

Eat to master menopause

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Expert advice and recipes
to feel your best



Editor's letter



Menopause is as individual as we are

There's a growing list of fads, diets and cure-alls that promise to ease menopause symptoms.

Yet menopause - and its precursor perimenopause - are not a one-size-fits-all problem.

We all bring a different genetic profile, lifestyle behaviours and health habits to our experience of transition through menopause, but good nutrition is the foundation that can help everyone.

That's why Citro has partnered with nutritionist Faye James, author of *The Menopause Diet* and member of the Nutrition Council Australia and associate member of the Australian Menopause Society.

She already writes recipes for Citro - all healthy, all tasty and all easy - and has a wealth of knowledge to share.

Each of us experience different symptoms from menopause and perimenopause, with some experiencing symptoms that last several years and others experiencing barely a blip.

Most Australian women experience menopause between 45 and 60 years of age, with the average age being 51 years.

You've officially transitioned from perimenopause to menopause when you have gone 12 months without having your period.


[Jean Hailes for Women's Health](#) is a great Australian online resource for trusted advice around menopause and perimenopause.

In the meantime, Faye's recipes are delicious and easy (and, no, they won't actually cause menopause!)

A handwritten signature in black ink that reads "Alex Brooks". The script is fluid and cursive.

Citro Editorial Director

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A close-up photograph of a white bowl filled with a healthy meal. The dish includes pieces of cooked salmon, bright green edamame beans, sliced radishes, and cucumber. The ingredients are garnished with black sesame seeds. The bowl is set on a light-colored, textured surface, and a pink cloth is visible in the upper left corner.

This guide offers simple tweaks to not only futureproof your health, but aid weight loss, increase energy and longevity.

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Author's note

Nutritionist and author Faye James has written *The Long Life Plan*, *The 10:10 Diet* and *The Menopause Diet*. She contributes recipes to Citro.

The menopause is a time of significant hormonal changes, characterised by a drop in levels of the hormone oestrogen.

This drop can lead to a variety of overwhelming and frustrating symptoms including hot flushes, headaches, anxiety, sleep difficulties, irritability, and joint pain.

During the perimenopause and menopause, hormone levels fluctuate, triggering changes that can have a negative impact on bone health, heart health, and brain health.

Additionally, menopausal changes are associated with weight gain, a decline in bone density and muscle mass, and an increased risk of heart disease.

But as annoying as the symptoms are, the good news is that simple dietary changes can help make this transition easier. What's more, there's no need for crazy fad diets or complex regimes.

Faye James

Nutritionist & author Faye James
Food photography by Darrin James





Anti-inflammatory eating for menopause

As more scientific research uncovers the dangers of eating ultra-processed foods like biscuits and sugary breakfast cereals, choosing to eat whole foods to ease inflammation makes sense.

Whole foods help

A diet that is rich in anti-inflammatory foods such as fruit, vegetables, pulses, whole grains, olive oil, nuts, seeds, and fish can help counter stress in the body during the perimenopause and menopause.

Inflammation is widely accepted as the precursor to many chronic diseases and autoimmune conditions.

Studies have demonstrated that eating styles like the Mediterranean diet are effective in reducing the risk of heart disease and improving menopausal symptoms.

For example, a study published in the *American Journal of Clinical Nutrition* found that a Mediterranean-style diet was associated with a lower risk of heart disease, as well as improvement in symptoms such as hot flushes and sleep difficulties in menopausal women.

Another study found that a Mediterranean diet was effective in reducing weight gain, improving bone health, and reducing the risk of heart disease in menopausal women.

These studies demonstrate the benefit of incorporating a Mediterranean-style diet into your lifestyle during the menopause.

But science aside, let's not complicate matters. This guide offers simple tweaks which can not only futureproof your health, but also aid weight loss and increase energy and longevity.

Combating menopausal weight gain

Menopause can bring about many unwanted changes, including weight gain.

It's not uncommon to gain 2–2.5 kg over the course of 3 years during this time. Following these simple rules on a day-to-day basis can help combat weight gain during this period.

1. DO Eat enough protein

Recent research shows that eating enough protein is crucial for older women going through menopause as it helps to combat muscle loss.

