

2022

Sugar Free September Cookbook

Tasty sugar-free recipe favourites from 2021 challengers

#SugarFreeForMD



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Brekkie

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Why go sugar free?

The truth about sugar

Most of us are unaware of how much “hidden” sugar we are actually consuming on a daily basis. According to the Australian health survey, we actually consume 22kg of free sugars each year, which equates to around 14 teaspoons of sugar each day. We may not add a lot of sugar to our foods and drinks, but that doesn't mean we're not over-consuming the sweet stuff.

Health benefits

The health benefits of ditching the sweet stuff are endless, even if you're not doing it every day. Many participants from previous years of going Sugar Free for MD have experienced amazing benefits such as improved energy levels, clearer skin, better moods, better sleep and more. The best part? With this e-cookbook you'll learn how to make some of your favourite foods *without* all the sugar and guilt-free.

Get some inspiration

Our Sugar Free September participants loved sharing recipes during the month-long Sugar Free For MD challenge, and told us that 30 days of sugar free wasn't enough... they wanted more recipes to keep up their new healthy habits throughout the year.

This e-cookbook was inspired by them, our amazing and generous challengers, who bravely gave up sugar for 30 days to raise funds and awareness for kids and adults with neuromuscular conditions. And this e-cookbook was created by them also – each recipe has been tried, tested and submitted by one of our amazing challengers, so that you can enjoy their favourite sugar-free recipes too!

Dive into the recipes

Going sugar free doesn't mean your meals have to be bland. Quite the opposite! You'll get to know and love an array of new flavours that won't be hiding behind a stack of sugar. Now that is something to celebrate! This e-cookbook is organised by meal, with tips throughout to help you go sugar free all day long.

Some recipes included are originals by Sugar Free For MD participants, and others have been sourced from delicious foodies across world – these are credited to their authors and a link is provided so you can check out the original recipe and others like it online.

We hope you enjoy these delicious dishes as much as our challengers have, and that you start finding some of your own favourite sugar-free recipes to share in our next e-cookbook.

Don't forget to share your recipe recreations or new recipe finds by tagging @SugarFreeSeptember
#SugarFreeForMD

Happy sugar-free cooking!



sugarfreeseptember.org.au

Brekkie

How to get prepared and feel confident

If your fridge, pantry, and freezer are well-stocked with all of your favourite healthy meals and snacks, we guarantee you'll barely miss their sugary alternatives. Here's our top tips:

1. Get your recipe books out! Plan your meals and snacks ahead of time. Meal prep where you can.
2. Get rid of all offending food out of the house.
3. Stock up the fridge with easy to grab snacks, veggies and fresh fruit.
4. Make sure you have good quality protein and healthy fats prepared that can help with hunger and cravings: patties made, eggs boiled, chicken shredded, beans ready and nuts on hand.
5. Getting a good night's sleep and reducing stress levels wherever possible will help keep your hormones in check.
6. Enlist family and friend support to help you when you're feeling a bit low.
7. Clean up what you look at. Don't go buying magazines or looking at recipes that are full of sugar. Keep your viewing habits to healthy and clean eating.
8. Have some fun with it! Use this as your chance to discover new recipes, interesting foods, and creative twists on your favourites



Soft scrambled eggs

with kale and
LSA pesto



PREP
10MINS



COOK
10MINS



SERVES
10MINS

Ingredients

3 kale leaves, torn, stalks discarded

3/4 bunch flat-leaf parsley, leaves and stalks torn

4 garlic cloves, roughly chopped

1/4 cup (25g) LSA meal (ground linseed, sunflower seed, almond mix)

80g parmesan, grated

Finely grated zest and juice of 1 lemon

200ml extra virgin olive oil

6 eggs, lightly beaten

4 thick slices dark rye sourdough or miche, toasted

8 thin slices prosciutto

Mixed micro herbs, to serve

Method

1. To make the kale pesto, whiz kale and parsley in a food processor until coarsely chopped. Add the garlic, LSA, parmesan, lemon zest and juice, and 3/4 cup (180ml) oil, then season with pepper and 1 tsp salt. Whiz for 2 minutes or until smooth and combined. Transfer to a bowl.
2. Heat remaining 1 tbs oil in a frypan over medium-low heat. Season egg, then pour into pan and cook, tilting pan and gently pulling in edges using a spatula, for 3 minutes or until softly set.
3. Spread toast with the kale pesto, top with eggs and garnish with prosciutto slices and micro herbs to serve.



Recipe provided by
Charlotte

delicious.

Find the original recipe [HERE](#)

