

Eat Smart Breakfast Recipes

Super Berry Smoothie

Ingredients:

- strawberries
- raspberries
- blueberries
- brazil nuts
- coconut water or almond milk
- 1 tbsp flax seeds
- ¼ tsp cinnamon
- 1 scoop protein powder (plant based)

Method:

1. Add all ingredients to a food processor and blend until smooth. Drink immediately.

Note: You don't have to use fresh fruit – frozen is fine

Green Morning Energiser Smoothie

Ingredients:

- Handful of kale
- Handful of spinach
- 100g frozen mango
- 400ml coconut or almond milk
- ½ tsp spirulina
- 1 tbsp chia seeds
- 1 tbsp flax seeds
- 1 scoop protein powder (plant based)

Method:

1. Add all ingredients to a food processor and blend until smooth. Drink immediately.

Note: You don't have to use fresh fruit – frozen is fine

Granola

Ingredients:

- 200g oats
- 50g raisins
- 50g cranberries
- 100g dates
- 25g chia seeds
- 25g sunflower seeds
- 100g pecans or macadamia nuts
- 50g coconut oil
- 2 tbsp organic honey

Method:

1. Preheat the oven to gas mark 5 (190); grease and line a flapjack tin.
2. Chop the dates and fruit and mix with the oats, seeds and nuts.
3. Add the coconut oil.
4. Heat the honey for 20 seconds in the microwave and add to the mix.
5. Spoon into the tin and bake for 25–30 minutes. Cover for half of this time with foil or baking parchment to prevent the top layer from burning.

6. Once the mixture has had time to cool, crumble it into chunks (whatever size you want).
7. Serve with COYO or almond milk.

Note: This granola mix also makes a super mid-afternoon snack

Breakfast Muffins

Ingredients:

- 6 eggs
- 1 onion, chopped
- ½ cup red pepper
- 2 cups baby spinach leaves, chopped
- ¼ teaspoon sea salt
- black pepper to taste
- olive oil
- muffin cases or muffin tin.

Method:

1. Preheat oven to 200 degrees and add tiny bit of olive oil to muffin tin if using one.
2. In a large bowl, whisk eggs along with salt and pepper. Add the remaining ingredients and stir.
3. Distribute mixture evenly among 6 cups and bake for 20-25 mins or until eggs are set in middle.

Note: These can be stored for up to three days in the fridge.

Lunch & Dinner Recipes

Mixed Greens, Avocado And Smoked Salmon Salad

Ingredients:

- 1 large avocado
- 100g smoked salmon
- 2 boiled eggs
- Handful of cherry tomatoes
- 2 handfuls of fresh spinach
- 2 handfuls of rocket
- 8 slices of cucumber
- 1 small onion
- 2 tbsp extra virgin olive oil
- 1 tbsp of apple cider vinegar
- Freshly squeezed juice of one lime

Method:

1. Thoroughly wash all green leaves and put into a big salad bowl.
2. Chop cucumber, add to salad bowl, mix and put bowl to the side.
3. Cut the avocado, onion and tomato into small pieces. Put all the pieces into a separate bowl and mix.
4. Add olive oil, apple cider vinegar and lime juice to the avocado, tomato and onion, mix well and add to salad bowl.
5. Slice boiled egg and smoked salmon into small pieces, add to salad bowl and mix.

Note: Serves two.

Courgetti With Ragu

Ingredients:

- 1 onion, finely chopped
- 1 celery stick, finely chopped
- 3 cloves of garlic, finely chopped
- 2 tins of chopped tomatoes
- 150ml red wine
- 1 red chilli pepper, finely chopped
- 1 tbsp basil, finely chopped
- 2 large courgettes

Method:

1. Gently fry the onions, celery and garlic until soft. Add tomatoes, wine, chilli and basil and allow to simmer for 20 minutes.
2. Ideally, use a spiraliser for the courgettes. Otherwise, cut the courgettes into long, thin strips. Steam for two minutes to warm up.
3. Layer the ragu over the courgetti and serve with a cheeky sprinkling of parmesan.