Aim for 1–1.2 g of protein per kilogram of body weight each day, which equates to 20–30 g of protein per meal.

Good sources of protein include

- 200 g of Greek-style yogurt,
- one salmon fillet
- or 200 g of beans (such as baked beans) on 2 slices of wholegrain toast.



2. DO Watch your carb intake

Carb intake should also be monitored during menopause. A steady diet heavy in refined or processed carbs, such as white pasta and bread, can contribute to excess belly fat.

Research published in the British Journal of Nutrition suggests that a reduced-carbohydrate diet may help decrease the likelihood of weight gain during menopause.

3. DO Count calories

Calories should also be kept in check during this time. Aim to eat somewhere between 1,000 and 1,800 calories a day depending on your height, weight and activity levels.

4. DO Try intermittent fasting

Intermittent fasting can also be a helpful weight-loss strategy during menopause.

This involves eating during a window of 8 to 12 hours and avoiding eating for the rest of the day. It's important to check with a doctor before starting intermittent fasting to avoid any potential risks to your health.

Read more on Citro's Longevity Guide.

Go gut happy

During menopause, we can experience mood swings. One of the key factors in keeping our mood in check is to keep the gut happy. Gut health is an essential component of overall health, and it is estimated that 90% of the 'happy hormone' serotonin lives in the gut.

A healthy gut is home to a diverse community of beneficial microbes, also known as gut flora, which play a crucial role in regulating digestive function, immune response, and mental health.



DO Eat a diet rich in fibre

Fibre is crucial for promoting regular bowel movements and supporting the growth of beneficial bacteria. Foods high in fibre include whole grains, fruit, vegetables and legumes.

DO Eat plenty of prebiotic foods

Prebiotic foods are non-digestible carbohydrates that feed the beneficial bacteria in your gut. Examples of prebiotic foods include onions, garlic, asparagus, and lentils.

DO Eat plenty of probiotic foods

Probiotic foods are foods that contain live micro-organisms that can improve the balance of gut flora. Examples of probiotic foods include yogurt, kefir, sauerkraut, kimchi, and kombucha.

DO Eat a diet rich in polyphenols

Polyphenols are plant compounds that have been shown to support the growth of beneficial bacteria in the gut. Foods high in polyphenols include berries, nuts, and seeds.

Elevate your veg

Healthy chow mein recipe

Serves: 5

Prep time: 5 min

Cook time: 5 min

Stir-fried noodles go up a notch on the nutrition ladder when you swap traditional noodles for zoodles (zucchini noodles) or low carb konjac noodles available in large supermarkets.

INGREDIENTS

- 2 tbsp vegetable oil
- 500 g chicken thigh cut into strips
- 250 g broccoli florets
- 4 garlic cloves, minced
- 2 baby red capsicums sliced
- 400 g konjac noodles
- 1 cup bean sprouts
- ½ cup toasted cashews
- ½ long green shallot (spring onion), chopped
- 2 tsp tamari sauce
- 2 tsp sesame oil

METHOD

Heat a wok over high heat and add the vegetable oil and chicken strips and fry until golden, about 3 minutes.

Transfer to a plate and set aside.

Add the broccoli, garlic, capsicum and noodles and fry until tender.

Return the chicken to the pan along with the bean sprouts, cashews, spring onion, tamari sauce and sesame oil and cook for another 1–2 minutes.

Serve immediately.

CITRO FOOD TIP

Chow mein is a perfect meal to prepare in advance - it tastes great reheated if you like to cook in bulk.



NUTRITION TIP

Want a vegan version? Use firm tofu or tempeh instead of chicken. If you're looking for a pescatarian version, use salmon chunks instead

Recipe by nutritionist Faye James
Food photography by Darrin James

Dos and don'ts of menopause wellbeing

Levelling up your nutrition game during menopause can enhance your quality of life and help alleviate symptoms like mood swings and weight gain.



Optimal nutrition plays a crucial role in mitigating menopausal symptoms such as mood swings, hot flashes, exhaustion, bloating, and potential weight gain.

According to a study published in the journal *Menopause in April 2019*, a survey of 400 post-menopausal women revealed that those who had a diet rich in fruits and vegetables were less likely to experience menopausal symptoms compared to women who consumed more fatty foods and sweets.

