



NOURISHINGLY DELICIOUS RECIPES

# Wholehearted Living



Walsh Nutrition

WHOLEHEARTED LIVING

# Easy Greek Yogurt Dips

Quick and Easy protein staple to keep on hand

*Time: 5 minutes*

*Serves: 2-4*

## INGREDIENTS

### Greek Ranch Dip

- 1 cup of plain greek yogurt
- 1 tsp of garlic powder (or 1 clove minced)
- 1 tbsp dried parsley
- 1 tbsp dried dill
- 1 tsp dried chopped onion
- 1 tbsp lemon juice
- 1 tbsp sugar
- 1 tsp salt

## PROCEDURE

1. Mix all ingredients in a dish. Keep in fridge until ready to serve.

To use as a dressing, thin with buttermilk or regular milk.



# Pumpkin Oat Pancakes

Prep Time: 10 minutes

Cook Time: About 5 minutes

*Ready in under 10 minutes, a healthy twist of your favorite breakfast. Gluten-free*

## INGREDIENTS

- 2 cups of oats pulsed (or oat flour)
- 1/2 cup ground flax seed
- 1 tbsp sugar
- 1 tsp baking powder
- 1/2 tsp of baking soda
- 1/2 tsp salt
- 1 egg\*optional
- 1/2 cup greek yogurt
- 3/4 cup pumpkin puree (you could use mashed bananas instead)
- 1 tsp cinnamon
- 1 cup DIY buttermilk (1 tbsp of vinegar then add milk to fill to 1 cup; let stand 5-10 min)

## PROCEDURE

1. Puree oats into a dry flour. Mix dry ingredients in a large bowl (flour, ground flax, sugar, baking powder, salt, baking soda, cinnamon).
2. Mix pumpkin puree with egg and buttermilk
3. Mix wet with dry ingredients.
4. Heat frying pan over medium heat; spoon about 1/4 cup of pancake mix onto pan, cooking about 2-3 minutes each side (edges become golden, and bubbles form in middle).
5. While cooking pancakes, dice fruit. Add to bowl, drizzle with lemon juice, cinnamon and choice of sweetener (honey, maple syrup or jam)
6. Plate pancakes; top with warmed natural peanut butter or seed butter, and fresh fruit salsa.

TIP: These freeze well (parchment paper in between) and are great with sunbutter in lunches!





# Hemp Berry Smoothie

*Prep Time: 5 minutes*

*Smoothies are a fantastic way to jam a ton of nutrition into a portable, delicious meal. If you aren't a big veggie eater, start with adding some into your smoothies to reap the benefits!*

## INGREDIENTS

- 2 cups frozen mixed berries
- 1/2 cup frozen spinach
- 1 cup greek plain yogurt
- 1/4 cup ground flax
- 2 tbsp hemp hearts
- 1/2 banana
- 1/4 cup pure orange juice
- 1 cup milk (any kind)
- 1-2 cups of water (depending on preferred consistency)

## PROCEDURE

1. Add all ingredients to blender; pulse until smooth
2. Makes 2 x 2.5 cup servings

## GREAT ADDITIONS/SWAPS

1. Swap spinach for kale, swiss chard or other dark leafy green
2. Add fresh grated ginger
3. Use leftover peeled (and cooked) sweet potato or squash for creamier texture
4. Add 1/4 cup peanut butter + 1 tbsp cocoa powder for a PB cup flavour (or chocolate protein powder)
5. add frozen (or fresh) avocado
6. Add in 1 cup zucchini (in lieu of spinach)



# Blackbean brownies

Prep Time: 5 minutes

Cook time: bake about 15 minutes

*Brownies are that iconic picture of decadence and indulgence. This recipe still feels that way, is the easiest, one pan, no-effort recipe, and yet offers us so much fibre, plant-based protein. They are part of my "10/10". \*Caution: there is about 4-5 grams of GOS fibre from the beans- eat slowly to avoid digestive discomfort!)*

## INGREDIENTS

- 1 1/2 cups canned black beans, rinsed
- 1/2 cup oats
- 2 tbs unsweetened cocoa
- 3 tbsp ground flaxseed
- 1/3 cup natural PB or seed butter
- 1/3 cup pure maple syrup
- 1/2 tsp baking powder
- 2 tsp vanilla
- 1 tbs oil
- 1/3 cup dark chocolate chips

## PROCEDURE

1. Preheat oven to 350 degrees F
2. Place all ingredients into food processor. Blend on high until smooth.
3. Add mixture to 8x8 non-stick brownie pan. Top with additional chocolate chips
4. Bake for about 15-17 minutes (sides will be pulling from edges, middle will be set )

