

FUEL



Foodie Friday

Easy Peasy



A selection of the most popular Friday foodie recipes

Each Foodie Friday recipe is made up of as close to 5 ingredients as possible so that the ideas are not only good-for-you but also quick and easy with minimum fuss.

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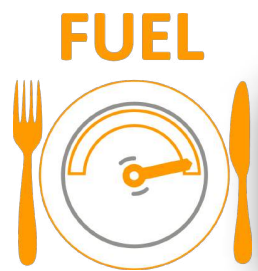
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BAKED PESTO TOMATOES

Serves 1

2 large tomatoes, halved and slice away the rounded sides so that the 4 halves can rest level on a plate.

2 tsp pesto of choice

2 tsp tapenade or 2 chopped olives

4 thin slices mozzarella or brie cheese or dairy free cheese of choice

A handful baby spinach

Season with black pepper.

1. Top each tomato half with ½ tsp pesto and ½ tsp tapenade or thinly sliced olives
2. Place a thin slice of mozzarella or brie cheese on top of the pesto and olives (use only 1 matchbox of cheese for all 4 tomato halves)
3. Grill the tomatoes until the cheese bubbles.
4. Serve on a bed of baby spinach. Season with black pepper.

Optional: Serve with spiced lentils, rice or roasted corn for a more filling meal.

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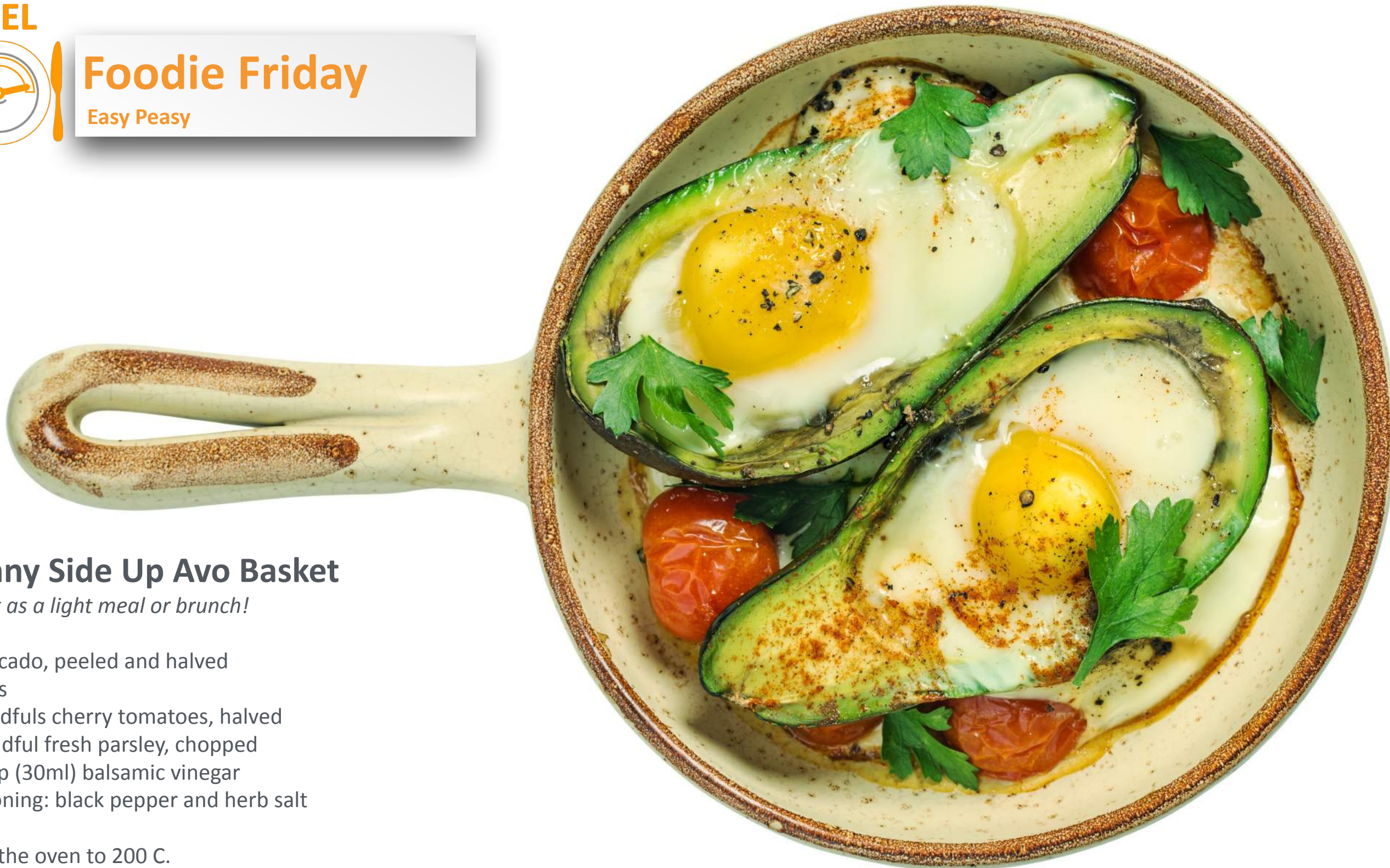
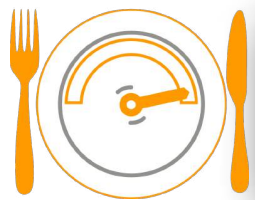
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Sunny Side Up Avo Basket

