

HEALTHY RECIPES



No Grain Granola



INGREDIENTS

65 g raw sunflower
seeds
65 g flax seeds
65 g pumpkin seeds
65 g unsweetened
coconut flakes
65 g cashew pieces
2 tbsp coconut oil
Honey, cinnamon, and
vanilla

DIRECTIONS

1. Mix all the ingredients together in a bowl.
2. Add honey, cinnamon, and vanilla to taste.
3. Bake at 160°C until golden.

Blueberry Waffles



INGREDIENTS

150 g almond flour
4 large eggs
 $\frac{1}{4}$ tsp. baking soda
 $\frac{1}{4}$ tsp. salt
2 ripe bananas, mashed
75 g of blueberries
Coconut oil spray

DIRECTIONS

1. Plug in/preheat your waffle iron.
 2. While that heats up, mix everything together.
 3. Once the waffle iron is warm, spray on coconut oil to the waffle iron plate.
 4. Pour the waffle batter onto the plate.
 5. Close the waffle iron and allow it to thoroughly cook.
 6. Once done (usually when the light turns on), take off the plate and enjoy! Optional: serve with a drizzle of honey and/or butter.
- You can make this ahead of time, it makes is an easy suhoor recipe.

Banana Pancake



INGREDIENTS

1½ bananas
3 eggs
2 heaped tbsp of nut
butter of your choice
Dark chocolate chips
(optional)

DIRECTIONS

1. Mix all the ingredients together with a hand mixer, add in blueberries & chocolate at the end and mix them by hand.
2. Add butter to your fry pan and add about two tablespoons of batter to the pan. Fry at low heat as they cook very quickly.
3. If I add two full bananas instead of the 1.5, I make crepes with this recipe and fill with fruit.
4. Serve with scrambled eggs or homemade sausage

Super Chocolate Smoothie



INGREDIENTS

2 tbsp nut butter
2 dates
750 ml almond milk
1 tbsp unsweetened
cocoa powder
Ice
Handful of frozen
greens

DIRECTIONS

1. Blend and enjoy.

Stuffed Samosas



INGREDIENTS

240 g arrowroot
50 g almond flour
250 ml canned coconut
milk
2 eggs
 $\frac{1}{4}$ tsp pepper
 $\frac{1}{2}$ tsp salt
 $\frac{1}{2}$ tsp cumin seeds
Filling of choice

DIRECTIONS

1. Mix all together.
2. Pour batter onto a small skillet with oil and thin out like crepe. Partially cook both sides. Cut in half.
3. Fold over in half or make into a cone. Seal edges with leftover batter and using a fork to press edges tightly.
4. Stuff with either seasoned ground beef or apples and cinnamon.
5. Fry in coconut oil on med/low heat.

Popcorn Shrimp



INGREDIENTS

Raw shrimp
1 tsp salt
 $\frac{1}{2}$ tsp paprika
 $\frac{1}{2}$ tsp garlic
 $\frac{1}{4}$ tsp pepper
2 tbsp Chickpea flour
and more for dry
coating

DIRECTIONS

1. Mix spices and chickpea flour together.
2. Leave for 30 minutes.
3. Apply a dry coat of chick pea flour to each shrimp and fry!

Sardine/Chicken/Salmon Salad



INGREDIENTS

300 g cooked chicken
breast, shredded or
canned salmon or sardines
4 tbsp avocado oil / mayo
25 g celery
40 g yellow onion, finely
chopped
3 spring onions
2 boiled eggs, diced
¼ tsp paprika
Lemon juice
1 tsp kosher salt
Freshly ground pepper
fresh parsley

DIRECTIONS

1. Mix ingredients together.
2. Can serve on a bed of green leaves, avocado or a paleo seed/nut cracker.
3. Can also add ½ cup of grapes, thinly sliced almonds, 1 tablespoon of dill, Dijon mustard to taste and even finely sliced beef bacon.

Green Juice



INGREDIENTS

½ an English cucumber
or ¾ local cucumber
3 green apples or
William pears to
sweeten juice
1 handful of green
beans
2 baby marrows
½ stick of celery or less
2 leaves of spinach
3 or 4 florets of
broccoli

DIRECTIONS

1. Put these ingredients through a juice extractor.
You may alter these measurements to suit your taste.

If you need an alkalising drink and have many cucumbers in your fridge, go for a green juice with loads of cucumber and less of the other greens. You may also add other green goodies to this drink such as green pepper. This recipe is merely a guideline you may alter according to your kitchen veg stock

Red Juice



INGREDIENTS

2 apples
1 carrot
 $\frac{1}{2}$ cucumber
 $\frac{1}{2}$ lime
2 baby marrow
 $\frac{1}{2}$ beetroot

DIRECTIONS

Juice all ingredients in a juice extractor to make 2 glasses.

Nut Milk



INGREDIENTS

1 tbsp almond nuts
1 tbsp sunflower seeds
1 tbsp pumpkin seeds
1 tbsp sesame seeds
1 tbsp flax seed
4 to 5 pitted dates or
3 tbsp raisins
250 ml of filtered water
and 2 ice cubes.

