

# Spinach and Egg baked casserole

## Ingredients

8 eggs  
2 tbs coconut oil plus extra  
for greasing baking dish  
1 small onion  
2 cups tightly packed  
spinach  
1 clove of garlic, minced  
salt and pepper to taste

## Method

Preheat oven to 180 Deg C and grease a baking dish with coconut oil.

Heat coconut oil in a frying pan and add onions. Cook onions until translucent. Add the spinach to the frying pan and cook until wilted, about 2 minutes. Set aside and let cool.

In a large bowl add the eggs and stir together until combined. Then add the garlic, salt and pepper. Add the coconut oil, onion, and spinach mixture once cooled. If the mixture is too hot it will begin to cook the eggs. Mix all ingredients together thoroughly. Pour the mixture into the baking dish.

Bake for 25-30 mins, until eggs are cooked in the middle and lightly browned on top. Note: the bake will rise while cooking, this is fine and it will return to normal after taken out of the oven and cooled.

## Nutritional benefits:

Eggs contain zinc and selenium, which are important minerals that help boost the immune system.

If cholesterol is a problem in the healthy diet, make this dish with egg whites.

Spinach is rich in vitamin C. It also packed with numerous antioxidants and beta carotene, which may increase the infection-fighting ability of our immune systems.

# Oatmeal Yoghurt Parfait

## INGREDIENTS

50g oats  
110 ml Almond milk  
30 g powdered sugar  
10 g cinnamon  
5 ml vanilla extract  
50g sliced strawberries/or any other berry  
50g yogurt  
1/2 banana, sliced

## METHOD-

Combine all oats, almond milk, sugar, cinnamon and vanilla in a small nonstick pot on the stove. Add 100 ml of water and mix well. Bring to a boil over medium-high heat, and then reduce to a simmer. Cook for about 10 minutes, stirring often, until somewhat thick and creamy. (It will thicken more upon chilling.) Remove from heat and allow to slightly cool. Transfer to a bowl, cover, and refrigerate until chilled, at least 1 1/2 hours.

Stir oatmeal thoroughly until uniform in texture. Spoon half of the oatmeal into a glass, and top with half of the sliced strawberries, yogurt, and banana slices. Repeat with the remaining oatmeal, strawberries, yogurt, and banana.

## BENEFITS-

**OATS**-It's an immune system-booster. The beta-glycan found in oats helps boost our infection-fighting blood cells. Oats also contain selenium and zinc, two important nutrients for warding off infection and helping you stay in fighting shape.

**ALMOND MILK**-Almond milk contains vitamins A, D and E, so using it every day would be a great daily boost for your body's immune system. Even better, it's also rich in vitamin B and iron which both increase muscle strength and healing.

**STRAWBERRY**-Strawberries are great for your immune system because they're a great source of vitamin C and antioxidants. It's crucial for a lot of enzymes that are part of the immune system.

**BANANA**-Rich in potassium and magnesium and as a super source of vitamin B-6, bananas aid your immune system, help form red blood cells, ensure a well-functioning nervous system, and assist protein metabolism.

**YOGHURT**-Yoghurt is known to assist the digestion of lactose, and has a positive effect on the immune system and on vitamin B levels.

# Blueberry and Almond Over night Oats.

Oats, Almonds, Cinnamon powder, Orange juice,

## INGREDIENTS

Oats  
Blueberry  
Almond  
Cinnamon powder  
Orange juice  
Green apple/red apple  
Carrot  
Pomegranate  
Honey  
Almond milk  
Chia seeds(optional)  
Basil seeds  
Pumpkin seeds

## METHOD

Grate apple and carrot, Soak all ingredients except pumpkin seeds overnight in milk, Serve and Garnish with roasted pumpkin seeds.

## NUTRITIONAL BENEFIT

Oats- High in fiber helps to control blood sugar level, good amount of powerful soluble fiber.

Blueberry- King of anti-oxidants, low calories, good source of vitamin –K.