Buckwheat Coconut Granola



PREP
20 MINS



COOK
30 MINS



MAKES
4 CUPS

Ingredients

400 g raw buckwheat groats

200 g unsweetened coconut flakes

150 g natural almonds, roughly chopped

1/3 cup pumpkin seeds

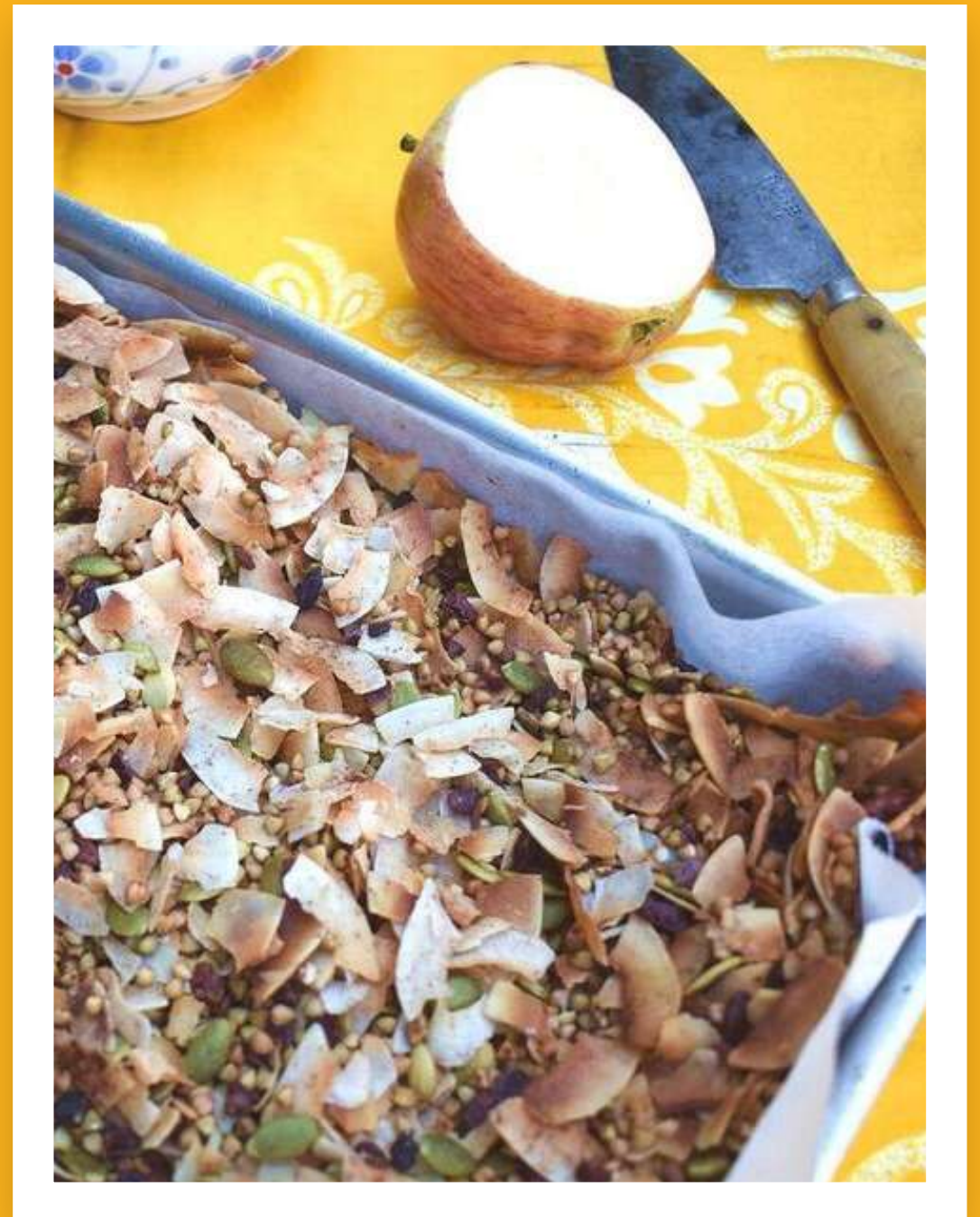
2 tsp ground cinnamon

1 tbsp coconut oil 1 tbsp tahini (or nut butter)

NOTE: Make sure you buy raw buckwheat groats as opposed to toasted. The latter is hard as a rock unless it's been soaked. So remember, raw! And use these measurements as a guide - feel free to mix it up according to your taste.

Method

1. Preheat oven to 160 degrees Celcius.
2. Mix all the dry ingredients in a bowl.
3. Melt and combine the coconut oil and tahini in a saucepan.
4. Pour the oil and tahini mixture over the dry ingredients, making sure they're all evenly coated.
5. Spread out on a baking tray (we lined ours with non-stick baking paper) and then roast for 30 minutes.
6. Allow to cool, then store in an airtight container. Serve with fruit and/or Greek yoghurt.



Recipe provided by



Find the original recipe [HERE](#)

sugarfreeseptember.org.au

Corn and Haloumi Fritter Bites



Recipe provided by **Alex**



Find the original recipe [HERE](#)



PREP
15 MINS



COOK
15 MINS



MAKES
24

Ingredients

60g olive oil

225g cheese, haloumi

420g canned sweet corn
kernels, drained

2 eggs

90g flour, self-raising

1 tsp lemon
zest, grated

2 tbsp fresh chives,
roughly chopped

Method

1. Preheat oven to 200C. Place a small amount of oil in each hole of a 24 hole mini muffin pan and place in oven for a few minutes to heat up.
2. Place Haloumi in bowl and chop on Sp 4 for 10 secs.
3. Add corn, eggs, flour, lemon zest and chives - Combine on Sp4 for 30 secs. Scrape down sides of bowl and mix a bit longer, if necessary.
4. Divide mixture evenly in the muffin pan.
5. Bake for 12-15 mins until golden. Allow to cool slightly in pan before turning out onto wire rack.

4 ingredient banana bread



PREP
5 MINS



COOK
40 MINS



MAKES
12 SLICES

Ingredients

2 cups rolled oats - blitzed

3 bananas mashed

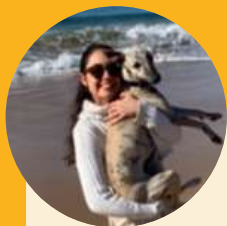
1 tsp baking soda

1-2 eggs

Method

1. Preheat oven to 160 degrees celsius.
2. Mix all ingredients until we'll combined.
3. Bake for 35-45minutes.

NOTE: I added some nuts and peanut butter to the mixture as well. You could also add honey if desired.



Recipe provided by **Taylor**

KIRBIE'S  CRAVINGS

Find the original recipe [HERE](#)

Oat and Ricotta Pancakes

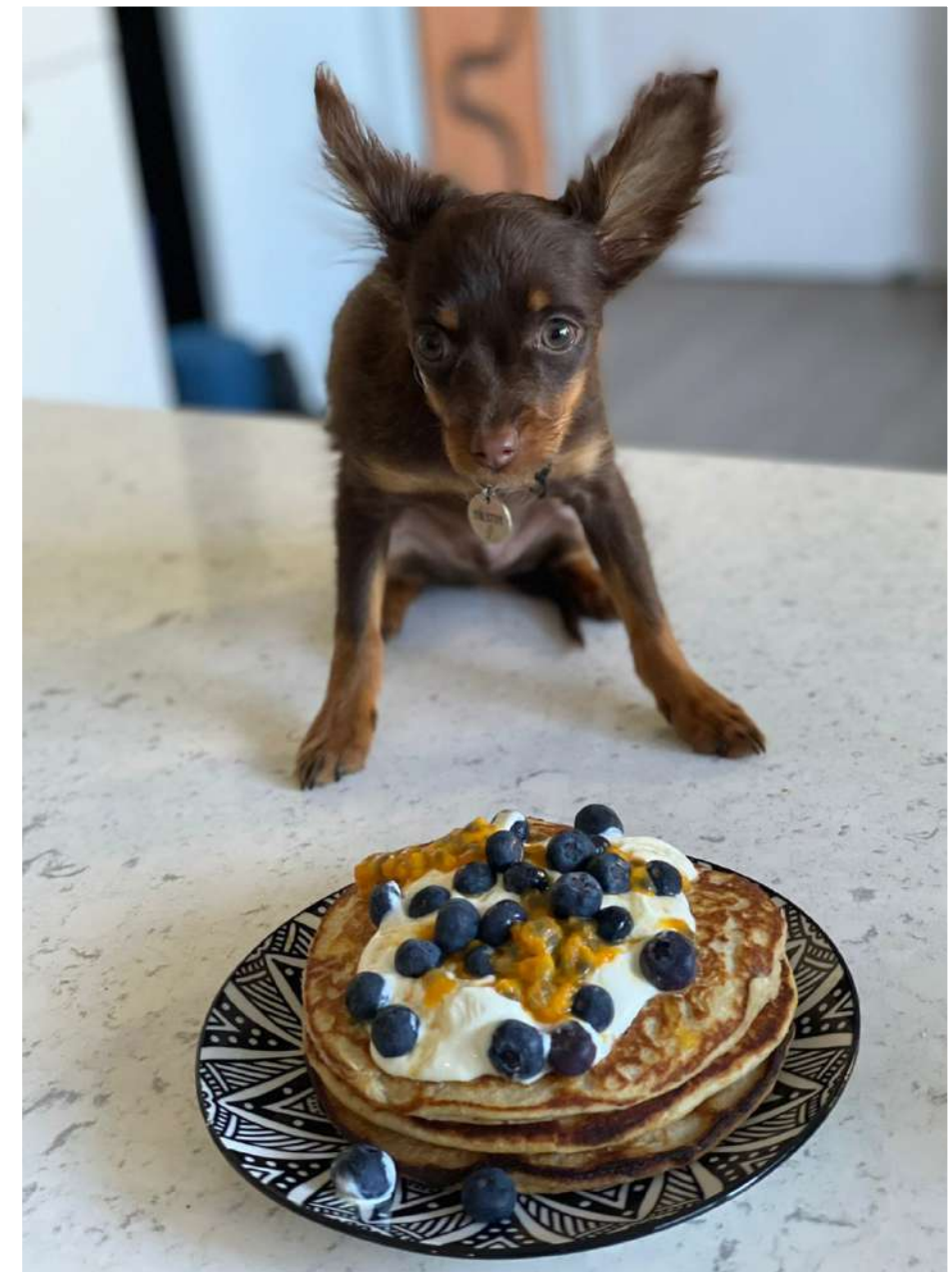
Ingredients

250g ricotta
1 cup milk
1 cup self raising flour
1 large egg
1/2 cup instant oats
1 tbsp butter
1 tsp baking powder
1/2 tsp salt
1/2 tsp cinnamon

Recipe provided by **Flip**
Find the original recipe [HERE](#)

Method

1. Blend all the ingredients in a blender/mixer until smooth.
2. Heat a non stick frypan until hot and add a little bit of butter or oil.
3. Take a 1/2 cup measure and make pancake rounds.
4. Cook until you see bubbles forming on the surface then flip and cook for a further two minutes.
5. Serve with greek yogurt, blueberries and passionfruit.