Reducing the intake of these foods may alleviate the discomfort associated with the menopausal transition and contribute to overall health in the long term.

Here are my recommendations for the top foods to avoid.



DON'T Overindulge in alcohol

While it's fine to have the odd drink, it's best to keep it moderate. It is recommended that women limit themselves to one alcoholic drink or less per day. Research has shown that alcohol can trigger hot flushes in some women.

DON'T Eat processed foods

Avoid potato chips, cookies and other processed snacks. They are loaded with sodium, added sugars and bad fats and can make you feel bloated and retain water. Instead, opt for healthier snacks like carrots with hummus, or seeded crackers with peanut butter.

DON'T Eat spicy foods

Spice up your life, but be careful with that hot sauce. Foods that are high on the heat scale can trigger hot flushes, sweating, and flushing. Stick to mild spices like basil, cumin, coriander, and turmeric, which will still add flavour without heat.

DON'T Eat fast food

Convenient, but not always the healthiest, fast food is often high in fat, which increases your risk for heart disease, a condition women are already more susceptible to after menopause.

DON'T Drink too much caffeine

Love your morning coffee? It could be making your menopause symptoms worse. A study conducted by Mayo Clinic found that menopausal women who consumed caffeine were more likely to have hot flushes. Try switching to caffeine-free drinks like hot ginger or peppermint tea, or if you need a pick-me-up, go for a quick walk.

DON'T Eat too much fatty meat

High in saturated fat, fatty meats like brisket and bacon can lower serotonin levels, leading to feelings of anger, grumpiness and irritability. Choose leaner cuts of meat like chicken, turkey or lean ground beef instead.



Savoury meets healthy

Healthy flatbreads with turkey mince recipe

Serves: 4

Prep time: 15 min

Cook time: 10 min

Made with psyllium husk and coconut flour, these flatbreads have a unique flavour that will have you coming back for more. Top with a high protein turkey mince for a deliciously different dinner or lunch.

INGREDIENTS

- 1½ tbsp psyllium husk
- 1 and a third cup coconut flour
- ½ cup lukewarm water
- 1 tsp olive oil
- ½ tsp bicarb (baking) soda
- ½ tsp salt
- 1 tbsp olive oil
- 2 garlic cloves, minced
- 1 brown onion, diced
- 1 tsp ground cumin
- 1 tsp ground cinnamon
- 1 tsp smoked paprika
- 250 g turkey mince
- 2 ripe tomatoes, diced

CITRO FOOD TIP

These flatbreads taste best when freshly cooked - you may even want to use them to serve with healthy dips like hummus or baba ganoush.

METHOD

First make the flatbreads by mixing the psyllium husk and coconut flour in a bowl. Add the water, olive oil and bicarb soda and mix to create a dough. Knead the dough with your hands for one minute. If it is sticky, add a little extra coconut flour. Set the dough aside to rest for 10 minutes.

Meanwhile, make the topping by heating the olive oil in a frying pan over medium heat. Add the garlic and onion and sauté for 2–3 minutes until translucent. Add the cumin, cinnamon and paprika and fry for about a minute until fragrant.

Add the turkey and cook for a further 8 minutes or so until the meat is browned and cooked through.

Stir through the tomatoes and cook for another 5 minutes until cooked through.

