

Food for Ferritin Recipes

Ideas for Omnivores, Vegetarians and Vegans



When addressing low ferritin or low iron, it is important to pair your recommended supplement with the correct food and food combining. Absolique Hair Health Clinic have put together a handful of simple recipes that may assist you with raising and maintaining ferritin/iron levels along with following food for ferritin and sticking to the simple rules of food combining in the Easy pH information booklet. Recipe suggestions provide you with nourishing meals that have variation, balance, and flavour. Recipes are also free from nutrient robbers' gluten, dairy and sugar and follow the Art of Absorption. For free copies of Food for Ferritin or to purchase

the easy pH test kit with the information booklet, email info@absolique.com.au.

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V – Vegetarian
VG – Vegan

Breakfast

Savoury Scramble - Serves 2

Ingredients:

½ cup red capsicum, diced
 ½ carrot, finely diced
 1½ spring onions, chopped
 ½ clove garlic, minced ½ tsp. ground cumin
 pinch ground turmeric
 150g medium tofu, drained and crumbled
 ¼ tablespoon tomato paste
 1 teaspoon basil, chopped
 1 cup tomatoes, diced
 ½ avocado, diced



Instructions:

1. In a pan, melt ½ tbsp. of coconut oil over medium heat
2. Cook carrot and capsicum until tender
3. Add garlic, spring onions, cumin, and turmeric, and cook another minute
4. Add tofu and tomato paste, cook 5 minutes, or until all liquid has cooked down
5. Take off heat, add in basil, salt, and pepper to taste. Serve warm with diced tomato and avocado

Notes:

Tofu can be replaced with two eggs
 Make sure tofu is organic and non-GMO
 Add spinach, sundried tomatoes, and dried thyme for extra iron
 Add fresh herbs for more flavour

Overnight Chia Pudding - Serves 2

Ingredients:

⅔ cup white chia seeds
 1¼ cups soy milk
 2 tablespoons toasted almond slivers
 Sprinkle of shredded or desiccated coconut



Instructions:

1. Combine chia seeds and soy milk. Mix well and refrigerate overnight for a delicious breakfast
2. In the morning, in a pan on high heat, toast almond slivers until golden brown, watch carefully.
3. Top pudding with toasted almonds and a sprinkle of shredded coconut

Notes:

Almonds can be swapped with sunflower or pumpkin seeds
 Soy milk can be swapped with almond or coconut milk
 Make sure plant milk is organic and non-GMO
 Coconut sugar or stevia can be added as a sweetener
 Cacao powder or cacao nibs can be added for extra iron

Crustless Spinach and Pumpkin Frittata – Serves 4

Ingredients:

2 tablespoons coconut oil
 2 cups pumpkin, peeled, diced, or sliced
 1 cup fresh spinach, torn
 1 tablespoon spring onions, sliced
 1 teaspoon crushed garlic
 6 eggs
 ½ cup non-dairy milk
 Salt and pepper to taste

Instructions:

1. In a pan, heat coconut oil over medium heat. Once hot, cook pumpkin until tender, but firm
2. Add spinach, spring onions, and garlic and cook until spinach has wilted. Season with salt and pepper
3. Beat eggs and milk in a bowl and add to pan, covering the vegetables
4. Reduce to a low heat and cook covered until eggs are firm. You can also bake at 180C until eggs are firm

Notes:

Add herbs and spices to taste

Make sure soy milk is organic and non-GMO

Soy milk can be replaced with coconut, almond or rice milk

Cooked dried beans can be added in with eggs for a non-vegetarian option and extra iron

Top with toasted sunflower or pumpkin seeds for texture and added iron

Hemp and Cauli Porridge – Serves 1

Ingredients:

¼ cup shelled hemp seeds
 ¼ cup finely grated cauliflower
 1 cup almond milk
 1 tablespoon ground flax or chia seeds
 1 tablespoon almond butter
 ½ teaspoon vanilla bean powder
 ½ teaspoon cinnamon
 pinch salt
 2-4 drops stevia to taste (or sub up to 1 tbs syrup)
 toppings of choice: dried coconut and a few chopped almonds

Instructions:

1. Mix hemp, almond milk and grated cauliflower in a small saucepan and bring to the boil, simmer gently for up to five minutes until cauliflower is cooked.
2. Towards the end of the cooking time add remaining ingredients and stir until mixed and thickened.
3. Pour into a serving bowl and add your toppings.