Banana Booster Smoothie



PREP
5 MINS



SERVES
3-4

Recipe provided by



Find the original recipe [HERE](#)

Ingredients

- 1 cup** milk
- 2** bananas
- 3 tsp** yoghurt
- 1/2 tsp** ground cinnamon
- 1 tsp** LSA mix (heaped)
- 1 tbsp** honey (optional)

Method

- 1.** Place all ingredients into a blender and blend until smooth. If smoothie is too thick, add more liquid to reach the desired consistency.
- 2.** Pour into glasses and serve immediately.

NOTE:

- Bananas are a good source of B vitamins, which are important for energy production, making them a great breakfast food.
- LSA mix is a blend of linseed, sunflower seeds and almonds. It's high in fibre and has a low Glycaemic Index (GI), ensuring a slow and steady release of energy.

Carrot Cake Whip



PREP
1 HOUR
5 MINS



SERVES
2



Ingredients

- 1/2 cup** rolled oats
- 1 tsp** chia seeds
- 1 cup** coconut milk or milk of your choice
- 1/2 tsp** vanilla powder, optional
- 1 large (200g)** carrot, finely grated
- 1 tsp** ground cinnamon
- 1/4 tsp** ground ginger
- sea salt
- 2 tsp** crushed walnuts
- 2 tsp** coconut flakes or shredded coconut
- 4 tsp** full-fat natural yoghurt, to serve
- 2 tsp** walnuts, to serve

Method

1. Blend oats, chia seeds, milk, vanilla, carrot, spices, salt, walnuts and coconut until smooth.
2. Pour into 2 jars with lids and leave to soak overnight in the fridge, lids on.
3. In the morning, when ready to serve, top one jar with 2 tablespoons of yoghurt and 1 tablespoon of extra walnuts. Save the other Carrot Cake Whip for another breakfast this week.

NOTE:

Dairy-free option - Omit yoghurt or serve with coconut cream or unsweetened coconut yoghurt.



Lunch



5 tips to curbing the PM sugar cravings!

1. Balanced meals with a good fibre and protein content keep us satiated, ie full, and less likely to mindlessly reach for snacks. The mix of wholegrains, quality protein, colour and healthy fats help keep blood glucose levels stable and in check - meaning our body is less likely to crave a high sugar meal to raise levels back up.
Try and aim for approximately 20g protein at each meal/snack.
2. Our emotions and stress levels are a common trigger to eat. High sugar foods and our association with the reward of a particular food have the ability to activate our feel-good (dopamine pathways). When we are stressed, the food's we love can act as a temporary relief. Stopping for a brief moment & checking into how we are feeling and considering what may be driving that sugar craving (eg a stressful meeting at work) can encourage us to eat mindfully.

The Smiling Mind or Calm app have great short 3-5 minute meditations which you can implement throughout your day when you know the sugar cravings may hit.
3. Change it up! Habits can dictate our food choices, if it is common practice to sit on the couch and eat chocolate after dinner try disrupting the routine to decrease the association between that time/action and a particular food.
4. Brush your teeth right after dinner.
5. Green tea, greek yogurt and berries, a small handful of nuts or dried fruit or fruit and nut butter can be great alternative snacks to hit the sweet tooth.

Most importantly, remember, craving sugar DOES NOT mean you are a failure or lack self-control. You are human and doing the best you can!

Lamb, Lentil and Tomato Salad



PREP
20 MINS



COOK
15 MINS



SERVES
6

Ingredients

2 cans lentils (drained and rinsed)

250g cherry tomatoes (quartered)

1 bunch parsley (leaves picked)

200g green beans (blanched, trimmed and halved)

1 medium red capsicum (diced)

1 tbsp extra virgin olive oil

1 lemon (rind grated and juiced)

400g lamb backstraps

1 cup greek or natural yoghurt

2 tbsp sunflower seeds (toasted)

Mint leaves (to garnish)

Ground black pepper (to taste)

Extra virgin olive oil spray

Method

1. In a bowl, combine the lentils, tomatoes, parsley and green beans.
2. Season the salad mix with the lemon juice, rind, oil, pepper and sunflower seeds. Mix the salad together well.
3. Spray the lamb with the olive oil. On a hot non-stick pan or grill, cook the lamb for approximately 2 minutes on each side (or to your liking). Transfer to a plate to rest for 5 minutes before slicing.
4. Serve the salad with the sliced lamb and yoghurt on top. Garnish with the mint leaves.

Recipe provided by



Find the original recipe [HERE](#)

Grilled Cheese Tacos



COOK
25 MINS



SERVES
4

Ingredients

Olive oil

2 ears of corn, husked

Kosher salt, freshly ground pepper

1 small red onion,
cut into ¼"-thick rings

450g halloumi or other grilling
cheese, sliced into 16 planks
(about ½"-thick)

8 small corn tortillas

Sliced avocado, fresh tomato salsa,
coriander, and lime wedges
(for serving)

Method

1. Prepare a grill or grill pan for medium-high heat; generously oil grates.
2. Lightly brush corn with oil and season with salt and pepper. Toss onion with oil in a small bowl and season with salt and pepper. Grill both, turning often, until tender and charred in spots, 10–15 minutes for corn and 4–5 minutes for onions. Let corn cool slightly. Cut kernels from cobs and transfer to a medium bowl.
3. Brush cheese with oil, season with salt and pepper, and grill, turning once, until charred and warmed through, about 2 minutes per side.
4. Warm tortillas in a microwave or on cooler area of grill until soft and pliable. Divide cheese among tortillas, then top with corn, onion, avocado, salsa, and cilantro. Serve with lime wedges alongside.



Recipe provided by **Farah**
Find the original recipe [HERE](#)

epicurious

sugarfreeseptember.org.au

Goats Cheese & Beetroot Tart



COOK
1 HR 15 MINS



SERVES
6

Ingredients

450g beetroot, peeled

2 tbsp olive oil

salt and freshly ground pepper

320g ready-rolled
puff pastry sheet

200g goat's cheese crumbled

9 walnuts, roughly chopped

60g rocket/arugula, washed

Method

1. Preheat the oven to 200°C/400°F/gas mark 6.
2. Slice the beetroot thinly, using a mandolin.
3. Place the beetroot slices in an ovenproof pan, drizzle with oil and season.
4. Bake the beetroot for around 20 minutes or until cooked and tender.
5. Meanwhile, put the pastry on a baking sheet. Score a small border around the edges of each piece with a knife and then prick within the border with a fork. Bake on the shelf below the beetroot for 15 minutes or until puffed and golden.
6. Remove from the oven and, if the centre has risen, gently flatten it. Arrange the beetroot slices inside the borders then sprinkle with cheese. Put the tart back into the oven and cook for 10 minutes.
7. Remove the tart and quickly sprinkle the walnuts on top and let the tart cook for a further 3 minutes.
8. Remove from the oven, cut into 6 pieces and serve with rocket.