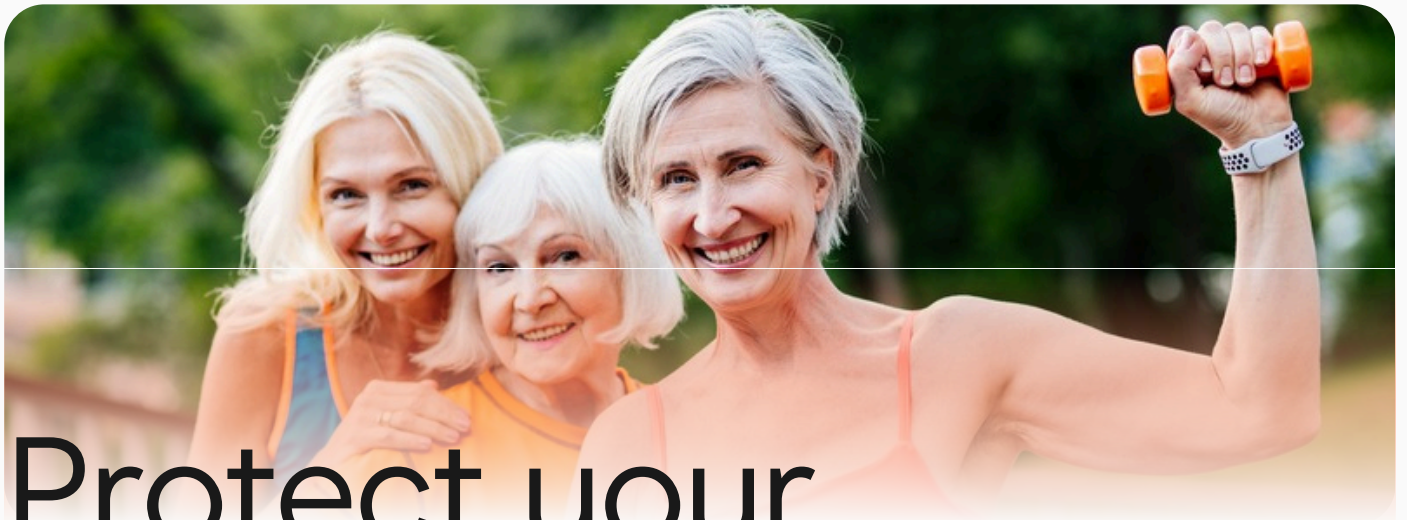
Meanwhile, divide the dough into four equal balls. Roll the balls between two sheets of baking paper to around 20 centimetres in diameter. Heat a large frying pan over a medium heat and cook each flatbread for 2–3 minutes each side. Top with the turkey and serve.



NUTRITION TIP

Want a vegan version? Use soy plant-based mince, such as Quorn, instead of turkey mince.

Recipe by nutritionist Faye James
Food photography by Darrin James



Protect your heart and bones

Oestrogen is known to protect cardiovascular and bone health. As the hormone drops during perimenopause and menopause, it's vital to use nutrition and lifestyle strategies to support overall wellbeing.

To protect your heart during and after menopause, it is important to focus on a healthy diet that can reduce the risks associated with the drop in oestrogen levels.

Oestrogen has cardio-protective properties, so a decrease in its levels increases the risk of heart disease.

A reduction in oestrogen also causes an increase in LDL cholesterol levels, which is considered the 'bad' type of cholesterol. However, by making certain dietary changes, you can reduce these risks and protect your heart.

Replace foods high in saturated fat

Replace foods high in saturated fat, such as red and processed meat, butter, full-fat dairy products, cakes, and biscuits, with foods high in unsaturated fats, such as olive oil, avocados, nuts and seeds.

Include at least one weekly serving of oily fish, such as salmon, sardines, and mackerel to provide essential omega-3 fatty acids that are beneficial for heart health.

Get your 5 portions in

Consume at least 5 portions of fruit and vegetables per day to provide essential vitamins, minerals, fibre, and phytonutrients that help protect your heart. Choose wholegrain options such as wholegrain bread, oats, rice and pasta, as they have been shown to reduce the risk of heart disease.

Increase fibre

Increase your fibre intake by including a variety of fruits, vegetables, wholegrains, pulses, nuts, and seeds in your diet. Oats and barley are particularly beneficial as they contain beta-glucan, which has been shown to lower LDL cholesterol levels. Aim for at least 3 g of fibre per day, which can be achieved by having 30 g of oats or 250 ml of oat milk.

Eating a small handful of nuts, such as almonds or walnuts, on a daily basis has also been shown to lower cholesterol levels

Eat soy-based food

Do incorporate soy-based foods, such as tofu, tempeh, edamame beans and soy milk/yogurt, into your diet. Soy foods can help reduce blood cholesterol levels.

Reduce salt

Reduce your daily salt intake to less than 6 g. This is important not only for heart health, but also for maintaining healthy kidneys. Research has shown that menopausal women can become more sensitive to salt.

