Health & Environment 2021 COOKBOOK



ENVIRONMENT COUNCIL

the H&E council presents: — Eunoia Cookbook —

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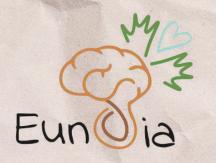
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Design of cookbook by Gianna - Euroia Cookbook

break ast.



2.

whole-wheats bagels

By: Fran

Ingredients:

- 1 cup full-fat greek yoghurt
- 1 cup whole-wheat flour
- 2 tsp. baking powder
- ¾ tsp. salt
- egg whites to coat
- OPTIONAL: sesame seeds, poppy seeds, pumpkin seeds, or any other toppings

Yields **4 servings** Prep. time: 10 min. Cook time: 25 min.

Preparation:

- 1. Preheat oven to 180°C
- 2. In a large bowl, combine flour, baking powder and salt
- 3. Add the greek yoghurt and mix. When formed a cohesive dough, transfer onto a floured surface and knead until smooth
- 4. Divide the dough into 4 equal pieces. Roll each piece into a 2cm rope and form into a bagel (circular shape)
- 5. Prepare a baking sheet with olive oil and place each bagel onto the sheet

Recipe contains fiber and antioxidants





Apple-cinnamon pancakes

By: Fran

Ingredients:

- 1 apple (preferably "delicia")
- 1 tsp. butter + more for frying
- 1⁄3 cup of old-fashioned oats
- 2 tsp. ground cinnamon

- 1 tsp. baking powder
- 1 tsp. vanilla extract
- legg + legg white

Yields **4-6 pancakes** Prep. time: 10 min. Cook time: 10 min.

Preparation:

- 1. Cut the apple into large chunks. Heat a pan and melt the butter. Add the apple and cinnamon and cook until the apples soften, about 4–5 minutes
- 2. Place the apples in a blender with the oats, egg + egg white, baking powder, vanilla extract and cinnamon. Blend until smooth and transfer to a 250ml cup
- 3. Heat more butter. Add 1-2 scoops of batter to the pan
- 4. Cook at medium-low heat for 2-3 minutes, until the top is bubbly and moist
- 5. Flip each pancake and cook for 2–3 more minutes. Repeat and serve with maple syrup and the toppings of your choice

100%

VEGETARIAN

Orange cinnamon granola

By: Fran

Ingredients:

- 2 cups old fashioned oats
- ½ cup pecans
- 1/2 cup walnuts
- ¼ cup chia seeds
- 2 teaspoons ground cinnamon
- ½ teaspoon ground nutmeg
- 1 teaspoon fine salt

- ¼ cup honey or maple syrup
- 2 tablespoons melted coconut oil or butter
- 2 tablespoons orange juice
- Orange zest of 1 orange
- 1 teaspoon vanilla extract
- ¹/₃ cup dried cranberries

Yields **3 cups** Prep. time: 10 min. Cook time: 20-25 min



Preparation:

- 1. Combine the oats, pecans, walnuts, chia seeds and spices
- 2. Mix the honey, coconut oil, vanilla extract and orange juice together
- 3. Add to the mixture of oats and mix until well combined. Line a baking dish with parchment paper and distribute the mixture evenly
- 4. Bake in a preheated oven set at 180°C for 20–25 minutes, until slightly golden
- 5. Allow to cool before adding the cranberries and transferring to a glass jar

Recipe is rich in **Vitamin C.**



Baked Choc-Chip Oats

By: Mandy

Ingredients:

- 1 cup rolled oats
- 1 medium ripe banana
- legg
- ½ cup milk of choice

- 1 teaspoon vanilla extract
- 1 teaspoon baking powder
- 2 tablespoons chocolate chips of choice

Yields **2 servings** Prep. time: 5 min. Cook time: 30 min.

Preparation:

- 1. Preheat oven to 180°C. Grease 2 small oven-proof ramekins
- 2. Blend all ingredients (except chocolate chips) until well combined. It's better if you layer the ingredients dry and wet for an easier blend
- 3. Pour the batter equally into both ramekins
- 4. Add the chocolate chips to the top and any other toppings that you like (we recommend nuts, jam, nut butter, or any freshly cut fruit)
- 5. Bake for 25-30 minutes, or until a toothpick comes out clean.

