

Health Promotion Team Favourites!

Favourite Recipes, Tips and Tricks!



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ENERGY BITES

Containing whole grains, fruit and protein, these bites will keep you going!



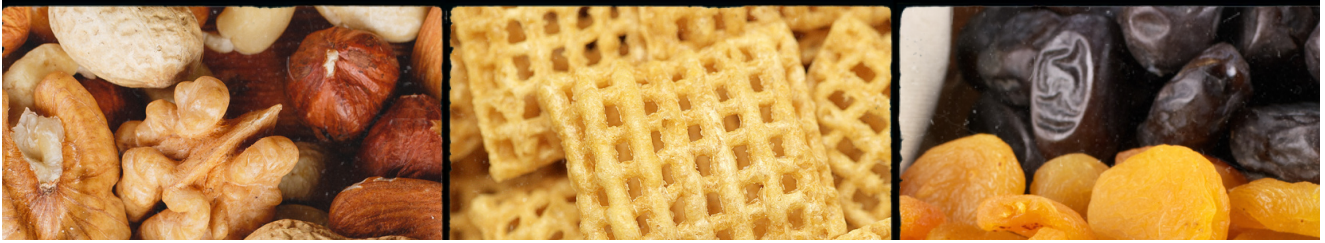
Ingredients

2 ½ cups old fashioned oats
1 cup of mashed bananas
(approximately 2 large bananas)
2 tablespoons honey
¼ cup peanut butter, *or nut butter of your choice*
1 teaspoon ground cinnamon



Directions

- 1 Combine the oatmeal and cinnamon. Add in the mashed bananas, nut butter and the honey. Mix the ingredients until combined.
- 2 Roll out 24 bite-sized balls, approximately 1 inch in diameter. Keep refrigerated until served.
- 3 Will keep in the fridge in an air-tight container up to 1 week.



TOSS & GO TRAIL MIX

Trail mix is a quick and easy snack you can make and take along anywhere for an energy boost!



Mix 1 cup of each of the 3 ingredients below. You can even add dark chocolate chips, yogurt covered raisins, pretzels, or spices like cinnamon! One serving size of trail mix is about half a cup.

Ingredients

1 Nut & Seeds

Choose dry roasted, or unsalted almonds, peanuts, cashews, pecans, walnuts, pistachios, sunflower seeds, pumpkin seeds, or corn nuts.

2 Cereals

Choose a whole grain cereal with 4 g of fibre or more, and 5g of sugar or less such as wheat squares, toasted oats, puffed wheat, rice squares, and whole-grain flakes.

3 Dried Fruits

Choose fruit without added sugar such as raisins, pineapple, apple rings, coconut, prunes, cranberries, cherries, apricots, blueberries, dates, banana chips, or mango.

Try these combinations!

Tropical Trail Mix: Cashews + puffed rice + dried pineapple + coconut

Spicy Trail Mix: Peanuts + corn nuts + toasted oats + raisins + cajun spice

Salty Sweet Mix: Cashews + puffed wheat + yogurt covered raisins + pretzels

PUMPKIN SPICE SMOOTHIE

Everything you need to start the morning right!



Ingredients

1/2 cup canned pumpkin (not pie filling)
1/3 cup plain yogurt
1/3 cup milk
2 tablespoons rolled oats
2 teaspoons honey
1/2 teaspoon pumpkin spice
3-4 ice cubes



Directions

Blend all ingredients until smooth and frothy. Enjoy!

Tips

- 1 Freeze pumpkin purée in ice cube tray instead of adding ice cubes.
- 2 Use Greek yogurt for more protein.



HEALTHY BAKED APPLES

Ingredients

6 large apples

1/2 cup apple cider or water

Filling Ingredients

1 cup old fashioned oats

1/2 cup chopped pecans

1 tsp cinnamon

1/2 tsp nutmeg

1/2 tsp ginger

2 Tbsp coconut oil

2 Tbsp maple syrup



Directions

- 1 Core the apples and slice the tops flat. Place apples in a greased baking dish.
- 2 Combine the filling ingredients in a bowl and fill the centres of the apples with the mixture.
- 3 Add the water or apple cider to the bottom of the baking dish.
- 4 Cover with foil and bake for ~30 minutes.



HOMEMADE GRANOLA

You'll be surprised at how easy it is to make your own granola.