Get your vitamin D

Vitamin D is also important for bone health as it helps the body absorb calcium from food. It can be found in oily fish, eggs, and fortified plant milks.



Maintain bone health

To maintain bone health, it is important to consume a balanced diet that includes the right amount of nutrients.

According to research, up to 20% of bone density can be lost in the 5-7 years after menopause due to declining levels of oestrogen, which helps protect bone strength.

To slow this loss, it is recommended to engage in regular weight-bearing exercise and consume adequate amounts of calcium, vitamin D, protein, magnesium, phosphorus, and vitamin K.

Eat plenty of calcium

Calcium is essential for maintaining strong bones and it is recommended to consume 700 mg of calcium per day. This can be achieved through consuming three servings of dairy or fortified plant milk (200 ml), hard cheese (30 g), dairy or fortified plant yogurt (150 g), calcium-set tofu (100 g), tinned sardines (60 g), ready-to-eat dried figs (four) or cooked kale (¼ cup). It is generally not necessary to take calcium supplements on top of a healthy balanced diet.

Manage stress

Chronic stress can lead to a decrease in bone density, so it's important to manage mental stress levels through activities like yoga, meditation and exercise.



California dream bowl

Cali roll bowl recipe

Serves: 4

Prep time: 20 min

Cook time: 0 min

Love California sushi rolls? Try this bowl version made with soy-friendly ingredients to boost your wellbeing with gut-friendly wholefoods. Treat yourself to a high fibre and high protein meal that's gluten-free and delicious for lunch or dinner.

INGREDIENTS

- 3 tbsp mayonnaise
- 1 tbsp water
- 2 tsp wasabi paste
- 400 g fresh crab meat
- 2 cups cooked brown rice
- 1 tbsp coconut oil, melted
- 1 tbsp sesame oil
- 1 tsp tamari sauce
- 1 avocado
- 1 nori sheet, cut into thin strips
- 1 Lebanese cucumber, sliced or in matchsticks
- 1 and a third cup shredded red cabbage
- 1 radish, thinly sliced
- 1 small carrot, julienned
- 1 tsp sesame seeds

METHOD

Combine the mayonnaise, water and wasabi paste in a bowl and add the crab meat.

Add the coconut oil, sesame oil and tamari sauce to the rice and mix well. Divide the rice evenly between the bowls – around $\frac{1}{2}$ a cup per person.

Top each serve with a quarter of the crab mixture, avocado slices, nori strips, cucumber, shredded cabbage, radish slices, and carrots. Sprinkle with sesame seeds.

CITRO FOOD TIP

Nori seaweed is one of the most popular edible seaweeds, eaten widely in Japan and used to make sushi. It is an excellent source of iodine and vitamin K and has a mildly salty flavour the Japanese call 'umami', which translates to 'essence of deliciousness' and describes a complex and savoury flavour.



NUTRITION TIP

Crab meat is low in calories and high in protein, delivering vitamin B12, selenium and zinc.

Recipe by nutritionist Faye James
Food photography by Darrin James

Exercise and menopause

Prioritise your fitness during menopause to boost your mood and lower the risk of chronic disease.



Menopause marks a significant change in a woman's life but it doesn't have to mean sacrificing your health and wellness. In fact, using menopause as a reason to prioritise your fitness can have numerous benefits, from reducing the risk of certain diseases to boosting your mood. So why not embrace this time and make a commitment to take care of yourself? During and after menopause, the body experiences various changes, such as muscle loss, abdominal fat gain and bone loss.

However, regular exercise can counteract these effects and offer additional benefits. Regular physical activity can help maintain a healthy weight, especially as muscle loss increases during menopause. It has also been linked to reducing the risk of various types of cancer, such as breast, colon, and endometrial cancer. In addition, exercise can slow bone loss, reducing the risk of osteoporosis and fractures. Menopause weight gain can increase the risk of heart disease and type 2 diabetes, but exercise can help lower these risks.



Stretching

Improving flexibility through stretching can be done after each workout or through yoga, pilates or dance.

Stability and balance exercises

Improving stability through activities like tai chi or yoga or simple balance exercises like standing on one leg can help prevent falls.