Recipe provided by
Pearce

**GREEDY
Gourmet**

Find the original recipe [HERE](#)

sugarfreeseptember.org.au

Cheesy Green Slice



COOK
50 MINS



SERVES
4-6

Ingredients

1 **tblsp** olive oil

2 leeks, sliced

200g baby spinach

1/2 **bunch** of kale, roughly torn

1/2 **cup** parsley, chopped

zest and juice of half a lemon

salt and pepper, to taste

6 free range eggs, lightly beaten

80g feta (or any other soft cheese like goats or ricotta)

100g pine nuts

Method

1. Preheat oven to 180 degrees Celcius.
2. Grease or line a shallow pie dish or tray with baking paper.
3. In a frying pan, warm the olive oil. Sauté the leek until soft, add the kale for a few minutes before adding the spinach last.
4. Season with lemon, salt and pepper and cook until soft and combined.
5. Transfer the greens mixture to the prepared pie dish, distributing evenly. Pour eggs over the greens and crumble over the cheese and pine nuts.
6. Bake for 25-30 minutes.
7. Remove from the oven and leave to rest before slicing.

Recipe provided by



Find the original recipe [HERE](#)



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Sesame Salad Bowl

Ingredients

- 2 handfuls Mixed lettuce leaves
- 4 cherry tomatoes
- 1 small cucumber cubed
- ½ Zucchini spiralized (raw)
- ¼ avocado sliced
- Handful of basil leaves
- Few dashes black sesame seeds sprinkled on top

Dressing

- ¼ Avocado
- 1 tsp tahini
- 1 tbsp tamari
- Garlic powder (to taste)

Method

1. Prepare the salad veggies as noted in the ingredients list above and put them into your salad bowl.
2. Combine the dressing ingredients in a blender or whisk together using a fork.
3. Pour the dressing over the salad and enjoy!



Recipe provided by **Sandi**

Soba Noodle Salad

with spicy peanuts



COOK
20MINS



SERVES
4

Ingredients

- 1/2 cucumber, spiralized or cut into strips
- 1 cup cabbage, shredded
- 1 large carrot, sliced or shredded
- 2 green onions, chopped
- 3 tbsp toasted sesame seeds
- Cilantro to top (optional)
- 1/4 cup peanut butter
- 3 tbsp water
- 2 tbsp tamari (can sub soy sauce)
- 1 tbsp rice vinegar (can sub lime juice)
- 1 tbsp maple syrup (can sub agave, honey)
- 1 tsp sesame oil
- 3 tsp sriracha

NOTE: Use toasted sesame seeds. (or if you have raw ones, toast them) Toasted sesame seeds have a much more rich flavour than raw ones.

If your peanut sauce is too thick, add a touch more water to thin it so it can be mixed in the salad more easily.

Method

1. Cook the noodles according to package directions.
2. While the noodles cook, prepare the peanut sauce by mixing all the sauce ingredients together.
3. Once the noodles are cooked, rinse them under room temperature water to slightly cool them down slightly, then add them to a mixing bowl with the rest of the salad ingredients.
4. Toss the soba noodle salad and peanut sauce together until combined.
5. Optionally top with some extra sesame seeds, green onions and cilantro.



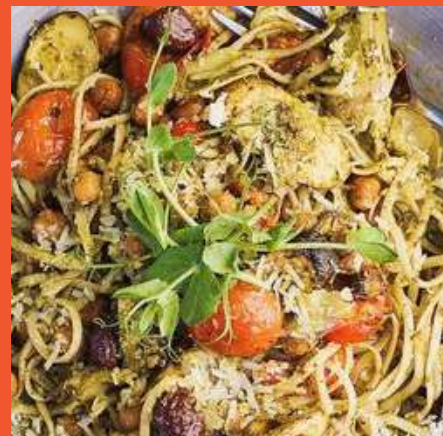
Recipe provided by **Zan**

CHOOSING
Chia

Find the original recipe [HERE](#)



Dinner



How to stay sugar free at the grocery store

Here are a few handy tips for reducing your intake of added sugars:

1. Spend more around the perimeter of the supermarket where you'll find healthy staples including fruit, vegetables, milk, eggs, nuts, meat and bread. These foods should make up the majority of your diet.
2. If a product contains more than 15 grams of sugar per 100 grams, it probably contains added sugar. Look for those that have under five grams per 100 grams instead.
3. Look out for added sugars on the ingredients list. There are more than 800 terms, but common ones include added sugars that haven't required much processing, like honey and maple syrup, plus fructose, rice syrup, dextrose, glucose, sucrose and all types of sugar (brown, white, raw).
4. When choosing between products, opt for plain and unsweetened varieties e.g. natural yoghurt, plain milk and unflavoured meats.
5. Download the FoodSwitch app. It will tell you how much added sugar is in a product and recommend healthier alternatives to switch to.



Iron Rich Kangaroo Salad



PREP
10 MINS



COOK
20 MINS



SERVES
3-4

Method

1. Cook kangaroo fillets in a pan or on BBQ until medium cooked, turning once. Leave to rest until cool.
2. Turn oven on to 200C. Place diced pumpkin and small cauliflower florets on an oven tray lined with baking paper and drizzle with olive oil.
3. Sprinkle sea salt flakes and cracked pepper over the top and place in oven for 15 minutes or until cooked. Leave to cool.
4. Rinse can of four-bean mix thoroughly and place in a large bowl. Add tabouli and baby spinach & kale mix and combine.
5. Dice half a block of feta in to cubes and add to bowl.
6. Add pumpkin and cauliflower and combine.
7. Slice kangaroo fillets thinly. Meat should be slightly pink on the inside. Place salad portion on to plate and add sliced kangaroo on top.

Drizzle olive oil and balsamic vinegar on top and season with salt and pepper if desired.

Ingredients

500g Kangaroo fillets (can buy pre-marinated for extra flavour)

1 can of Four-bean mix

Block of Greek feta

¼ Kensington pumpkin (diced)

Half purple cauliflower

Tabouli (pre-packed)

Small bag of baby spinach & Kale mix



*Recipe provided by **Alicia***

Pronto Chicken Pasta



PREP
10 MINS



COOK
20 MINS



SERVES
4

Ingredients

2 **tblsp** pine nuts
250g dried penne pasta
Olive oil spray
1 onion, peeled and chopped
1 garlic clove, crushed
500g chicken, diced
120g mushrooms, chopped
1 capsicum, seeded and diced
½ **tsp** chilli flakes
½ cup fresh basil leaves, chopped
½ cup low fat parmesan cheese, grated
Ground black pepper

Method

1. Preheat oven to 180°C
Spread pine nuts over a baking tray. Bake for 3 to 4 minutes or until golden.
2. Meanwhile, cook pasta in a saucepan of boiling water until tender. Drain pasta and set aside.
3. Heat pan to medium heat and spray with oil. Add onions and garlic and cook until onion is soft.
4. Add chicken, mushroom, diced capsicum and chilli flakes. Cook, stirring occasionally until chicken is cooked through and vegetables are soft.
5. Add basil and toss to coat chicken. Divide pasta between bowls and spoon chicken mixture on top.
6. Sprinkle with pine nuts and low fat parmesan cheese. Season with pepper.

