

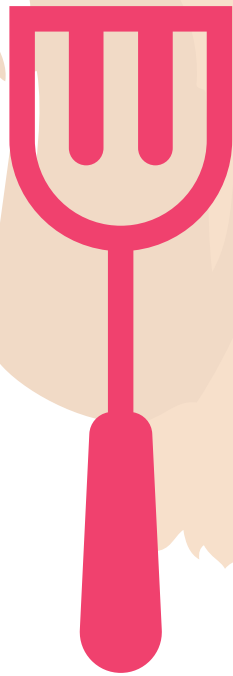
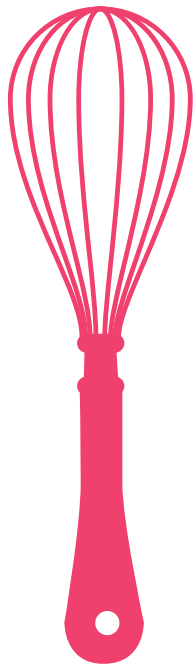
Eat & Fuel



Nutrition &
Lifestyle
Coaching

By Stephanie Tanti
Desjardins





recipe

RECIPE :

Hummus Dip

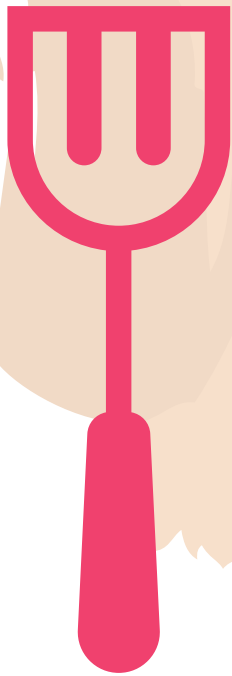
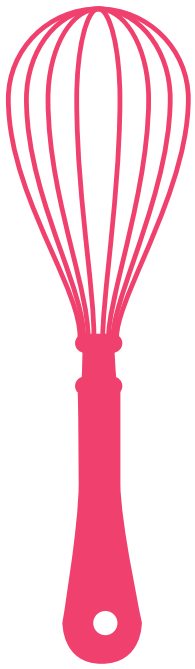
In the bowl of a food processor, combine the tahini and lemon juice and process for 1 minute, scrape the sides and bottom of the bowl then process for 30 seconds more.

This extra time helps “whip” or “cream” the tahini, making the hummus smooth and creamy. Add the olive oil, minced garlic, cumin, and a 1/2 teaspoon of salt to the whipped tahini and lemon juice. Process for 30 seconds.

Open, drain, and rinse the chickpeas. Add half of the chickpeas to the food processor and process for 1 minute. Scrape sides and bottom of the bowl, then add remaining chickpeas and process until thick.

INGREDIENTS

- 1 ½ cups (250 grams) cooked chickpeas
- ¼ cup fresh lemon juice (1 large lemon)
- ¼ cup (60 ml) well-stirred tahini,
- 1 small garlic clove, minced
- 2 tablespoons (30 ml) extra-virgin olive oil
- ½ teaspoon ground cumin
- Salt to taste
- 2 to 3 tablespoons (30 to 45 ml) water
- Dash ground paprika for serving



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RECIPE :

Tuna Dip

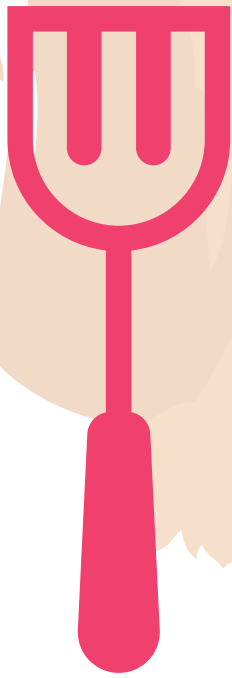
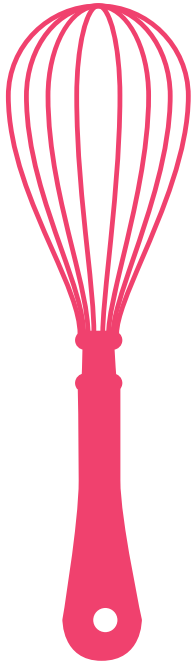
Place all ingredient in a blender and blend until smooth.