Great as a light meal or brunch!

1 avocado, peeled and halved
2 eggs
2 handfuls cherry tomatoes, halved
A handful fresh parsley, chopped
2 Tbsp (30ml) balsamic vinegar
Seasoning: black pepper and herb salt

Heat the oven to 200 C.

Place the avocado halves into a greased ovenproof dish. TIP: remove extra the flesh to create more space for the egg. Mash this and enjoy on the side or as topping for crackers or toast.

Mix the cherry tomatoes and the balsamic vinegar and then add to the dish.

Bake in the oven for 15 minutes or until the egg is cooked through and the cherry tomatoes burst.

Serve as is or with toasted seed bread or crackers.

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**Vanilla Energy Balls**

Makes 10-12 balls

Ingredients

1 cup pitted dates

Half cup cashews

Half cup linseed

1 ounce (30g) vanilla protein powder (almond flour can be used as an alternative)

Method

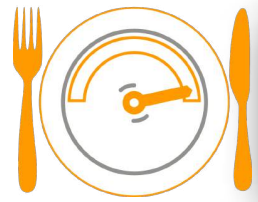
Place all ingredients in a. Blender or food processor.

Blend till forms a smooth paste.

Roll into balls.

Coat in linseed or sesame seeds or desiccated coconut.

Enjoy 1 or 2 balls as an on-the-go snack.



Welldorf Salad

Serves 1

4 thick slices cucumber, cubed
 1 small green apple, chopped
 1 small green pear, chopped
 1 stick celery, sliced
 30g / 1oz (small matchbox) cheese or
 cheese alternative of choice eg: cheddar
 or goats cheese
 4 pecan or walnut halves.
 Dressing:
 1 Tbsp (15ml) each tahini and balsamic
 vinegar mixed together

Place all ingredients in a bowl and toss with
 the dressing. If not using the cut fruit
 immediately, add a little lemon juice to
 avoid them browning.

Food fact: The fruit in this salad provides
 the "starch" for this meal. Regular
 Waldorf salad can be a high fat meal
 because of the cheese, nuts and salad
 dressing.



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ROAST VEGETABLE & WHOLEGRAIN SALAD

Serves 1

Ingredients

1/2 cup cooked starch of choice eg. quinoa, barley or couscous

1 cup assorted roasted vegetables (see tip below)

A handful of fresh mint and coriander, chopped

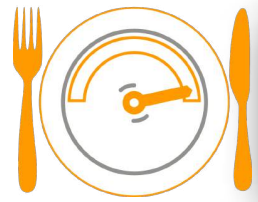
1/2 round (40g) feta cheese

1 Tbsp (small handful) sunflower seeds

1. Place the cooked starch into a bowl and add the roasted vegetables.
3. Stir in chopped mint and coriander.
4. Top with crumbled feta cheese and sprinkle with sunflower seeds.