Staying motivated

Setting achievable goals, working out with a partner or friend, and regularly updating your goals as you reach new levels of fitness can help you stay motivated. Remember, you don't need a gym to get moving. Activities like dancing and gardening can also provide health. Make sure to warm up and cool down safely before and after each workout.

Did you know?

Stress boosts 2 hormones, ghrelin, and cortisol, that increase your appetite and can make your body store unwanted belly fat. Stress also dials down leptin, a hormone that signals your body that you're full.

What's more, exercise helps boost your mood. Studies have shown that regular exercise is linked to a lower risk of depression and cognitive decline.

While exercise hasn't been proven to directly reduce menopause symptoms like hot flashes and sleep disturbances, maintaining a healthy weight through physical activity seems to help alleviate these symptoms and improves your overall quality of life.

It's recommended that you undertake at least 150 minutes of moderate aerobic activity or 75 minutes of vigorous aerobic activity per week, along with strength training twice a week. There are several options to choose from, each with its own benefits.

Aerobic activity

Brisk walking, jogging, biking, swimming, and water aerobics can help you shed excess kilos and maintain a healthy weight.

Strength training

Using weight machines, hand-held weights or resistance tubing can help reduce body fat, strengthen muscles, and increase calorie burn. Read more about the [benefits of strength training on Citro](#).



Hormone-happy dinner

Miso barramundi recipe

Serves: 2

Prep time: 10 min

Cook time: 20 min

Mixing butter with miso and smoked paprika transforms this barramundi into a crispy gluten-free, low carb, keto-friendly dish. If you love seafood, then give this crispy-skinned dish a go for a special dinner.

INGREDIENTS

- ½ cup butter
- 3 tbsp red miso paste
- ¼ tsp smoked paprika
- 2 garlic cloves, crushed
- 1 lemon, juiced
- 1 tsp freshly chopped coriander
- 1 tbsp olive oil
- 2 barramundi fillets with skin on (125 g each)

METHOD

In a pan, melt the butter, miso, paprika, garlic, lemon and coriander over low heat and set aside.

Heat the oil in a griddle pan on medium heat. Place the barramundi skin-side down and cook for 10–15 minutes until the skin is crispy and the flesh turns white.

Flip the fish over and add the sauce to the pan, being careful not to wet the crispy skin. Cook for 2–3 minutes and remove from the pan and place on a plate.

Spoon sauce over and serve with a little fresh lemon.

CITRO FOOD TIP

Garlic is a plant that's related to onions which contains sulphur-like compounds responsible for its many health benefits. New research suggests the allicin in garlic may help protect against cognitive decline.



NUTRITION TIP

You can use any white-flesh fish in place of barramundi. Up your veggie and fibre intake and serve with spiralised zucchini and buckwheat noodles. Want a vegetarian version? Use pan-fried tempeh instead of a fish fillet.

Recipe by nutritionist Faye James
Food photography by Darrin James



Supplements and menopause

As a nutritionist, Faye James recommends eating a healthy diet before relying on supplements or vitamins. If dietary intake is inadequate, Faye explains more about supplementation during menopause.

Should you take supplements during menopause or perimenopause?

Faye usually advises her clients that as long as their diet is rich in the right nutrients, there's no need for supplements. My recommendation is that if you stick to my Menopause Diet you shouldn't need to take extra supplements.

That said, there are some key supplements that you can take if you are struggling to meet your daily requirements through diet alone.

Vitamin D

Vitamin D helps the body absorb calcium and is essential for bone health. It can also help in blood sugar regulation and immunity. The recommended daily dose for women over the age of 50 is 600 to 800 IU per day.

Calcium

During menopause women are at increased risk of osteoporosis, a condition that causes bones to become fragile and more likely to break. Calcium is an essential nutrient for maintaining strong bones, and a daily intake of 1,200 mg per day is recommended for women over the age of 50. If you are struggling to get enough calcium you should consult your doctor but a supplement may be helpful

Magnesium

Magnesium is involved in many bodily processes, including bone health, regulation of mood and aiding restful sleep. It may also help with anxiety, joint pain and hot and cold flashes. The recommended daily dose for women over the age of 50 is 320 mg per day.



