

Irish nutritionist Sarah Brereton shares some recipes.

BREAKFAST

1. Raw Cacao & Chia Overnight Oats

Serves 1

Ingredients

150-200ml hazelnut milk

60g rolled oats

1-2 tsp raw cacao

1 tsp sunflower seeds

1 tsp chia seeds

1 tbsp flaked almonds

1 tbsp toasted chopped hazelnuts

1 tsp honey

¼ small banana

¼ tsp vanilla extract

Method

- Put the toasted chopped hazelnuts to one side. Add all the other dry ingredients to a breakfast bowl, add the milk, honey and vanilla and stir. Cover and place in the fridge overnight.
- In the morning add more milk if necessary, then top with sliced banana and sprinkle on the toasted chopped hazelnuts. Serve.

2. High Five Granola

Fill a large family storage jar

Ingredients

6 tbs coconut oil

6 tbs of honey

450g of oats

50g wheat germ

150g chopped pecans

150g flaked almonds

250g pumpkin seeds

200g sunflower seeds

50g sesame seeds
50g milled flax seeds
50g chia seeds
150g chopped dried apricots
300g sultanas, cranberries, goji berries
2-4 tsp cinnamon

Method

- Pre-heat the oven to 180°C. Put the dried fruit, chia seeds and milled flax seeds to one side. Then melt the coconut oil and honey together on a low heat. Next, place the oats, wheat germ, nuts, sunflower seeds, pumpkin seeds and spice into a mixing bowl, pour in the oil and honey mixture and stir until evenly coated.
- Spread the mixture onto a baking tray and bake for about 20 minutes, stirring the mixture a few times to help everything crisp up without burning on the top. Add the dried fruit and cook for a further 10 minutes. Remove from oven and stir in the chia and flax seeds then leave to cool and store in an airtight container.

Lunch

1. Broccoli Soup

Serves 3-4

Ingredients

1 onion
2 cloves of garlic
1 medium leek
2 sticks of celery
1 large head of broccoli
1tbsp olive oil
1 litre chicken or vegetable stock

Method

- Peel and finely chop the onion, leek and garlic and place in a pan with the olive oil and cook until soft. Then add in the chopped celery and broccoli.

- Add in the stock and cook for a further 4-5 minutes then remove from the heat and blend until smooth. Return to the pan and gently re-heat and season with salt and pepper. Serve with a slice of artisan bread.

2. Superfood Trout Sharing Salad

Serves 4

Ingredients

400g Smoked trout

1 bag of mixed salad leaves

1 large ripe avocado

2 courgettes – sliced or spiralised

1 large fresh beetroot – peeled and grated, shredded or spiralised

150g Tenderstem broccoli, blanched and refreshed

Alfalfa sprouts

100g quinoa or puy lentils or a mix of both, cooked in stock and cooled

25g toasted flaked almond

50g walnuts

Dressing

100 ml flax oil

1 tsp wholegrain mustard

50 ml lemon juice

Sea salt

Black pepper

Method

Get a large salad serving plate and place the green salad leaves on the bottom and sprinkle the quinoa and lentils over these leaves. Then layer on the courgettes, beetroot, avocado and tenderstem. Gently flake the trout and place on the top layer then sprinkle on the nuts and alfalfa sprouts. Put all the dressing ingredients into a jam jar and give them a good shake! Drizzle the dressing over the salad and serve.

Dinner

Laksa with brown rice noodles

Serves 4

Ingredients

2 tsp vegetable oil

2 garlic clove, crushed

2 tsp lemongrass paste

1 tsp cumin

2 tsp turmeric
2 tsp ground coriander
1-2 tbsp finely chopped fresh root ginger
6 spring onions, finely chopped
1 green chilli, deseeded and finely chopped
400g cooked diced chicken or prawns or cubed tofu
400ml coconut milk
1 litre chicken or vegetable stock
60g brown rice vermicelli noodles
1½ tsp salt
2 tbsp brown sugar
3 tbsp smooth whole peanut butter
300g bean sprouts
400g butternut squash or sweet potato peeled and cut into small cubes
150g green beans, trimmed and halved
50g chopped coriander, to serve
Lime juice
2 limes, halved, to serve

Method

Add the oil to a large saucepan and fry off the spring onions and garlic until soft, then add in the lemongrass, ginger, ground coriander, chilli, turmeric, cumin and cook for 1-2 minutes stirring continuously so the spices don't stick or burn. Next add in the stock, green beans, salt, sugar and chicken or tofu and butternut squash or sweet potato and simmer for 10 minutes. Put the peanut butter in a bowl and add 4-8 tablespoons of the hot stock and stir until you get a runny paste, keep adding more hot stock if needed. Next add the peanut butter mix, coconut milk, bean sprouts and cook for 4 minutes then taste and season with lime juice, salt and sugar to taste. Add the vermicelli and continue to warm on a low heat until the noodles are cooked. Serve up into bowls and sprinkle with fresh coriander leaves and a wedge of lime.

