



Sea Health
products

SPRING / SUMMER

Easy Picnic Kelp Recipes



With thanks to
Sea Growth &
Vegan Hugs



Let's start with The Basics



Golden Kelp Hummus

- 1-2 teaspoons of Plain or Finger Lime **Golden Kelp**
- Cooked chickpeas. If you cook your chickpeas yourself, make sure to soak them ahead of time, and let them boil for a bit longer than you normally would, until they become mushy, soft & creamy.
- 1/3 cup of Tahini
- 2 tablespoons of Extra-virgin olive oil.
- Fresh lemon juice
- 1+ Garlic cloves
- 1/3 - 1/2 cup of Water. I start with
- A pinch of sea salt



Method

1. Place all ingredients into a blender, food processor or thermomix and blend until smooth. Serve with extra olive oil and a sprinkle of **Golden Kelp**.
2. Serve and enjoy.

Golden Kelp Deviled Eggs

- 1-2 teaspoons of **Furikake Golden Kelp**
- 8 hard boiled eggs
- ¼ cup mayonnaise
- ½ cup thick Greek yogurt, (or Chobani)
- 1½ teaspoons sweet pickle relish
- ½ teaspoon Dijon mustard
- Pinch of sea salt



Method

1. Slice the eggs in half lengthwise and remove the yolks.
2. In a small food processor, combine the **Furikake Golden Kelp**, egg yolks, mayo, yogurt, relish, and mustard and pulse until smooth. add salt.
3. Scoop the mixture into the egg white halves (or use a piping bag, if you prefer). Sprinkle with **Furikake Golden Kelp** and paprika to serve.



Cool Down With Some Light Sides



Golden Kelp Caprese Skewers

- 1-2 teaspoons of **Plain or Finger Lime Golden Kelp**
- 24 cherry tomatoes
- 12 mini cashew mozzarella balls
- 24 basil leaves
- Extra-virgin olive oil, for drizzling
- Balsamic reduction, for drizzling
- Sea salt and freshly ground black pepper

Method

1. Thread the tomatoes, mozzarella, and basil onto mini skewers.
2. Drizzle with olive oil and balsamic reduction and sprinkle with **Golden Kelp**, salt and pepper.

Golden Kelp Fruity Salsa

- 1-2 teaspoons of **Plain or Finger Lime Golden Kelp**
- 2 cups diced fresh pineapple or Mango
- ¼ cup diced red onion
- ½ jalapeno, diced (or **Furikake Golden Kelp**)
- Juice and zest of lime to keep fresh
- ½ cup cilantro
- 1 clove minced garlic
- ¼ teaspoon sea salt (optional if using **Plain Golden Kelp**)
- tortilla chips, for serving

Method

1. In a medium bowl, combine the finely chopped fruit, red onion, jalapeño, lime juice and zest, cilantro, garlic, and Golden Kelp of your choice.
2. Chill until ready to serve.





Spice Things Up With Tasty Starters



Furikake & Avo Summer Rolls

- 1 teaspoon of **Furikake Golden Kelp Mix**
- 6 spring roll rice wrappers
- 100g of rice noodles
- 100g of extra-firm tofu, sliced into strips
- 1 ripe avocado, sliced
- 2 ripe peaches or 1 ripe mango, sliced
- Fresh herbs: basil, Thai basil and/or mint

Method

1. Place contents on moisten rice paper and fold into rolls. Serve with mint coriander and fresh lime.

Smoked Kelp & Broccoli Salad

- 1-2 teaspoons of **Smoked Golden Kelp**
- 1 pound broccoli crowns
- 3 tablespoons extra-virgin olive oil
- 3 tablespoons vegan mayo
- 1½ tablespoons apple cider vinegar
- 2 teaspoons Dijon mustard
- 1 teaspoon maple syrup
- 1 garlic clove, minced
- ⅓ cup diced red onions
- ⅓ cup dried cranberries
- Smoky tamari almonds

Method

1. Preheat the oven to 350°F and line a baking sheet with parchment paper and dice broccoli.
2. Whisk together the olive oil, mayo, apple cider vinegar, mustard, maple syrup, garlic, and salt. Add the broccoli, onions, and cranberries and toss to coat.
3. Place the almonds and pepitas on the baking sheet, toss with the tamari almonds, maple syrup, **Smoked Golden Kelp** and paprika. Set aside.
4. Bake broccoli mix for 10 to 14 minutes or until golden brown. Remove from the oven and let cool for 5 minutes (they'll get crispier as they sit).
5. Toss the almonds and pepitas into the salad, serve.





