

RECIPES FOR SUCCESS!

WITH THE WHOLEFOOD HERO

Unleash your energy, vitality and accelerate your performance with these delicious, healthy recipes!



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10 time saving recipes & a handy shopping list!

thewholefoodhero.com

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A sublime, peanut butter filled treat which hits that sweet spot every time.



I advise choosing high quality organic produce when possible. This food is generally fresher, more nutrient dense and makes meals taste great!



Banana Pancakes

HEALTHY & FAMILY FRIENDLY

Serves 20 pancakes

Ingredients

1 tbsp coconut oil/grass fed butter
1 cup/170g rice flour
1 egg (optional)
300ml rice/coconut milk or combination of both
1 ripe banana, mashed
1 heaped tbsp milled flaxseed

Method

Put the flour in a baking bowl.
Mix in the flaxseed. Slowly add the milk to the flour.

Mash the banana well and add it to the mixture. Stir well with a fork. Add egg if using.

Continue to mix with a fork. The batter will be lumpy due to the banana. This is normal.

Grease a flat pancake pan. Spoon batter onto pan. Flip pancakes when bubbles appear.

Tips

Add more or less milk depending on the consistency of pancake you want.

Go vegan, omit the egg & butter.

1 tbsp of the batter will make child sized pancakes.

Serve with summer berries, Greek yoghurt, mixed seeds, chopped mixed nuts or a drizzle of pure grade maple syrup.



Granola Bombs

HEALTHY &
FAMILY FRIENDLY

Serves 30 granola
bombs

02

Ingredients

1 cup (170g) porridge oats
1/2 cup (85g) desiccated
coconut
1/2 cup (85g) cooked & pureed
sweet potato (leftover is
good)
1 cup (170g) mixed seeds,
pumpkin & sunflower
2 tsp ground cinnamon
1 cup chopped mixed nuts
4 tbsp coconut oil, melted
1 apple, finely grated
2 tbsp pure grade maple syrup

Method

Mix all dry ingredients in a
large bowl. Massage in
coconut oil and maple syrup.

Roll into bomb/ball shapes.
Transfer to a parchment lined
tray and toast in oven @ 140c
for 20 mins.

Remove from oven and leave
to cool. Store in an airtight
container for 1 week.

Tips

Another opportunity to involve
the children here by letting
them add their own special
ingredients such as
cranberries, raisins, or melted
dark chocolate.

I also use this mixture to make
regular breakfast granola
which is delicious served with
milk, yoghurt, seasonal
berries, fresh fruit salad,
stewed fruits.

For something different, it can
be sprinkled over green salad
leaves or roasted vegetable
salad for a crunchy topping.



Popeye Shake

HEALTHY &
FAMILY FRIENDLY

Serves 2 medium sized
glasses

Ingredients

1 tin coconut milk
2 handfuls spinach
1/3 of a fresh pineapple
1 tsp turmeric
1 heaped tsp spirulina
Water

Method

Roughly chop fruits & vegetables. Whizz all the ingredients in a blender until smooth. Pour into a glass and enjoy!

Tips

Smoothies are a fantastic way to involve children in making their own food. Allow them to experiment and name their signature smoothie. Add more/less water to achieve the desired consistency.

Freeze in popsicles trays to make healthy ice lollies for the little ones.

Spirulina is a green algae powder & can be found in most supermarkets and your local health food store.



Fake Away Rice

HEALTHY &
FAMILY FRIENDLY

Serves 2

Ingredients

1 tbsp coconut oil
2 eggs, whisked
1 cup (170g) wholegrain rice
3 slices bacon, ham/tofu, diced
1 carrot, finely chopped
4 spring onions, finely chopped
4 tbsp frozen peas
2-3 tbsp soya sauce
1 tbsp sesame seeds

Method

Heat wok, Add 1 tablespoon oil
Add diced bacon & carrot and cook for 3-4 mins.

Next add beaten egg and scramble for approx 15 seconds. Add rice and stir until rice separates.

Add remaining vegetables and stir-fry for another 3-4 mins. Stir in the soy sauce before tasting and serving.

Tips

Try out this quick supper recipe instead of ordering a takeaway. It's healthier, cheaper, quick and easy to prepare & tastes just as good.

Other tasty toppings include sweetcorn and peppers.

Leftover rice from the previous day will taste great in this dish.

Go vegetarian: omit meat



Cheesy Greens Omelette

HEALTHY &
FAMILY FRIENDLY

Serves 2

05

ingredients

6 large eggs
handful spring onions
handful spinach
tbsp of garden peas
handful cheddar cheese

Method

crack eggs into a jug and whisk with fork/whisk
chop spring onions finely
tear spinach roughly
grate the cheese
combine all ingredients and pour into a frying pan
cook until mixture begins to stiffen
next transfer to the grill for 3 - 4 minutes
finally sprinkle the cheese on top and grill for another minute
cheese will cook quickly so be careful!