Goats Cheese And Asparagus Frittata

Ingredients:

- 400g asparagus tips
- 1 tbsp olive oil
- 1 round of goat cheese, crumbled
- 6 large eggs
- 2 tbsp chopped chives

Method:

1. Preheat the grill to medium-high. Place the asparagus in a pan of simmering lightly salted water. Remove after five minutes, when still tender and bright green. Cut into 1 cm pieces.
2. Lightly beat the eggs, and then add the asparagus and chives; season to taste.
3. Heat the olive oil in a separate pan and add the egg mixture. Cook over a gentle heat for two minutes and then add cheese. Place under the grill for a few minutes or until lightly golden and the top is set.

Note: Serves three.

Homemade Vegetable Soup With Halloumi Strips

Ingredients:

- 2 leeks, chopped
- 2 celery sticks, chopped
- 4 carrots, grated
- 1 cauliflower, chopped
- 1 courgette, chopped
- handful of spinach
- 1 tsp bouillon powder
- 1 veg stock cube
- 3 slices halloumi
- coconut oil

Method:

1. Gently fry the leeks and celery sticks in a large pan until soft
2. Add water and bring to the boil
3. Add bouillon powder, veg stock cube, carrots, cauliflower, courgette and spinach
4. Turn down heat and simmer for 10 – 15 mins
5. Blitz with a hand whisk or food processor to desired consistency
6. Fry halloumi slices in coconut oil until crisp both sides

Note: Serves eight to ten

Homemade Beetroot Soup

Ingredients:

- 1 onion, chopped
- 2 cloves garlic, crushed and chopped
- 1 stick of celery, chopped
- 1 carrot, grated
- 150g of fresh beetroot, peeled and chopped
- 1 veg stock cube in approx. 3 pints of water
- Salt
- Pepper
- Chilli pepper
- Halloumi strips

Method:

1. Gently fry the onion, celery and garlic until soft
2. Add carrot and beetroot and cover with veg stock
3. Add salt, pepper and chilli pepper to taste
4. Simmer for 15 mins and blitz to desired consistency
5. Serve with a cheeky dollop of sour cream and some gently fried halloumi strips

Rainbow Veg Stir Fry With Quinoa

Ingredients:

- 2tbsp of coconut oil
- 1 onion finely chopped
- 1 stick of celery chopped
- 2 cloves of garlic chopped or crushed
- 2 carrots sliced into ¼" matchstick sized pieces
- 1 leek sliced in ¼" round slices
- 1 courgette cut into ¼" matchstick size pieces
- 1 red pepper cut into ½" square chunks
- ½ small red cabbage finely sliced
- quinoa

Method:

1. Heat coconut oil in a wok or large frying pan and add vegetables in sequence: onion, celery, carrots, garlic and leek.
2. Cook for two minutes then add courgette, red pepper and red cabbage.
3. Season with light soy sauce, teriyaki sauce, mirin and bouillon powder.
4. Serve with quinoa.

Oven Baked Sea Bass With Sweet Potato Wedges And Spinach

Ingredients:

- 2 seabass fillets
- 2 medium sweet potatoes
- 2 chopped garlic cloves
- 1 finely chopped red chilli
- Spinach leaves
- Coconut Oil

Method:

1. Coat 2 sea bass fillets with garlic and chilli and coconut oil and place in oven for 20-30 mins on 180 or gas mark 6.
2. Peel and slice sweet potatoes, add remaining chillies and some oil and bake for 40 minutes.
3. Serve with a bed of fresh raw spinach (uncooked)

Note: Serves two

Spanish Omelette With Dill And Sweet Potato

Ingredients:

- 100g sweet potato, thinly sliced
- 2 tbsp olive oil
- 6 eggs
- 2 red peppers, chopped
- 1 tbsp dill, finely chopped
- Pinch of Himalayan pink salt
- Mixed leaf salad

Method:

1. Arrange sweet potato slices on a baking tray, drizzle with olive oil and bake for 20 minutes or until tender at an oven temperature of 170.
2. Beat the eggs and add sweet potato slices, red pepper, dill and pinch of salt.
3. Coat an ovenproof frying pan with olive oil.
4. Heat over low heat, pour in egg mixture and cook.
5. When the eggs have set, transfer frying pan to oven and cook for 15 to 20 minutes.
6. Serve warm or cold with mixed leaf salad and black olives.

