

 10 minutes

 1 Servings

Peanut Butter Banana Overnight Oats

Ingredients:

- 1/2 cup of rolled oats
- Peanut butter
- 1/4 teaspoon of Cinnamon
- 1/8 teaspoon of vanilla extract
- 1 or 2 bananas
- 1/2 cup of milk (substitute with non-dairy alternatives if you prefer)
- Additional fruits (strawberries or blueberries)

Directions:

1. Mix the rolled oats with cinnamon, vanilla extract and milk in a bowl
2. Add in the peanut butter (1-2 tablespoon) once thoroughly mixed
3. Chop the banana into small cubes or slices and mix it in
4. Pour mixture into a container or jar
5. Top the mixture with additional fruit
6. Refrigerate overnight!



 25 minutes

 4 cups

Hazelnut Granola Yoghurt Bowl

Ingredients:

- 1/4 cup of coconut oil
- 1/4 cup of honey
- 1/3 cup of brown sugar
- 1/3 cup of unsweetened cocoa powder
- 1/4 teaspoon of almond extract
- 1/2 teaspoon of vanilla extract
- 3 cups of rolled oats
- 1 cup of roasted unsalted hazelnuts
- 1 cup of dark chocolate chips

Directions:

1. Preheat oven to 170°C
2. Over medium heat, stir together the coconut oil, honey, brown sugar, and cocoa powder
3. Stir until the sugar is dissolved and the mixture is smooth and remove from the heat
4. Add almond and vanilla extract and stir it in
5. Separately, combine oats, hazelnuts (to be chopped) and salt
6. Pour the cocoa mixture from earlier over the oat mixture and stir
7. Spread an even layer on a baking sheet with sides, and bake for 5 minutes. Stir, and then bake for 5 more minutes. Stir again, and bake 3 more minutes, for 13 minutes total baking time
8. Allow the granola to cool completely on the baking sheet and then break into pieces
9. Serve with yoghurt (and fruits if you prefer)
10. Add dark chocolate chips as topping!



 30 minutes

 4 Servings

Baked Macaroni

Ingredients:

- Margarine
- 4 eggs
- 5 tablespoons of vegetable oil
- 500g of macaroni
- 2 tablespoons of curry powder
- 1 onion
- 1 tablespoon of tomato puree
- 200g of minced meat of your choice
- 300 ml of coconut milk
- 300 ml of milk
- Grated cheddar cheese

Directions:

1. Grease oven pan and preheat oven to 170°C
2. Cook macaroni in a pot with 2 tablespoons of oil, water and salt
3. Mix curry powder with 1 tablespoon of water to make a paste
4. Dice onions and heat under low fire in the saucepan with curry paste and oil until brown
5. Add in minced meat and tomato paste to the saucepan
6. Add macaroni to saucepan
7. In a separate bowl, whisk eggs, cheese, coconut milk and milk together
8. Pour this mixture into the saucepan and cook until meat is done
9. Pour cooked saucepan mixture into an oven pan and bake for 30 minutes



 20 minutes

 2 Servings

Murtabak Sandwich

Ingredients:

- 4 slices of wholemeal bread
- Margarine
- 4 slices of cheese
- 3 eggs
- 50 ml of milk
- 1/2 onion
- 2 cloves of garlic
- 150g of minced meat of your choice
- 1 potato
- 1 tablespoon of oyster sauce

Directions:

1. Dice onion and garlic together
2. Saute diced onion and garlic in the pan until fragrant
3. Add in minced meat and diced potato to the pan and stir fry
4. Season with oyster sauce and salt and pepper
5. Stirfry until meat is cooked and potatoes have turned soft
6. Spread margarine and meat stirfry between slices of bread
7. In a bowl, whisk eggs, milk and seasoning
8. Dip the sandwiches into the egg mixture and then fry on low heat pan



 15 minutes

 2 Servings

Foul Muddamas

Ingredients:

- 2 cans of small fava beans
- 2 cloves of garlic
- 1 1/2 teaspoon of cumin
- 1/4 teaspoon of red pepper or chilli flakes
- 2 tablespoon of lemon juice
- 1/3 cup of olive oil

Directions:

1. Rinse beans and place in a saucepan with 1/2 cup of water
2. Leave in a covered pan under medium heat until beans are cooked through
3. Mash garlic cloves and mix into a bowl with cumin, chilli flakes, lemon juice and olive oil to make dressing
4. Drain the cooked beans and mash or blend into a paste
5. Mix the dressing into the bean paste
6. Garnish the paste with tomatoes or smoked paprika for additional taste
7. Serve with pita bread or rice



 20 minutes

 4 Servings

Mexican Oatmeal Bowl

Ingredients:

- 8 cloves of garlic
- 300g of quick-cooking oats
- 2 teaspoon of taco seasoning
- 1 teaspoon of paprika powder
- 2 teaspoon of lime juice
- 3 cups of water
- 6 eggs
- 3 teaspoon of butter
- 100ml of milk
- 200g of sweet corn
- 300g of grated cheese
- 1 can of salsa

Directions:

1. Dice garlic and saute in a pan with oil until fragrant
2. Add quick-cooking oats and 3 cups of water to the pan
3. Add in taco seasoning, paprika powder and lime juice to the pan
4. Mix well until ingredients come to a boil and then simmer until mixture thickens
5. Add water when necessary
6. On a separate pan, cook eggs with butter and milk to make scrambled eggs
7. Add scrambled eggs to oats mixture in bowls
8. Top off with salsa!



 15 minutes

 1 Serving

Broccoli Cheddar Oatmeal

Ingredients:

- 1 serving of broccoli florets
- 1 cup of milk
- 2 tablespoon of nutritional yeast
- 1 rounded tablespoon of yellow miso paste
- 1/2 teaspoon of onion powder
- 1/2 teaspoon of garlic powder
- 1/2 teaspoon of paprika
- 1/2 teaspoon of turmeric
- 1/2 cup rolled oats
- Grated cheddar cheese

Directions:

1. Steam broccoli and leave to cool once soft
2. Mix milk, yeast, miso paste, turmeric, paprika, garlic powder and onion powder and cook over medium heat until creamy
3. Once the mixture is even, add rolled oats and simmer
4. Once oats have thickened with the mixture, add broccoli
5. Add salt and pepper to taste
6. Add grated cheddar and serve once the cheese has melted



 20 minutes

 2 Servings

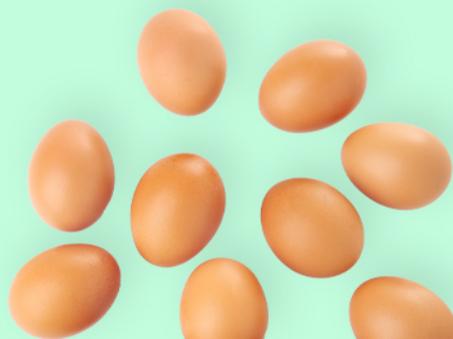
Sardine Omelette

Ingredients:

- 3 eggs
- 80 g of sardines in tomato sauce
- 2 tablespoons of bell pepper
- 2 tablespoons of mushroom
- 1 tablespoon of onion
- 2 tablespoon of tomato
- Vegetable oil
- 1 teaspoon of spring onions

Directions:

1. Dice onions, mushrooms, bell pepper and tomato
2. Saute onions under medium heat with vegetable oil
3. Pour in tomato to the sautéed onions
4. Drain the sardines and break them into smaller pieces
5. Add sardine pieces into a pan
6. Beat the eggs and season with salt and pepper
7. Add in the eggs into the pan once sardine has turned a bit soft
8. Gently fold the cooked outer portions of the omelette toward the centre
9. Cover the pan to cook thoroughly
10. Serve with rice or bread



 15 minutes

 3 Slices

Quesadilla

Ingredients:

- 3 whole-grain flour tortilla
- 2 cups of freshly grated cheddar cheese
- 1 cup of cooked black beans
- 1 tablespoon of red bell pepper
- 1 tablespoon of onion
- 1 tablespoon of pickled jalapeño
- 1 teaspoon of avocado oil
- Salsa or guacamole as a side

Directions:

1. Chop and dice the bell pepper, onion and jalapeño
2. Heat a pan or skillet over medium heat and warm your tortilla for about 30 seconds, flipping halfway
3. Flip once more, then sprinkle one-half of the tortilla with about half of the cheese
4. Cover the cheese evenly with the fillings: beans, bell pepper, onion and jalapeño
5. Sprinkle the remaining cheese over the fillings, and fold over the empty side of the tortilla to enclose the fillings
6. Quickly brush the top of the quesadilla with avocado oil and then carefully flip it with a spatula
7. Let the quesadilla cook until golden and crispy on the bottom
8. Brush the top with avocado oil, then flip it and cook until the second side is golden and crispy
9. Immediately remove the pan or skillet from the heat
10. Let it cool for a minute to give the cheese time to set, then use a knife to slice it into 3 pieces
11. Serve with salsa or guacamole



 10 minutes

 2 Servings

Mango Matcha Smoothie

Ingredients:

- 400g of mango
- 2 tablespoons of matcha powder
- 3/4 cup of milk
- 1 banana
- 2 tablespoons of honey

Directions:

1. Chop the mango and banana into cubes
2. Mix the matcha powder with half a cup of hot water and mix till it dissolves
3. Blend all the ingredients until smooth
4. Add other fruit toppings if preferred and sprinkle some matcha powder on top!

