

The logo features a stylized white leaf or flower icon above the text "Suisana" in a serif font and "Retreat for a Day" in a cursive font, all set against a dark green, textured background.

Suisana
Retreat for a Day

Virtual Retreat Recipes

Breakfast

Granola Balls

Overnight Oats with Spiced Dates and Walnuts

Lunch

Pea & Potato Herb Broth

Beetroot & Caper Hummus with Veggies

Early Summer Salad with Lemony Dressing

Something Sweet

Raw Summer Berry & Nut Cheesecake

Magnesium Rich Raw Chocolate Bars

Granola Balls

Dry:

1 cup oats

1 cup sunflower seeds

1 cup pumpkin seeds

¾ cup chopped hazelnuts

1 tsp cinnamon

A grating of nutmeg

Wet:

1 cup water

1 cup dates

½ cup coconut oil

Few drops vanilla extract

Combine dry ingredients. Remove half of the dry mixture and pulse in a food processor until fine. Tip back into other half of dry ingredients and combine.

Simmer the dates with the water and coconut oil until dates are soft.

Fish out dates and blend in a food processor to make a puree. Tip puree back into water/oil mixture and combine. Add a few drops of vanilla extract.

Mix dry and wet ingredients together.

Form into balls and place on a baking sheet with baking paper.

Bake in the oven at 170°C for 15-20 minutes, but check after 10 minutes just in case!

Overnight Oats with Spiced Dates and Walnuts

For the oats:

1 cup of oats
2 cups almond milk
1 tbsp chia seed

For the topping:

1 handful walnuts, chopped
1 handful of dates, chopped
1 tsp cinnamon
1 tsp cocoa powder
1 tsp coconut blossom sugar
½ tsp allspice (piment)
½ tsp ground clove
½ tsp ground ginger

Combine the ingredients for the oats in a bowl or jar and leave to soak overnight in the fridge.

Mix the spices and sugar together then stir in the chopped dates and walnuts. Sprinkle this topping on the overnight oats.

NB: if you prefer warm, cooked oats, just add 1-2 cups of water to the oats in the morning and simmer for a few minutes until cooked. Serve with the date and walnut topping.

Pea & Potato Herb Broth

1 litre vegetable stock
500g new potatoes scrubbed and cut into roughly 2cm pieces
250g peas or petits pois (fresh or frozen)
1 garlic clove, finely chopped
A large handful mint, chopped
A large handful of flat-leaf parsley leaves, chopped
A large handful of chives, chopped
Sea salt and freshly ground black pepper
Extra virgin olive oil, to finish

Put the veg stock in a saucepan and bring to a simmer. Add the potatoes, return to a simmer and cook for 6—8 minutes, until tender. If you're using freshly podded large peas, they should go in at the beginning with the potatoes. Frozen peas can go in after 2 minutes of potato cooking, and tiny fresh peas or frozen petits pois should be added just a couple of minutes before the potatoes are done.

When the veg are tender, turn off the heat and stir in the garlic, a good seasoning of salt and pepper and most of the herbs (leaving a few to finish the soup). Taste and add more salt or pepper if needed. Ladle into warmed bowls, top with a generous trickle of good virgin oil, sprinkle on the remaining herbs and serve.

Beetroot & Caper Hummus with Veggies

1 tin chickpeas
1 heaped tbsp tahini
Juice of 1 lemon
A big glug of olive oil
½ clove garlic
Salt to taste

Above ingredients can be blended to make a basic hummus.

Variation:

Roast 1 whole, unpeeled beetroot at 45-60 mins at 180°C. Leave to cool and peel off skin.
Add to basic hummus recipe with a tablespoon of capers and blend in a food processor.

Early Summer Salad with Lemony Dressing

75g mangetout / peas

A couple of handfuls of any kind of lettuce leaves

1 bunch of radishes, sliced

½ cucumber, sliced

FOR THE DRESSING:

3 tablespoons extra virgin

Finely grated zest of ½ lemon

1 tablespoon lemon juice

½ teaspoon mustard

1 teaspoon honey

1 tablespoon snipped chives

Sea salt and freshly ground black pepper

Bung a pan of water to the boil and add the mangetout. Boil for a couple of minutes, then drain and run under cold water to stop the cooking. Drain well. Combine with other salad ingredients.

Put all the dressing ingredients in a jar and shake to combine.

Toss the salad in the dressing and serve.

Raw Summer Berry & Nut Cheesecake

For the crust:

300g raw nuts (almonds, cashews, macadamias)

a handful of pumpkin seeds

90g dates (soaked for 1 hour)

For the filling:

360g raw cashews or macadamias (soaked for at least 3 hours)

120ml lemon juice

120ml agave syrup (or other sweetener of your choice)

180ml coconut oil

a large pinch of sea salt

1 teaspoon vanilla extract

120ml water

For the sauce:

400g blueberries/raspberries/blackberries

45g dates (soaked for 1 hour)

To make the crust, put the nuts, pumpkin seeds and dates into a food processor and pulse together until a rough crumble is formed. Add more dates if it's a little dry or more nuts if it's wet. The mixture should be able to be rolled into balls and not be overly sticky.

Using your hands, press the macadamia crust onto the base of a springform cake tin lined with cling film. Press the edges down with your fingers, forming an even layer.

To make the filling, blitz all the ingredients in the food processor until you have a smooth cream-like texture, regularly scraping the sides down with a spatula. Scrape out your lining mixture into the pie dish, bang it gently a few times on a work surface (to get rid of air bubbles) and smooth the filling down using a spatula.

Place in the freezer and freeze (for best results, eat on the day of freezing, or soon after). Remove from the pie dish using a thin cake slice around the edge and gently pushing the base out. Place it into the fridge and allow it to defrost for a couple of hours.

Place the berries and dates into your food processor and blitz well. Add a little water to thin the sauce out if needed. Pour over the cheesecake before serving.

Magnesium Rich Raw Chocolate Bars

Makes about 10 squares

Filling:

- 2 cups pumpkin seeds
- 8 soft dried figs (soaked in water if too hard, remove and discard any hard stems)
- 4 tbsp maple syrup
- 4 tbsp coconut oil
- ½ a small ripe avocado (peeled and deseeded)
- 1 tsp raw ground vanilla bean (or use some fresh vanilla bean or 2 tsp pure vanilla extract)
- ½ tsp salt

Chocolate Coating:

- 2 cups chopped / chips / chunks of dark chocolate of your choice
- 1 – 2 tbsp coconut oil

Optional Decoration:

- edible jasmine flowers, pumpkin seeds (for petals). Other ideas: cacao nibs, chocolate chips, chopped pumpkin seeds, etc.

Place all ingredients for the filling in a food processor and process into a sticky mass. Line a bread loaf pan (or anything of a similar size) with parchment paper. Transfer the processed mixture into the lined pan and press down into a smooth flat block. Place in the freezer for about 1 hour until the mixture firms up.

Melt the chocolate and coconut oil in a bowl. Remove the chilled pan from the freezer. Spread the chocolate mixture over the top of the filling. Decorate with desired toppings, and place in the fridge or freezer to set for about 20 mins until the chocolate coating is firm to the touch.

Lift the block out of the pan, trim the edges, and cut into bars or squares. Keep bars refrigerated (or freeze some for later use).