Note: Serves four.

Shepherd's pie

Ingredients:

- 500g turkey mince
- 1 celeriac
- 2 carrots, sliced
- 1 large white onion
- 10 organic mushrooms
- 4 heaped tbsp gravy powder
- 1 portion of mozzarella
- Coconut cooking oil
- 1 tsp of any dried mixed herbs

Method:

1. Skin celeriac, chop and place in pan of boiling water to soften and cook for 10 to 15 minutes.
2. Chop onion, mushrooms and carrots. Add coconut oil to a deep pan and heat. Add onions and mushrooms and stir for two to three minutes until slightly golden. Add turkey mince to pan and cook until brown (ten minutes).
3. Add mixed herbs and stir. Add sliced carrots, 250ml of boiling water and gravy powder.
4. Stir and simmer for approx. 15 minutes.
5. Mash celeriac until smooth. Place mince mixture into large deep oven dish. Place celeriac mash evenly over mince mixture.
6. Sprinkle a handful of mozzarella over celeriac mash. Place in oven at 180c for 30 minutes.
7. Serve with savoy cabbage and peas.

Note: Serves four.

Veggie burgers

Ingredients:

- 2 tbsp coconut oil
- 1 onion, finely chopped
- 3 garlic cloves, smashed, peeled and finely chopped
- 2 tsp dried herbs, 1 tsp oregano
- 400g kidney beans or black beans, cooked
- 200g brown rice, cooked
- 50g chopped nuts
- 3 tbsp flour

Method:

1. Melt 1 tbsp coconut oil in a saucepan. Add onion, garlic, herbs and oregano.
2. Season with salt and pepper to taste. Stir fry for five minutes.
3. Chop beans and rice in a blender. Add onion mix and nuts. Blend briefly.
4. Dust work surface with flour. Make six to eight burger shapes. Place on a baking sheet and chill.
5. Melt 1 tbsp coconut oil in frying pan on high heat. Fry burgers until brown (approx. ten minutes).

Note: Serves four.

Vegetable Chilli Con Carne With Guacamole And Quinoa

Ingredients:

- 1 tin of kidney beans
- 1 tin of mixed pulses
- 2 medium onions
- 1 clove of garlic
- 1 tbsp olive oil
- 2 tsp of chilli powder
- 1 fresh red chilli, deseeded and finely chopped
- 1 heaped tsp of ground cumin
- Sea salt and freshly ground black pepper
- 455g/1lb turkey mince
- 4 large tomatoes or 2 x 400g tinned tomatoes
- Quinoa
- Green salad leaves

Method:

1. Ensure you have a metal pan or casserole dish with a lid to use on the hob and in the oven.
2. Preheat the oven to gas mark 2 (150).
3. Put the onions and garlic in a food processor until finely chopped and, then fry in a little oil until soft.
4. Add the chilli powder, fresh chilli, cumin and a little seasoning.
5. Add the mince and continue to cook, stirring until all has browned. Now add the tomatoes and a wineglass of water.
6. Season a little more according to taste.
7. Bring to a boil, cover with greaseproof paper or lid to prevent burning, and then either turn the heat down to simmer and cook for 90 minutes or transfer to the oven for 90 minutes.

8. Add the kidney beans and pulses 30 minutes before the end of the cooking time.
9. Serve with a green salad, quinoa and guacamole (recipe below).

Note: Serves four. It always tastes better if you cook it the day before, as flavours will develop.

Guacamole

Ingredients:

- 3 avocados - peeled, pitted, and mashed
- Juice of one lime, fresh squeezed
- 1 tsp. salt
- 75g diced onion
- Handful chopped fresh coriander
- 2 small tomatoes, diced
- 1 garlic clove
- 1 pinch ground cayenne pepper (optional)

Method:

1. In a medium bowl, mash together the avocados, lime juice, and salt. Mix in onion, coriander, tomatoes, garlic, and cayenne.
2. Refrigerate, covered, for one hour, then serve.