Satisfy Your Hunger With Tangy Mains



Cous-Cous Kelp Salad

- 1-2 teaspoons of **Smoked Golden Kelp**
- 4 cups cherry tomatoes, (half for roasting, half raw)
- Extra-virgin olive oil, for drizzling
- 1 cup dry Israeli (pearl) couscous
- 1 tablespoon lemon juice, more if desired
- 1+ garlic clove, minced
- 1½ cups roasted chickpeas, tossed with 1/4 teaspoon smoked paprika before roasting
- 2 Persian cucumbers, thinly sliced
- ½ cup crumbled feta cheese

Method

1. Roast Cherry tomatoes and cook the couscous.
2. Combine 1 tablespoon of olive oil, **Smoked Golden Kelp**, lemon juice, garlic, thyme, ¼ teaspoon salt, and several grinds of black pepper. Add the cooled couscous and toss.
3. Slice the remaining raw cherry tomatoes in half and add them to the bowl with the roasted tomatoes, the chickpeas, basil, cucumbers, and feta.
4. Top with more fresh herbs and a generous drizzle of olive oil.



Smoked Kelp & Broccoli Pasta

- 1-2 teaspoons of **Smoked Golden Kelp**
- 3 cups small broccoli florets
- 1 cup cut green beans
- 2 cups uncooked gluten free fusilli pasta
- 1 small zucchini, thinly sliced
- 1 cup sliced cherry tomatoes & 4 sun-dried tomatoes diced
- 8 fresh basil leaves, pine nuts, Salt & Pepper, Lemon Tahini dressing to serve.

Method

1. Whisk together the olive oil, tahini, lemon juice, vinegar, garlic, mustard, maple syrup, salt and water.
2. Cook beans and broccoli. Cook pasta to taste
3. Mix and serve.





Keep It Simple With These Picnic Staples



Wraps & Sandwiches

- 1-2 teaspoons of your favourite **Golden Kelp Granules**
- Toppings of your choice, such as:

- Tomatoe
- Avocado
- Spinach
- Roasted cauliflower
- Capsicum slices
- Hummus
- Lime juice
- Cucumber

Method

1. Pack toppings separate to bread or wraps
2. Pile on toppings and serve on site!



Curried Egg & Kelp Sandwich

- 1-2 teaspoons of **Smoked or Furikake Golden Kelp**
- ¼ cup mayonnaise
- 1 teaspoon extra-virgin olive oil
- 2 teaspoons Dijon mustard
- 1 teaspoon capers
- 1 teaspoon fresh lemon juice
- 1 small garlic clove, minced
- ¼ teaspoon turmeric
- ¼ teaspoon sea salt or **Plain Golden Kelp Granules**
- Freshly ground black pepper
- 6 hard boiled eggs, diced
- 2 tablespoons chopped dill & 2 tablespoons chives to serve.

Method

1. Whisk together the **Golden Kelp**, mayonnaise, olive oil, mustard, capers, lemon juice, garlic, turmeric, salt, and several grinds of black pepper.
2. Mix in the eggs, then stir in the celery seed, dill, and chives. If desired, lightly mash the mixture if it's too chunky. Chill until ready to serve.
3. Layer onto fresh bread with desired salad toppings.





Sweet Smiles With These Simple Desserts



Kelp & Dark Choc Brownies

- 1-2 tsp **Plain Golden Kelp Granules**
- 1 1/2 cups granulated sugar
- 3/4 cup all-purpose flour
- 2/3 cup cocoa powder
- 1/2 cup powdered sugar
- 2 large eggs
- 1/2 c ev olive oil
- 2 tbs water
- 1/2 tsp vanilla
- 1/2 c dark choc chips
- 3/4 tsp sea salt

Method

1. Preheat the oven to 180°C. Spray an 8x8 baking dish.
2. Combine the **Golden Kelp**, sugar, flour, cocoa powder, powdered sugar, chocolate chips, and salt.
3. Whisk eggs, olive oil, water, and vanilla.
4. Sprinkle dry mix over wet mix & stir until combined.
5. Pour the batter into the prepared pan, smooth the top.
6. Bake for 40 to 48 minutes,



Straw 'barb Kelp Bars

Fruit filling

- 1-2 tsp of **Plain Golden Kelp**
- 1 cup diced strawberries
- 1 cup diced rhubarb
- 1 teaspoon cornstarch
- 1/2 teaspoon lemon juice
- 1/2 teaspoon maple syrup
- 1/4 teaspoon vanilla

Crumble Crust and Topping

- 2/3 cup whole rolled oats
- 2/3 cup chopped walnuts
- 1/2 cup almond flour
- 1/2 cup brown sugar
- 1/4 cup ground flaxseed
- 1 teaspoon cinnamon
- heaping 1/4 tsp sea salt
- 2 tablespoon coconut oil
- 1 1/2 tablespoons water

Method

1. Preheat Oven to 180C & make the fruit filling: Kelp, strawberries, rhubarb, cornstarch, lemon juice, maple syrup, and vanilla.
2. Combine the oats, nuts, almond flour, brown sugar, flaxseed, cinnamon, kelp and salt in blender, pulse until combined. Add coconut oil & water & pulse again. Press 2/3 of the crumble into the baking pan to form a crust. Bake 20 to 25 minutes or until golden brown and firm. Remove from the oven and let cool for 15 minutes.
3. Spread the fruit filling over the crust, Bake for an additional 20 minutes,

