

OVERNIGHT OATS

INGREDIENTS

- 25g organic rolled or jumbo oats
- 1 tbsp oat bran
- 80ml milk of choice
- 2 tsp Chia seeds (optional)
- Natural live yoghurt to choice (2 - 3 tbsp)
- ½ tsp cinnamon
- Optional 1 tsp honey

METHOD

1. Mix the dry ingredients with the milk or juice and/or live yoghurt and leave in the fridge overnight. A screw top glass jar is perfect for this.
2. Put everything in it and shake, then top with extra items in the morning if liked.

For example:

- A spoon of flaked almonds
- A tbsp of walnuts or brazil nuts or hazel nuts or seeds
- 1 chopped up kiwi
- 4 prunes or dried apricots
- 1 tbsp dried raisins or cranberries
- 40g blueberries, or any other berries
- Frozen berries or chopped banana or grated apple



BERRY AND OAT CRUMBLE

INGREDIENTS

- 300g mixed berries (fresh or frozen)
- 1 tbsp honey or maple syrup
- 90g rolled oats
- 30g almond flour
- 30g chopped almonds
- 1 tsp cinnamon (remains the same)
- 2 tbsp melted coconut oil

METHOD

1. Preheat the oven to 180°C.
2. Spread the berries in a baking dish, then drizzle with honey or maple syrup.
3. In a bowl, combine oats, almond flour, almonds, and cinnamon.
4. Pour the melted coconut oil over the oat mixture and stir until well combined.
5. Spread the oat mixture evenly over the berries.
6. Bake for 20-25 minutes until the top is golden and the berries are bubbling.
7. Serve warm, optionally with a dollop of Greek yogurt.



BORLOTTI BEAN SALAD

INGREDIENTS

- 400g can of Borlotti Beans, drained
- 2-3 tbsp herbs (parsley, mint or coriander)
- 160g salad vegetables in season, this may include cucumber, tomato, beetroot, celery, carrot, red pepper, or radishes
- 1 finely chopped red onion

Dressing

- 3 tbsp extra virgin olive oil or other nice oil
- 1-2 tbsp lemon juice
- 1 clove crushed garlic, salt and pepper
- (Optional tsp wholegrain mustard or honey or dry roast cumin seeds)

METHOD

1. Chop vegetables and herbs and add to bowl.
2. Mix dressing.
3. Mix everything together in a jar and shake up.
4. Serve with wholemeal mini pitta bread for a complete protein, or add any other protein food like smoked mackerel, hard boiled egg or feta cheese.



MEDITERRANEAN SALMON WITH LENTILS & VEGETABLES

INGREDIENTS

- Salmon fillet
- 200g cooked green or brown lentils
- 1 medium courgette, diced
- 1 red pepper, diced
- 1 small red onion, sliced
- 2 garlic cloves, minced
- 1 tsp paprika
- 1 tsp dried oregano
- ½ tsp black pepper
- 1 tbsp lemon juice
- Fresh parsley, chopped (for garnish)

METHOD

1. Preheat the oven to 200°C.
2. Dice veg and place on a baking tray. Drizzle with half the olive oil, and sprinkle with paprika, oregano, and black pepper.
3. Bake in the preheated oven for 10–12 minutes.
4. Push vegetables to the side of the tray, making space for the salmon fillets. Place the salmon skin-side down, drizzle with the remaining olive oil and lemon juice, and add a little black pepper.
5. Bake for another 12–15 minutes.
6. Heat the cooked lentils in a pan over medium heat with the minced garlic for 2–3 minutes to warm through.
7. Serve and garnish with chopped parsley and a wedge of lemon.



CHICKPEA & VEGETABLE STIR-FRY

INGREDIENTS

- 150g cooked brown rice
- 1 can (400g) chickpeas, drained and rinsed
- 1 medium courgette, sliced
- 1 red or yellow pepper, sliced
- 1 small red onion, sliced
- 1 tbsp olive oil
- 1 tsp cumin and smoked paprika
- Salt and pepper to taste
- Fresh parsley or coriander, chopped (for garnish)

METHOD

1. Prepare brown rice according to package instructions, then set aside.
2. In a large pan, heat olive oil over medium heat and add the red onion and cook for 2–3 minutes until softened.
3. Add the courgette and pepper and cook for 5 minutes, stirring occasionally.
4. Add the chickpeas, cumin, and smoked paprika, stirring to coat. Cook for another 5 minutes.
5. Serve and garnish with parsley or coriander.

