



cannelle
NUTRITION

Women's Health Reset

Uta Boellinger

<https://www.cannelle.co.uk/>



Linseed & Blueberry Overnight Oats

3 servings

10 minutes

Ingredients

450 milliliters Unsweetened Almond Milk
120 grams Oats (rolled)
3 tbsps Ground Flax Seed
3 tbsps Chia Seeds
200 grams Frozen Blueberries

Directions

- 1 In a bowl, combine the oats, seeds and almond milk. Stir well and let sit for 5 minutes. Stir again then divide amongst 3 jars. Top with blueberries. Cover and let sit for at least three hours or overnight.
- 2 When ready to eat top with cinnamon, nut butter and or cacao nibs. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to 3 days.

More Flavor: Add a pinch of cinnamon.

Milk: Instead of almond you can use organic soy or coconut milk (make sure it's unsweetened).



Chocolate Shake

1 serving

5 minutes

Ingredients

45 grams Oats
1 tbsp Almond Butter
2 tbsps Cacao Powder
250 milliliters Unsweetened Almond Milk
1 tbsp Ground Flax Seed
1 tbsp Hemp Seeds

Directions

1

In your blender, combine all ingredients. Blend until smooth, pour into glasses and enjoy!

2

Optional: add a few ice cubes

Notes

Likes it Sweeter: Add 1 pitted medjool date.

More flavour: Add some cinnamon



Raspberry Yoghurt Overnight Oats

3 servings

10 minutes

Ingredients

120 grams Oats (rolled)
1/3 cup Plain Greek Yogurt
300 milliliters Unsweetened Almond Milk
3 tbsps Ground Flax Seed
3 grams Cinnamon
250 grams Raspberries (fresh or frozen, thawed)

Directions

- 1 Add the oats, almond milk, flax seed, yoghurt and cinnamon together in a large bowl. Stir well to combine. Seal and place in the fridge overnight, or for at least 3 hours.
- 2 Remove the oats from the fridge. Divide into containers and top with raspberries. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to 3 days. Enjoy cold, or warm on the stovetop with almond milk.

Nut-Free: Use a nut-free milk such as coconut or soy.

No Rolled Oats: Use quick oats instead.



Blueberry Protein Smoothie

1 serving

5 minutes

Ingredients

250 milliliters Unsweetened Almond Milk
80 grams Frozen Blueberries
1 tbsp Ground Flax Seed
25 grams Vanilla Protein Powder

Directions

1

Add all ingredients into a blender and blend until smooth. Pour into a glass and enjoy!

Notes

Leftovers: For best results, enjoy freshly made. Refrigerate for up to one day.

Nut free: Use plain coconut milk or organic soy instead.

No blueberries: Use raspberries or mixed frozen berries instead.



Poached Egg & Avocado on Toast

1 serving

15 minutes

Ingredients

1 slice Rye Bread
1/2 Avocado
Sea Salt & Black Pepper (to taste)
2 Egg
1 tbsp Apple Cider Vinegar
1/8 tsp Sea Salt
1 tsp Parsley (fresh parsley, chopped finely)

Directions

- 1 Toast bread.
- 2 Cut avocado in half, remove the pit and cut into fine slices. Layer avocado on the toast, mash with a fork and season with a bit of sea salt and black pepper.
- 3 Crack your eggs into a bowl.
- 4 Bring a pot of water to a rolling boil on your stovetop. Add sea salt and vinegar. Begin stirring your water with a spoon to create a whirlpool. Carefully add your eggs into the whirlpool. Cook for 3 to 4 minutes then use a slotted spoon to carefully remove from the poached eggs onto a plate lined with paper towel to soak up the excess liquid.
- 5 Transfer the eggs to the top of your toast and season again with sea salt and pepper. Add finely chopped fresh parsley. Enjoy!



Hormone Balancing Seed Loaf

10 servings

3 hours

Ingredients

65 grams Sunflower Seeds
85 grams Whole Flax Seeds
65 grams Pumpkin Seeds
50 grams Chia Seeds
165 grams Oats (rolled)
20 grams Psyllium Husks
1/2 tsp Sea Salt
45 milliliters Avocado Oil
350 milliliters Water

Directions

- 1 In a large bowl, combine sunflower seeds, flax seeds, pumpkin seeds, chia seeds, oats, psyllium husks and salt. Mix well.
- 2 In a separate bowl, whisk together the avocado oil and water. Add the wet ingredients to the dry ingredients and mix very well until everything is combined.
- 3 Line a loaf pan with parchment paper, allowing the ends of the parchment to come higher than the sides of the pan. Pour in the mixture. Let it stand for two hours (or overnight) to thicken further.
- 4 Preheat the oven to 180°C. Place the loaf pan in the oven and bake for 20 minutes. Then remove the loaf from the pan by pulling up the sides of the parchment. Remove the parchment and place the loaf upside down directly on the oven rack and bake for another 30 minutes.
- 5 Remove from the oven and let it cool completely before slicing. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to five days. Freeze for up to three months.