Oats reduce the risk of **heart disease!**



Simple Overnight Oats

By: Rafa

Ingredients:

- 1/2 cup rolled oats
- 1/2 cup milk of choice
- ¼ cup greek yogurt
- 1 tsp. sweetener of choice
- Cinnamon and salt to taste
- 1 tsp. vanilla extract

Toppings:

- Fruit jam
- Nut butters
- Chopped nuts
- Freshly cut fruit
- Chia seeds

Yields **1 serving** Prep. time: 10 min. Cook time: (overnight)

Preparation:

- 1. Pour all base ingredients into a large glass cup or bowl
- 2. Mix until well combined
- 3. Cover the cup with plastic wrap or lid and leave it in the fridge overnight, or at
 - least 1-2 hours before eating
- 4. Uncover and add the toppings before serving

*Oats can be eaten raw; it is entirely safe to do so!

Oats ease constipation!



Avocado Toast

By: Fran

Ingredients:

- ½ ripe avocado
- ½ finely chopped tomato
- 1 tsp. olive oil
- $\frac{1}{2}$ slice of lemon or lime
- 2 slices of whole-grain bagels (recipe page 3)
- A pinch of salt and nutmeg
- 2 small fried eggs

Yields **1 serving** Prep. time: 5 min. Cook time: 5 min.

Preparation:

1. Toast the slices of bread according to taste.

2. In a bowl, mash the avocado with a fork. Add salt, nutmeg, and lemon/lime juice.

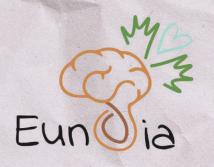
- 3. Heat the olive oil in a pan. Add the chopped tomato and cook for 2-3 mins.
- 4. To fry the egg (with a perfectly runny yolk): Heat a non-stick pan until ripping hot. Crack the eggs separately, lower the heat to medium and cook until most of the egg white is cooked. Then add a splash of water and cover the pan with a lid for 30 exact seconds. Uncover and immediately serve the eggs
- 5. Top the bread with avocado, fried eggs and then the tomato

This recipe is rich in **protein**!



Euroia Cookbook

Desserts



9.

carrot cake bread loaf

By: Maky

Ingredients:

- 150 g brown sugar
- 4 tbsp aquafaba (chickpeas water)
- 80 ml sunflower or another neutral oil
- 25 g almonds (optional)
- 25 g walnuts (optional)

- 125 g gluten-free flour
- 1 tsp baking powder
- 1 tsp baking soda
- 1 tsp nutmeg
- 1 tsp salt
- 180 g grated carrots

Yields **8-10 servings** Prep. time: 15 min. Cook time: 30 min.

Preparation:

1. Preheat oven to 180° C. In a bowl, beat the aquafaba for about 3-4 minutes

- 2. Add the oil and continue beating. Then add the sugar slowly and beat the mix for another 1-2 minutes.
- 3. Incorporate the grated carrots and let them rest for 5 minutes
- 4. Sift the flour, salt, nutmeg, baking soda and baking powder and incorporate them into the other mixture with a spatula and folding movements.
- 5. Finally, add the almonds and walnuts. Pour the mixture on a bread loaf mould and bake for approx. 30 minutes

Recipe contains Bcarotene (**Vitamin A**)

Apple Crymble

By: Fran

Ingredients:

- 4-6 medium "Delicia" apples
- 4 tablespoons ground cinnamon
- 1 cup rolled oats
- ¾ cup "panela" or brown sugar
- 60g softened butter (or coconut oil)
- 1/2 tsp. salt (OPTIONAL)

Yields **10-12 servings** Prep. time: 15 min. Cook time: 30 min.