Recipe provided by



Find the original recipe [HERE](#)



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Warm Roasted Pumpkin Salad

with Grains, Greens
and Spiced Yogurt



PREP
10 MINS



COOK
25 MINS



SERVES
3-4

Ingredients

½ medium jap pumpkin,
cut into 12 pieces

2 white onions, peeled

3 **tbsp** olive oil
salt/pepper

2 **cups** farro or buckwheat

100g walnuts

150g baby spinach

150g wild rocket

200g yoghurt

1 **tbsp** sumac

1 **tbsp** cumin

2 clove garlic, crushed
zest & juice 1 lemon

Method

1. Preheat an oven to 190° Celsius.
2. Cut the pumpkin into 12 smaller wedges and each onion into 8ths. Toss the vegies with olive oil, salt and pepper and spread onto a lined baking tray. Roast for 25 minutes or until the pumpkin has coloured and is soft and the onions are charred and soft. Remove from the oven and let the vegies cool on a baking tray. Reduce the heat to 150° and roast the walnuts for 8 minutes. Crush lightly.
3. Meanwhile, cook the faro or buckwheat according to packet instructions. Drain and set aside.
4. For the yoghurt sauce, in a mixing bowl, combine the yoghurt, sumac, cumin, garlic, lemon zest and juice. Season with salt and pepper and set aside.
5. Place the pumpkin down over plates and spoon over the yoghurt sauce.
6. In a mixing bowl, gently combine the grains, walnuts, leaves, roast onions, dress with olive oil and vinegar and season with salt and pepper.
7. Evenly distribute the salad on the plates, around the pumpkin.



Recipe provided by
Nuzaira Khaled



Find the original recipe [HERE](#)

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Spatchcock Chicken Roasted



PREP
15 MINS



COOK
50 MINS



SERVES
4-6



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Ingredients

1 whole chicken (3.5 – 4lbs / 1.5-2kg),
butterflied

1.5 **tsp** of sea salt

1 **tsp** pepper

2 **tbsp** softened butter or ghee,
divided (olive oil can also be used)

1 **tsp** paprika

1 **bunch** sage

3 **sprigs** rosemary

4 **cloves** of garlic

1 lemon, sliced

For roasted vegetables

8 small potatoes

4 small carrots, cut into halves or
quarters lengthways

2 leeks, cut into 2-3-inch long pieces
(just the white and pale green parts,
save the greens for a salad)

1.5 **tbsp** olive oil

Salt and pepper

NOTE: If you don't have sage, use
other herbs like thyme or marjoram.
I used fresh rosemary and sage but
you can use a few teaspoons of dried
herbs as well. Sweet potatoes or
pumpkin can be used instead of
white spuds.

Method

1. Preheat the oven to 220 C /425 F degrees.
2. Rinse and pat dry the chicken, then place it on a cutting board breast side down. With kitchen shears, carefully cut from the neck down to the tail on both sides and cut out the back-bone (spine). Flip the bird over so it's breast side up, then press firmly on the breast until you hear a crack and the chicken flattens. Tuck the wings back and season with half salt and pepper the open part of the chicken.
3. Rub 1 tablespoon of the softened butter or ghee all over the chicken, then sprinkle the paprika powder evenly over the chicken and season with remaining salt and pepper. Carefully pat down the seasonings a bit.
4. Place the sage, rosemary, garlic and lemon on a rimmed baking sheet or a cast iron pan and carefully lay the chicken on top, breast side up. Roast for 45-50 minutes or until the juices run clear when the chicken leg is pierced with a fork. Halfway through the cooking, add the remaining 1 tablespoon of butter in small pats around the chicken and baste the meat with the juices from the pan.
5. Once the chicken is in the oven, start on the veggies. Toss them in a big bowl with olive oil and a few pinches of salt and pepper. Add whole potatoes to the same tray as the chicken after 10 minutes in the oven. Roast for 30-40 minutes.
6. Spread carrots and leeks on a separate flat baking tray. Pop in the oven (different shelf), after the chicken has been in the oven for 25 minutes. Roast for 20 minutes. Finishing the dish.
7. Remove the chicken from the oven and transfer to a cutting board. Cover with foil or a towel and rest for 10 minutes. In the meantime, add the leeks and carrots to the tray/pan with the potatoes and stir them through the remaining buttery, herby roasting chicken juices. Leave in the oven for 10 more minutes, you can reduce the heat down to 180 C./ 355 F.
8. Serve the chicken on top of the vegetables and the herby cooking juices. You can carve it into pieces beforehand. Serve with the juices scooped and poured on the chicken and vegetables.



Recipe provided by **Sophie**
Find the original recipe [HERE](#)

Irena Macri
HEALTHY & DELICIOUS

Sweet Potato Soup



PREP
10 MINS



COOK
20 MINS



SERVES
4

Ingredients

2 tbsp avocado oil,
or olive oil

3 carrots, sliced

1 yellow onion

680g sweet potatoes,
peeled and diced

2 garlic cloves, minced

1 tbsp fresh ginger,
finely chopped

1/4 tsp red pepper flakes

1/4 tsp paprika

4 cups vegetable broth,
or more for thinner consistency

watercress

pistachios

coconut cream or yogurt

red pepper flakes

cracked black pepper

Method

1. Heat the oil in a large stock pot on medium high heat. Add the diced onion and carrots and stir frequently for 6-8 minutes, or until the carrots have softened slightly.
2. Add the garlic, ginger, red pepper flakes and paprika. Stir for 2-3 minutes or until fragrant.
3. Add the diced sweet potato and vegetable broth. Turn the heat to high and bring to a boil. Then reduce the heat to low, add a lid and simmer for 15-20 minutes, or until the sweet potato is fork tender.
4. Use a ladle to transfer the soup ingredients to a high-powered blender. Blend on high for one minute or until creamy. You can add more broth or water for a thinner consistency.
5. To serve, pour into a bowl and garnish with coconut cream or yogurt, chopped pistachios, red pepper flakes, cracked black pepper and watercress.



Recipe provided by **Julie**
Find the original recipe [HERE](#)

DOWNSHIFTOLGY
with LISA BRYAN

sugarfreeseptember.org.au

Eggplant Dal



COOK

1 HR 30 MINS



SERVES

6



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Ingredients

- 1 large aubergine
- 2 red onions
- 4 cloves of garlic
- 10cm piece of ginger
- 4 tbsp rogan josh curry paste
- groundnut oil
- 500g yellow split peas
- 1 vegetable stock cube
- 250g wholemeal flour, plus extra for dusting
- 2 tbsp olive oil
- 1 mug (320g) basmati rice
- 1 fresh red chilli
- 1 handful of fresh curry leaves
- 1 tsp mustard seeds

NOTE: Try dried or tinned lentils in place of the yellow split peas.

I've gone for rogan josh here, but any flavour curry paste would be delicious.

If you're not in an aubergine mood, swap it out for chunks of squash or sweet potato, peppers, cauliflower or courgettes.