Serving Size: One serving is equal to one slice of bread.

Additional Toppings: Serve with nut or seed butter, hummus, avocado, or chia jam.

Psyllium Powder: If you are using psyllium powder instead of the whole husks, cut the amount used in half.



Chicken Caesar Salad Wraps

4 servings

15 minutes

Ingredients

3 tbsps Extra Virgin Olive Oil (divided)
1/4 cup Tahini
3 tbsps Lemon Juice
1 tsp Dijon Mustard
3 tbsps Nutritional Yeast
Sea Salt & Black Pepper (divided)
30 milliliters Water
1 head Romaine Hearts
4 Corn Tortilla
1 Tomato (chopped, seeds removed)
450 grams Chicken Breast, Cooked
(chopped into cubes or slices OR use
veggie chicken replacement)

Directions

1

Add the olive oil, tahini, lemon juice, mustard, nutritional yeast, sea salt and water to a jar. Shake vigorously to combine until smooth and creamy.

2

Place a few leaves of lettuce in a tortilla, and add the tomato. Place the chicken on top and drizzle with the tahini caesar dressing. Wrap and repeat until all the wraps are made. Enjoy!

Notes

Leftovers: All ingredients are best stored separately, and away from the dressing. Refrigerate the dressing for up to one week.

Additional Toppings: Add sliced or cubed avocado.

More Flavor: Season the chicken with herbs and spices like oregano, thyme, garlic powder and onion flakes.



Spinach & Sweet Potato Frittata

2 servings

25 minutes

Ingredients

2 tbsps Extra Virgin Olive Oil
1 Sweet Potato (medium, peeled and cut into small cubes)
45 grams Baby Spinach (chopped)
6 Egg (whisked)
Sea Salt & Black Pepper (to taste)

Directions

- 1 Preheat the oven to 200°C.
- 2 Heat the oil in a cast-iron skillet (or another oven-safe pan) over medium heat. Add the sweet potato and cook, stirring occasionally, for about 10 minutes or until the potatoes are just tender. Add the spinach and stir until wilted.
- 3 Season the whisked eggs with salt and pepper then pour the eggs into the pan with the vegetables and let the eggs cook for about 30 seconds or until they just begin to set before gently stirring with a spatula to ensure the vegetables are well incorporated into the eggs. Transfer the skillet to the oven.
- 4 Bake for 10 to 12 minutes or until the eggs have set and are firm to the touch in the center of the pan. Let it sit for about five minutes before cutting into wedges. Serve and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

More Flavor: Add onions, garlic, and/or fresh herbs, like chives, basil, or dill.

Additional Toppings: Salsa, hot sauce, or ketchup.

No Spinach: Use kale or swiss chard instead.



Roasted Tomato & Lentil Bowl with Feta

2 servings

40 minutes

Ingredients

1 Red Onion (sliced)
150 grams Cherry Tomatoes
1 Green Bell Pepper (chopped)
2 tbsps Extra Virgin Olive Oil
50 grams Kale Leaves (chopped)
200 grams Green Lentils (cooked, drained and rinsed)
1 Avocado (sliced)
100 grams Feta Cheese (crumbled)
Sea Salt & Black Pepper (to taste)
2 tbsps Balsamic Vinegar
2 tbsps Parsley (chooped, fresh parsley)

Directions

- 1 Preheat oven to 200°C. Line a baking sheet with parchment paper.
- 2 In a large mixing bowl, combine diced red onion, cherry tomatoes and green pepper. Toss with extra virgin olive oil and season with sea salt and black pepper to taste. Spread vegetables across your baking sheet and place in the oven for 20-30 minutes.
- 3 Meanwhile, add kale to the mixing bowl and drizzle with a splash of extra virgin olive oil. Massage the oil into the kale. On a separate lined tray add kale to the oven for the last 10 minutes of baking time
- 4 Remove roasted veggies from the oven. In a large mixing bowl, toss the veggies with lentils. Mix in the balsamic vinegar to taste.
- 5 Divide the kale between bowls. Top with lentil mix, avocado slices and feta cheese. Sprinkle fresh parsley on top. Enjoy!