Assembling tip: To save time and energy fill your largest baking tray with the vegetables to be roasted. Suitable vegetables for roasting include butternut, courgettes, patty pans, cherry tomatoes, peppers, mushrooms, onion, cauliflower, broccoli, carrots and leeks. When cool, freeze the leftovers (for up to a month), or refrigerate (for up to one week). **Food fact:** Couscous is a convenient but concentrated starch. 3 tablespoons of uncooked couscous provide a whole starch portion. Quinoa, barley or bulgur wheat are higher in fibre and slower releasing.



**CHILLI VEGGIE & TUNA MEDLEY**

Serves 1

Ingredients

1 cup mixed chopped vegetables (carrots, peppers, mushrooms, marrow etc.)

1/2 cup peas and/or sweetcorn

1 small tin (3 ounces / 90g) of tuna, drained

Optional: replace tuna with feta cheese or plant based protein such as tofu

Small handful fresh parsley or coriander, finely chopped

1 small fresh chilli, de-seeded & finely chopped (wash hands!)

2 tsp olive oil

Seasoning (herb salt & black pepper)

1. Heat the oil in a saucepan and gently fry the chilli, vegetables and peas until warmed and slightly cooked (about 4 minutes)
2. Add the tuna, mix through and remove from heat.
3. Add the parsley and season to taste.

Food fact:

Tuna is a concentrated source of lean protein. For this reason, a small portion of tuna is enough to provide the protein for a balanced meal.



Super SPIRULISED Salad

Serves 1

- 1 medium carrot, peeled
- 1 medium courgette (green zucchini/marrow)
- 1 apple or pear, chopped
- 2 tsp Olive oil or pesto
- Seasoning (herb salt & black pepper)

Spirulise the carrot and courgette into a small bowl. Add the fruit and toss to mix with the pesto or olive oil. Season to taste.

Enter the spiraliser ... If you want to cut back on carbs, pack in your five-a-day and occasionally swap pasta, potato and noodles with ribbons of fruit or vegetables, then spiralising is for you.



Mexican Spice Tortilla

Serves 1

Ingredients

1 high fibre (wheat free) wrap/tortilla
½ cup ready made salsa
1 Tablespoon pesto
1 cup green leaves such as baby spinach
1 egg, hard boiled
¼ avocado, sliced

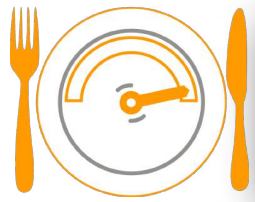
OPTIONAL:

A few sprigs of coriander
A few slices of cucumber

Method

1. Sprinkle the wrap with a little water and warm in a heated oven or under a hot grill . Alternatively, warm the wrap in a non-stick frying pan for a minute or so each side.
2. In a small saucepan, heat the salsa.
3. While the salsa is heating, place the warm wrap on a plate and spread with the pesto, add the green leaves, herbs of choice and thin cucumber slices.
4. Place the chunkily chopped hard-boiled egg and sliced avocado pear in the middle.
6. Top with the warm salsa and roll up the wrap. ENJOY!





Baked Italian Veggie Balls

Serves 2

Recipe shared from www.genomickitchen.com

Ingredients

1 tbsp Olive Oil

1 Courgette/Zucchini (medium, chopped)

1 Red Bell Pepper (chopped)

½ Aubergine (chopped)

½ tsp Sea Salt

½ cup Almond Flour

1 cup White Cannellini or Haricot Beans (cooked)



Preheat oven to 180 C. Line a baking sheet with parchment paper.

Heat the olive oil in a large skillet over medium heat. Add the courgette, red pepper and aubergine. Sauté for about 10 minutes or until soft.

Transfer the veggies to a food processor along with the salt, almond flour and white beans. Pulse until mostly smooth, with a few veggie chunks.

Roll into 2-inch sized balls and place on the parchment-lined baking sheet. Bake the veggie balls for 30 minutes then carefully flip. Bake for another 20 to 30 minutes, or until firm.

Remove from the oven and enjoy. Serve with a large green salad or coleslaw.

TIP: Make a larger batch and freeze left overs.