DIRECTIONS

1. Blend all these ingredients in a powerful blender and Enjoy!

Brazil nut option:

8 Brazil nuts,
1 tablespoon almonds,
250ml water,
5-6 dates to sweeten,
2 ice cubes
Blend and Enjoy

Butternut Veggie Soup



INGREDIENTS

1 litre bone broth
400 g organic butternut
squash
400 g pumpkin
200 g cauliflower rice
260 g carrots, chopped
100 g celery, chopped
1 white onion, roughly chopped
1 tsp garlic
 $\frac{1}{4}$ tsp black pepper, freshly
ground
2 tbsp avocado / coconut oil
 $\frac{1}{2}$ tbsp rosemary
Salt, to taste

DIRECTIONS

1. Saute onions in a little oil to brown.
2. Add in broth.
3. Add veggies and spices to the broth, and bring it to a boil.
4. Reduce the heat and simmer till all the vegetables are cooked.
5. Let it cook and pour the soup into a blender, you can do this in batches if you need. If your soup is thick you can add more broth.
6. Serve with drizzled coconut milk, parsley or seeds!

Lemony Lentil Soup



INGREDIENTS

3 tbsp olive oil or ghee
1 medium white onion,
peeled & diced
3 medium carrots diced
5 cloves garlic, peeled and
minced
300 g red lentils
2 tsp ground cumin
1 tsp ground coriander
Few sprigs of saffron
 $\frac{1}{4}$ tsp cayenne pepper
Zest & juice of 1 small lemon
Sea salt & black pepper
500 ml bone broth

DIRECTIONS

1. Heat oil in a large pot over medium-high heat. Add onion and carrots and sauté for 5 minutes, stirring occasionally, until the onions are soft and translucent. Add garlic and sauté for 1 more minute, stirring occasionally, until fragrant.
2. Stir in the lentils and spices and add 2 cups water. Continue cooking until the soup reaches a simmer. Then cover and cook for 15 minutes, stirring occasionally, until the lentils are completely tender. Add bone broth or water to thin the soup if too thick.
3. Using either a hand blender or traditional blender, puree the soup until it reaches your desired consistency.
4. Red lentils cook much more quickly than brown or green lentils and lose their shape more readily. That makes these lentils perfect for this dip—once cooked they're already halfway to being a puree. Carrot and an apple lend a slightly sweet note, enhancing the flavours of the curry spices. If you don't have carrot, you could use tomato-vegetable juice or broth.

Yellow Anti-inflammatory Chicken



INGREDIENTS

900 g chicken cut up into 1-
inch pieces
1 tsp turmeric
½ tsp salt
¼ tsp black pepper
Juice of one lemon
¼ tsp cumin
1 tsp garlic
1 tsp ginger
1 small diced tomato
(optional)
60 ml oil

DIRECTIONS

1. Heat oil in a skillet. Mix ginger and garlic for one minute and add the rest of the ingredients except the tomatoes on high heat.
2. Five to six minutes before the chicken looks done, add the tomato.
3. Then cover till the water evaporates.

Date Energy Balls



INGREDIENTS

140 g almonds
60 g shredded coconut
8 dates pitted
1 tbsp coconut oil
 $\frac{1}{2}$ tsp sea salt
 $\frac{1}{2}$ tsp vanilla
 $\frac{1}{2}$ tsp cinnamon
 $\frac{1}{4}$ tsp nutmeg

DIRECTIONS

1. In a food processor blend together the almonds and shredded coconut until the almonds are coarsely chopped.
2. Add the remaining ingredients and process for 30-60 seconds until everything is finely processed and the mixture is rather sticky.
3. Taking 1 tablespoon at a time (can make them smaller though if you wish) roll the mixture in your hands into a nice smooth ball or cylinder shape.
4. Place each ball on a parchment lined baking sheet. Put the tray in the fridge for an hour to let them harden. Enjoy !

TIP: These will keep for up to 3 weeks if stored in the fridge in an airtight container

Chocolate Marble Cake



INGREDIENTS

300 g almond flour
125 ml avocado oil/coconut oil
125 ml honey
6 eggs
1 tsp baking soda
1 tsp salt
1 tbsp of cocoa powder

DIRECTIONS

1. Preheat oven to 180°C.
2. In a large mixing bowl combine all of the ingredients until smooth.
3. Pour the mixture into a glass oven-proof rectangular pan or an unbleached parchment-lined cookie sheet, save about ½ cup of batter.
4. With the remaining batter, mix in the cocoa powder.
5. Drop a tablespoon of batter in six different spots on the cake.
6. With a fork, in an "S" pattern go through the chocolate batter into the vanilla batter then back again, to create a design.
7. Bake for 15 minutes.
8. Remove and let cool before cutting to serve.

References:

Saeed, M. (2022) The Quranic Prescription – Unlocking the Secrets of Optimal Health: Kube Publishing

<https://radioislam.org.za/a/lemony-lentil-soup-17-05-18/>

<https://radioislam.org.za/a/best-juice-recipes-for-ramadan/>

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Special thank you to the following individuals:

Vicky Barnard

Nazira Parton – Hibiscus Health Coaching

hibiscus.healthcoach@gmail.com

Fadwha Patel – Wellness with Fadwha

fadwha@gmail.com