

HOMEMADE GRANOLA

COOK TIME

40 MINUTES

SERVINGS

35

PREP TIME

5 MINUTES



INGREDIENTS:

APPLE COMPOTE FROM 4 BIG APPLES
1/3 CUP (120G) HONEY
1 1/2 TSP. VANILLA EXTRACT
2 TSP. CINNAMON
3/4 TSP. SALT
2 1/4 IB. (1KG) OATS

3/4 CUP (100G) BRAZIL NUTS, CHOPPED
3/4 CUP (60G) FLAKED ALMONDS
SCANT 1/2 CUP (80G) DATES, CHOPPED
10 (80G) DRIED APRICOTS, CHOPPED
2/3 CUP (100G) GOLDEN RAISINS (SULTANS)

NUTRITION PER SERVING:

166 KCALS
4G FATS
28G CARBS
5G PROTEIN

HOW TO MAKE:

PREHEAT THE OVEN TO 160C (320F).

IN A LARGE BOWL, BEAT TOGETHER THE APPLE COMPOTE, HONEY, VANILLA, CINNAMON, AND SALT. ADD THE OATS AND STIR WELL TO COMBINE. SPREAD THE MIXTURE ONTO TWO LARGE BAKING SHEETS; BAKE FOR 10 MIN.

REMOVE FROM THE OVEN AND STIR WELL, THEN RETURN TO THE OVEN AND BAKE FOR ANOTHER 10 MIN. REPEAT, BUT THIS TIME ADD THE NUTS. RETURN TO OVEN FOR ANOTHER 10 MIN. THEN STIR AGAIN AND BAKE FOR A FINAL 10 MIN.

REMOVE FROM THE OVEN AND MIX IN THE FRUIT. STORE IN AN AIRTIGHT JAR.

APPLE COMPOTE:

TO MAKE APPLE COMPOTE, STEW FOUR BIG, PEELED, CORED AND CHOPPED COOKING APPLES IN A LITTLE WATER UNTIL THEY TURN INTO MUSH. THEN MASH THEM UP WITH A FORK (OR USE A FOOD PROCESSOR).

BUCKWHEAT BANANA PANCAKES

COOK TIME

15 MINUTES

SERVINGS

4

PREP TIME

5 MINUTES



INGREDIENTS:

- 1 CUP (130G) BUCKWHEAT FLOUR
- 1 TSP. BAKING POWDER (GF IF POSSIBLE)
- PINCH SALT
- 1 1/2 CUP (350ML) COCONUT MILK
- 1 TSP. VANILLA PASTE
- 2 MEDIUM BANANAS, SLICED
- 2 TBSP. COCONUT OIL
- TOPPINGS OF CHOICE

NUTRITION PER SERVING:

237 KCALS

11G FATS

36G CARBS

5G PROTEIN

HOW TO MAKE:

MIX ALL THE DRY INGREDIENTS TOGETHER IN A LARGE BOWL. THEN ADD THE MILK AND VANILLA PASTE AND MIX WELL UNTIL A SMOOTH MIXTURE HAS FORMED. IF NECESSARY ADD EXTRA MILK OR WATER.

HEAT HALF A TBSP. OF COCONUT OIL IN A NON-STICK PAN AND ADD THE PANCAKE MIXTURE WITH A TABLESPOON (ABOUT 2 1/2 FOR ONE PANCAKE). COOK FOR ABOUT 1 MINUTE AND THEN LAYER 3-4 BANANA SLICES ON TOP OF EACH PANCAKE. COOK FOR ANOTHER 1-2 MIN UNTIL THE BOTTOM HAS SET AND BUBBLES START TO APPEAR ON THE SURFACE.

AT THIS POINT FLIP THE PANCAKES OVER AND COOK FOR ANOTHER 1-2 MIN. REPEAT THIS WITH THE REMAINING PANCAKE MIXTURE.

TOP PANCAKES WITH YOUR FAVOURITE TOPPINGS. WALNUTS, CINNAMON AND MAPLE SYRUP WORK GREAT WITH THESE PANCAKES.