Vitamin B complex

Vitamin B helps support the nervous system and can alleviate symptoms of anxiety and depression, which are common during menopause. It also plays a role in energy production, aiding in the reduction of fatigue.

Vitamin B has been shown to improve memory and cognitive function and may also regulate hormones, helping to relieve hot flashes and other menopausal symptoms.

The recommended daily dose for vitamin B complex varies based on a number of factors but aim for 1.5 to 2 mg of B1, 1.2 mg of B2, 50 mg of B3, 2.4 mcg of B12, and 5 mg of B6 per day.

Omega-3 fatty acids

Omega-3 fatty acids have been shown to improve heart health and may help reduce symptoms of depression and anxiety when menopausal. The recommended daily dose is 1000 mg of EPA and DHA combined.



Collagen

Collagen is a protein that is important for skin health, joint mobility, and overall body maintenance and comes in either marine or bovine supplementation. During menopause, skin can become thinner and less elastic and joints can become stiffer. Collagen supplementation has been shown to improve skin hydration and reduce joint pain in some studies. The recommended daily dose is 1–2 g.



Embrace meat-free Mondays

Veggie sausage rolls recipe

Serves: 16

Prep time: 10 min

Cook time: 25 min

It's easier to cram more nutrition into your meals if you embrace vegetarian and vegan meals for at least one day a week. These vegetable rolls are high in fibre and delicious for a lunch or picnics.

INGREDIENTS

- 300 g sweet potato, roasted
- 400 g tin red kidney beans
- 1 zucchini, grated
- 1 red onion, diced
- 2 garlic cloves, minced
- 1 tbsp tomato puree
- salt and pepper to taste
- 2 tsp smoked paprika
- 1 tsp ground cumin
- 1 tsp ground coriander
- 375 g ready-made puff pastry
- 1 egg, whisked
- sesame seeds, for sprinkling

METHOD

Preheat the oven to 220°C and line a baking tray with baking paper.

Scoop out the flesh from the roasted sweet potato and place in a food processor along with kidney beans, zucchini, onion, garlic, tomato puree, spices and seasoning. Blitz until smooth to create your 'sausage' filling.

Unroll the puff pastry and cut in half lengthwise. Place sausage filling into the two pastry strips. Roll up then divide into sausage rolls.

Brush with egg and top with sesame seeds.

Bake for around 25 minutes until the pastry is golden brown.

CITRO FOOD TIP

If you want a healthier version of store-bought puff pastry, try using lighter filo pastry. You can also seek out spelt pastry, which uses a heavier wholemeal flour.

NUTRITION TIP

Don't like kidney beans?
Firm tofu also works well in
this recipe.



Recipe by nutritionist Faye James
Food photography by Darrin James

Sensational high-fibre gnocchi

Lo carb pesto gnocchi recipe

Serves: 4

Prep time: 10 min

Cook time: 25 min

Craving pasta but don't want the carb overload? Try making this gnocchi made from cauliflower, almond meal and psyllium husk. This gluten-free recipe is high in protein and fibre.

INGREDIENTS

Gnocchi ingredients

- 500 g cauliflower, steamed
- $\frac{3}{4}$ cup grated parmesan cheese
- 1 cup almond meal
- 2 egg yolks
- 1 tsp psyllium husk
- 1 cup shredded mozzarella cheese
- 2 tbsp olive oil

Pesto ingredients

- $\frac{1}{2}$ cup olive oil
- $\frac{3}{4}$ cup grated parmesan cheese
- 3 tbsp walnuts
- $\frac{1}{2}$ cup fresh basil
- 1 garlic clove

METHOD

Blend steamed cauliflower in a food processor until smooth. Transfer to a clean tea towel and squeeze out excess liquid. Return cauliflower to the food processor and add the parmesan cheese, almond meal, egg yolks and psyllium husk and blitz until smooth.

Melt cheese in the microwave and add to the cauliflower mixture. Pulse until combined.

Shape mix into small balls (you should get around 12) and press each ball lightly with a fork. Refrigerate balls for 30 minutes.

Meanwhile, make the pesto by blending all the ingredients in a food processor until well combined.

Fry the gnocchi in olive oil until golden. Add the pesto and serve immediately.



Recipe by nutritionist Faye James
Food photography by Darrin James

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