## GREAT ADDITIONS/SWAPS

1. Add chopped walnuts, almonds or sunflower seeds
2. Add 1/2 cup shredded (and strained) zucchini (shred, add 1 tsp of salt allow to sit in strainer for about 30 minutes to pull water out)
3. Great treat idea; Add diced up brownie to greek yogurt topped with raspberries and warmed peanut butter





# Chicken Lentil Meatballs

*Ready in: 25 minutes*

*A nutrient-packed twist on the traditional beef meatballs.*

*Lentils add fibre and flavour and the chicken helps reduce our intake of red meat (heart healthier!). These are great as part of a main dish, on salads, or as a protein-packed snack. Great in kids lunches!*

## INGREDIENTS

- 1-2 lbs of ground chicken
- ¾ cup mashed lentils (or other bean)
- 1/2 cup of parmesan cheese
- ½ cup of panko bread crumbs (optional)
- 1 tbsp dried minced onion
- 2 tsp garlic powder (or 1 fresh clove, minced)
- 1/2 teaspoon of oregano
- 1 tsp salt
- Pepper
- 1 tbs dried basil
- 1 egg, beaten

## PROCEDURE

1. Preheat oven to 350°F. Mash lentils in a bowl. Add all other ingredients to bowl and mix well
2. Using a rounded tablespoon, scoop enough mixture and roll into a ball. Place on parchment-lined cookie sheet.
3. Bake meatballs in oven for about 20 minutes (or until golden brown and reach an internal temperature of 165°F)
4. Serve on their own, with your fav sweet/sour or BBQ sauce. Great in pastas, alongside rice, or on a sub!

## GREAT ADDITIONS/SWAPS

1. Delicious with mango curry spice added in
2. Side with a greek yogurt + mayo + lemon and dill dip, or dijon mustard + mayo





# Creamed Vegetable Soup

Prep Time: 10 minutes\*

Cook time: 25 minutes\*

*This soup will warm your soul. Versatile, simple and so delicious. Sure to be your new fav!*

## INGREDIENTS

- 1 tbsp olive oil
- 1 medium diced onion
- 1.5 tbsp minced garlic
- 1 diced celery stalks
- 1 peeled carrot, diced
- 1 medium potato, peeled and diced
- 1 medium sweet potato, peeled and diced
- 1 cup peeled and diced turnip
- 1 cup of broccoli heads (and/or cauliflower)
- 1 cup of edemame beans (or lentils, chickpeas etc)
- 2 tsp vegetable broth spice mix (epicure) or other
- 1 tsp of dried oregano
- 1 tsp fresh tumeric, rasped
- Salt (1 tsp) and pepper to taste
- 6 cups chicken broth
- 1 cup of milk (2% or 3.25% ideally)

## PROCEDURE

1. Heat oil in large pot over medium-high heat
2. Add garlic and onion. Sautee until softened. Add vegetables. Cook about 5 minutes, stirring often
3. Add spices and edemame. Add stock. Stir well
4. Cook over medium heat about 15 minutes until turnips are softening. Remove lid; cook an additional 5-10 minutes until vegetables are all cooked.
5. Remove from heat. Use immersion blender to puree to desired consistency. Add in milk; blend. Garnish with green onions or fresh basil

## GREAT ADDITIONS/SWAPS

1. Add 1 cup of spinach or kale (during last 10 minutes)
2. Swap milk for coconut milk
3. Top with freshly grated parmesan cheese



# Easy Bean Salad

Prep Time: 5 minutes\*

Cook time: 0 minutes\*

Beans offer us plant-based protein, tons of fibre as well as micronutrients such as B-Vitamins, iron and folate. This salad is loaded with flavour, full of fibre and protein, and ready in under 10 minutes! Win, Win, Win!

## INGREDIENTS

- 1 tbsp olive oil
- 1 medium diced onion
- 1.5 tbsp minced garlic
- 1 diced celery stalks
- 1 peeled carrot, diced
- 1 medium potato, peeled and diced
- 1 medium sweet potato, peeled and diced
- 1 cup peeled and diced turnip
- 1 cup of broccoli heads (and/or cauliflower)
- 1 cup of edemame beans (or lentils, chickpeas etc)
- 2 tsp vegetable broth spice mix (epicure) or other
- 1 tsp of dried oregano
- 1 tsp fresh tumeric, rasped
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## GREAT ADDITIONS/SWAPS

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3. Top with freshly grated parmesan cheese