Ingredients

500 g or 5 1/2 cups of rolled oats (not quick oats)

1.5 Tbsp. olive oil

1/4 cup water

3/4 maple syrup (more = sweeter)

1/2 tsp. cinnamon (more to taste)

Personalize it by adding:

Unsweetened dried fruit like cranberries, blueberries, raisins, etc.

Raw seeds/nuts like pumpkin seeds, sunflower seeds, almonds, cashews, etc.



Directions

- 1** Preheat oven to 325°C. Add oats, oil, water, maple syrup and cinnamon to bowl and mix well to ensure even distribution of all ingredients.
- 2** Add any additional dried fruit or nuts/seeds to the mixture and stir well. Use as many or as little of the additional ingredients that you would prefer to personalize your granola.
- 3** Pour mixture onto baking sheet and spread evenly. Put your granola into the oven for 10 minutes to bake.
- 4** After 10 minutes, take the granola out of the oven to stir around, so that it bakes evenly. Let the granola bake for another 15-20 min, or until it is golden brown, then remove it from the oven.
- 5** Let the granola sit for 10-15 min, so that it cools and hardens. Store in a container or zipper bag to maintain freshness.



HEALTHY BAKING TIPS

You'll be surprised at how much you can reduce sugar in recipes without compromising taste!



Tips to boost nutritional value

- Bake "mini" portions instead of "full size"
- Add shredded/puréed carrot, apple, banana or pumpkin to increase nutrients, flavour and moisture.
- Add sweet tasting spices such as cinnamon, nutmeg, cloves and ginger.
- Use dried fruit to add natural sweetness to baked goods.
- Swap butter for heart-healthy oil such as canola oil.
- Cut the sugar by at least 25 percent (when possible).



SPORTS DRINK

Stay hydrated and fueled up for long training sessions



Ingredients

Sports Drink A

2 cups (500 ml) 100% fruit juice

2 cups (500 ml) water

¼ tsp (1.5 ml) salt

Nutritional Information

Per 250 ml (1 cup):

58 kcal,

13 g carbohydrate (5.4 %),

150 mg sodium

Ingredients

Sports Drink B (less fructose)

¼ cup (60 ml) 100% fruit juice

3¾ cups (925 ml) water

4 Tbsp (60 ml) sugar

¼ tsp (1.5 ml) salt

Nutritional Information

Per 250 ml (1 cup):

56 kcal,

14 g carbohydrate (5.7 %),

150 mg sodium





CAULIFLOWER BUFFALO BITES

You'll be surprised at how satisfying these buffalo cauliflower bites really are!

Ingredients

Head of cauliflower, *cut into pieces*

1 tbsp (15 ml) oil

1 tbsp (15 ml) butter, *melted*

¼ cup (60 ml) hot sauce
(*Frank's Red Hot sauce type*)



Directions

- 1** Preheat the oven to 400F.
Toss the cauliflower in oil and spread on a baking sheet lined with parchment paper.
- 2** Bake for 15 minutes, flip and bake for 5 minutes or until browned to your liking.
- 3** While cauliflower is baking, combine the butter and hot sauce. Add the roasted cauliflower to the hot sauce mixture and toss to coat.
Serve with celery and dip.



MARINATED VEGGIE KABOBS



Marinade Ingredients

- ¼ cup extra virgin olive oil
- ¼ cup soy sauce (low sodium)
- 3 Tbps balsamic vinegar
- 4 garlic cloves (minced)
- 1 tsp dried oregano
- ½ tsp ground black pepper

Directions

- 1 Skewer your favourite colourful veggies.
- 2 Whisk or emulsify the marinade ingredients.
- 3 Drizzle onto skewers and let sit 20 mins or overnight.
- 4 Grill skewers 15-20 mins at medium-high heat ~425F.

Skewer Ingredients

Wash, chop and skewer your favourite colourful veggies!

Suggestion: zucchini, coloured bell peppers, mushrooms and onions!

Leftovers are yummy in omelets, pasta or on pizza!



PASTA SAUCE

With a few simple additions, you can boost fiber, protein and overall nutrient content!



Tips

- 1 Add more vegetables to your pasta sauce by chopping them very small so that they are hard to see in the sauce. You can add vegetables such as onions, zucchini, spinach, carrots, celery, red pepper (red is easy to hide in a red sauce!). If you dislike using onions because they irritate your eyes, consider purchasing frozen, ready to use onions.
- 2 Add some protein to your sauce by using legumes, tofu, or your choice of ground meat. If you are using ground meat in your pasta sauce, brown the meat first, and pour out any excess fat into your compost bin. Make sure you don't pour it down the drain, you could end up with clogged pipes!
- 3 Add hummus to your pasta sauce, or pureed chick peas. This will add a nice creamy texture, protein and fiber to your pasta sauce.