Enhance

function.

cognitive

Preparation:

- 1. Preheat the oven to 180°C. Grease a 25 x 15 cm pyrex with butter or coconut oil
- 2. Peel the apple skin and grate the apples with an enormous grater blade.
- 3. Place the first layer of grated apples onto the pyrex dish. (Note: There will be 3-4 layers) Sprinkle one tablespoon of cinnamon and form a new layer. Repeat until using all apple grates
- 4. In a bowl, combine the oats, sugar, and butter with your hands
- 5. Sprinkle the mixture on top of the pyrex dish. Bake for around 30 minutes or until the top is golden brown and the apples have begun to bubble
- 6. Turn off the heat and remove it from the oven. Sprinkle with a pinch of salt

cinngmon Rolls

By: Rafa

Ingredients:

- 2 cups of dairy-free milk Fi (almond milk)
- 4 cups of almond flour
- 1 cup of oats
- ½ cup of coconut sugar
- $\frac{1}{2}$ of melted coconut oil
- 2 ¼ tsp of dry yeast

- Filling:
 - 1 cup melted coconut oil
 - ³⁄₄ cup of coconut sugar
 - 2 tsp of cinnamon

Glaze:

- 1 cup of greek yogurt
- 2 tbsp of honey

Yields **10 servings** approx. Prep. time: 2 hr Cook time: 30–45 min.

Preparation:

1. Add two cups of dairy-free milk into a bowl, coconut sugar, coconut oil, and

- dry yeast. Stir until well combined. Let the mixture sit for about 10 minutes.
- 2. Add the sieved almond flour and mix. Let the dough rest for 1hr in the fridge.
- 3. Begin preparing the filling by adding the coconut oil to a bowl and adding the sugar and cinnamon
- 4. Remove dough from the fridge and knead for 5 minutes. Using a rolling pin, roll the dough in a rectangular shape, add the filling and spread it
- 5. Roll the dough into a log, tightly. Using dental floss cut the cinnamon rolls
- 6. Bake for 30 min-45min in a preheated 350°F oven
- 7. Mix the yogurt and honey, pour the glaze over the cinnamon rolls and enjoy!

Recipe contains Bcarotene (**Vitamin A**)

PB + choc vegan bars

By: Mandy

Ingredients:

- 1 ½ cups of rolled oats
- 1 cup of almond flour
- ¼ teaspoon of salt
- 1 cup of peanut butter
- ³⁄₄ cups of honey
- 1 teaspoon of vanilla extract
- 2 cups of dark chocolate chips
- 1 teaspoon of coconut oil

Yields **8-10 servings** Prep. time: 20-25min

REDARK BRUCH APPETITS

pb & chocolate

vegan bars

Preparation:

- 1. Blend your rolled oats till you get a flour texture. Transfer it to a bowl, and add the almond flour and salt to the mixture.
- 2. In a separate bowl, pour your peanut butter along with the honey and vanilla extract used. Mix, then combine the dry ingredients along with the wet ones.
- 3. Add only 1 cup of dark chocolate chips. Set the mixture aside.
- 4. In another bowl, add one more teaspoon of peanut butter, the other cup of dark chocolate and the coconut oil. Melt it in the microwave for 30 seconds.
- 5. Place some parchment paper on a pyrex. Press the oat mixture into the pyrex.
- 6. Finally, pour the chocolate mixture on top. Place it in the fridge to solidify for 2 hours and enjoy!

Recipe contains **fibre** and unsaturated fats!



Doyble Choc Ogt Cookies

By: Sarah

Ingredients:

- 1 cup + 2tbsp oatmeal
- 1 tsp baking powder
- ½ cup cocoa powder
- 1/8 tsp salt
- 1 tbsp coconut oil or butter

- 1 mashed banana (or 6 tbsp)
- ¹/₃ cup brown sugar
- 1 tsp vanilla extract
- ¼ cup milk (any)
- 3 tbsp chocolate chips (optional)

Yields 12-15 **servings** Prep. time: 25 min Cook time: 10 min

Preparation:

1. In a bowl, mix the oatmeal, baking powder, cocoa powder and salt

- 2. Melt coconut oil or butter in a separate recipient. Add the mashed banana, vanilla extract and mix. Add sugar and milk and mix.
- 3. Incorporate the previous dry mix into the wet mixture gradually until a uniform variety is obtained. Add chocolate chips and mix again.
- 4. Let the mixture rest at room temperature for 30min.
- 5. Preheat the oven at 325 F, grease the trays. Separate the mixture into 15 pieces and make small balls. Put these on the tray.
- 6. Bake for 9–11 minutes. Let them rest for about 10min before eating.