Cinnamon- Reduces the risk of heart diseases reduces blood sugar level.

Honey- help to lower Triglycerides, also help to improve cholesterol.

Almonds- Good amount of fiber, magnesium and vitamin-E.

# Bajre Ka Meetha Cheela

Millet, Honey, Cardamom powder, raisins, pistachio pancakes.

## INGREDIENTS

Millet flour- 250g

Honey-70g

Cardamom powder-5g

Raisins-15g

Pistachio-15g

water

### Substitute:

Millet flour can be substituted by whole wheat/bran/oats flour/Amaranth seed flour

## METHOD

Mix everything together and form a thick batter.

Pour on medium hot seasoned griddle and cook till done, serve hot.

## NUTRITIONAL BENEFIT

Millet- high amount of fiber contains Vitamin B6, C, E and K.

Honey- helps to lower Triglycerides, also help to improve cholesterol.

Cardamom- cancer fighting compounds, helps in digestion has anti-inflammatory effects

Raisins-Boost iron level, Bone strong, helps in digestion

Pistachio- lower cholesterol, control blood sugar

# Breakfast parfait

Greek yogurt, mix berries, Muesli crunch.

## INGREDIENTS

Greek yogurt/ thick curd

Honey

Strawberry

Blueberry

Cranberry

Raspberry

Muesli

**Substitute:**

**A range of berries and citrus fruits**

## METHOD

Mix honey and yogurt, Add chopped blueberry, cranberry, raspberry, strawberry, layer with muesli, honey, and yogurt mix. Garnish with Fresh mint sprig.

## NUTRITIONAL BENEFIT

Blueberry- King of anti-oxidants, low calories, good source of vitamin –K.

Cinnamon- Reduces the risk of heart diseases reduces blood sugar level.

Honey- help to lower Triglycerides, also help to improve cholesterol.

Muesli- Good for heart contains Oat bran, source of phosphorus, boost immunity and protect from cough and cold.

Cranberry- prevents heart damage, good for diabetics and help in digestion, fights virus and bacteria.

## BERRYLICIOUS BOWL

### INGREDIENTS

Strawberry 50gms  
Blueberry 50gms  
Raspberry 50gms  
Greek Yogurt 70gms  
Banana (chopped) 1no  
Rice cereal 20 gms  
Oats (soaked in milk) 20 gms  
Whipped Cream 30gms  
Almonds 10gms  
Walnuts 10gms  
Honey 20gms

#### **Substitute:**

**Greek yoghurt with Thick curd**  
**Berries – with any available citrus**  
**fruits like orange, kiwi, sweet lime**

### METHOD

Mix berries, yogurt, honey, banana whipped cream and cereals together in a bowl.

Transfer the mixture in a nappy bowl and garnish with some chopped nuts and more berries and drizzle honey on top.

### NUTRITIONAL BENEFIT

Berries are an extensive source of vitamin C and antioxidants

Greek yogurt provides calcium and also contains probiotics, which support a healthy bacterial balance in the gut

## **EGG WHITE OMELET WITH SALMON, SPINACH, FETA & ASPARAGUS**

### **INGREDIENTS**

Egg whites- 3  
Salmon-30 gms  
Spinach-10 gms  
Feta-10 gms  
Asparagus-3 sticks

#### **Substitute**

**Salmon with any other oily fish like  
tuna, mackerel**

**Feta- Thick hung curd**

### **METHOD**

Beat the egg whites till stiff  
Heat oil on a non-stick pan. Add spinach  
and salmon and sauté.  
Add beaten egg whites and let cook.  
Sprinkle feta on top.  
Sauté asparagus in oil. Season.  
Serve omelet with asparagus on top.

### **NUTRITIONAL BENEFIT**

**EGG WHITE**-low calorie, high protein

**SPINACH**-iron, calcium, magnesium, vitamins

**SALMON**-anti-oxidant, omega fatty 3 acids, protein, inflammation

**FETA**- calcium, protein, Vit B12

**ASPARAGUS**- anti-oxidants, Vit E