

# SIMPLY REAL HEALTH

*a healthy life, made simple*

## FOOD ACADEMY WEEK 3 RECIPES

### **Grain Free Cozy Oatmeal**

*Makes 4 servings*

*Notes: this heated porridge is amazing with any other additions you'd like- a little maple syrup, coconut flakes, poppyseeds, sunflower seeds, nuts, cinnamon, etc. Use what you have! As long as the flax and chia seeds are in there, the mixture will absorb the milk. I love this for a weekend brunch option, but it's just as easy for a weekday meal.*

- ¼ cup flax seeds
- ¼ cup pumpkin seeds
- ¼ cup walnuts or pecans, chopped
- ¼ cup dried cranberries
- 2 tablespoons chia seeds
- 4 tablespoons coconut milk

Combine all nuts and seeds in a glass jar and shake to combine. Store in the fridge until you're ready to eat. Pour 4 tablespoons of the mixture into a saucepan and add 4 tablespoons coconut milk. Heat over low heat until the milk absorbs and thickens. Serve warm.

### **Pumpkin Pancakes**

*Makes approximately 8 medium pancakes*

*Notes: These almost too simple and healthy pancakes are great served with natural peanut or almond butter, homemade whipped cream, seasonal fruit or a drizzle of maple syrup or raw honey.*

- 1 large ripe banana
- ¼ cup pumpkin puree
- 2 organic cage-free eggs
- 1 teaspoon honey or maple syrup
- ¼ teaspoon baking powder
- ¼ teaspoon cinnamon
- butter or coconut oil (for cooking)

Add all ingredients to a blender and blend until smooth. Or, mash banana by hand, then add eggs, baking powder, and cinnamon to a bowl and mix well. Transfer mixture to a measuring cup with a spout for easy pouring.

### **Chunky Chopped Greek Salad**

*Makes approximately 4 large servings*

*Notes: This dish tastes best after a day of marinating in the fridge! Great additions include crumbled feta cheese and fresh chopped mint. This makes a perfect side dish or chunky salsa to add over grilled seafood, green salads or meat.*

2 large cucumbers  
2 bell peppers  
12 pitted kalamata olives, sliced in half  
½ red onion, finely chopped  
2 teaspoons dried oregano, basil, or dill (or 4 teaspoons fresh)

*Dressing:*

Drizzle of olive oil  
½ lemon, juiced  
sea salt and pepper to taste

Peel cucumbers, remove ends, and slice each in half, lengthwise down the middle. Use a spoon to scoop out the inner seeds and discard. Slice cucumber into strips, then cut into small cubes and add to a mixing bowl. Cut peppers and onion into similar sized cubes and add to the bowl, with the olives and herbs. Drizzle all ingredients with dressing and toss gently to serve.

### **Roasted Sesame Green Beans**

*Makes 2-3 servings*

½ lb green beans, ends trimmed  
1 shallot, sliced  
½ cup slivered almonds  
2 teaspoons sesame seeds  
1 tablespoon toasted sesame oil  
generous amount of sea salt and pepper

Preheat oven to 400 and line a baking sheet with parchment paper. Add shallot, green beans, and almonds to the sheet, and toss to coat with toasted sesame oil. Sprinkle with sea salt and pepper and roast for 5-10 minutes until done.

### **Sauteed Apples + Squash with Yogurt and Cinnamon**

*Makes 2 servings*

*Notes: I know this sounds weird, but it's amazing! Try it. For a more hands-off recipe, roast squash and apples in the oven at 400 with olive oil/coconut oil, sea salt and pepper for 20-25 minutes or until browned. For a quicker cooking recipe, sauté both in a big skillet on the stovetop. Also try this recipe with Italian herbs or dill mixed in the yogurt instead of cinnamon. Excellent on it's own, or served over salad or shredded kale!*

2 cups squash cubes or 1 delicata squash, seeds removed and sliced  
1 apple, seeds removed and sliced in a similar size to the squash  
½ cup whole milk greek yogurt  
generous sprinkle of cinnamon

Melt coconut oil a large skillet and add squash pieces first, cooking on medium-high heat until they begin to soften and brown. Add apples next and continue to cook until they brown. Remove from pan, add a dash of sea salt, a dollop of yogurt on top and sprinkle with cinnamon. Serve warm.

### **Nutty Crispy Fish Sticks**

*Notes: You can also use ground almonds, pecans or cornflakes instead of pumpkin seeds here, although they give it a great nutty flavor. You can also make these skewers on the grill, just be sure to spray the grates first! Recipe adapted from We Love Cooking.*

Serves 4

18 oz (cut into 12 smaller, equal sized pieces) of white fish  
½ cup pumpkin seeds  
1 tablespoon parsley, chopped  
1 lemon, zested  
½ teaspoon pepper  
½ teaspoon sea salt

Preheat broiler and place a metal rack over a baking sheet. Thread a piece of fish on each skewer (making 12 skewers overall). Pulse pumpkin seeds in a blender or food processor. Add the mixture to a shallow bowl, then add lemon zest, parsley, salt and pepper and stir to combine.

