

My favorite, nutritious and FUN Recipes

By Sam Beau Patrick (Nutritionist)

PS: they are all gluten free too!

Chicken and Wild Rice Salad (serves 4)

1 x cup organic wild rice

2 x chicken breasts

1 x sweet potato

1/2 cup of fresh basil cut up

Sauce: soy, chilli chopped and olive oil

Method:

1. Place rice in a saucepan and cover with water. Heat the water until it is boiling then drop back the heat and simmer until rice is soft but still nutty
2. Place chicken breasts in a dish and place 1/2 cm of water in the bottom of the dish and place in an oven on 180 degrees for 25 minutes.



3. Steam sweet potato after cutting into cubes
4. Cut everything else that needs it: chicken, basil, chilli
5. Put all the ingredients into a big bowl and mix with sauce.

Add a light dressing of sesame oil, or olive oil and a dash of Tamari.

Spinach and Tuna Salad (serves 2)

2 cups of baby spinach leaves (or boy sum leaves)

1 cup of snow peas or fresh green peas

400 g of tuna

1 cup of cherry tomatoes

Sliced purple onions an option

Black or white chia seeds

Method:

Wash spinach leaves, place in bowl with halved cherry tomatoes. Drain tuna and break up meat and sprinkle throughout salad. Chop feta and add to salad with seeds

Mix squeezed lemon and olive oil for a dressing.

Mega Salad (serves 4)

All sorts of lettuce leaves

3 carrots

3 beetroots

2 avocado

Chopped flat leaf parsley

½ cup Macadamias

½ cup Sunflower seeds

1 chicken breast or eggs

Wash and tear lettuce leaves, grate carrot and beetroot, slice avocado and place over salad. Chop parsley and toss the salad. Roast nuts and seeds sprinkle on top. Over broil the chicken breast and slice and place on top of salad.



Veggie Delight Salad

1 cup of walnuts

3 beetroots

2 apples

2 cups of chopped spinach, baby spinach leaves, or kale, lettuce ok too

1 cup Quinoa

Boil beetroot til soft and cut into cubes. Cube apples (can leave skin on for colour)

Boil the Quinoa for 10 minutes (or until soft). Chop walnuts roughly. If they are a little bitter, roast them for 10 minutes. Mix all ingredients together.

Nice salad dressing for this salad is 1 tsp of seeded mustard, 1 Tbs of honey, 1 cup of olive oil and 2 Tbs of balsamic. Mix in jar and drizzle over.

Nobby's Beach Salad

Still so refreshing and packed with Vitamin C, anti-oxidants, easy to break down calcium.

1 cup of cherry tomatoes

1 cup of bocconcini (soft cheese)

1 bunch of basil

Optional Lebanese cucumber

1 cup of pine nuts

Slice tomatoes in halves, depending on cheese (may need slices into halves), chop basil and mix.

Cucumber is optional (many don't like cucumber) and pine nuts are great for extra protein, roasted even better (brings out flavours).

Dressings olive and lemon juice! Devine!

PROTEIN SNACKS....

Health Queen MEAT Balls

With meat balls you can vary them as much as possible. My favourite is chicken mince, sundried tomatoes and feta, with fresh herbs. They are high in proteins (amino acids) and help maintain healthy weight. These are great for breakfast too!

The basic mix is the same and it is the herbs you can vary to get great variety.

Chicken mince or beef mince 500g

200 grams feta

½ sundried tomatoes

½ bunch of herbs

Mix mince, chopped feta and chopped sundried tomatoes.

Add herbs

Make into balls approx 2-3 size of golf balls. Place onto a baking dish and cook at 180 celsius for 20 minutes.

Herbs and flavours:

Herbs can add so much variety and the one basic recipe can be applied with radically different results.

Italian: broad leaf parsley, oregano, thyme

Thai: use lemon grass, chilli and coriander, ginger

Indian: curry, turmeric, coriander, aniseed

Sweet protein balls

I love protein bliss balls – great recipe again, experiment with different ingredients

These are fun to make with kids – you can get them to add things into the blender (all supervised of course) and then they love rolling them into little balls.

Healthy and high in protein and omega 3s.

Once again with these high protein, high omega 3 snacks, try not to become too fanatical about the measurements and ingredients. Have fun, through a stack of items in a blender and see what you can make. These are some yummy fig and prune balls that I whipped up last week.

½ cup desiccated coconut or ½ carob or cocoa

½ cup sesame seeds

½ cup sunflower seeds

½ cup rice malt, (or honey)

½ cup tahini

1 cup almond meal or L.S.A (linseeds, sunflower seeds, almonds) meal

1 cup chopped nuts (almonds, cashews, brazil, hazelnuts etc)

1 cup chopped dried fruit, sulphur –free, ginger etc

Method

Place all the dry ingredients in a blender and mix together.

Gradually add the tahini and the rice malt.

Roll into balls and coat with either sesame seeds or coconut.

When I make these, I use the blender and add whatever nuts I like and usually carob to make it taste chocolately.

Fig & Prune Balls

Variation on bliss balls

1/2 packet of prunes

1/2 cup almond meal

1/4 cup white or black chia seeds

1/2 macadamia nuts



10 figs

1/4 pumpkins seeds

Method

Blend everything!

Sometimes the prunes are enough to bind the meal/grain mix together.

Roll into balls and put in the fridge. You can add chopped ginger for a spicy taste.

Chocolate Avocado Cheesecake

NB: I have taken this directly from my 8 Week Life Transformation Program.

Serves 10 ♥ 15 Mins Prep ♥ 0 Mins Cooking Time ♥ 385 Cal per serve

Benefits: High Antioxidants, High Fibre, Iron, High Calcium, High Protein, Omega 3 **Ingredients**

Base

- ☞ 1 cup organic nuts
- ☞ ½ cup dried apricots (soak for 30 minutes)
- ☞ 1 cup of desiccated coconut

Filling

- ☞ 2-3 avocados
- ☞ ½ cup cacao powder
- ☞ 1 ½ cups dates
- ☞ *Optional: ½ coconut oil (use if you are making ice cream)*

Method

1. Blend base ingredients. Press into a flan tray.
2. Blend filling ingredients until mashed. Put into flan base. No need to cook. Chill in the fridge.
3. For ice cream - don't make the base, just make the filling and freeze.

Tips: Freeze in cut portions for future use.

Nutrition (*per serve)

Calories **385 Cal**

Fat Total **27.5g**

Fat Saturated **8.0g**

Protein 7.0g

Carbohydrates **23.6g**

Sugars 21.7g

Sodium **27mg**

*Recipe serves ten