Serve in a dip bowl and add some chopped mint and capers as a topping to add some fresh tones.

Serve with carrot and cucumber sticks.

INGREDIENTS

- 1 Can Tuna
- 1 Avocado
- 2 Cubes Feta cheese
- 2 Cherry Tomatoes



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RECIPE :

Avocado & Cannellini Dip

Drain the cannellini beans.
Cook the cannellini beans
in a non-stick pan for 4
mins.

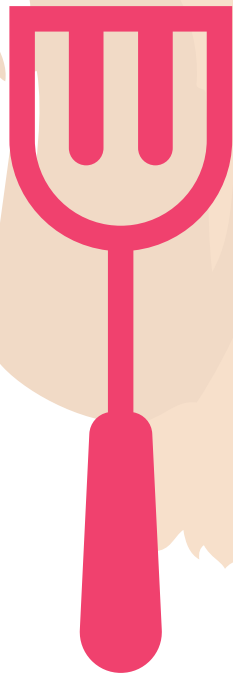
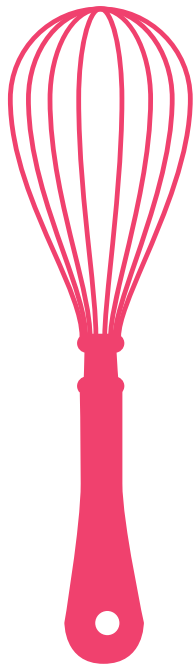
Then add all ingredients in
a blender.

Blend until smooth and creamy.
Serve with cucumber
sticks, carrot sticks, sweet
potato crisps or any type
of raw vegetable.

Can also
be used as a spread on rice
or oat cakes.

INGREDIENTS

- 1 Can Cannellini beans
- 2 avocados ripe
- 2 garlic cloves
- 2 tbsp. Tahini
- Pinch of paprika
- ½ Cup Lemon juice
- 1 tbsp. Olive oil



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RECIPE :

Keto Seedy Crackers

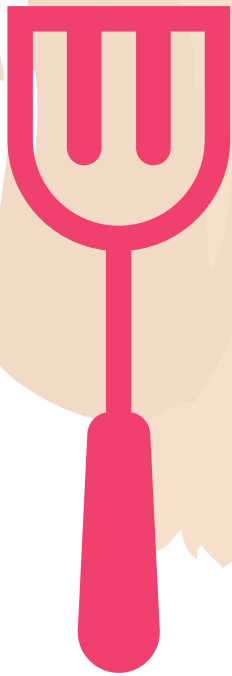
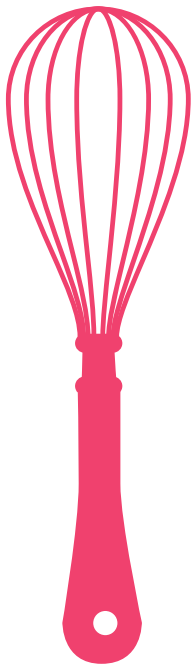
Preheat the oven to 300°F (150°C). Mix all dry ingredients in a bowl. Add boiling water and oil. Mix together with a fork.

Keep working the dough until it forms a ball and has a gel-like consistency. Place the dough on a baking sheet lined with parchment paper. Add another paper on top and use a rolling pin to flatten the dough evenly.

Remove the upper paper and bake on the lower rack for about 40-45 minutes, check occasionally. Seeds are heat sensitive so pay close attention towards the end. Turn off the oven and leave the crackers to dry in the oven.

INGREDIENTS

- 75 ml (40 g) almond flour
- 75 ml (50 g) unsalted sunflower seeds
- 75 ml (40 g) unsalted pumpkin seeds
- 75 ml (50 g) flaxseed or chia seeds
- 75 ml (50 g) sesame seeds
- 1 tsp salt
- 60 ml melted coconut oil
- ½ cup boiling water



recipe

RECIPE :

Healthy Oat Balls

Combine all ingredients in a small bowl and mix until thoroughly combined.

