatigue, brain fog, eye pain, sensitivity to light and sometimes a blurred vision. I suffered from water retention, body and joint pain, dizziness and restless nights. Mood-swings, endless cravings for sugar, wheat and alcohol were all nagging reminders that all was not well in my body or emotional well being. I thought I was going out of my mind and it was hard not to question whether I was a hypochondriac.

In January 2014 I was at my wits end. Attending a dinner party where I felt low and craving for a fix I ate 3 pieces of cake and helped it down with a large glass of wine. Like so many times before this sudden intake of wheat and sugar immediately resulted in aggressive and unrelenting itchiness of my arms. I said out loud "why did I just consume all that sugar when I know it's going to make me feel terrible?!". I knew only too well the mood highs and lows that would follow. It was in that fateful moment that a friend heard me and responded "have you considered that you have Candida albicans?"

That same evening I did some research on this fungus and to my surprise I recognised all the symptoms from my own life. It was like I was reading about myself. The message was loud and clear - the only way to get rid of candida was to starve it. What did I have to lose?

I decided I would fight this and overcome the candida fungus that was draining much of the energy and life force from me. I didn't want to settle for daily exhaustion, lethargy, cravings, anxiety and insomnia. One month in and my life had changed full circle. Physical and emotional problems I'd had for more than a decade disappeared simply by changing my diet.

It's suggested to follow this stage for 90 days, the first month is to eliminate the fungus and the next two for restoring all the damage that it has created.

The amazing thing is that none of my old symptoms have returned and every day is a blessing. Now my diet is not as strict and I can have days where I indulge more than others. I felt passionately that I wanted to share my journey and my recipes with others. If some simple effective diet changes could transform my life they must surely be worth passing on to others who suffer as I did?

I have realised by playing around and experimenting with my Goodness recipes that I don't feel like I'm missing out on anything. They are all imaginative appetising and delicious.

The **Pure** recipes are not only beneficial for people with candida overgrowth but they are in general a great detox diet that will give you more energy and a healthy glow. It's also the diet that I return to when I need to get rid of those extra kilos that sneak up on me. The **Goodness** recipes will give you inspiration to stay in the healthy lane and help you forget about unneeded sugar cravings.

Being a working mother of two it is important that these recipes are for the whole family and that kids will love them as well. They are delicious, easy to prepare and can be made by anyone.

After changing to a clean and healthy diet it also made me take a closer look at my beauty products. Most of them are full of chemicals and toxins that you don't want to go in your system. As the skin is our biggest organ we should take good care of it and remember that it will absorb anything we apply to it, good or bad! This was why I decided to make my own creams and soaps and you can find some of my recipes in this book as well.

A special thanks

To my wonderful family for their support, they have been by my side all along. An especially big thank-you to my husband who is the most patient man I know. Gratitude to my lovely kids for being openminded and honest taste-bunnies.

To Camila Vesth, Grace Saunders, Salomé Riera Lock, Helene Sandberg, Ylwa Warghusen-Usher, and Marc Osmo from Ecomedia for their valuable help and input.

To friends and my favourite restaurants in Ibiza who are an inspiration to me by making such delicious and healthy food. Thanks to them, this book is extra special by sharing some of their yummy recipes.

Can Guimo, Picadeli, Wild Beets, The Rabbit Hole, The Giri Café, Passion Café, La Paloma café and La Paloma restaurant.



Rise & Shine

*The first question I get from friends who start a detox diet is: “What can I have for breakfast?”
I understand the worry, since it is the most important meal of the day. The good news is here you will find lots of
healthy and tasty recipes that won’t make you feel like missing out.*

Almond buns

10 buns

6 egg whites

6 egg yolks

6 tbsp olive oil

2 cups almond flour

1/2 cup quinoa flour

1/2 cup flaxseeds flour

1 tsp baking powder

sea salt

Preheat oven to 175 C.

Take three medium size bowls, one for egg whites, one for egg yolks and olive oil and one for the flours.

Whisk the egg whites until soft and fluffy and set aside. Then whisk the egg yolks together with the olive oil and set aside. Now take the flour mix and baking powder and mix it with the egg yolks. Then pour the egg whites into the mix and stir until you get an even paste.

With a table spoon make 10 even size buns and place them on a baking tray covered with baking paper and sprinkle with a few seeds.