Method

1. Preheat the oven to 180°C/350°F/gas 4.
2. Cut the aubergine into 2cm chunks, peel and slice the onions and garlic, peel and finely grate the ginger.
3. Put all this into a large high-sided roasting tray with the curry paste and a lug of groundnut oil. Toss together until well coated, then roast for 20 to 25 minutes, or until sticky and caramelized.
4. Remove half the roasted veg to a large pan to start your daal and return the tray to the oven to keep warm – turn the oven off so that the veg don't dry out.
5. Place the pan on a low heat on the hob. Stir in the split peas, crumble in the stock cube and add 2 litres of boiling water.
6. Simmer for around 1 hour 20 minutes with the lid on, or until the split peas are tender and the daal has thickened, stirring occasionally, and adding splashes of water to loosen, if needed.
7. Meanwhile, place the flour in a large bowl with a pinch of sea salt and make a well in the middle. Add 2 tablespoons of olive oil and 150ml of water to the well and mix together with a fork.
8. When it comes together as dough, tip it on to a flour-dusted surface, knead until smooth, then divide into 12 balls. Roll each one into a circle, nice and thin, turning as you go and dusting with a little extra flour, if needed.
9. Put a frying pan on a medium heat and cook the chapatis for 1 minute on each side, or until cooked but not coloured. Stack them in tin foil as you go and keep them warm until needed.
10. Put 1 mug of rice and 2 mugs of boiling water into a pan with a pinch of salt. Cook on a medium heat with the lid on for 12 minutes, or until all the liquid has been absorbed.
11. Meanwhile, to make the flavoured oil (called a temper), finely slice the chilli and place it in a small frying pan on a medium heat with the curry leaves, mustard seeds and a good lug of groundnut oil for 1 to 2 minutes, or until crispy.
12. Load up your warm chapatis with rice, daal and a scattering of roasted veggies, drizzle over the temper, roll up and tuck in.

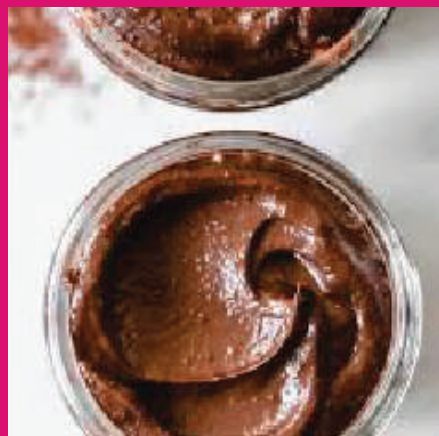


Recipe provided by
Milvia



Find the original
recipe [HERE](#)

Dessert



Natural versus added sugars

There are two different types of sugar in our food; natural sugars and added sugars

There are two different types of sugar in our food; natural sugars and added sugars. Natural sugars are forms of sugar that are naturally occurring in food; they are forms of simple carbohydrates, such as glucose, fructose and lactose, and are found in foods such as fruit, milk, yogurt and certain vegetables.

Added sugars are any sugars that are added to food or beverages during the production or preparation process. Added sugars include sugars that haven't required much processing, like honey and maple syrup, white sugar, brown sugar, raw sugar AND glucose, dextrose, maltose (and more).

Some foods may contain a mix of both natural and added sugars. For example, vanilla flavoured yogurt contains the natural sugars present in the milk, as well as the added sugars used to sweeten it.

1. Sugar is often listed under carbohydrates.
2. Draw your finger under the sugar line across to the per 100g column - this column is good because it helps you compare different food products. The per serve column on the other hand is not constant, that is, serving sizes differ hugely between different products.
3. If there is sugar listed in the table, it might be added sugar, or it might be natural sugar. For normal daily life, the recommendation is to look for products with <15g/ 100g of sugar, and <20g/100g for products with fruit listed in first 3 ingredients. For Sugar Free September, we are looking for close to 0 added sugars but natural sugars are fine.
4. This is when you should look at the ingredients list – if you see one of the added sugar names on the list, you know this product is out for Sugar Free September.
5. Tip: If an ingredient is high on the ingredient list, then it means it contains a large proportion of that ingredient.

Give it a go yourself when you're looking through your cupboard or on your next shop!

Mango Icecream



COOK
5 MINS



MAKES
4 CUPS



Recipe provided by **Stef**
Find the original recipe [HERE](#)

 **beaming baker**

Ingredients

- 3 cups** frozen mangoes
- 1 can** full-fat coconut milk
- 1 tbsp** pure maple syrup (optional)

Method

1. Add mangoes to a blender or food processor. Blend until crumbly.
2. Add coconut milk and maple syrup, if using, blending until smooth. Scrape down the sides of the blender as needed.
3. Pour into a freezer-friendly, airtight container. Freeze for 3-6 hours, or until completely frozen. Allow to thaw for 20-60 minutes before scooping—this treat can take a while to thaw.

Carob Healthy Chocolates

Ingredients

1 cup of cacao butter

1 tbsp coconut oil - melt together Add in

1/2 cup of carob powder

Dried fruits, nuts and seeds of your choice

Ice cub mold

NOTE: I like to use goji berries, sunflower seeds, shaved coconut, rose petals and cacao nibs for mix ins, but you can use whatever you like.

Method

1. Combine the cacao butter and coconut oil and melt together on low heat.
2. When melted mix in the carob powder.
3. Pour into the ice cube molds and add your adds in top, or put your add ins into the cube molds before you pour the mixture in so they are displayed on the top of your chocolates.
4. Refrigerate for 2 hours.



Recipe provided by **Lachlan**





Raw Salted Caramel Slice



COOK
25 MINS



MAKES
15 BARS

Ingredients

Base

- 1 cup** almond flour or blanched almonds
- 1/2 cup** unsweetened shredded coconut
- 1/4 cup** refined coconut oil
- 4** Medjool dates

Caramel

- 1 1/4 cup** Medjool dates
- 1/4 cup** nut butter of choice
- 2 tbsp** almond milk
- 1 tsp** vanilla extract
- 1/4 tsp** fleur de sel (can sub table salt)

Chocolate topping

- 1/4 cup** coconut oil
- 1/3 cup** cocoa powder
- 1/4 tsp** vanilla extract
- maple syrup (optional)

Method

1. Line an 8x8 inch pan with parchment paper. Set aside.
2. Add the almond flour, shredded coconut, coconut oil and dates to a food processor until well combined. The mixture should be a bit sticky when you press it between your fingers.
3. Spread the mixture evenly into the bottom of the pan and place in the freezer while you prepare the caramel layer.
4. In a food processor combine the Medjool dates, nut butter, almond milk, vanilla extract and fleur de sel until smooth and creamy, scraping down the sides of the food processor as needed.
5. Evenly spread the mixture on top of the almond four base. Place the pan back in the freezer for 30 minutes until the caramel sets.
6. Melt the coconut oil in a saucepan on low heat. Add the cocoa powder, vanilla extract and maple syrup and mix until combined. Remove from heat and let cool slightly, then pour the chocolate mixture on top of the pan and spread evenly.
7. Place the pan in the fridge for at least 2 hours to let the bars set. (or in the freezer for 30 minutes if you can't wait.)
8. Remove and cut into squares. Store leftovers in the fridge or freezer.



Recipe provided by **Bec**
Find the original recipe [HERE](#)

CHOOSING
Chia

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Microwave Apple Cake

Ingredients

- 1 1/2 cups of diced apple
- 2 tbsp of Almond Meal
- 1 egg
- 1 tbsp Almond Milk
- Dash of cinnamon

Method

1. Put the apple in a microwave proof bowl.
2. Combine the almond meal, egg and milk and stir into a batter.
3. Cover the apple with the cake batter.
4. Sprinkle with cinnamon. Microwave 2-3 minutes.
5. Top with coconut cream and little splash of maple syrup (optional)



Recipe provided by **Sandi**

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Healthy Chocolate Mousse

Ingredients

- 2 banana
- 1/2 avocado
- 2 tbsp cacao

Recipe provided by



Find the original recipe [HERE](#)

Method

1. Place all the ingredients into a blender and puree until smooth.
2. Separate into little bowls and chill in the fridge for at least one hour.
3. Decorate with pretty things, such as shredded coconut, seeds, berries, or rose petals. Enjoy!