Seeded Zucchini Bread

Ingredients:

- 2 cups zucchini, spiralized or coarsely grated (about 2 zucchinis)
- 1 ½ cups Macro seed mix - pumpkin and sunflower seeds
- ¼ cup sesame seeds
- ½ cup natural almonds, coarsely chopped
- 3 free range eggs
- 1/3 cup coconut oil, melted
- 1 rosemary sprig, leaves picked, finely chopped, adds an amazing yet subtle flavour
- 2 cups almond meal

Instructions:

1. Preheat oven to 180°C/160°C fan forced. Grease an 11 x 22cm (7cm deep) loaf pan. Line base and sides with baking paper, extending paper 2cm above edges.
2. Coarsely chop zucchini spirals. Combine seed mix, sesame seeds and zucchini in a bowl.
3. Whisk eggs, oil, and rosemary in a large bowl. Stir in almond meal. Fold in zucchini mixture.
4. Pour batter into pan. Bake for 1 hour. Cool completely in pan. Slice and top with avocado and parsley. Season with pepper and serve.

Notes:

The original recipe had a crunchy topping that looked golden but fell apart when slicing. We baked all ingredients together and it worked out well.



Lunch

Buddha Bowl – Serves 4



Ingredients:

2 cups cooked brown rice
1 cup shredded carrots
1 cup spinach leaves
2 cups broccoli florets
2 teaspoons coconut oil
1 cup chickpeas salt and pepper
450g extra firm tofu or chicken breast

Peanut Sauce:

1-2 tablespoons sesame oil
¼ cup tamari
¼ cup coconut syrup
¼ cup tahini
Fresh chilli, chopped finely

Instructions:

1. Preheat the oven to 200°C. Cut tofu into cubes and arrange on a baking tray and bake for 25 minutes. Remove from oven and place in a shallow bowl
2. Whisk together the peanut sauce ingredients until smooth and creamy. Add half the sauce mixture to the tofu bowl to marinate
3. Toss the broccoli with 1 tsp. coconut oil and salt and pepper. Roast in oven for 20 minutes, until tender
4. Heat pan with remaining coconut oil, and pan-fry tofu in batches for 3-4 minutes, along with the marinating sauce until crispy and golden brown
5. Divide rice among 4 bowls, top each bowl with shredded carrots, spinach leaves, broccoli, chickpeas, and tofu. Add with the remaining sauce on top

Notes:

Brown rice can be replaced with cauliflower rice
Spinach leaves can be replaced with other dark leafy greens
Add toasted sesame seeds as a garnish for extra iron
Other beans can be used instead of chickpeas
If using canned beans, make sure can is BPA-free
Make sure tofu is organic and non-GMO
If using chicken do not use rice for correct food combining

Chicken and Broccoli Super Salad – Serves 4-6

Ingredients:

1 large broccoli
 ½ cup red onion, diced
 ½ cup pumpkin seeds
 ¼ cup hemp seeds, sunflower, or sesame
 ½ cup sliced almonds
 200g chicken breast
 200g butter beans, rinsed and drained
 1 capsicum, roughly chopped
 Salt and pepper
 1 tablespoon coconut oil



Dressing:

½ cup plain coconut yoghurt
 1 tablespoon coconut sugar or coconut syrup
 juice of 1 lemon
 2 tablespoons red wine vinegar
 2 tablespoons chia seeds

Instructions:

1. In a medium sized bowl mix together wet dressing ingredients, once mixed thoroughly, add chia seeds and refrigerate until needed
2. Panfry or oven bake chicken breast in coconut oil and season with salt and pepper to taste. Once cooked through and tender, cut into bite-sized pieces
3. Wash and cut broccoli into bite-sized florets and in a large pot of boiled water, taken off the heat, blanch broccoli for 30 seconds. Drain and add to a bowl of ice water. Drain again
4. Place broccoli into a bowl with chicken, onion, capsicum, pumpkin and hemp seeds, and butter beans. Stir dressing into ingredients until everything is evenly coated. Refrigerate until needed. Right before serving add sliced almonds

