



This is an edited extract from *Healthy Hormones: A Practical Guide to Balancing Your Hormones* by Belinda Kirkpatrick and Ainsley Johnstone, published by Murdoch Books, RRP AU\$35.00

Are your hormones healthy or a little off balance? Unsure of the role hormones play in your overall health? Naturopath Belinda Kirkpatrick answers all the important hormonal questions in her latest book, *Healthy Hormones: A Practical Guide to Balancing Your Hormones*. Cleverly infusing everyday dishes with nutrient-dense, hormone-balancing ingredients, she shares 50 delicious, gluten-free recipes that are suitable for the whole family. With over a decade of clinical practice, Kirkpatrick's passion for balancing hormones and improving women's health is unsurpassed. The in-depth guide reveals the impact hormones have on energy levels, sleep quality, mental health, period regulation, conception and pregnancy and what to do if your hormones are out of whack. She delves deep into period pain, acne, bloating and cravings, along with other hormonal conditions such as polycystic ovary syndrome (PCOS), endometriosis, autoimmune conditions and thyroid problems. If that's not enough to get your hormones into line, discover her top 10 fertility foods, a detailed supplement section, which household and personal care products you should avoid and loads more.

# Happy hormones



## Salmon Fishcakes

Serves: 4

- 1 sweet potato, coarsely chopped
- 2 x 210g tins wild-caught salmon with bones, drained
- 2 eggs, whisked
- ¾ cup quinoa flakes
- ½ cup finely chopped fennel
- ¼ cup chopped flat-leaf parsley
- ¼ cup chopped spring onions
- ¼ cup chopped dill
- Zest 1 lemon
- Olive oil, for frying
- Micro herbs, for serving

Fill a saucepan with water, add sweet potato and boil for about 10 mins until soft. Drain and mash with a fork so it cools slightly.

Add salmon, eggs, quinoa flakes, fennel, parsley spring onion, dill and lemon zest, then season with salt and pepper. Gently mix to combine. Form into small patties roughly the size of the palm of your hand.

Heat a frying pan over medium heat and add olive oil. Fry the patties in the oil until golden on both sides.

Scatter with micro herbs and serve with a green salad, lemon wedges and any other condiments you like.



## Mushroom & Ricotta Crepes

Serves: 2

- 1 tbsp olive oil
- 1 French shallot, finely chopped
- 1 tbsp butter
- 300g brown mushrooms, quartered
- 1 tsp coriander seeds
- 1 tsp finely chopped sage leaves
- 1 tsp finely chopped rosemary leaves
- 1 handful rocket leaves
- 1 tbsp chopped walnuts
- 3 tsp ricotta cheese

### Crepes

- ¾ cup buckwheat flour
- 2 eggs
- 250mL milk
- Butter, for frying

Put olive oil and shallot in a medium frying pan and cook over medium heat for a few minutes. Add butter, mushrooms, coriander seeds, sage and rosemary and cook gently for about 10 mins, then add a few tbsp water to get pan juices flowing.

While this is cooking, make the crepes. Combine the ingredients in a bowl and whisk together. Melt some butter in a medium frying pan. Pour in small amount of batter and spread evenly to cover pan as thinly as possible. Cook until bubbles form, then flip crepe over. They take a few minutes each side. Repeat to make a second crepe.

To serve, place a crepe on each plate and divide mushroom mixture between

them on one half of each crepe. Top with some rocket, walnuts and ricotta, then fold crepe over and serve.

## Super Green Soup

Serves: 4

- 1 tbsp extra-virgin olive oil
- 2 leeks, chopped
- 1 onion, chopped
- 3 garlic cloves, coarsely chopped
- 1 bunch asparagus, coarsely chopped
- 1 small head broccoli, coarsely chopped
- 2 zucchinis, coarsely chopped
- 1 large potato, chopped
- 2 handfuls herbs (parsley & mint)
- 1L organic chicken broth
- 2 cups frozen baby peas
- 1 handful baby spinach leaves, plus 5-6 extra to serve
- 1 tbsp ricotta cheese, to serve
- 5 toasted almonds, coarsely chopped, to serve

Heat olive oil in a heavy-based frying pan, add leek, onion and garlic and cook for a few minutes until softened. Season with salt and pepper.

Add all ingredients except peas and spinach. Cover with water to 3cm above the top of the vegetables. Bring to boil then reduce to a simmer and cook for about 30 mins. Add peas and spinach and cook for a further 2 mins. Puree until very smooth.

To serve, top with creamy ricotta, spinach leaves and roasted almonds.

## Nut Biscuits

Makes: 12 biscuits

- 1 cup almond meal
- ¼ cup coconut flour
- 2 tbsp desiccated coconut
- ¼ cup chopped walnuts
- ¼ cup chopped dates
- 80g butter, melted
- 1 tsp vanilla paste
- 1 tbsp pear juice concentrate\*
- 1 tbsp honey
- 1 egg, whisked

### Chocolate drizzle

- 1 tsp raw cacao powder
- 1 tsp coconut oil

Preheat oven to 180°C. Line a baking tray with baking paper.

Put almond meal, coconut flour, desiccated coconut, walnuts and dates in a bowl and mix well.

In a separate small bowl, stir together butter with vanilla, pear juice concentrate and honey. Add to almond mixture. Add egg and mix well so it all comes together like dough.

Roll small amounts of mixture into flattened balls and place them on the tray, leaving a space between each ball. Bake for 20 mins or until slightly golden on the edges.

For the chocolate drizzle, melt the ingredients for about 1 min and drizzle over the top of the biscuits.

\*Pear juice concentrate can be bought in healthfood stores.

