



GOLDSTER★

Younger You: Week 1

<https://www.goldster.co.uk/>



Turmeric Hummus

4 servings

10 minutes

Ingredients

2 cups Chickpeas (cooked)
1 Garlic (clove)
1 tbsp Tahini
3 tbsps Apple Cider Vinegar
1/4 cup Extra Virgin Olive Oil
1/2 tsp Turmeric
1/2 tsp Sea Salt

Nutrition

Amount per serving	
Calories	281
Fat	18g
Carbs	24g
Fiber	7g
Protein	8g
Calcium	59mg

Directions

- 1 Add all ingredients together in a food processor. Blend until a creamy consistency forms. Enjoy!

Notes

Serve it With: Veggie sticks, brown rice tortilla chips, on a salad, in a wrap or as a sandwich spread.

Leftovers: Store in an air-tight container in the fridge up to 3-5 days, or in the freezer up to 6 months.



Creamy Cauliflower Soup

4 servings

1 hour

Ingredients

- 1 tbsp Coconut Oil
- 1/2 Sweet Onion (chopped)
- 1 Carrot (chopped)
- 1 head Cauliflower (cut into florets)
- 2 cups Vegetable Broth
- 1 cup Water
- 1 cup Canned Coconut Milk
- 1/4 tsp Sea Salt (or more to taste)
- 1 tsp Nutmeg
- 1 Avocado (peeled and sliced)
- 2 stalks Green Onion (chopped)

Nutrition

Amount per serving	
Calories	283
Fat	22g
Carbs	19g
Fiber	7g
Protein	5g
Calcium	68mg

Directions

- 1 Add coconut oil to a large pot and place over medium heat. Saute the onions and carrots for about 5 minutes or until soft and golden.
- 2 Add the cauliflower and cook until it browns (about 5 minutes).
- 3 Add the broth and water. Bring to a boil. Reduce heat to simmer and cover. Let simmer for 30 minutes.
- 4 Add in coconut milk, sea salt and nutmeg. Stir well until milk is heated through and remove from heat.
- 5 With caution, puree your soup using a blender. Ensure lid is on tightly. (NOTE: If using a regular blender, ensure to remove the centerpiece of the lid and cover with a tea towel to allow a place for the steam to escape. Otherwise the steam will cause the lid to pop off, creating a mess and potentially burning yourself.)
- 6 Pour into bowl and top with sliced avocado and green onion. Sprinkle with fresh ground pepper and serve!

Notes

Leftovers: Refrigerate in an airtight container for up to four days.

Serving Size: One serving is equal to approximately 1.5 cups of soup.

More Flavor: Add fresh garlic, additional salt, and/or black pepper.



Beet Masala Soup

2 servings
30 minutes

Ingredients

- 1 tsp Extra Virgin Olive Oil
- 1 Yellow Onion (diced)
- 1 tbsp Ginger (fresh, minced)
- 1 1/2 tsps Garam Masala
- 1 tsp Curry Powder
- 4 Beet (medium, peeled, chopped)
- 4 cups Vegetable Broth, Low Sodium
- 1/2 cup Plain Greek Yogurt
- Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Calories	191
Fat	4g
Carbs	31g
Fiber	8g
Protein	9g
Calcium	177mg

Directions

- 1 Heat the oil in a large pot over medium heat. Add the onion and ginger and cook until the onion softens, about five minutes.
- 2 Add the garam masala, curry powder, beets, and broth, and bring to a boil. Simmer for 25 minutes or until the beets are fork tender. Remove from heat.
- 3 Blend the soup with an immersion blender until smooth. Stir in the yogurt and season with salt and pepper. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days.

Serving Size: One serving is equal to approximately two cups.

Dairy-Free: Omit the yogurt or used coconut yogurt instead.

More Flavor: Add white beans for a protein boost.



Liver, Onions & Sage

2 servings
20 minutes

Ingredients

- 1/4 cup All Purpose Gluten-Free Flour
- 1/2 tsp Sea Salt (divided)
- 225 grams Beef Liver (sliced into strips)
- 3 tbsps Avocado Oil (divided)
- 1 Yellow Onion (medium, sliced)
- 2 tbsps Fresh Sage

Nutrition

Amount per serving	
Calories	436
Fat	25g
Carbs	27g
Fiber	5g
Protein	25g
Calcium	59mg

Directions

- 1 In a bowl, combine the flour and half of the salt. Add liver and toss until well coated. Set aside.
- 2 Heat 1/3 of the oil in a large skillet over medium heat. Cook onions until translucent and tender. Transfer to a bowl and toss with sage and remaining salt.
- 3 In the same pan, heat the remaining oil over medium heat. Cook the liver for about 5 minutes, flipping halfway. It should be slightly pink in the center.
- 4 Return the cooked onions and sage to the pan and stir with the liver for 1 to 2 minutes. Serve immediately and enjoy!

Notes

Storage: Refrigerate in an airtight container up to 3 days.

No Fresh Sage: Use dried sage instead.

No Avocado Oil: Use butter, coconut oil, olive oil or ghee instead.

More Carbs: Serve it with quinoa, couscous, rice, toast or potatoes.



Slow Cooker Poached Whole Chicken & Ginger Soup

6 servings
4 hours 15 minutes

Ingredients

- 4 stalks Green Onion (divided)
- 1 cup Cilantro (divided)
- 1.8 kilograms Whole Roasting Chicken
- 2 stalks Celery (chopped)
- 2 cups Shiitake Mushrooms
- 1/4 cup Ginger (sliced)
- 2 tbsps Star Anise (whole)
- 1 tsp Black Peppercorns
- 1 tbsp Sea Salt (coarse)
- 8 cups Water (plus more if needed)

Nutrition

Amount per serving	
Calories	381
Fat	9g
Carbs	10g
Fiber	2g
Protein	63g
Calcium	89mg

Directions

- 1 Place 3/4 of both the green onions and cilantro at the bottom of a slow cooker. Gently place the whole chicken on top, breast-side up.
- 2 Add the celery, mushrooms, ginger, star anise, peppercorns, and salt. Add the water, ensuring that the chicken is covered or almost covered. Add more water if needed.
- 3 Cook on high for four hours or on low for six hours. Once the chicken is cooked, carefully carve it into portions and distribute it evenly between bowls.
- 4 Add the mushrooms to the bowl and strain the broth to leave behind the cooked cilantro and green onions. Pour the strained broth over the chicken.
- 5 Chop the remaining cilantro and green onions and sprinkle over each bowl. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days.

Serving Size: One serving equals approximately 3/4 cup of cooked chicken and two cups of broth.

Serve it With: Cooked rice, noodles, or your favorite grain.

Additional Toppings: Sriracha or kimchi.