Notes:

Add spinach or other dark leafy greens for extra iron
 Chicken can be replaced with seared beef or tofu
 Butter beans can be replaced with chickpeas, black beans, or lentils
 Add fresh/dried herbs and spices for seasoning and extra iron
 Almonds can be replaced with cashews, brazil nuts, pine nuts

Sweet Potato and White Bean Chilli - Serves 4-6

Ingredients:

- 2 medium sweet potatoes
- 1 tablespoon coconut oil
- 1 tablespoon ground cinnamon
- 1 tablespoon ground cumin
- 1 tablespoon smoked paprika
- 1 large onion
- 1 bunch of fresh coriander
- 1 fresh red chilli
- 1 capsicums (red and yellow)
- 400g cannellini beans
- 400g cherry tomatoes, chopped
- 1 chopped avocado



Instructions:

1. Preheat the oven to 180°C. Peel and chop sweet potato, toss with 1 tbs. coconut oil and a pinch each of spices. Roast for 35-40 minutes
2. Roughly chop onion, chilli, and capsicum. Pick the coriander leaves, then finely chop the stalks
3. Heat 1 tbs. coconut oil in a large pan, then add the onion, coriander stalks, chilli and capsicum, remaining spices. Cook on low heat for 15 minutes
4. Add cannellini beans with their liquid, and tomatoes. Simmer for 30 minutes, add water if needed
5. Add sweet potatoes and most of the coriander leaves. Season to taste and serve, topped with the rest of the coriander leaves and avocado

Notes:

Tofu can be added for extra protein, do not add heme (animal) protein with the high carbohydrate sweet potato
 If using dried beans, soak overnight and boiled to soften. If using canned, make sure cans are BPA-free
 Cannellini beans can be replaced with red or black beans
 Add spinach, kale and or parsley for extra iron

Zucchini Fritters

Ingredients:

- 4 large zucchini, grated
- 1 teaspoon salt
- 1 egg, beaten
- ½ teaspoon pepper
- ½ teaspoon baking soda
- ¼ teaspoon chili powder
- ¼ cup coconut flour
- Coconut oil, for cooking



Instructions:

1. Place the shredded zucchini in a colander and sprinkle with salt. Toss well and let the zucchini drain for 10 minutes.
2. Squeeze any excess moisture out of the zucchini either with a dish towel or using your hands. Place in a large bowl. Mix in the egg, pepper, cayenne, baking soda, and coconut flour.
3. Melt the coconut oil in a large skillet over low heat. Form about 1/4 cup of the zucchini mixture into a patty and place in the pan. Cook on each side for 4-5 minutes until lightly browned. Repeat with remaining zucchini mixture, adding more coconut oil to the pan for each patty. Place on a wire rack to allow to cool

Middle Eastern Spiced Chickpea Salad - Serves 4



Ingredients:

Chickpeas (I prefer dried chickpeas - soak 1 cup for a few hours rinse, bring to the boil, simmer for 20 minutes or until tender, drain but make sure they are still wet)

Chickpea spices:

1 teaspoon ground cumin
 1 ½ teaspoons all spice
 1 teaspoon ground cardamom
 ¼ tsp good salt (not general iodised table salt)

Salad:

½ Lebanese cucumber diced
 2 ripe tomatoes diced
 1 small red onion diced
 ¼ cup coriander leaves roughly chopped
 ¼ cup parsley roughly chopped

Dressing:

1 ½ tablespoons vinegar (I used 1 tsp each of apple cider, red wine and balsamic)
 zest and juice of ½ lemon
 ¼ cup cold pressed extra virgin olive oil
 1 teaspoon coconut sugar
 1 garlic clove smashed
 salt and pepper to taste

Instructions:

1. Combine dressing ingredients in a jar and shake, set aside for 20 minutes to allow flavours to develop.
2. Place chickpeas in a large bowl, scatter over spices, toss to coat, the wetness of the chickpeas will make the spices stick.
3. Add the salad ingredients, toss salad again then add dressing before serving.