Notes

Storage: Store in the fridge covered for up to 2 days.

Prep Ahead: Prepare your red onion, cherry tomatoes, green pepper, kale and feta cheese ahead of time. When ready to eat, roast vegetables, saute kale, slice avocado and assemble the bowls.



Chickpea Quinoa Bowl

4 servings

10 minutes

Ingredients

200 grams Quinoa (dry, uncooked)
1 head Romaine Hearts (chopped)
200 grams Chickpeas (cooked, from the can)
1 Cucumber (chopped)
1 Red Bell Pepper (chopped)
80 grams Red Onion (finely chopped)
200 grams Hummus
70 grams Pitted Kalamata Olives
1/4 cup Extra Virgin Olive Oil
1/4 cup Apple Cider Vinegar
Sea Salt & Black Pepper
1 tsp Oregano
1/4 cup Basil Leaves (fresh chopped basil)

Directions

- 1 Cook the quinoa according to the directions on the package, and set aside.
- 2 Divide the chopped romaine equally between serving bowls or plates. Top with equal amounts of quinoa, chickpeas, cucumber, red bell pepper, red onion, hummus and olives.
- 3 Add the olive oil, apple cider vinegar, Italian seasoning and sea salt to a jar. Seal and shake well to combine.
- 4 Drizzle the dressing over top of the assembled buddha bowls and serve immediately. Enjoy!

Notes

Leftovers: For best results, refrigerate the ingredients separately in airtight containers for up to four days.

No Hummus: Use tzatziki instead.

Prep Ahead: All ingredients can be chopped and prepared in advance. Assemble bowls when ready to eat.

More Flavour: Serve with a lemon wedge and black pepper. Top with crumbled feta cheese.



Roasted Red Pepper & Tomato Lentil Soup

4 servings

45 minutes

Ingredients

2 Tomato (cut in half)
3 Red Bell Pepper (halved and seeds removed)
1 gram Red Onion (coarsley chopped)
3 Garlic (cloves)
3 tbsps Extra Virgin Olive Oil
250 grams Dry Red Lentils (uncooked)
1 liter Vegetable Broth
Sea Salt & Black Pepper
1 gram Oregano
35 grams Cashews (raw, unsalted)

Directions

- 1 Preheat oven to 200°C and line a baking sheet with parchment paper. Toss the tomatoes, red peppers, onion and garlic in olive oil and place on the baking sheet. Place in the oven and bake for 30 minutes.
- 2 Meanwhile, add lentils and water to a stockpot. Bring to a boil. Reduce heat to medium-low and simmer uncovered for 15 to 20 minutes or until tender. Stir in vegetable broth, sea salt, black pepper and oregano in with the lentils and mix well.
- 3 Remove vegetables from oven. Let cool slightly. Peel away the skin from the red pepper and discard. Place vegetables in pot with your lentils.
- 4 Add your cashews to the bottom of your blender. Pour in contents of your stock pot. Ensure there is somewhere for the steam to escape. Blend into a puree.
- 5 Ladle into bowls. Drizzle with a splash of olive oil and red chilli flakes. Enjoy!

Notes

Add Some Greens: Top with chopped baby spinach.



Slow Cooker Lentil Chili

4 servings

30 minutes

Ingredients

200 grams Dry Red Lentils (rinsed, uncooked)
 1 Yellow Onion (medium, diced)
 1 Red Bell Pepper (chopped)
 1 Carrot (chopped)
 3 Garlic (cloves, minced)
 1 tsp Chili Powder
 1 tsp Cumin
 2 tsps Smoked Paprika
 600 grams Diced Tomatoes (from the can with juices)
 30 grams Tomato Paste
 500 milliliters Vegetable Broth
 Sea Salt & Black Pepper (to taste)
 500 grams Red Kidney Beans (from the can, drained and rinsed)
 1 Avocado (optional, sliced)
 1/4 cup Cilantro (optional, chopped)

Directions

- 1 Add lentils, onion, bell pepper, carrot, garlic, chili powder, cumin, paprika, tomatoes, tomato paste, vegetable broth, sea salt and pepper to your slow cooker. Stir well to combine.
- 2 Cover and cook on low for 6 to 7 hours, depending on the strength of your slow cooker. Once it is cooked through, add the kidney beans and stir to combine.
- 3 Ladle into bowls and top with avocado and cilantro (optional). Enjoy!