Place the tray in the middle of the oven and bake for 15 minutes.



Chia porridge by Passion Café

This chia porridge is very tasteful and easy to make - just how I love my food. Chia seeds are a rich source of nutrients and antioxidants so it's perfect for when you are in your elimination stage as long as you don't add fruit.

Serves 1

1/4 cup chia seeds

3/4 cups unsweetened coconut or almond milk

Toss the chia seeds into a small bowl with the milk and let it soak for about 10 minutes. You will get this gel like porridge that taste delicious with the fresh topping.

Topping

Sprinkle a few raw cacao nips, bee pollen,
hemp powder, chopped walnuts and almonds.

Add 3-4 strawberries cut in half or a small handful of other berries.



Rustic breakfast muffin

10 muffins

1 cup sesame seeds
1 cup sunflower seeds
1 cup pumpkin seeds
1 cup dried cranberries
1 cup white almonds
1 cup hazelnuts
1 cup walnuts
1 tsp himalayan salt
2 tbsp olive oil
5 eggs

Preheat oven to 170 C.

Toss all the seeds and cranberries into a big bowl and set aside.

Place your walnuts in a blender and pulse for a second, this will give you a crunchy nut flour, repeat with the almonds and hazelnuts.

Then add the nut flours to the seeds and cranberries and mix it well with the rest of the ingredients. With a table spoon scoop up the mixture and place it into your muffin moulds. Place the tray in the middle of the oven and bake them for 25 minutes.





Muesli

This muesli is perfect for the elimination stage as long as you don't add fruit. Serve it with natural unsweetened yogurt or kefir which is high in nutrients and probiotics.

One big pot

1 cup pecan nuts chopped
1/2 cup sunflower seeds
1/2 cup pumpkin seeds
1/2 cup raw cocoa nips
1/2 cup shredded unsweetened coconut
1 tbsp sesame seeds

First roast the pecan nuts and sunflower seeds for a few minutes in a medium size pan over medium heat. You don't need to add oil. Take them off the heat and place them in a bowl. Roast the pumpkin seeds in the same pan for a few minutes and then toss them into the same bowl and add the rest of the ingredients. Place the muesli in a closed container for it to stay crunchy.



Breakfast muffins

These muffins are not as sweet as normal chocolate muffins but when you combine them with coconut oil magic will happen.

6 big muffins

1 cup almond flour
1/2 cup chestnut flour
1/2 cup unsweetened cacao powder
1/2 cup cranberries
1 cup grated zucchini
1 tbsp coconut oil
1 tsp baking powder
1 tsp cinnamon
1/2 cup agave syrup
2 eggs
1/4 cup coconut milk
Sunflower seeds for sprinkling

Preheat oven to 170 C.

Mix all the ingredients in a medium size bowl starting with the flours, cinnamon, cacao and baking powder. Then add zucchini, cranberries, oil, eggs, milk and sirup and mix it well. Scoop even size dough up with a table spoon and pour the mix into the muffin moulds. Place the tray in the middle of the oven and bake for 30 minutes.

Oven temperature

Gas	Celsius fan	Fahrenheit
1/4	100 C	225 F
1/2	120 C	250 F
1	130 C	275 F
2	140 C	300 F
3	155 C	325 F
4	165 C	350 F
5	180 C	375 F
6	190 C	400 F
7	200 C	425 F
8	210 C	450 F
9	220 C	475 F

Measurements

Cup	ml
1	240
$\frac{3}{4}$	180
$\frac{2}{3}$	160
$\frac{1}{2}$	120
$\frac{1}{3}$	80
$\frac{1}{4}$	60
$\frac{1}{8}$	30
$\frac{1}{16}$	15



Made with love in Ibiza



Tanja Ting - born in Denmark, living in Ibiza, former model, now goldsmith, mother of 2, avid photographer, experimenting chef and above all seeker of healthy food, nourishing living and well being.

In Pure Goodness, Tanja gives you plenty of easy to make, tasty and healthy recipes for the whole family to enjoy.

All recipes are gluten and sugar free and the ingredients are easy to come by wherever you live.

Tanja wanted to make a book where healthy eating can be delicious with recipes that are easy to follow.

In this she has certainly succeeded.

Photo: Helene Sandberg