SIMPLE COCONUT QUINOA AND LENTIL CURRY WITH LIME MANGO

INGREDIENTS

- 2 tablespoons coconut oil
- 2 red bell peppers chopped
- 2-3 carrots chopped
- 2 cloves garlic minced or grated
- 1 tablespoon fresh ginger grated
- 2-3 tablespoons thai red curry paste
- 1 tablespoons curry powder
- 1 (14 ounce) can full fat coconut milk
- 4 cups coconut water OR vegetable broth OR water
- 1 tablespoon fish sauce *or* soy sauce
- 1 cup green lentils rinsed
- 1 cup mixed red and white quinoa
- 3-4 big handful baby kale
- juice + zest from 1/2 a lemon
- 1/4 cup fresh cilantro + basil chopped
- 1 mango sliced or chopped
- fresh limes, naan, greek yogurt, fresno chiles + almonds, for topping

PREP TIME: 10 MINS

COOK TIME: 25 MINS

TOTAL TIME: 35 MINS

DIRECTIONS

1. Heat the coconut oil in a large heavy bottomed pot set over medium heat. Once hot, add the red pepper and carrots, cook 2-3 minutes or until lightly charred on the edges.
2. Add the garlic + ginger and cook 30 seconds. Add the thai red curry paste and curry powder, continue cooking for another minute or until the curry is fragrant.
3. Slowly pour in the coconut milk, coconut water (or broth or just water) and fish sauce or soy sauce. Stir to combine and then bring the mixture to a boil.
4. Once boiling, stir in the lentils and quinoa. Reduce the heat to a simmer. Cover and cook for 20-25 minutes or until the lentils are tender and the quinoa soft.
5. Stir in the kale and continue cooking, uncovered for another 5 minutes. Remove from the heat the and stir in the lemon juice + zest, the cilantro and basil.
6. Ladle the curry into bowls and top with mango. Drizzle the mango with lime juice + zest. Garnish the curry the with a dollop of greek yogurt, fresno chilies and almonds. Serve with fresh naan.



BLACK BEAN VEGGIE BURGERS

Garnish with fresh veggies (like tomato, avocado, lettuce, sprouts and/or cucumber) and enjoy on a whole grain bun, salad or rice!



Ingredients

1 can black beans (drained & rinsed)
½ green bell pepper (cut into 2 inch pieces)
½ yellow onion (cut into wedges)
3 cloves garlic (peeled)
1 egg
1 Tbsp chili powder
1 Tbsp cumin
1 tsp thai chili/hot sauce
½ cup whole wheat bread crumbs

Directions

- 1** If grilling, preheat an outdoor grill on high heat, and lightly oil a sheet of aluminum foil. If baking, preheat oven to 375 degrees F (190 degrees C), and lightly oil a baking sheet.
- 2** In a medium bowl, mash black beans with a fork until thick and pasty.
- 3** In a food processor, finely chop bell pepper, onion, and garlic. Then stir into mashed beans.
- 4** Stir the egg mixture into the mashed beans. Mix in bread crumbs until the mixture is sticky and holds together. Divide mixture into FOUR patties.
- 5** If grilling, place patties on foil, and grill about 8 minutes on each side. If baking, place patties on baking sheet, and bake about 10 minutes on each side.

CURRIED BUTTERNUT SQUASH SOUP

Warm, comforting and delicious!



Ingredients

1 Tbsp oil
2 medium shallots (thinly diced)
2 garlic cloves (minced-1 Tbsp)
6 cups butternut squash
(fresh or frozen)
Pinch of salt and pepper
1 ½ Tbsp curry powder
¼ tsp cinnamon
1 14-oz can coconut milk
2 cups vegetable broth
1-3 tbsp maple syrup



Directions

- 1** Heat oil in large pot, add shallots, garlic and sauté for 2 minutes.
- 2** Add squash and season with salt, pepper, curry powder, and cinnamon. Stir to coat. Cover and cook for 5 minutes, stirring occasionally.
- 3** Add coconut milk, broth, and maple syrup. Bring to low boil over medium heat. Purée using immersion blender or blender until smooth.