Chocolate Peanut Butter Icecream



Recipe provided by **Juliana**
Find the original recipe [HERE](#)



Ingredients

3 medium bananas, frozen
1 tbsp cocoa powder
1 tbsp peanut butter
3 tbsp milk
Toppings: peanut butter to drizzle

Method

1. Blend all ingredients together in a food processor until very smooth. Top with peanut butter if desired.

Everyday Dessert

Ingredients

1 mashed banana
1 tbsp of frozen blueberries
½ cup of natural yogurt
2 tbsp of sugar-free granola
Honey (optional)

Method

1. Layer a bowl with the mashed banana and natural yogurt
2. Add frozen blueberries and honey on top
3. Finish with granola

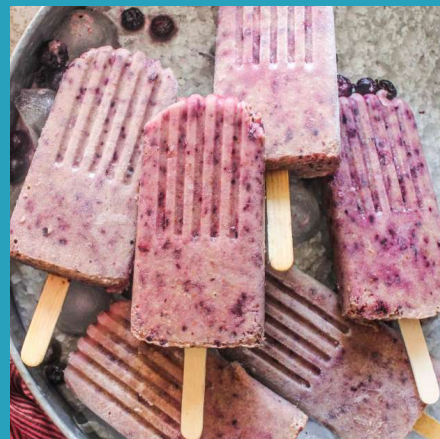
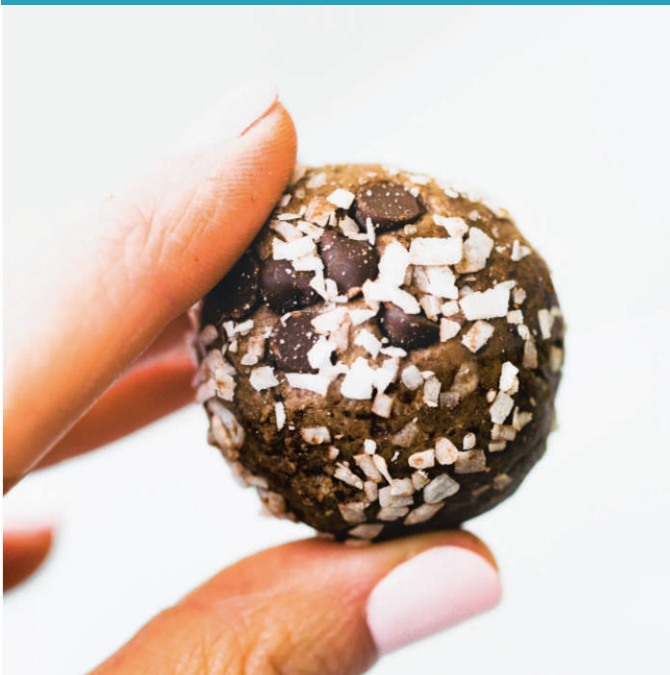


Recipe provided by **Aline**



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Snacks



Stay hydrated

Did you know thirst can sometimes be mistaken for hunger pangs? So next time you reach for a snack, pause and take a drink of water instead.

Symptoms like hunger cravings, headaches and dry mouth can be easily misunderstood and are often your body's way of showing you that you're thirsty.

For adults, the total recommended amount of water is 2.8-3.4 liters daily. That's about 11-14 cups to be included throughout your day!

Now while that sounds like a lot of drinking to do or like it's too hard to include in your busy schedule, don't worry... we have compiled some great tips below to help you stay hydrated

1. Add flavour! This is by far a gamechanger and allows you to always keep your drinks interesting. Sliced fruit like strawberries, lemons, and oranges work perfectly here. Or try adding cucumbers and mint for a pop of green. Sugar-free cordials are also a great option.
2. A good cup of tea in the morning is a great way to increase your water intake. Herbal teas and iced teas count here as well.
3. It can be hard to actively remember to drink water, that's why we suggest having your water bottle handy to act as a visual reminder wherever you go.
4. Try to encourage yourself to drink more by having a glass or two of water with each meal throughout the day.
5. If you prefer bubbly drinks, why not try a mineral or soda water option. You could even add your favourite flavours from tip no. 1 to the drink.
6. Some fruits and vegetables naturally contain a higher water content, making them perfect candidates for snacking when trying to boost your hydration levels. Foods like celery, cucumber, watermelon, and rockmelon are packed full of hydrating properties.

Basil and Lemon Dip



PREP
5 MINS



SERVES
6

Ingredients

125g cream cheese

1/2 cup basil leaves

3 tbsp pine
nuts (toasted)

1 small clove garlic

1/2 tsp lemon
rind (finely grated)

Ground black pepper (to taste)

24 crackers (to serve)

Fresh vegetables (to serve)

NOTE: Perfect for picnics! Try out this zesty, creamy basil and lemon dip when catching up for a park picnic with friends and family this week!

Leftover dips and spreads make great and flavourful sandwich spreads!

Method

1. Place cheese, basil, nuts, garlic, rind and pepper in a food processor and process until smooth and combined.
2. Transfer to a serving bowl, cover and refrigerate until required.
3. Serve dip with crackers and fresh vegetables.

Recipe provided by



Find the original recipe [HERE](#)



Island Getaway

- 1 cup coconut water
- ½ lime (sliced)
- ¼ cup pineapple (chopped)



Summer Classic

- ½ lemon (sliced)
- 2 strawberries (sliced)
- ¼ cucumber (sliced)
- 4-6 mint springs

Apple Crisp

- ¼ green apple (chopped)
- ¼ red apple (chopped)
- 2 cinnamon sticks





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Beetroot Chips



COOK
5 MINS



MAKES
4 CUPS

Ingredients

2-3 small beetroots

1tbsp coconut oil

Method

1. Heat a large non-stick frying pan over a high heat. Add the oil and heat. (If using coconut oil, heat until melted.)
2. When oil is hot, add the beetroot slices in one layer. (You may have to do this in batches.)

Recipe provided by



Find the original recipe [HERE](#)

Chocolate Coconut Protein Balls



PREP
25 MINS



MAKES
22-24

Ingredients

1/3 cup ground flax meal

4 tbsp almond butter or
peanut butter (for nut-free
option, use sunflower seed butter)

2 heaping tbsp unsweetened
cocoa powder

60g chocolate
protein powder of choice (sugar free)

1-2 tbsp coconut oil, naturally refined

1/3 cup unsweetened shredded
coconut, plus more to coat the balls

2-3 tbsp dark chocolate morsels
or cocoa nibs

maple syrup or honey (optional)

Method

1. Place flax meal, creamy nut butter or sunflower seed butter, and cocoa powder in food processor. Blend until combined.
2. Next, add protein powder, shredded coconut, and coconut oil. Blend until a smooth batter is formed. This might take a couple minutes, so be sure to stop the food processor or blender and scrape sides, then continue to blend until smooth. If you don't have a blender, see notes.
3. Transfer batter into a large mixing bowl and stir in chocolate chips or cocoa nibs. Roll the batter into one large ball, cover with plastic wrap, and place in fridge to firm up for about 20 minutes.
4. Remove batter from fridge and then roll the dough into balls about the size of golf ball.
5. Roll each ball in the extra shredded coconut before storing in fridge or freezer.
6. Freeze right away for 20 minutes (to harden); then store in fridge or freezer to maintain freshness, up to 2 months.