Notes:

To make this a complete meal serve alongside roast pepper beef, lemon chicken fillet, grilled tandoori lamb, Cajun grilled fish, poached or boiled eggs.

For our vegan friends, be sure to make a complete protein by adding grilled tofu, soaked chia seeds, quinoa, other nuts and seeds, spinach, kale, mushrooms, and wild rice are other suggestions.

For a festive touch add some red capsicum and green spinach leaves and impress your guests with the amazing flavours of spices and a great looking dish.

Dinner

Italian Style Baked Fish

Ingredients:

500g Australian wild caught snapper fillets (or substitute other flaky wild caught white fish sliced into thick fingers)

Fish Marinade:

1 teaspoon fresh thyme leaves,
1 teaspoon dried oregano
10 basil leaves
Salt and pepper
1 tablespoon. olive oil
20ml lemon juice
¼ cup vegetable stock
1 teaspoon paprika
Garlic cloves, chopped

Vegetables:

1 cup green capsicum, cut into pieces
1 cup red capsicum, cut into pieces
8 asparagus spears, trimmed
1 cup fennel thinly sliced
1 cup cherry tomatoes, diced
1 cup red onions, sliced
4 tbsps. chopped parsley

Instructions:

1. Preheat the oven to 220 c.
2. For the marinade: crush the chopped garlic with the herbs, olive oil, paprika, lemon juice, stock and season with the salt and pepper.
3. Place the fish into the marinade and cover with the herbs whilst preparing the vegetables.
4. Lay the diced and sliced vegetables into a large baking tray and cover with the fish and marinade. Season again with salt and pepper, cover with foil and bake for 20 minutes.
5. Remove the fish and keep warm, bake the vegetables uncovered for another 5 minutes. Garnish with fresh parsley and serve.



BBQ Lentil Farro Cauliflower Bake

Ingredients:

1 teaspoon olive oil
 ½ medium onion chopped
 ½ cup (64 g) chopped or sliced carrots
 1 ½ cups packed baby or chopped spinach
 ½ cup red lentils (uncooked)
 1/3 cup farro (uncooked) or quinoa or millet
 1 teaspoon ground cumin
 ½ teaspoon ground coriander
 ½ teaspoon curry powder or garam masala
 1 teaspoon garlic powder
 ½ teaspoon paprika or smoked paprika
 ½ to 1 teaspoon (1 teaspoon) oregano
 ¼ to ½ teaspoon cayenne
 ¼ teaspoon black pepper
 ½ to ¾ teaspoon salt
 1 cup diced tomatoes
 ¼ to 1/3 cup organic BBQ sauce
 Half a head of cauliflower, sliced to 1/4 inch, not thicker than 1/2 inch
 420ml water or veggie broth
 1 to 2 tablespoon nutritional yeast
 Chopped onion, cilantro, and lime juice for garnish



Instructions:

1. Preheat the oven to 400 degrees F. Spread or spray oil on the bottom of the baking dish. Sprinkle onion all over. Add carrots and spinach evenly. Spread the lentils and farro evenly. Sprinkle all the spices and salt.
2. Spread the chopped tomatoes. Drizzle the BBQ sauce. Add 1 teaspoon coconut sugar for sweeter if needed.
3. Place sliced cauliflower florets on top. Add water to the dish from the edges. Sprinkle oil over the cauliflower and sprinkle nutritional yeast on top.
4. Bake uncovered for 50 to 55 minutes. Check if the cauliflower is cooked through.
5. Cool for 5-10 mins and serve with a garnish of onion, cilantro, and lime juice.

Easy Chicken Rissoles – Makes 6

Ingredients:

500g hormone free chicken mince
1 medium brown onion grated
3 cloves garlic crushed
2 tablespoons dried/fresh herbs, oregano, thyme, parsley
1 small or ½ large zucchini grated
½ cup almond meal

Instructions:

1. In a large mixing bowl, add all ingredients. Mix to combine until all ingredients can stick together to form a ball and refrigerate for 20 minutes.
2. Preheat oven to 200 degrees Celsius. Line baking tray with baking paper.
3. Remove mixture from fridge and form into 6 rounds, gently flattening and placing on baking paper.
4. Bake for 10-15 minutes each side, watching until slightly browned.
5. Serve warm or cold with side of vegetables or salad.