MINTY FETA & PEA SMASH ON TOAST

COOK TIME

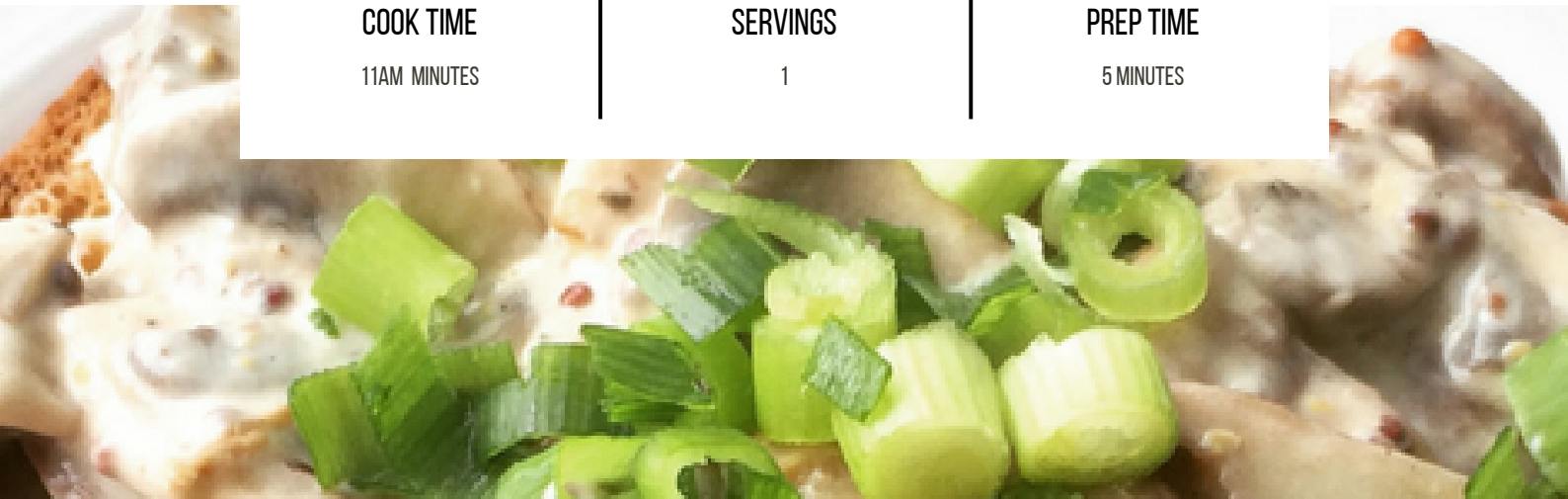
11AM MINUTES

SERVINGS

1

PREP TIME

5 MINUTES



INGREDIENTS:

- 1 SLICE WHOLE GRAIN BREAD
- 2 TBSP. SOFT CREAM CHEESE
- 3 HANDFULS, SLICED MUSHROOMS
- 1/2 TSP. COCONUT OIL

- 1 SMALL GARLIC CLOVE, CRUSHED
- 2 TBSP. COCONUT/ALMOND MILK
- 1/2 TSP. WHOLEGRAIN MUSTARD
- 1 TBSP. CHIVES, CHOPPED
- SALT & PEPPER, TO TASTE

NUTRITION PER SERVING:

225 KCALS

11G FATS

16G CARBS

6G PROTEIN

HOW TO MAKE:

TOAST THE BREAD AND SPREAD WITH A LITTLE BIT OF CHEESE. IN THE MEANTIME, HEAT THE COCONUT OIL IN A SMALL PAN, AND ADD THE GARLIC. COOK FOR 1 MIN.

NOW ADD THE MUSHROOMS, AND COOK FOR A FURTHER 4-5 MIN UNTIL SOFT AND BROWNED. ADD IN THE MILK, REMAINING CHEESE AND MUSTARD. STIR WELL UNTIL MUSHROOMS AND MIXED WITH THE CHEESE. SEASON WITH SALT AND PEPPER.