Notes

Likes it Spicy: Add one chopped jalapeno pepper.

More Flavor: Add the juice of one lime to the slow cooker just before serving.

Leftovers: Store leftovers in the fridge for up to five days, or freeze for longer.



Baked Salmon with Broccoli & Quinoa

2 servings

20 minutes

Ingredients

2 Salmon Fillet
Sea Salt & Black Pepper (to taste)
1/2 head Broccoli (sliced into small florets)
2 tbsps Extra Virgin Olive Oil
200 grams Quinoa (cooked)
1/2 Lemon (sliced into wedges)

Directions

- 1 Preheat oven to 180C and line a baking sheet. Season salmon fillets with salt & pepper and place on sheet.
- 2 Toss the broccoli florets in olive oil and season with sea salt and black pepper. Add them to the baking sheet, arranging them around the salmon fillets. Bake the salmon and broccoli in the oven for 15 minutes, or until the salmon flakes with a fork.
- 3 While the salmon cooks, heat the quinoa and set aside.
- 4 Remove the salmon and broccoli from the oven and divide onto plates. Serve with quinoa and a lemon wedge. Season with extra sea salt, black pepper and olive oil if you like. Enjoy!

Notes

Leftovers: Store covered in the fridge up to 2 days.

Speed it Up: Cook the quinoa ahead of time.

Vegan: Use tofu steaks instead of salmon fillets.



Easy Lentil Curry

3 servings

25 minutes

Ingredients

3 tbsps Extra Virgin Olive Oil
 1 Yellow Onion (large, chopped)
 3 Garlic (clove, minced)
 1 tbsp Ginger (peeled and grated)
 3/4 tsp Cumin
 1 tsp Turmeric
 Sea Salt & Black Pepper
 1 Lime (juiced)
 350 milliliters Vegetable Broth
 250 grams Dry Red Lentils
 3 grams Coriander (optional, roughly chopped)
 250 grams Baby Spinach

Directions

- 1 In a large skillet, heat oil over medium heat. Add the onions, garlic and ginger to the pot, stirring and sautéing for 3 to 5 minutes until the onions begin to soften.
- 2 Stir in all of the cumin, salt peppers and continue to cook for a minute until the spices become fragrant.
- 3 Add the lime juice and vegetable stock. Scrape any browned bits off the bottom of the pan. Add the rinsed lentils.
- 4 Bring the curry to a gentle boil then reduce heat and simmer for 15 minutes or until lentils are completely softened. Meanwhile, cook your rice according to the instructions on the package.
- 5 Add the washed and chopped spinach (and cilantro/coriander if using). Turn off the heat, stir well and leave for another minute. Serve and sprinkle with extra cilantro if desired. ENJOY!

Notes

No Rice: Serve alone or with quinoa, couscous or potatoes instead.

Leftovers: Keep covered in the fridge for up to 4 days or in the freezer for up to 2 to 3 months.

Too Thick: If the curry gets too thick, add extra vegetable broth to thin it.

More Flavour: Add extra cilantro and lime.



Baked Haddock with Pesto

2 servings

15 minutes

Ingredients

2 Haddock Fillet
30 grams Pesto (fresh or from a jar)

Directions

- 1 Preheat the oven to 180°C and line a baking sheet with parchment paper.
- 2 Gently rub the pesto onto the fish fillets. Bake for 7 to 10 minutes or until the fish is cooked through and flakes easily.
- 3 Serve with veggies and rice or potatoes. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to 2 days.

Additional Toppings: Top with additional fresh parsley and fresh lemon juice.

Serve it With: Cauliflower rice, quinoa or brown rice.

No Haddock: Use another white fish instead, like cod, halibut or sea bass.



Herb & Garlic Roasted Vegetables

2 servings

45 minutes

Ingredients

1 head Cauliflower (small, cut into florets)
1 Beet (large, peeled and chopped)
1 head Broccoli (cut into florets)
140 grams Butternut Squash (cut into cubes)
5 milliliters Extra Virgin Olive Oil (melted)
500 milligrams Dried Parsley
2 grams Garlic Powder
Sea Salt & Black Pepper

Directions

- 1 Preheat the oven to 200°C and line a baking sheet with parchment paper.
- 2 Add the cauliflower, beet, broccoli, and squash to the baking sheet. Drizzle with oil and season with parsley, garlic powder, and salt.
- 3 Bake for 35 to 40 minutes or until browned and tender. Season with additional salt if needed. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days.