Recipe contains **fibre** and **potassium**!



vegan banana fydge

By: Fran

Ingredients:

- 2 large VERY ripe bananas
- ¾ cup canned coconut milk (or non-dairy milk)
- ½ cup rolled oats
- ¹/₃ cup cocoa powder
- ¼ oat flour

- 3 tbsp "panela"
- 2 tsp vanilla extract
- ¼ tsp baking soda
- ¼ fine sea salt
- 40g roughly chopped chocolate

Yields **16 brownies** Prep. time: 5 min Cook time: 20 min

Preparation:

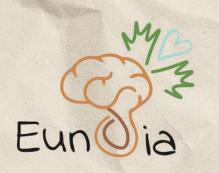
- 1. Preheat the oven to 175°C. Grease a 25 x 25 cm pyrex with cooking spray
- 2. In a blender, process the peeled bananas, non-dairy milk, oats, cocoa powder, oat flour, sweetener, vanilla, baking soda and salt
- 3. Blend until completely smooth and spread over the baking pan
- 4. Sprinkle batter with chocolate and other toppings. Bake for 18–22 minutes or until the center of the brownies is set and the surface appears dry
- 5. Allow to cool completely before cutting into 16 brownie squares

Recipe rich in **potassium**!



Drinks

Euroia Cookbook



Apple Avocado Smoothie

By: Gianna

Ingredients:

- 1 cup of almond milk
- 4 cups spinach
- 1 medium avocado
- 2 medium apples
- chunks and frozen

- 2 teaspoons of honey
- 1/2 teaspoon ground ginger
- Small handful of ice cubes
- 1 medium banana cut into Additions: chia seeds flaxseed, protein powder, almond butter or other nut butter of choice

Yields 2 drinks Prep. time: 5 min

Preparation:

- 1. In the order listed, add the almond milk, spinach, avocado, apples, banana, honey, ginger, and ice to a high-powered blender.
- 2. Blend until smooth. Taste and adjust sweetness and spices as desired. Add your toppings now if you like
- 3. Finally, enjoy your smoothie!

Recipe contains fiber & healthy fats



Berry power drink

By: Rafa

Ingredients:

- 3/4 cup unsweetened almond milk
- 1 cup frozen strawberries about 10 medium/large berries

- 15-ounce container nonfat vanilla Greek yogurt
- ¹⁄₄ teaspoon ground cinnamon
- 1 tbsp honey
- 1/2 cup frozen blueberries 2 scoops of protein powder

Yields 2 drinks Prep. time: 5 min.

Preparation:

1. In the order listed, add the almond milk, strawberries, blueberries, yoghurt, and cinnamon to a high-powered blender.

- 2.Blend until smooth. If you'd like a thinner smoothie, add more milk. For a thicker smoothie, add a few handfuls of ice.
- 3. Finally, enjoy your smoothie!

Recipe

contains



Oatmeal Smoothie

By: Sarah

Ingredients:

- 1/4 cup oats
- 1 banana (chopped into chunks + frozen overnight)
- 1/2 cup vegan milk
- 1 tbsp creamy nut butter
- maple syrup or agave nectar to taste
- 1/2 tsp vanilla extract
- cinnamon, to taste
- salt, to taste
- A handful of ice

Yields **1 smoothie** Prep. time: 5 min.

Preparation:

- 1. Place the oats in the bottom of a blender and pulse a few times until finely ground.
- 2. Add the banana, milk of choice, nut butter, sweetener, vanilla, cinnamon, and salt.
- 3. Blend until smooth and creamy. Add ice near the end and blend one more time. Taste and add additional sweetener. Enjoy immediately.

Recipe contains fiber & carbs.



Coconut Lemonade Frappe

By: Fran

Ingredients:

- About 8 ice cubes
- Juice of 2 limes
- 1-2 tablespoons of sweetened condensed milk (depending on your taste, can be vegan)
- 150ml or ½ cup coconut milk
- 1 teaspoon shredded coconut + more for topping

Yields **1 cup servings** Prep. time: 5 min.

Preparation:

1. In a blender, place the ingredients in this order: ice, lime juice, sweetened condensed milk, coconut milk, and shredded coconut.