Notes:

Make sure when grating the vegetables, you keep all the juices in the mixing bowl, this is what helps to hold the rissoles together without an egg. Make a double batch when possible so you always have leftovers!



Spicy Shredded Chicken Salad – Serves 4



Ingredients:

1 cup beans
4 cups water
1/2 teaspoon Himalayan salt
1 onion, peeled and cut into chunks
4 skinless, chicken breast
1 capsicum, sliced
1 bunch spring onions, thinly sliced
1/4 cup chopped parsley
1/4 cup chopped coriander
3 carrots, thinly sliced
2 cups red cabbage, thinly sliced

Sauce:

1/4 cup soy sauce 3 tbsp. sesame oil
2 tablespoon coconut oil
2 tablespoon rice wine vinegar
2 tablespoon tahini
1/8 teaspoon cayenne pepper
1 tablespoon ginger, grated
1 tablespoon garlic, grated
1 chilli, minced

Instructions:

1. In a small bowl, whisk together sauce ingredients and set aside
2. Rinse and drain cooked or canned beans
3. Bring to boil a deep pan with water, onions and ½ tsp. of salt. Add chicken breasts and simmer for approximately 15 minutes. Once tender and cooked through, remove chicken, and allow to cool
4. Once cool, using two forks shred chicken and add to a large bowl with beans and vegetables and herbs
5. Pour sauce over salad and stir well to combine

Notes:

Replace chicken with fish or seared tofu

Beans can be cannellini beans, black beans, borlotti beans, white beans, lentils, or chickpeas

If using dried beans, soak overnight and boiled to soften. If using canned, make sure cans are BPA-free

Add dark leafy greens; spinach, kale, rocket for added iron

Raw Noodles with Curried Coconut Sauce - Serves 2

Ingredients:

- 4 zucchinis (yellow and green)
- 1 large carrot
- 200g fresh snow peas
- 1 large handful of mixed herbs

Sauce:

- 1 small shallot
- 1 small clove of garlic
- 3cm piece of ginger
- ½ a fresh green chilli
- 2 teaspoon ground turmeric
- 1 lime
- 200ml coconut milk
- 300ml coconut water
- 1 teaspoon curry powder
- 100g desiccated coconut

Instructions:

1. For the sauce: Roughly chop shallot, garlic, ginger, and chilli and zest and juice the lime. Blitz all sauce ingredients (except 1 tbsp. of desiccated coconut) until smooth and creamy. Salt and pepper to taste
2. Julienne the zucchini and carrot into long noodle-like shapes, slice snow peas diagonally and add into a bowl with the other vegetables
3. Mix sauce in with the vegetables. Finely chop and sprinkle over the fresh herbs and remaining tbsp. desiccated coconut
4. Marinate for 30 minutes, until vegetables have slightly softened, and serve with squeezed lime wedges

Notes:

Mixed herbs: coriander, flat-leaf parsley, rosemary, oregano, thyme contain iron

Add cooked chicken breast or grilled fish for extra protein and iron. Add butter beans for a vegetarian/vegan protein and iron source

Add nuts or seeds for a crunchy component



Honey Ginger Tofu and Veggie Stir Fry



¼ cup coconut oil

Ingredients:

Stir fry:

- 1 ½ cup uncooked brown rice or farro
- 2 tablespoons olive oil
- 400g extra firm tofu
- 2 cups chopped asparagus
- 2 cups shredded carrots
- 3 green onions, minced

Stir-fry Sauce:

- 3 cloves garlic
- 2 tablespoons fresh ginger
- 2 tablespoons honey (more to taste)
- ½ cup low sodium soy sauce
- ¼ cup water
- ¼ cup rice wine vinegar

Instructions:

1. Sauce: Puree all the sauce ingredients together in a food processor until smooth. Set aside.
2. Tofu: Cook the rice or farro according to package directions.
3. Cut the tofu into slices and press with a paper towel to remove excess moisture. Wait a few minutes and press again, there's lots of water in there
4. Cut the tofu slices into small cubes. Heat the oil in a large non-stick skillet over medium heat. When the oil is shiny, add the tofu and about 1/4 cup of the stir fry sauce (watch out because the sauce and oil will spatter a tiny bit – have a cover ready or just skip the sauce at this point). Pan-fry the tofu until golden brown. Remove from the pan and drain on paper towel lined plates.
5. Veggies: Return the pan to the heat and add the asparagus with 1/4 cup stir fry sauce. When the asparagus is bright green and tender crisp, add the carrots and toss together. Arrange the veggies and tofu over the cooked rice or farro, and cover with more sauce to taste. Sprinkle with the green onions.