Recipe provided by **Julia**

cotter
CRUNCH

Find the original recipe [HERE](#)



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Baba Ganoush Dip



PREP
3 MINS



COOK
10 MINS



SERVES
4



Ingredients

1 large or 2 medium-sized
eggplants

2 garlic cloves, peeled

Juice of $\frac{1}{2}$ a lemon

1 tsp cumin seeds

$\frac{1}{2}$ tsp smoked paprika
(optional)

$\frac{1}{2}$ tsp Celtic Sea Salt - Fine

2 tbsp Organic Unhulled Tahini

A drizzle of Organic Olive
Oil Extra Virgin

Organic Pine Nuts to garnish

A handful of flat-leaf (Italian)
parsley finely chopped to garnish

Crackers or pita bread to serve

Method

1. First, blacken the aubergine. Pierce the aubergine a few times with a fork, place it on an open flame, rotating every few minutes until blackened all over. Alternatively, grill in the oven, turning frequently until blackened all over.
2. Allow to cool, then remove the skin and place the cooked flesh into a food processor along with the garlic, lemon juice, cumin seeds, smoked paprika, salt, tahini and olive oil. Blitz until smooth and then transfer to a serving bowl and top with additional olive oil, parsley and toasted pine nuts.
3. If not eating immediately, chill until ready to eat.
4. Serve with crackers, pita or corn chips

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Recipe provided by
Honest to Goodness



Find the original recipe [HERE](#)

Banana Blueberry Almond Popsicles

Ingredients

2 cups Almond Milk
1 large banana
1 cup frozen blueberries
1 date

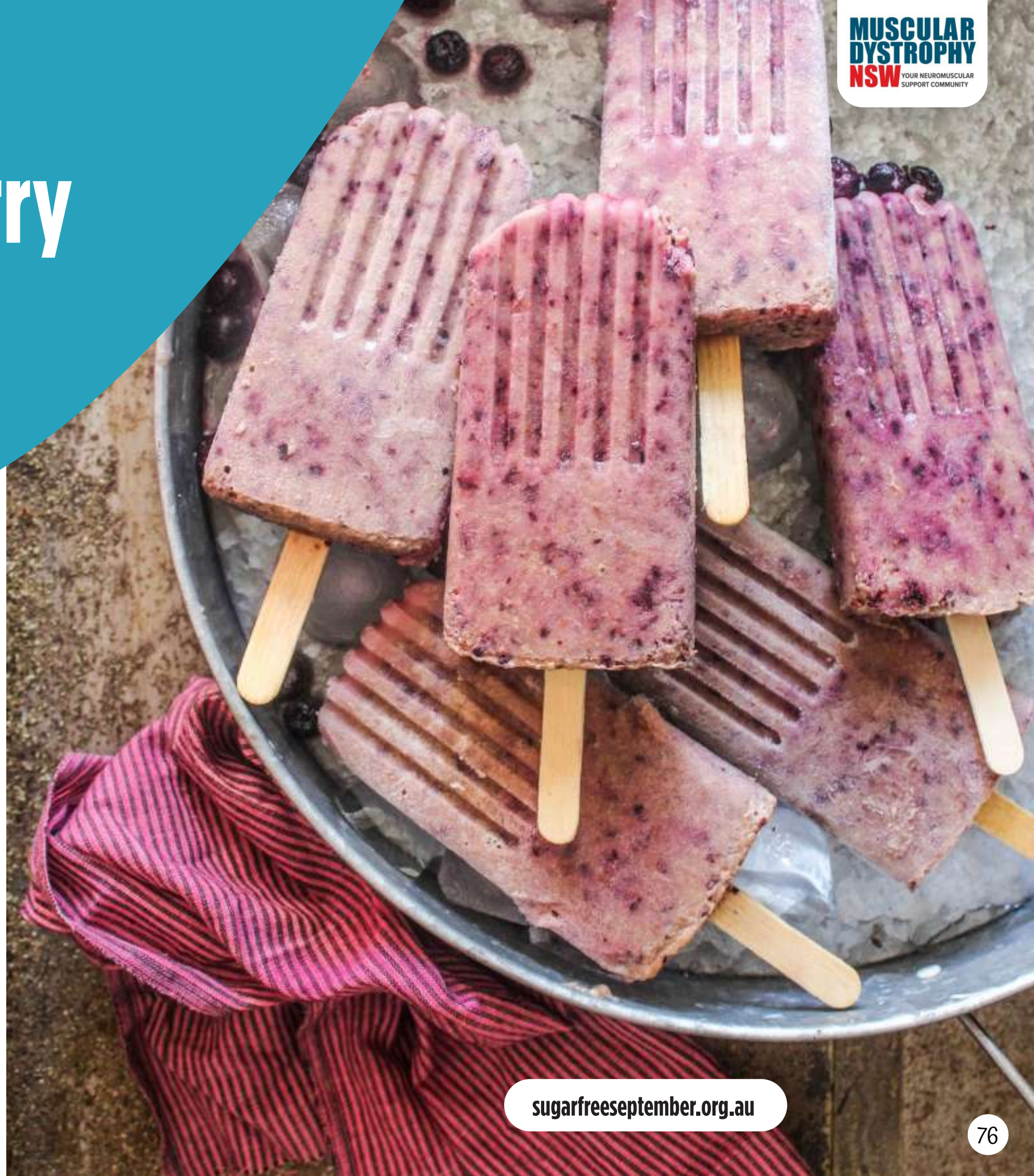
Method

Place the ingredients in the bowl of your food processor and process until smooth. Pour into popsicle moulds and freeze for an hour. Insert sticks and freeze until firm (about 3 hours).



Recipe provided by **Ric**
Find the original recipe [HERE](#)

sugar et al



Cheesy Kale Chips



SERVES
2-4



Recipe provided by **Gabby**
Find the original recipe [HERE](#)

The
Tolerant Table
naturopathy & nutrition

Ingredients

- 1 small bunch kale, washed, dried and stem cut out
- 1 **tbsp** miso
- 4 **tbsp** hulled tahini
- 4 **tbsp** water
- 1/3 **cup** nutritional yeast

Method

1. Preheat oven to 50C and line two baking trays with baking paper
2. Cut very long kale leaves in half across the middle
3. Mix miso, tahini, water and nutritional yeast into a slightly runny paste then rub all over the kale
4. Place kale on lined baking sheets in a single row with no overlap. Bake for 40 mins, turn the chips over and bake for another 15 mins. You want the paste to be dry and chips to be crisp so bake a little longer if needed.
5. Allow to cool then dig in!

Looking for more?

We hope you've enjoyed the recipes in this sugar free e-cookbook and that you've seen some healthy and positive changes in your life because of them.

We're always sharing new recipes and fun sugar-free finds on our [Recipe page](#), [Facebook](#) and [Instagram](#), and healthy tips, articles and fitness workouts on our [Health Hub](#). If you'd like to join us for the next Sugar Free September challenge visit our [website](#).



About Sugar Free September

Sugar Free September is an annual online challenge that encourages participants to give up sugar for 30 days during September to do something positive for their own health, and also to raise awareness and funds for kids and adults with muscular dystrophy.

Learn more at our website sugarfreeseptember.org.au and connect with the Sugar Free September team at sugarfreeseptember@mdnsw.org.au.

About Muscular Dystrophy NSW

Muscular Dystrophy NSW provides life-changing support and assistance to those affected by a neuromuscular condition to help them live longer, more fulfilled lives. Learn more at mdnsw.org.au

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