2.Blend until smooth or until it reaches the desired texture. Note that it will be thick. If wanted thicker, add more ice cubes, and if wanted thinner, add more coconut milk

3. Transfer to a large cup and top with more shredded coconut. Enjoy!

Very refreshing and nutritious!



Strawberry milkshake

By: Mandy

Ingredients:

- 250 g sliced strawberries (fresh or frozen)
- 1 sliced banana (fresh or frozen)
- 2 tsp chia seeds, optional
- 500 ml almond, soy or oat milk (any vegan milk)
- a handful of ice cubes
- 1 tsp vanilla extract
- 2 tbps honey or agave

Yields **4 cup servings** Prep. time: 5 min.

Preparation:

- 1. Combine all the ingredients in a blender except the ice.
- 2. Blend them until smooth. Add the ice cubes and blend for a few more seconds. Adjust sweetness taste
- 3. Store in a bottle/jar or serve immediately, shaking before drinking

Contains high levels of **antioxidants**.



Oreo milkshake

By: Rafa

Ingredients:

- 1/4 cup full-fat vegan yoghurt
- 1/2 tsp sweetener, optional
- 2-3 oreo cookies

- 1/2 cup vegan milk
- 1 frozen banana cut into thin slices (easier blend)
- 1/2 tsp vanilla extract

Yields **2 servings** Prep. time: 5 min.

Preparation:

- 1. Blend frozen banana, yoghurt, milk and sweetener into your blender and blend until smooth.
- 2. Lastly, add in Oreos and blend for a few seconds until it is chopped and mixed through.
- 3. Pour mixture in glasses, garnish with cookie crumbles and serve

Delicious and easy to make!

22.

Whipped iced coffee

By: Maky

Ingredients:

- 1/2 cup prefered milk
- 1 tbsp instant coffee
- Some ice subes

- 1 tbsp hot water
- 1 tbsp sugar
- 1/2 tsp vanilla extract

Yields **1 serving** Prep. time: 10 min.

Preparation:

- 1. Whip (with a hand blender) the instant coffee, water and sugar for about 5-7 minutes until you obtain a consistent creme
- 2. Pour your chosen milk into a glass with ice cubes and add vanilla extract and sweetener of your choice.
- 3. Finally, add the coffee whipped cream and top with preferred toppings or nothing.

Can Improve **Energy** Levels.



SNACKS

- Eunoia Cookbook

24.

Frozen yoghurt bark

By: Fran

Ingredients:

- 5 tablespoons full-fat Greek yoghurt plain
- 3 tablespoons full-fat Greek yoghurt (flavoured)

*We recommend using full-fat so it freezes better

- 40g chocolate (white or dark)
- Toppings: nut butters, chopped nuts, chocolate drops, berries, jam

Yields **6-10 pieces** Prep. time: 90 min.

Recipe

protein!

rich

in

Preparation:

- 1. Prepare a baking sheet with parchment paper and spray cooking spray
- 2. Form the first layer of bark. Spread four tablespoons plain Greek yoghurt evenly on the sheet to form an approx 20 x 15 cm rectangle
- 3. Add three tablespoons (or more) of the flavoured Greek yoghurt and mix in swirls. The thickness of the bark should be more or less 4–5 mm
- 4. Freeze for a few hours. Melt the chocolate and allow it to cool down. Remove the dish from the freezer and drizzle the chocolate. (Add other toppings here!)
- 5. Put back into the freezer for a few more hours until hardened. Remove from the parchment paper and break into bark chunks. Enjoy!

chocolate chia pudding

By: Rafa

Ingredients:

- 1 cup unsweetened cashew milk or almond milk (any vegan milk will work)
- 3.5 tbsp chia seeds
- 1 tbsp maple syrup or date syrup

- 1 tbsp cocoa powder
- 2 tbsp vegan chocolate chips
- 1 tbsp peanut or any other nut butter

Yields 2 **servings** Prep. time: 15 min. Cook time: 30 min.

Preparation:

- 1. Combine the vegan milk with the cocoa powder until dissolved
- 2. Add the chocolate milk, chia seeds, and sweetener to a container or mason jar and mix well or shake vigorously. Refrigerate overnight or 6 hours.
- 3. Before serving, drizzle the nut butter of your choice and add the chocolate chips. Mix if you like
- 4. Enjoy topped with fresh fruit, chopped nuts, shredded coconut or granola.