TOP THE TOAST WITH THE MUSHROOMS AND SPRINKLE WITH CHIVES. SERVE HOT, WITH HAM OR PROSCIUTTO (OPTIONAL).

CREAMY MUSHROOMS ON TOAST

COOK TIME

10 MINUTES

SERVINGS

1

PREP TIME

5 MINUTES



INGREDIENTS:

- 3.5 OZ. (100G) FETA CHEESE, CRUMBLED
- 3.5 OZ. (100G) FROZEN PEAS, DEFROSTED
- 2 SLICES WHOLEWHEAT OR GLUTEN FREE BREAD
- ZEST AND JUICE OF ½ LEMON
- 2 TBSP. MINT, CHOPPED
- 2 HANDFULS WATERCRESS

NUTRITION PER SERVING:

328 KCALS

15G FATS

21G CARBS

12G PROTEIN

HOW TO MAKE:

IN A SMALL BOWL MIX TOGETHER THE FETA, PEAS, MINT, LEMON JUICE AND ZEST. SEASON TO TASTE WITH PEPPER AND SALT.

TOAST THE BREAD. THEN DIVIDE THE MIXTURE BETWEEN THE TWO TOASTS AND SERVE WITH A HANDFUL OF WATERCRESS.

MAS HUNI (MALDIVIAN BREAKFAST)

COOK TIME

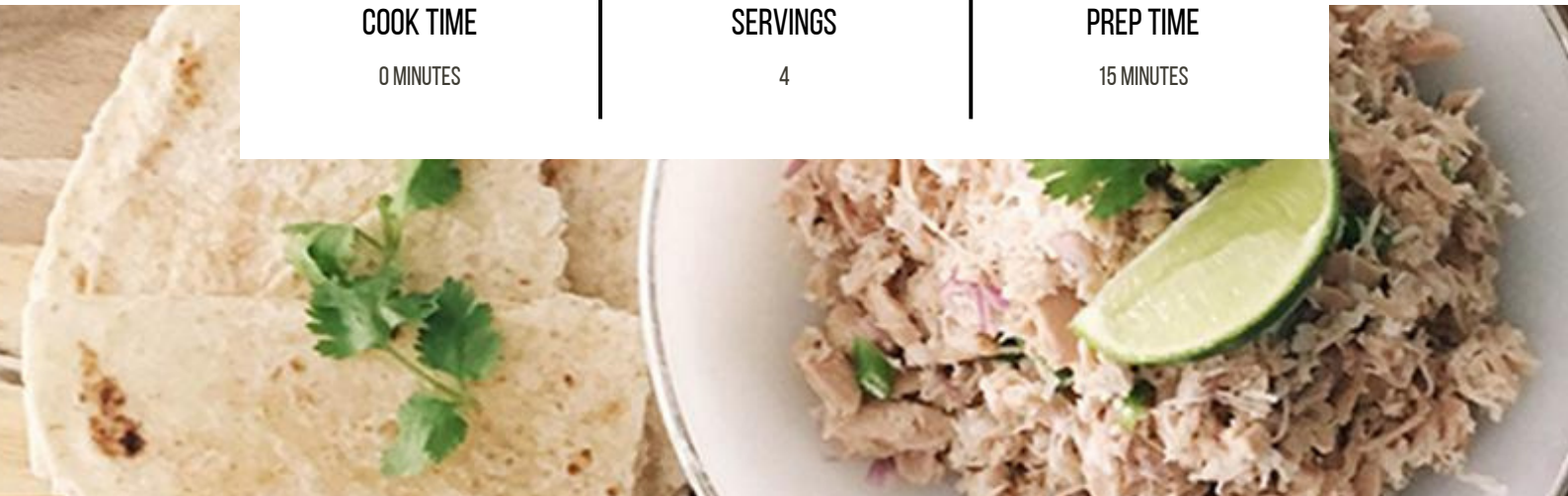
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SERVINGS

4

PREP TIME

15 MINUTES



INGREDIENTS:

- 11.2 OZ. (320G) CANNED TUNA IN WATER
- 1 SMALL RED ONION
- 1 RED CHILI PEPPER
- 1 LIME, ZEST AND JUICE
- 3/8 CUP (25G) GROUND COCONUT
- 1 BABY ROMAINE LETTUCE
- 4 MINI PITTA BREADS

NUTRITION PER SERVING:

276 KCALS
7G FATS
28G CARBS
25G PROTEIN

HOW TO MAKE:

DRAIN THE TUNA AND TRANSFER IT INTO A MEDIUM-SIZE BOWL. FINELY CHOP THE ONION, HALVE THE CHILLI, REMOVE THE SEEDS AND CHOP FINELY, THEN ADD BOTH ONION AND CHILLI TO THE TUNA.

NEXT, ADD IN THE ZEST AND JUICE OF THE LIME AND THE COCONUT. MIX ALL THE INGREDIENTS WITH A FORK UNTIL YOU HAVE A TUNA SALAD WITH A NICE TEXTURE.

PREPARE THE LETTUCE LEAVES. TOAST THE PITTA BREAD. CUT THEM OPEN LIKE AN ENVELOPE AND FILL THEM WITH LETTUCE AND TUNA SALAD. OR SERVE THE TUNA IN LETTUCE WRAPS AND THE PITTA ON THE SIDE.

SPANISH OMELETTE

COOK TIME

30 MINUTES

SERVINGS

4

PREP TIME

15 MINUTES



INGREDIENTS:

- 8 WHOLE EGGS, LIGHTLY BEATEN
- 14 OZ. (400G) BABY POTATOES
- 7 OZ. (200G) CHERRY TOMATOES
- 3 SMALL ONIONS, CUT INTO WEDGES

- 3.5 OZ. (100G) FETA CHEESE, CRUMBLLED
- HANDFUL OF FRESH PARSLEY, CHOPPED
- 1 TSP. COCONUT OIL

NUTRITION PER SERVING:

308 KCALS
16G FATS
20G CARBS
19G PROTEIN

HOW TO MAKE:

FIRSTLY PREPARE THE POTATOES BY COOKING OR STEAMING THEM UNTIL SOFT. OR USE LEFTOVER POTATOES.

PREHEAT THE OVEN TO 360F (180C). HEAT THE COCONUT OIL IN A PAN AND FRY THE ONIONS. SEASON WITH PEPPER AND SALT.

WHISK THE EGGS IN A BOWL AND ALSO SEASON WITH PEPPER AND SALT.

LINE A 9X9 INCH BAKING DISH WITH BAKING PAPER AND SCATTER THE POTATOES AND ONIONS. THEN TOP WITH THE BEATEN EGGS, CHERRY TOMATOES AND FETA.

PLACE THE DISH IN THE OVEN AND BAKE FOR 25-30 MINS UNTIL THE EGGS HAVE SET AND THE TOP HAS BROWNED SLIGHTLY.

SERVE WITH FRESH PARSLEY.

LEEK & MUSHROOM OMELETTE

COOK TIME

10 MINUTES

SERVINGS

2

PREP TIME

5 MINUTES



INGREDIENTS:

- 1 TSP. COCONUT OIL
- ½ CUP (45G) LEEK, CHOPPED (GREEN PART ONLY)
- 1 TSP. DRIED THYME
- 2 CUPS MUSHROOMS (150G), SLICED
- 6 EGGS

NUTRITION PER SERVING:

283 KCALS
20G FATS
8G CARBS
18G PROTEIN

HOW TO MAKE:

HEAT THE OIL IN THE FRYING PAN AND FRY THE LEEKS AND THYME FOR ABOUT 3 MIN, ON MEDIUM HEAT.

MEANWHILE, SLICE THE MUSHROOMS AND COOK WITH THE LEEKS FOR ANOTHER 5 MINUTES. SEASON WITH SALT AND PEPPER.

BEAT THE EGGS AND POUR OVER THE VEGETABLES. PUT THE LID ON THE PAN AND LEAVE FOR ABOUT 10 MIN. UNTIL COOKED.

CUT THE OMELETTE INTO QUARTERS AND SERVE GARNISHED WITH FRESH HERBS (OPTIONAL).