More Flavor: Add other dried herbs and spices to taste.



One Pan Trout, Green Beans & Radishes

2 servings
25 minutes

Ingredients

- 1 Red Onion (minced)
- 3 tbsps Tamari
- 3 tbsps Extra Virgin Olive Oil
- 2 Rainbow Trout Fillet
- 300 grams Green Beans (trimmed)
- 100 grams Radishes (quartered)
- 2 grams Coriander (chopped)

Directions

- 1 Preheat the oven to 190°C. Line a baking sheet with parchment paper.
- 2 Mix the onion, tamari, and oil in a bowl. Add the trout, green beans, and radishes onto the baking sheet. Add the marinade to evenly coat all of the ingredients. Bake for 15 minutes, or until everything is cooked through.
- 3 Divide evenly between plates. Garnish with the coriander and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to two days.

More Flavor: Add minced garlic.

Fillet Size: One fillet is equal to approximately 160 grams or 5.6 ounces in size.



Cauliflower, Kale & Lentil Detox Soup

6 servings

40 minutes

Ingredients

3 tbsps Extra Virgin Olive Oil
1 Yellow Onion (diced)
2 stalks Celery (diced)
2 Carrot (medium, peeled and diced)
4 Garlic (cloves, minced)
1 head Cauliflower (chopped into florets)
85 grams Kale Leaves (chopped)
1.5 liters Vegetable Broth
450 grams Lentils (cooked)
Sea Salt & Black Pepper (to taste)
2 tbsps Coriander (fresh, chopped)

Directions

- 1 Heat the olive oil in a large pot. Add the onion, celery, and carrots. Cook for about 10 minutes, or until veggies are softened. Add the garlic and cook for 2-3 more minutes.
- 2 Add the cauliflower, kale, and vegetable broth. Bring to a boil then reduce heat to a simmer. Let simmer for 20 minutes.
- 3 Stir in the cooked lentils and season to taste with sea salt and black pepper. Divide between bowls. Enjoy!

Notes

Leftovers: Refrigerate in a covered container up to 4 days. Freeze up to 6 months.

Serving Size: One serving is equal to approximately 2 cups of soup.



Crispy Chickpeas & Cauliflower with Yogurt

2 servings

30 minutes

Ingredients

3 tbsps Extra Virgin Olive Oil
1/2 tsp Cumin
1/2 tsp Turmeric
2 Garlic (cloves)
2 tps Thyme (dried)
1 head Cauliflower (chopped into florets)
240 grams Chickpeas (cooked, rinsed)
Sea Salt & Black Pepper
1 Lime (juiced, divided)
3 tbsps Parsley (chopped)
1 tbsp Sesame Seeds (toasted)
75 grams Plain Greek Yogurt

Directions

- 1 Preheat the oven to 200°C and line a baking sheet with parchment paper.
- 2 In a large bowl, add the oil, cumin, garlic powder, thyme and salt and mix well. Add the cauliflower and chickpeas and toss to combine. Add to the baking sheet and set the bowl aside to use in the next step. Cook the cauliflower and chickpeas for 25 to 30 minutes, flipping halfway through.
- 3 Meanwhile add half the lime juice, parsley and sesame seeds in the same bowl used for the chickpeas and toss to combine. Set aside.
- 4 In a small bowl, yogurt and the remaining lime juice and stir.
- 5 Divide the chickpeas and cauliflower evenly between plates. Add the yogurt and lime & sesame dressing on the side. Enjoy!

Notes

Leftovers: For best results, refrigerate all ingredients in separate airtight containers for up to three days.

More Flavor: Add chili flakes or smoked paprika to the cauliflower and chickpea mix.



Sticky Sheet Pan Tofu Stir Fry

2 servings

35 minutes

Ingredients

200 grams Tofu (extra-firm, pressed, cut into 1-cm thick triangles or cubes)
3 tbsps Tamari (divided)
1 head Broccoli (cut into florets)
1 Carrot (large, peeled and sliced)
1 Red Bell Pepper (medium, chopped)
1 tsp Maple Syrup
1 Garlic (small clove, minced)
1 1/3 tbsps Ground Ginger
2 tsps Red Pepper Flakes

Directions

- 1 Preheat the oven to 200C and line a baking sheet with parchment paper.
- 2 Add the tofu and half of the tamari to a mixing bowl and toss to coat the tofu in the tamari. Transfer the tofu to one side of the baking sheet. To the same mixing bowl add the broccoli, carrot, and bell pepper. Add half the remaining tamari and mix until the vegetables are lightly coated in the tamari. Transfer the vegetables to the other side of the baking sheet.
- 3 Bake the tofu and veggies for 20 minutes.
- 4 Meanwhile, in the mixing bowl combine the remaining tamari, maple syrup, garlic, ginger, and red pepper flakes.
- 5 Flip the tofu and the vegetables then drizzle with the maple ginger sauce. Continue baking for eight to 10 minutes until the sauce is sticky and bubbly. Serve and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days.