Notes:

To make this gluten-free, make sure your soy sauce and your tofu are both certified gluten-free brands.

To make this vegan, use an alternative sweetener in place of honey.

You can find tofu in most grocery stores. Sprinkle tofu with the tiniest amount of chili powder right in the frying pan to bump up the golden colour.

Peel the carrots into long strips instead of grating.

For a completely sugar-free version of this recipe, use white distilled vinegar.

Swiss Chard Quiche

Ingredients:

Crust:

- 1 ½ cups (180g) almond meal
- ¼ cup (30g) tapioca flour
- 1 extra-large free-range egg, lightly beaten
- 1 tablespoon extra-virgin olive oil
- 1 tablespoon water
- ¼ teaspoon nutmeg
- Pinch Himalayan salt

Filling:

- 1 tablespoon olive oil
- 1 leek (or small brown onion), finely sliced
- 2 - 3 cloves garlic, minced
- 1 bunch Swiss chard*, finely shredded
- 6 extra-large free range eggs
- 1 tablespoons lemon juice
- 1 teaspoon ground turmeric
- ¼ teaspoon nutmeg
- Sea salt and black pepper
- ¼ cup (35g) pine nuts



Instructions:

1. Pre-heat fan-forced oven to 180 degrees C.
2. In a mixing bowl combine crust ingredients and shape to form a ball of dough. Slightly flatten and place between two pieces of greaseproof paper. Use a rolling pin to roll dough out to 1/2 cm thick.
3. Remove top layer of paper. Carefully place crust (paper side up) on top of a greased or lined pie dish. Mould dough into dish. Use a fork to prick holes in base (this stops the crust from puffing up) and bake in oven for 10-12 minutes or until lightly golden. Set aside.
4. In a deep-frying pan sauté leek and garlic in olive oil for 1- 2 minutes. Add Swiss chard and wilt down over medium heat for 3-5 minutes.
5. In a mixing bowl whisk eggs with lemon juice, turmeric, nutmeg, salt, and pepper.
6. Spoon Swiss chard mix on top of crust and pour over with your egg mix.
7. Sprinkle with pine nuts and bake in oven for 30 - 35 minutes or until your egg is cooked through.

Notes:

Serve with a side salad or cooked greens.

Swiss chard is a dark green leafy vegetable similar to silver beet and has pink or yellow stems. You could also use silver beet for this recipe.

The stems of the chard take a little longer to cook, I use only a few, and recommend adding these in the first 1-2 minutes then follow with the leaves.

Snacks

Roasted Chickpeas – Serves 4

Ingredients:

400g of chickpeas – canned or dried and soaked overnight
 1 teaspoon olive oil or coconut oil
 ½ teaspoon Himalayan pink salt
 2 teaspoons of spice mixture (dried herbs; thyme, parsley, oregano, pepper, cumin etc.)

Instructions:

1. Preheat oven to 200°C
2. Drain and rinse chickpeas then pat dry. Toss in a bowl with oil, salt, and spice mix
3. Arrange chickpeas on a baking sheet in a single layer and bake for approximately 30 minutes or until crispy. While baking, shake pan or stir chickpeas to avoid burning. Once cooked toss with extra spices, salt, and pepper



Nuts – Serves 1

Ingredients:

Small handful of nuts

Notes:

Nuts can be almonds, brazil nuts, cashews, pistachios
 Try soaking nuts then roasting on a low heat for a 'fresher taste'

Coconut Yoghurt – Serves 1

Ingredients:

1 bottle of plain coconut yoghurt

Notes:

Make sure yoghurt is organic or try making your own at home
 Add nuts and seeds for texture and added iron
 Add coconut sugar or syrup to sweeten