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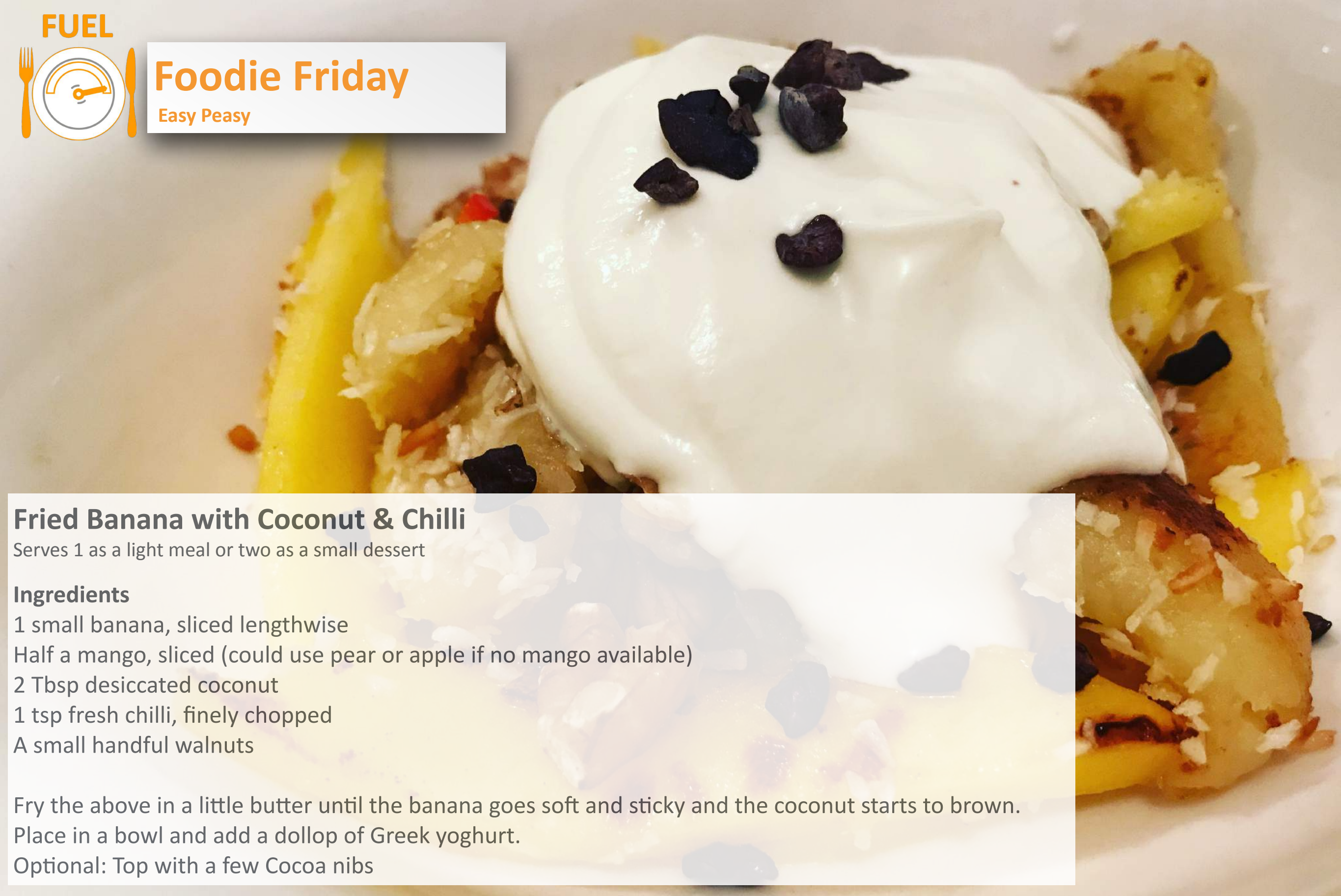
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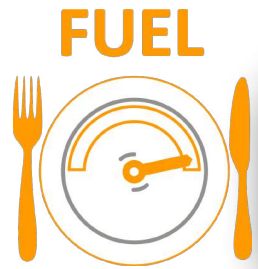
Fried Banana with Coconut & Chilli

Serves 1 as a light meal or two as a small dessert

Ingredients

- 1 small banana, sliced lengthwise
- Half a mango, sliced (could use pear or apple if no mango available)
- 2 Tbsp desiccated coconut
- 1 tsp fresh chilli, finely chopped
- A small handful walnuts

Fry the above in a little butter until the banana goes soft and sticky and the coconut starts to brown. Place in a bowl and add a dollop of Greek yoghurt. Optional: Top with a few Cocoa nibs



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every Friday

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