Chia improves our digestive system!





Lime Pie energy bites

By: Fran

Ingredients:

- 1 cup dates, about 12
- ³⁄₄ cup raw cashews
- ½ cup shredded coconut
- Zest and juice of 4 large limes
- 1 tablespoon maple syrup
- About ¼ coconut for rolling

Yields **20 servings** Prep. time: 15 min.

Preparation:

- 1. Using a food processor (or blender), combine the dates with cashews, processing until they have a sandy texture.
- 2. Add the coconut, zest and juice of the limes and maple syrup. Process until a dough forms. Add water if the dough isn't forming.
- 3. Form 2-3cm balls and roll them in some shredded coconut
- 4. You can keep them this way (softer texture), or you can freeze them for 60 minutes (for a more rigid texture)
- 5. Store in the fridge or the freezer

Great source of energy and antioxidants!



Choco qvocqdo pydding

By: Rafa

Ingredients:

- 120g semisweet to dark chocolate (we recommend using low-sugar)
- 2 (230g) ripe avocados
- 3 tablespoons cocoa powder

- ¼ cup almond milk, or other non-dairy milk
- 1 teaspoon vanilla extract
- 1-3 teaspoons of liquid sweetener

Yields **4-8 servings** Prep. time: 15 min.

Preparation:

- 1. Melt the chocolate in either a microwave or a water bath. Allow cooling
- 2. Blend the avocados, cocoa powder, non-dairy milk, vanilla, sweetener, and cooled melted chocolate until smooth and creamy
- 3. Spoon into individual glasses or containers. Refrigerate until well chilled, for 2 hours or overnight
- 4. Serve with fresh berries, cream or chocolate shavings

Avocados are beneficial for our **cardiovascular** system!

Hymmys and pita chips

By: Maky

Ingredients:

- 1 cup chickpeas
- Some water left from chickpeas' can or boiling water
- 3 tbsp olive oil

- 1 tbsp lemon juice
- Salt, pepper, paprika, garlic, basil or other prefered spices
- 3 pan pita or tortillas

Yields **2-3 servings** Prep. time: 15 min.

Preparation:

- 1. Preheat the oven at 200°C
- 2. Cut the pan pita sheets or tortillas in triangles, as shown in the picture.
- 3. Put some olive oil in a baking tray and spread the triangles with some salt and spices
 - -Bake for about 10 minutes.
- 4. Meanwhile, blend the chickpeas, some water, 1 tbsp of olive oil, two garlic cloves, salt, lemon juice and other preferred spices until you achieve a creamy consistency.
- 5. Turn the pita chips onto their other side, so they bake evenly.
- 6. Serve the hummus in a jar or small bowl. Take the pita chips out of the oven and serve them next to the hummus.

Good source of protein and energy!



chocolate kiwicha chips

By: Anna

Ingredients:

- ½ cup coconut oil
- ¼ cup agave nectar
- ¼ cup cocoa powder
- Vanilla extract
- 1½ cups kiwicha

Yields **12 servings** Prep. time: 15-60 min.

Preparation:

- 1. In a large bowl, mix the melted coconut oil, agave, cocoa powder and vanilla extract until combined.
- 2. Fold in the kiwicha (add any other toppings: cranberries, nuts, seeds, etc.)
- 3. Scoop into cookie-sized balls onto a parchment-lined baking sheet. Press to flatten them out
- 4. Freeze for about 1 hour until harden, then transfer to the fridge in a container. Enjoy for about two weeks (they won't last any longer)

Kiwicha contains amazing **antioxidants**



cranberry granola bars

By: Anna

Ingredients:

- 2 tbsp quick-cooking oats
- ½ cup of old-fashioned oats
- ¼ cup of pumpkin seeds
- ¼ cup of chopped almonds
- ½ cup of mixed nuts
- ½ cup of dried cranberries
- ½ cup sweetened condensed milk

Yields **12 bars** Prep. time: 15 min. Cook time: 30 min.