Dip fish sticks in olive oil, then into the seed mixture. Place on metal rack and broil for 2-3 minutes on each side until crust begins to brown and the fish is firm.

### **Cabbage Slaw with Spicy Honey-Cilantro Dressing**

*Makes approximately 2 servings*

*Notes: One of my very favorite salads- and very favorite ways to convert people to cabbage lovers. Great on its own or as a taco filling. Try this recipe with broccoli slaw as well instead of cabbage, or different types of beans.*

1 organic chicken breast or 4 thin-cut chicken tenders or 1 medium piece wild fish or 8 wild prawns  
4 cups pre-cut cabbage slaw or ½ head green cabbage, finely chopped  
1 bell pepper, any color, chopped  
1 avocado, cubed  
1 ear organic corn, kernels sliced off the cob  
1 can pinto beans, rinsed and drained  
chopped cilantro leaves to garnish

### **Spicy Honey-Cilantro Dressing**

*Makes approximately 6 servings*

4 tablespoons olive oil  
2 tablespoons whole milk greek yogurt  
3 teaspoons honey  
2 teaspoons hot sauce (or more if you like spice)  
½ cup cilantro leaves, chopped  
1 large or 2 small limes, juiced  
sea salt and pepper to taste

Cook chicken, fish, or shrimp on the stovetop, or grill on the barbecue over high heat, flipping only when you get a good sear on the first side. Slice or keep whole to serve.

In the meantime, make dressing by combining all ingredients in the blender.

Add cabbage, pinto beans, corn, peppers, and avocado to a large bowl. Toss salad with dressing. Add grilled chicken, fish, or shrimp over the top and garnish with extra cilantro.

### **Carnitas + Beans [crockpot recipe]**

*Makes approximately 4 servings*

*Notes: All around awesome recipe for tacos, salads, or a hearty stew base (just add more broth and veggies of your choice). Avocado and veggies make great accompaniments either way! Recipe adapted from Feed Me Phebe.*

2 lbs organic brisket, pork shoulder or chicken  
8 oz bottle of hard cider, non-alcoholic cider or apple juice  
1 can white or black beans, rinsed and drained  
1 teaspoon cumin  
1 teaspoon chili powder  
1 teaspoon smoked paprika  
1 teaspoon cinnamon  
4 large garlic cloves, crushed  
sea salt and pepper to taste

Cut the meat into cubes, trimming the fat if necessary. Add all ingredients to the slow cooker and cook for 6-8 hours. Remove from the bowl and shred. Return to the slow cooker to keep warm before serving.

### **Creamy Apple Butternut Squash Soup**

*Makes approximately 6 servings*

*Notes: If you can't find a butternut squash or want to save some time, use frozen pre-cut butternut squash cubes or 1 can of pureed pumpkin instead. This soup makes a great side dish for meat, or with added beans or other veggies. Optional to add a scoop of red or green curry paste to make a thai inspired meal!*

1 butternut squash, peeled and cubed (or 3 cups of pre-cut squash cubes)  
1 medium granny smith apple, cubed  
½ sweet onion, chopped  
2 cups organic chicken or vegetable broth  
1 tablespoon dried sage  
¼ cup heavy cream, whole milk or coconut milk  
sea salt + pepper to taste

In a large soup pot over medium heat, add bit of coconut or olive oil and squash cubes. Cover with lid. After 5 minutes, add apple and onion. Add stock and spices and let simmer for 10 minutes, or until the squash is soft. Remove from heat and pour in the cream of your choice, adding more or less if desired. Puree using an immersion blender or transfer to a regular blender and blend until smooth. Season with sea salt and pepper to taste.

### **Mini Coconut Almond Macaroons**

*Makes approximately 30 mini cookies*

*Notes: Warning: These are slightly addicting. And just the perfect amount of "a little something sweet" when you need it.*

4 cups shredded coconut  
4 egg whites  
½ cup slivered almonds, chopped finely  
¼ cup honey, melted  
3 tablespoons coconut oil  
2 teaspoons vanilla extract  
¼ teaspoon sea salt

Preheat oven to 350°F. Line two baking sheets with parchment paper. In a bowl, whisk egg whites and honey together. Add the coconut, coconut oil, chopped slivered almonds, vanilla, and sea salt, and stir to combine. Form small balls with your hands, squeezing out any excess liquid as you go, and arrange on the baking sheet. Bake for 22-24 minutes, or until slightly golden brown.