Tips

Other tasty toppings include finely diced red pepper and/or sweetcorn, fresh/dried oregano, basil, goats cheese, chorizo and harissa paste.

Go vegan: omit eggs and use chickpeas



Vegan Balls & Ragu

HEALTHY &
FAMILY FRIENDLY

Serves 2

06

Vegan Ball Ingredients

1 tsp olive oil
1 tin kidney beans, mashed
2 cloves garlic, minced
1/2 onion, finely diced
2 tbsp mixed herbs (basil etc.)
2 tbsp tomato puree/VF pesto
1/3 cup (57g) sunflower seeds, milled
Salt & pepper

Method for Vegan Balls

Use coffee grinder/food processor to mill sunflower seeds. Set aside. Drain & rinse kidney beans. Mash with fork on a plate. Set aside.

Use a small pan to saute garlic & onion in oil. When soft, mix into the kidney beans. Now add in all the other ingredients. Massage with your hands until well combined.

Roll into balls & place on a parchment lined tray. Bake in oven for 10 mins at 170c.

Ragu Ingredients

1 tsp olive oil
1 small onion, finely diced
1 red pepper, finely diced
2 cloves garlic, minced
1 tsp brown sugar (optional)
2 tins chopped tomatoes, blended down

Method for Ragu

Sweat off the onion in a medium sized pan. Add the pepper and sauté for 2 mins. Next add the minced garlic & gently cook for a further 2 mins. Finally pour in the blended tomatoes & the sugar & stir until smooth.



Sweet n' Spice Curry

HEALTHY &
FAMILY FRIENDLY

Serves 4

07

ingredients

4 chicken fillets, diced
1 tin coconut milk
1 tbsp mild curry powder
1 small onion, finely chopped
1 red pepper, chopped
2 cloves garlic, minced
1 tbsp tomato puree
1 thumb size piece ginger, grated
1 tbsp desiccated coconut
1 tbsp raisins
coriander to serve

Method

brown off the onion in a pan for 2 mins. dice chicken fillets and add to the pan for 10 mins. Add red pepper and cook for 2-3 mins. Next turn down the heat and add garlic, tomatoe puree and ginger. Put coconut milk and curry powder in a jug and add to the pan. Add raisins and coconut milk add end of cooking. Stir well.

Tips

Make this dish go further by adding chickpeas and frozen peas. Serve with rice, millet or quinoa.

Children fussy about fish?

Using a mild fish like cod and haddock in this or any curry is a great way to introduce them to fish. Once they have developed a taste for the milder fish, you can try prawns & monkfish.



Fruit Pizza

HEALTHY &
FAMILY FRIENDLY

Serves 6

Ingredients

Watermelon
Pineapple stars
Strawberries
Kiwi slices
Passion fruit
Dark chocolate, grated

Method

Cut the watermelon into pizza slices. Layer fruits of choice on top of the watermelon. Sprinkle with grated chocolate.

Tips

How to encourage a child to eat more fruit?

Grate/drizzle a little dark chocolate on top!

Use dark chocolate that contains 70%+cocoa solids & this treat will retain its healthfulness.



Coconut Bakes

HEALTHY &
FAMILY FRIENDLY

Serves 8

Ingredients

1/4 cup (42g) coconut flour
1/4 cup (42g) coconut oil
1/4 cup (42g) coconut sugar
1/4 cup (42g) dessicated coconut
3 eggs

Method

Preheat the oven to 175c.
Assemble 8 bun cases into the bun tray. Put the dry ingredients into a baking bowl. Add the melted coconut oil and mix well with a fork. Whisk the eggs and add them slowly, stirring as you add them. Spoon the batter into the bun cases and put into the oven. Bake for 15-20 mins.

Tips

Keep an eye on the buns as they can overbake quickly.

Melt some dark chocolate (70%+ cocoa solids) as an extra treat for the children to drizzle on top.

Portion size?

Make these buns in mini sized bun cases for child sized portions or if you don't have the mini bun cases to hand, simply add less batter to standard size bun cases.



Chocnut Dates

HEALTHY &
FAMILY FRIENDLY

Serves 10

Ingredients

10 Medjool dates
1/2 tsp crunchy peanut butter
per date
Pinch sea salt per date
Dark chocolate (70%+), finely
grated

Method

Carefully make a slit in each date and remove stone. Use a small knife or a small piping bag to add a little peanut mixture to each date. Sprinkle with dark chocolate & sea salt.

Tips

Other delicious toppings include chopped pistachio nuts, walnuts, chia seeds.



GET IN TOUCH



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