Preparation:

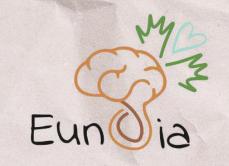
- 1. Preheat an oven to 175°C. Line a baking tray with a greased parchment paper.
- 2. Mix the quick-cooking oats, old-fashioned oats, pumpkin seeds, almonds, nuts, cranberries, and sweetened condensed milk in a bowl.
- 3. Spread the mixture evenly into the prepared baking tray and bake in the preheated oven until the edges are golden brown, which should be around 20 to 25 minutes
- 4. Allow the bars to cool for 5 minutes before lifting them from the pan.
- 5. Use a sharp knife to cut the baked mixture into bars & let the bars cool down.
- 6. Store some of the bars in an airtight container & eat some now. Enjoy!

Great source of energy and vitamins!



Dinners

Euroia Cookbook



32.

vegan Primavera pasta

By: Anna

Ingredients:

- 500g rigatoni or farfalle
- 4tsp Extra virgin olive oil
- 1 medium
- zucchini/eggplant (cut into small, similar sized rectangles)
- 2 garlic cloves, (minced)

- 12 halved cherry tomatoes
- 1 red bell pepper, (cut into small rectangles)
- 1 medium 'Aji Amarillo', (cut into small pieces)
- Salt + pepper
- 2 tsp Italian seasoning

Yields **4-5 servings** Prep. time: 10 min. Cook time: 10 min.

Preparation:

- 1. Cook the pasta with 1 tsp salt, according to the package instructions. Before draining, save ½ a cup of pasta water for later. Set aside.
- 2. On a large pan, heat 2 tsp of olive oil. Add bell peppers and aji Amarillo. Cook on medium heat until cooked through, then add garlic and zucchini. Stir occasionally until the zucchini softens up.
- 3. Add cherry tomatoes and ½ cup pasta water, stir, and cover the pan. Wait 3 minutes and stir. Change the heat to low. Cover and wait 3 more minutes.
- 4. Add seasoning, salt and pepper and stir. Transfer the pasta into the pan with vegetables. Add the olive oil, stir and turn the heat off. Serve!

A great **balanced** meal!



Chickpeg salad By: Sarah

By: Sarah

Ingredients:

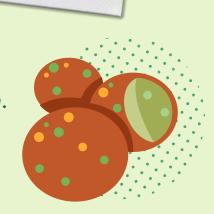
For the chickpeas:

For the salad:

- 1 cup dry chickpeas
- 1 bay leaf + baking soda
- 3 tablespoons olive oil
- 1/2 tsp paprika, cinnamon, and cumin
- ¹⁄₄ tsp nutmeg, black pepper and salt

- 3 cups chopped spinach
- 2 red bell peppers, cubed
- 1 large red onion, chopped
- 1 large avocado, cubed
- 2 ¹/₂ 3 cups of chickpeas
- 2 tbsp bbq sauce

Yields 6 servings Prep. time: 15 min. Cook time: 25-30 min.



Preparation:

- 1. Soak the chickpeas for 8 hours or overnight. Place the chickpeas in a cooking pot with 4-5 cm excess water. Add the bay leaf and one teaspoon baking soda.
- 2. Bring to a boil, reduce the heat and cook for 1 hour. Preheat the oven to 200°C
- 3. Prepare the flavouring mixing of all the condiments. On a large baking sheet, toss the cooked chickpeas with the olive oil and the flavouring.
- 4. Cook for 25-30 minutes, until crunchy, not burnt. Mix the chickpeas halfway through so they don't burn, and while the chickpeas cook, to a large bowl, add the spinach, peppers, onion, and avocado.
- 5. Add the cooked chickpeas and the sweet bbg sauce. Mix and serve immediately!

proteins Rich in and iron!



vegetable Souffle

By: Gianna

Ingredients:

- 150g grated cheese (could be a mix of parmesan and mozzarella)
- 3 large eggs
- 100g of grated carrots
- 150g of broccoli
- 100g of celery

- 100g sweet peas
- 1 red onion, diced
- Salt and pepper and nutmeg to taste
- 1 cup of milk

Yields **8 servings** Prep time: 20 min Cook time: 30 min.