2. Chickpea Tagine with Quinoa

Ingredients

4 tbsp extra-virgin olive oil
1 red onion, chopped
2 cloves garlic, chopped
1 red pepper, deseeded and chopped
1 yellow pepper, deseeded and cut into chunks
1 aubergine, chopped

400g tin chickpeas, rinsed and drained
400g can chopped tomatoes
500ml vegetable stock
2 tbsp harissa paste
8 apricots sliced
50g whole blanched almonds
1 tsp cumin
1 tsp coriander
1 cinnamon stick
1 tsp turmeric
Flat-leaf parsley chopped to serve, halved
Fresh coriander leaves
Natural yoghurt

Method

- Fry the onion and garlic in olive oil for 5 minutes or until softened. Add the spices, harissa and fry for a minute, stirring continuously so they do not burn. Add the rest of the vegetables and fry for a further 5 minutes on a low heat making sure they all get coated in spices. Add in the tomatoes, stock, chickpeas and bring to the boil then reduce the heat to a low simmer and cook for 30-40 minutes, stirring occasionally and adding more stock if the mixture becomes too thick.
- Once cooked, remove the cinnamon stick and stir in the almonds, apricots, chopped flat leaf parsley and chopped coriander leaves and serve with quinoa and a spoonful of natural yoghurt.

Dessert

1. Fig & Walnut Cacao Truffles

Ingredients

100g walnuts
100g pitted dates
100g soft dried figs
2 tbsp coconut oil
2 tbsp raw cacao powder
2 tbsp almond nut butter
Raw cacao for dusting

Method

- Place the walnuts in food processor and grind to a paste. Add the dates and figs to the food processor and give them a quick blitz. Then add in the coconut oil, raw cacao and nut butter and whizz together to make a thick paste.
- Roll into small balls before dusting in cocoa powder and then place onto a tray, cover and pop in the fridge for several hours to set. You can store them in the freezer for a healthy treat when needed as they defrost really quickly!

2. Crushed Berry Yogurt Parfaits

Ingredients

Punnet of fresh strawberries, raspberries and blueberries
1 tub organic natural Greek honey yogurt
4 tbsp almond butter
1 tbsp honey
Toasted coconut ribbons

Method

Save a few of each of the berries and set to one side. Tip all of the berries into a mixing bowl and gently squeeze with your hands to crush. In another bowl mix the nut butter with the honey and add 1 tbsp of yoghurt stirring into a smooth, runny paste. You can add more yoghurt if needed until it is smooth enough to run off a spoon. Take 4 glass tumblers and layer the berries, then the nut butter then the natural yoghurt in layers repeating until you reach the top of the glass. Top with the saved fresh berries and sprinkle with the toasted coconut ribbons and serve.

Snacks

1. Spicy Edamame Pods

Ingredients

1 bag of frozen edamame pods
1 tbsp sunflower oil
1 tsp lemongrass paste
2 tsp paste
½ tsp garlic paste
1 tbsp sesame seeds

Chilli flakes

Light soya sauce or tamari

Drizzle of toasted sesame oil

Method

- Add the sunflower oil to a wok or deep non-stick frying pan on a medium-high heat and tip in the frozen edamame pods. Keep heat high and toss frequently. They will start to defrost and steam in their pods.
- When the pods are starting to go brown in places add in the garlic (optional), lemongrass and ginger and cook these off for 1-2 minutes. Then add about 1 tbsp tamari and sprinkle with chilli flakes (optional), keep the pods moving so they don't stick.
- Finally add a little drizzle of toasted sesame oil and sprinkle on the sesame seeds then tip into a serving bowl.

2. Savoury Seeds

Ingredients

250g pumpkin seeds

250g sunflower seeds

Dash of soy sauce

Chilli flakes (optional)

Method

- Place a non-stick thick-based pan on a medium heat for 1-2 minutes then tip in the seeds and stir continuously to keep the seeds moving so they heat evenly.
- Once the seeds start to swell with the heat and turn golden then reduce heat. Dash in the soya sauce keeping the seeds moving. Steam will evaporate off leaving the seeds coated with the soya sauce and as the steam evaporates off the seeds will end up looking dry.
- Tip seeds out onto a cool plate and leave to cool. The seeds will keep in a jar or air tight container for 2-4 weeks or longer in the fridge.

Drinks

Tahini Apricot Maca Smoothie

Serves 1

Ingredients

200ml oat milk
50ml orange juice
1 tsp organic maca
6 soft-dried apricots
1 tsp milled flax seeds
2 tsp light tahini
¼ tsp ginger powder
½ tsp cinnamon
¼ tsp turmeric

Method

- Place the apricots and orange juice into a blender or Nutribullet and whizz until smooth and pureed – add some of the oat milk if it gets too thick. Then add all the other ingredients and blend until smooth. Taste and add honey to sweeten if needed or add extra orange juice if you need it to be sharper.

Green Goddess

Ingredients

¼ avocado
½ tsp matcha green tea
½ a banana
Handful spinach leaves
2 tsp milled flax seeds
2 medjool pitted dates
1 tsp hemp protein powder
200ml oat milk or almond milk

Method

Place all the ingredients into a blender or Nutribullet and blend until smooth, add extra banana or dates if you need it to be sweeter, add extra milk if it is too thick.