Chill in the refrigerator for 30 minutes.

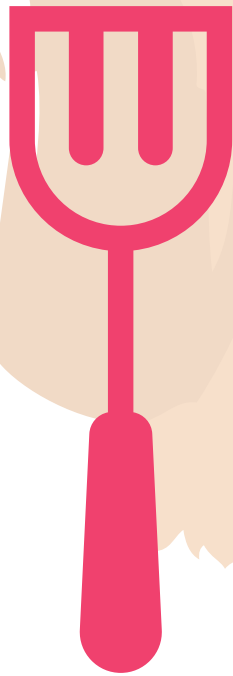
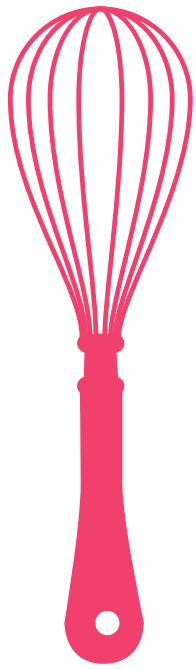
Use a spoon or tablespoon to evenly divide the mixture into 6 balls.

Use your hands to form the ball.

Enjoy one now and save the rest for later by storing them in a sealed container in the refrigerator up to 1 week.

INGREDIENTS

- $\frac{1}{2}$ cup rolled oats (40 g)
- $\frac{1}{3}$ cup peanut butter (80 g)
- 1 tablespoon honey
- 1 tablespoon dark chocolate chip, optional



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RECIPE :

Honey Nut Granola

In a large bowl, combine oats, almonds, cinnamon, powdered milk and sesame seeds.

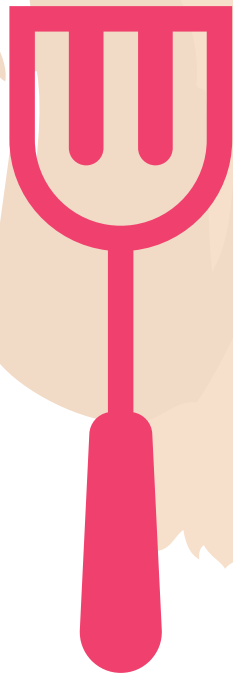
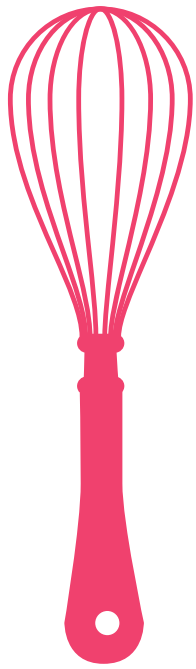
In a saucepan or microwavable bowl, combine the honey and oil. Heat until almost boiling. Pour the honey mixture over the oat mixture and stir well.

Spread the mixture onto two large baking sheets.

Bake at 150 degrees for 20-25 minutes, stirring every 5 minutes. After the granola has cooled, add the dried fruit. Store in an airtight container.

INGREDIENTS

- 3 cups rolled oats
- 1 cup chopped almonds
- 2 tspns cinnamon
- 1 cup powdered milk
- 1/3 cup honey
- 1/3 cup coconut oil
- 1 cup dried fruits
- 1/2 cup sesame seeds



recipe

RECIPE :

Super Seedy Granola Bars

In a mixing bowl, combine oats, sunflower seeds, chia seeds, dried fruit, cinnamon and salt.