Additional Toppings: Sesame seeds, sliced green onion, or more tamari.

Vegetables: Use cauliflower, bell pepper, snap peas, zucchini, or green beans instead.

No Tamari: Use soy sauce or coconut aminos instead.

No Maple Syrup: Use honey or another liquid sweetener instead.

Serve it With: Rice, cauliflower rice, or quinoa.



Apple with Peanut Butter

4 servings

3 minutes

Ingredients

4 Apple
129 grams All Natural Peanut Butter

Directions

- 1 Cut apple into slices and remove the core. Dip into peanut butter and enjoy!

Notes

Keep it Fresh: To avoid brown apple slices, assemble the slices back into the shape of the apple and tie an elastic band around it.



Yogurt & Berries

1 serving

5 minutes

Ingredients

250 grams Plain Greek Yogurt
150 grams Frozen Berries (thawed)
1 tsp Cacao Nibs

Directions

1

Divide yogurt into glasses or bowls. Top with thawed frozen fruit and cacao nibs. You can also add chopped nuts and seeds and any other fruit you like! Enjoy!

Notes

Dairy-Free: Use a dairy-free yogurt like coconut, almond or cashew.

No Frozen Berries: Use any type of fresh fruit instead.



Eggs & Avocado Snack Box

1 serving

15 minutes

Ingredients

- 2 Egg
- 1/2 Avocado (medium, peeled)
- 1/3 Cucumber (sliced)
- 56 grams Cheddar Cheese (cubed)

Directions

- 1 Place the eggs in a saucepan and cover with water. Bring to a boil over high heat. Once boiling, turn off the heat but keep the saucepan on the hot burner. Cover and let sit for 10 to 12 minutes.
- 2 Strain the water and fill the saucepan with cold water. Peel the eggs when cool enough to handle and slice into halves.
- 3 Arrange the boiled eggs, avocado, cucumber slices and cheese in a container. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Additional Toppings: Top the eggs with paprika, salt, pepper, everything bagel seasoning, dill or chives.



Hummus Dippers

4 servings

15 minutes

Ingredients

1 Yellow Bell Pepper
1 Carrot
4 stalks Celery
250 grams Hummus

Directions

- 1 Slice your pepper, carrot and celery into sticks.
- 2 Line up one small mason jar per serving. Fill the bottom of each with 1/4 cup hummus. Then place the veggie sticks into the hummus so that they are standing vertically. Seal the jar and place in the fridge until ready to eat. Enjoy!

Notes

Leftovers: Refrigerate for up to four days.

Mix it Up: Substitute in different veggies like cucumber or zucchini.



Turmeric Latte

2 servings

10 minutes

Ingredients

250 milliliters Canned Coconut Milk (or use almond milk)

250 milliliters Water

2 tsps Turmeric (powder)

1/2 tsp Black Pepper

1 tsp Cinnamon

2 tsps Raw Honey

Directions

1

Add all the ingredients to the saucepan and place over medium heat. Heat through for about 3 minutes, not letting it come to a boil. Whisk continuously.

⋮

2

Carefully transfer into a mason jar and seal with a lid. Shake vigorously for about 30 seconds, or until a foam starts to form. (Note: You can also use a blender for this step, but the turmeric can stain the blender cup.) Pour into glasses or mugs and enjoy!

Notes

Use Fresh Turmeric Root: Skip the turmeric powder and use fresh turmeric root instead. Peel turmeric root and grate. Measure out about 1 tbsp grated turmeric root per serving.

Avoid a Mess: Rinse all glasses and mugs out right after use to avoid turmeric stains. Use baking soda on turmeric stains if they do happen.

On-the-Go: Add all ingredients except water to a mason jar. When ready to drink, just add hot water from the kettle and shake up for a warming, anti-inflammatory snack.

Vegan: Use maple syrup to sweeten instead of honey.