Preparation:

- 1. Preheat oven to 150 degrees. Grease a pyrex with butter and parchment paper.
- 2. Grate the carrots and measure 150g. Then, using a knife cut the vegetables into small chunks (broccoli and celery)
- 3. Separate the egg yolks from the whites. In a mixing bowl beat the eggs yolks with the milk and the cheese mixture (grated).
- 4. Beat the whites until doubled in size and fluffy. Fold in the yolk mixture
- 5. To this new mixture, add the vegetables and mix well until combined. Season with salt and pepper
- 6. Pour the mixture to the pan and place it in the oven Bake for 30 minutes at 350°F



vitamin

Contains

B9!

Quinog green salad

By: Sarah

Ingredients:

- 1 cup cooked quinoa
- 1 cup cooked wheat (trigo)
- 1 avocado
- ½ cup crumbled blue or feta cheese
- 1 large broccoli
- 3 cups baby spinach

- 2 tbsp olive oil
- 2 pears or green apples
- ³⁄₄ cup dried cranberries
- 1 tbsp apple cider vinegar
- Salt and pepper, to taste

Yields **4 servings** Prep time: 20 min.



- 1. Prepare the vegetables: Dice the avocado into small cubes. Steam the broccoli over boiling water for 3–5 minutes. Thinly slice the apples/pears. Chop the baby spinach roughly and run through boiling water for 15–20 seconds, until shrunken
- 2. Cook your quinoa and wheat according to the package instructions
- 3. Prepare the dressing by combining olive oil, apple cider vinegar, and salt and pepper
- 4. In a large bowl, combine the quinoa, wheat, broccoli, cranberries, and cheese of your choice. Mix until well combined
- 5. When ready to serve, add the avocado and sliced apples/pears. Drizzle with the dressing and serve immediately

Rich in proteins and iron!





Teriyaki shrimp bowl

By: Fran

Ingredients:

- 1 cup cooked quinoa
- 500g cooked shrimp
- 3 garlic cloves
- 1 tablespoon olive oil
- ¼ cup teriyaki sauce
- Sesame seeds & sesame oil
- 1 avocado
- 1⁄2 large cucumber, sliced

• 1 cup edamame

Sauce:

- ¼ cup soy sauce
- 2 tbsp maple syrup
- 1 tbsp rice vinegar
- 1/2 tsp grated ginger
- 1 tbsp cornstarch

Yields **2 servings** Prep time: 20 min.



- 1. Add olive oil to a large skillet. When heated, add the shrimp and sauté over medium heat for 2-3 minutes, until it just begins to turn a pink colour.
- 2. Make the teriyaki sauce by whisking all of the sauce ingredients together
- 3. Add minced garlic to the skillet and sauté for 1 minute. Reduce the heat to low, then pour ¼ cup of the teriyaki sauce into the pan. Stir until the shrimp is coated
- 4. Remove from the heat, then sprinkle the shrimp with sesame seeds
- 5. To assemble, add the quinoa to a bowl, top it with the shrimp, edamame, cucumber and avocado. Drizzle the remaining teriyaki sauce

Great balanced meal!



Chicken cyrry + coco rice

By: Fran

Ingredients:

For the rice

- 1½ cups white rice
- 1½ cups boiling water
- 1½ cups coconut milk
- 2 bay leaves

For the chicken curry

• 800g chicken breast

- 1 cup crushed tomatoes
- ³⁄₄ cup coconut milk
- 1 red onion, diced
- 2 tbsp tomato paste
- 4 tbsp curry powder
- Salt and pepper to taste
- Vegetable oil, to cook

Yields **4 servings** Prep time: 15 min. Cook time: 60 min.

Preparation:

1. Cook the rice with boiling water, coconut milk, and bay leaves.

- 2. Cut the chicken breast into chunks, about 3cm in size. Season with 3 tbsp of curry powder and store in the fridge for a minimum of 1 hour
- 3. Heat oil in a large pan and add the onion—Cook for about 5 mins. Add tomato paste and reduce the heat to medium. Cook for three more mins, then pour in the tomatoes and coconut milk. Add remaining curry powder and season with salt and pepper.
- 4. Increase the heat and add chicken. Reduce to a simmer and cook for 15-20 minutes
- 5. Serve the rice on a plate with the chicken on the side, and drizzle the sauce over the dish. Top with shredded coconut, laminated almonds, or a chopped hard-boiled egg

Contains **antiinflammatory** compounds.



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