

Healthy recipes

Roasted Squash Salad with Pumpkin Seeds, Chilli & Feta Cheese



Prep time: 5 mins / Cook time: 30 mins

Ingredients to Serve 4

- 1 medium 'queen' squash*
- 50g pumpkin seeds*
- 100g rocket leaves or similar peppery-tasting salad leaves*
- Sea salt*
- Freshly ground black pepper*
- ½ tsp cumin seeds, crushed with a pestle & mortar*
- 1 small red chill, seeds removed and very finely chopped*
- 100g feta cheese, crumbled*
- 2 tbsp fresh coriander leaves, roughly chopped*
- 1 tbsp white balsamic wine vinegar*
- 2 tbsp extra virgin olive oil or pumpkin seed oil*

To prepare:

1. Heat the oven to 200°C/400°F/gas mark 6.
2. Peel the squash, cut it in half and scoop out the seeds. Cut it lengthways, into wedges. Lay these onto a baking tray, sprinkle with a large pinch of sea salt, a few grinds of black pepper and the crushed cumin seeds. Roast in the oven for about 25 minutes, until soft and slightly caramelised. Remove from the oven and leave to cool.
3. Reduce the oven temperature to 160°C/325°F/gas mark 3. Roast the pumpkin seeds on a flat baking sheet for 5 minutes. Remove from the oven and cool.
4. Arrange the salad leaves on a large, flat serving dish. Lay the squash slices on top and scatter with the pumpkin seeds, feta cheese, red chilli and coriander leaves. Whisk together the oil and vinegar with a pinch of sea salt and drizzle over the salad just before serving.

Ethiopian-Style Sweet Potato and Peanut Soup with Chilli & Lime



Prep time: 5 minutes / Cook time: 15 minutes

Ingredients (Serves 4)

- 1 tbsp coconut oil or 30g unsalted butter*
- 1 onion, finely sliced*
- 1 stick celery, finely chopped*
- 2 large sweet potatoes (about 600g) peeled and cubed*
- 1 ½ tsp berbere spice*
- ¼ tsp ground ginger*
- 1 small red chill, seeds removed and finely chopped*
- 1 litre hot chicken stock*
- 2 tbsp crunchy peanut butter*
- Juice of ½ a lime*
- ½ tsp salt (or to taste)*
- Freshly ground black pepper to taste*
- 25g unsalted peanuts, finely chopped, to serve*
- 25g fresh coriander, roughly chopped, to serve*



Preparation

1. Heat the coconut oil or butter under a low heat in a large saucepan and gently sauté the onion for a few minutes.
2. Add the sweet potato, the celery, the berbere spice and the ground ginger and sauté for a further minute or two.
3. Add the chilli and 1 tbsp of the peanut butter.
4. Stir in the hot stock and bring the mixture to the boil. Cover and simmer for 10 minutes until the sweet potato is tender.
5. Puree the soup in a blender until smooth.
6. Pour back into the saucepan; add the lime juice, salt and black pepper.
7. Finally, stir in the remaining tablespoon of peanut butter, making sure that it is well-combined into the soup.
8. Serve in warmed soup bowls, sprinkled with the coriander and the chopped peanuts and eat with warm, crusty wholemeal bread.

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Oaty Apple Power Pancakes with Spiced Apple Syrup



Prep time: 10 minutes / Cook time: 5 minutes

Ingredients to serve 4

400ml semi-skimmed milk

1 tbsp sunflower oil or melted butter

2 tbsp caster sugar

2 eggs

120 g porridge oats

200g plain flour

Pinch salt

½ tsp ground ginger



2 tsp baking powder

3 large bramley cooking apples, peeled, cored and diced

40 g butter

1-2 tbsp Demerara sugar

1/2 tsp cinnamon

1. Put the milk, eggs, oil and sugar into a bowl and mix together.
2. Add the porridge oats, flour, baking powder, ground ginger, salt and 1 diced apple and mix until you have a thick, smooth batter.
3. Make the syrup – melt the butter, spice and Demerara sugar together in a small saucepan and then add the two remaining diced apples. Sauté gently for a couple of minutes until the apples are soft but still have their shape.
4. Heat a frying pan. Add a knob of butter and then spoon in a few mounds of pancake mixture (about 1 tablespoon of mixture makes a nice little round pancake about the size of a drop scone). Heat gently until you see a few air bubbles forming on the surface and then flip over to cook the other side for a minute or two, until cooked through.
5. Serve the pancakes (about 3 per person) with the spiced apple syrup poured over the top.

BLUEBERRY POWER PROTEIN MUFFINS



Muffins are a tasty breakfast favourite or afternoon snack. This recipe packs all the flavour with a fraction of the calories.

Ingredients

- 3 egg
- 3 tbsp Vegetable Oil
- 1/4 cup Heavy Whipping Cream
- 5 scoop 100% Whey Protein
- 2 tsp Baking Powder
- 1/3 cup Brown Sugar
- 1 cup Fresh Blueberries
- 1/2 cup Fat Free Cream Cheese
- 1/4 tsp Ground Cinnamon

Directions

Preheat oven to 375 F.

Line 9 muffin tins with muffin liner cups, then give them a quick spray of non-stick cooking spray.

Mix cream cheese and cinnamon into a small bowl.

Mix eggs, oil and cream into a separate bowl.

Add protein powder, baking powder and sugar (or sweetener) into the cream mixture, mixing thoroughly.

ENHANCING SPORTS PERFORMANCE

Combine both mixtures along with the berries into the muffin tins.

Bake for 15-20 minutes or until the muffins begin to brown at the top.



Nutrition Facts

Serving Size: 1 muffins

Amount per Serving – 237 Calories Calories from Fat 87.0

% Daily Value *

Total Fat 9.67g – 14% Saturated Fat 3.28g -16% Cholesterol 109.44mg – 36%

Sodium 244.66mg – 10% Total Carbohydrate 23.09g – 7% Dietary Fiber 0.43g – 1%

Sugars 4.74g Protein 16.47g – 32% Est. Percent of Calories from: Fat 37% Carbs 39%

Protein 27%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calories needs.

Cinnamon Protein Apples



This is a great way to make a delicious snack with extra protein. A perfect filling power packed treat.

Ingredients

- 3 Apples
- 1 tbsp ground cinnamon
- 1 scoop Whey Better Vanilla

Directions

Cut the three apples into chunks or slices and place them into a plastic bag. Add the cinnamon and the protein powder into the bag. Seal the bag and shake vigorously. Serve now or place in the refrigerator to chill for a few minutes.

Nutrition Facts

Serving Size: 1 servings Amount per Serving

Calories 128, Calories from Fat 10.5

% Daily Value * Total Fat 1.17g – 1% Saturated Fat 0.35g – 1% Cholesterol 23.33mg – 7% Sodium 17.33mg – 0% Total Carbohydrate 21.17g – 7% Dietary Fiber 5.17g – 20% Sugars 17.33g Protein 8.26g – 16%

Est. Percent of Calories from: Fat 8% Carbs 65% Protein 25%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calories needs.