Crispy Kale Chips – Serves 2

Ingredients:

1 bunch kale
 1 tablespoon coconut oil
 1 tablespoon balsamic vinegar
 1 pinch Himalayan pink
 Salt and pepper

Instructions:

1. Preheat oven 150°C. Trim kale, discarding the tough inner part of the leaves, tear remaining leaves into 'chip-sized' pieces. Wash kale and dry completely on paper towels
2. Massage coconut oil into kale, until thoroughly coated. Spread out evenly onto baking sheet and sprinkle with vinegar. Roast in oven for 30-40 mins or until crisp. Season with salt and pepper, to taste and serve immediately

Notes:

Massage in chilli and minced garlic with coconut oil, to taste
 Add dried herbs or spices before baking to taste
 Lemon juice can be added in whilst massaging in coconut oil



Coconutty Energy Bombs – Serves 12

Ingredients:

300g almond meal
50g pumpkin seeds
50g sunflower seeds
50g sesame seeds
50g linseeds
30g chia seeds
½ cup melted coconut oil
50g coconut sugar – optional

Instructions:

1. Add all dry ingredients into a bowl and mix
2. Mix in coconut oil and coconut sugar until you get a dough consistency
3. Roll mixture into balls and keep refrigerated

Notes:

When set, add toppings like shredded coconut, raw dark chocolate, organic peanut butter

Almond meal can be replaced with coconut flour

Coconut sugar can be replaced with stevia, honey, or maple syrup

Organic peanut or almond butter can be used

Add in cacao nibs or cacao powder for 'chocolate flavour'



Thai Coconut Curry Hummus – Serves 2



Ingredients:

½ cups cooked chickpeas (rinsed well if you're using canned)
3 cloves garlic minced
2 tablespoons tahini
3 tablespoons fresh lime juice
1-2 tablespoons Thai red curry paste more (or less depending on spice preference)
¼ cup + 1 tablespoon full-fat coconut milk
1 tablespoon olive oil
Water to thin if necessary
Salt and pepper to taste

Instructions:

1. Place chickpeas, garlic, tahini, lime juice, curry paste, coconut milk and olive oil in a food processor and whirl away until smooth. If the hummus is too thick, add water 1 teaspoon at a time until desired consistency is achieved.
2. Taste the hummus and add more red curry paste if desired. Season with salt and pepper.
3. Serve with chips or crackers, fresh vegetables.

Alkalising Green Smoothie – Serves 3



Ingredients:

1 avocado
60g baby spinach
1 Lebanese cucumber
750ml coconut water
Handful of mint leaves
2 teaspoon grated ginger
30g chia seeds

Directions:

1. Blend avocado, spinach, cucumber, coconut water, ginger, mint leaves and ice, until smooth
2. Pour blended mixture into glasses, sprinkle with seeds and serve immediately

Notes:

When using fresh produce for green drink/smoothie, all ingredients must be organic, don't add fruit. You can also add your trusted green powder, powder, or liquid collagen and/or safe protein powder.

Seedy Tamari Crackers – Serves 16

Ingredients:

2 teaspoons tamari
½ cup sunflower seeds
½ cup pepitas
¼ cup linseeds
¼ cup chia seeds
Salt, pepper, herbs, and spices to season as desired



Instructions:

1. Preheat oven to 180°C and line a baking tray with baking paper. Combine all ingredients with 1 cup water in a medium bowl and stand for 5 minutes to thicken.
2. Spread mixture thinly on tray and bake for 30 minutes. Remove from tray and cut into 16 squares. Turn squares over carefully, return to oven and bake for a further 15-20 minutes or until just brown at the edges and crispy.
3. Cool completely before storing in an airtight container for 1 week.

Notes:

Top Seedy Tamari Crackers with tuna in springwater, sliced spring onion, chutney of your choice, or tomato, and basil, just like a bruschetta, or avocado, rocket, and hemp seeds, and yummy healthy dips.

Disclaimer: Information within Food for Ferritin Recipes is not intended to treat any medical conditions or deficiencies and is not intended as a substitute for the advice of medical physician. The reader should consult the relevant practitioner in matters relating to health, and particularly with respect to symptoms that may require diagnosis or medical attention.



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