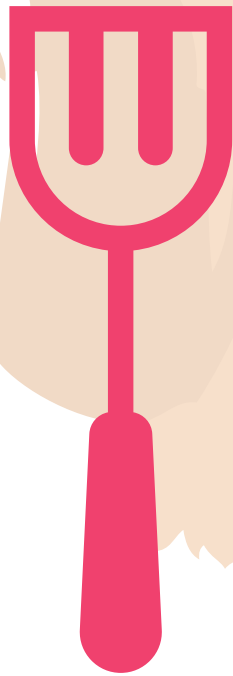
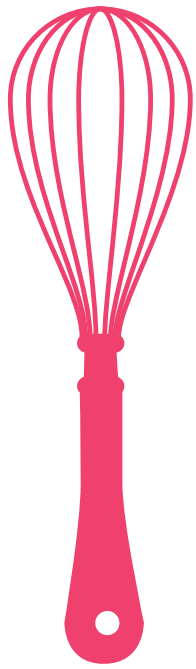
In a microwaveable bowl, combine peanut butter, honey and vanilla extract; warm in the microwave oven for a minute and then mix together until very smooth.

Pour the peanut butter in the mixture over the dry ingredients and stir until very smooth.

Line a 9x9 inch square pan with a baking sheet and transfer the mixture to the prepared pan. Using the back of the spoon, firmly press the mixture evenly into the pan. Cover and refrigerate for 1 hour.

INGREDIENTS

- 1 ½ cup (120g) Oats
- ½ cup (60g) sunflower seeds, hemp heart, or chopped nuts of your choice
- 3 tablespoons chia seeds
- ¼ cup (40g) dried fruit of your choice such as raisins or chopped dates.
- 1 teaspoon ground cinnamon
- 1 cup (260g) peanut butter or nut butter of your choice
- ½ cup (170g) honey
- Optional: 1 teaspoon vanilla extract, ½ teaspoon salt.



recipe

RECIPE : Chocolate Courgette & Nut Cake

Grease and line with greaseproof paper a 20cm round, deep, loosebottomed cake tin.

Place the courgettes in a sieve and squeeze out any excess liquid. Beat together the eggs, oil, orange rind and juice and honey in a large bowl. Sift in the flour, cocoa powder, coconut oil, baking powder and beat to combine. Fold in the courgettes, then spoon the mixture into the prepared tin and level the surface.

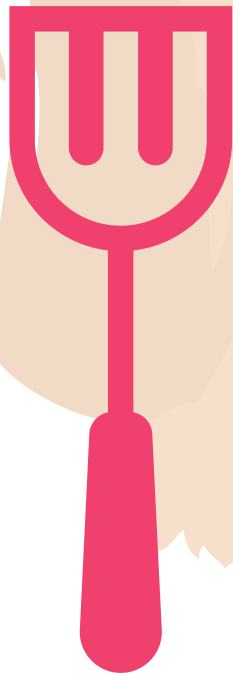
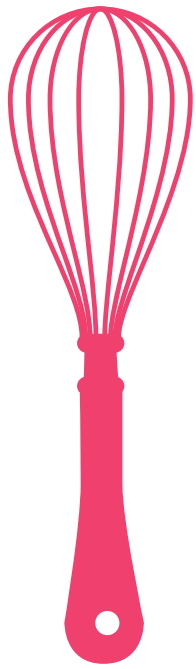
Bake in a preheated oven at 180deg for 40 mins until risen and firm to the touch. Let cool in the tin for 5 mins.
Add crushed hazelnuts as a topping.

INGREDIENTS

- ½ cup coconut oil
- 1 ¾ cups courgettes, coarsely grated
- 2 eggs
- Finely grated rind and juice of orange
- 1/3 cup of honey or agave syrup
- 1 cup self-raising flour
- 2 tbs. cocoa powder
- ½ tsp. bicarbonate of soda
- ½ tsp. baking powder

Topping:

- 1 tbs. hazelnuts, toasted and chopped.



recipe

RECIPE :

Eat & Fuel Health Drink

Fill 1 mug with boiling water. Add the ginger, lemon juice, tea bags and honey and stir for a minute.

In a jug, add 3 cups of water and the freshly squeezed oranges. Add the turmeric and clover.

Remove the tea bags from the mug and pour in the contents of the mug into the jug.

Serve immediately or store in refrigerator.

INGREDIENTS

- $\frac{1}{4}$ tsp. ginger powder
- $\frac{1}{2}$ lemon
- 2 green teabags
- $\frac{1}{4}$ tsp. turmeric
- Pinch clover
- 1 tbsp. honey