

EASY HEALTHY RECIPES

SAIFUL ISLAM



Recipe
Book



HOLISTICITY HUB

REVIVIFY YOUR VITALITY

Slim & Savory: A Collection For Weight Loss

Candy Cane Smoothie

Ingredients

- 1 cup of ice
- 1 scoop protein powder (organic, grass fed whey)
- ½ banana
- ½ an avocado
- ½ tsp of chia seeds
- ½ tsp peppermint extract
- 1 tbsp almond butter
- ½ cup almond milk (more as needed)
- 1 heaping tsp of cocoa nibs

Directions

Blend all ingredients except cocoa nibs until smooth. Once blended add in cocoa nibs and blend for only 10 seconds more.



Blueberry Mint Lime Mocktail

Ingredients

- 1 cup organic blueberries (fresh or frozen)
- 2 tbsp organic raw honey
- 1 tbsp water
- 4 oz fresh organic lime juice
- 4 leaves fresh mint
- 6 oz Gerolsteiner sparkling water
- 1 organic lime sliced into rounds



Directions

In a small saucepan, bring the blueberries, honey, and water to a boil, then reduce to simmer for 5 minutes.

Mash the berries and strain the liquid through a sieve to remove the skins (optional) and set aside to cool.

Once cooled, place 2 tbsp of the blueberry mixture in the bottom of each glass and fill (mostly full) with ice.

Top each glass with 3 oz sparkling water (Gerolsteiner) and 2 oz of organic lime juice, stir gently.

Garnish with few frozen blueberries, lime slices and fresh mint.

Mulled Wine-Free Mocktail

Ingredients

- 3 cups unsweetened pomegranate juice
- 3 oranges - one to squeeze for the freshly squeezed orange juice, one to slice and simmer in the drink and one to use as garnish.
- 3 cinnamon sticks
- 2 whole cloves
- 3 star anise for garnishing



Directions

Add all ingredients to a pot and bring to a very low boil on medium-high heat. Turn heat to low and allow to simmer for 20-30 minutes. If you have more time, feel free to leave it for up to an hour. Strain liquid and taste, add a hint of coconut sugar if desired. Garnish with fresh orange slices and cinnamon sticks, if desired.



Potato Patties with Eggs

Ingredients

- 2 russet potatoes (large, peeled and chopped)
- 1/4 tsp sea salt
- 2 tbsps extra virgin olive oil
- 1 cup baby spinach (finely chopped)
- 2 tbsps chives (finely chopped)
- 3 egg (divided)
- 2 tbsps rye flour

Directions

Add the potatoes to a pot of salted water and bring to a boil. Cook for about 10 minutes or until the potatoes are very tender. Drain and transfer the cooked potatoes to a mixing bowl. Allow the potatoes to cool slightly then add the salt and half of the oil. Mash with a potato masher until mostly smooth. Stir in the spinach and chives and continue to stir until the spinach has wilted.

When the potatoes are cool enough to handle, stir in one egg and then fold in the flour.

Heat the remaining oil in a non-stick pan over medium heat. Form the potato mixture into patties approximately four inches in diameter and cook for about five minutes per side or until browned and crispy.

In the same pan cook the remaining eggs to your liking and season with additional salt to taste. To serve, divide the potato patties and eggs between plates and enjoy!



Garlic Cheesy Stuffed Mushrooms

Ingredients

- 15 mushrooms
- 1 tbsp avocado oil
- 2 tbsp garlic, chopped
- ½ tsp kosher salt
- ½ tsp black pepper, freshly ground
- 8 oz cream cheese, softened
- 4 cups fresh spinach
- 2 tablespoons fresh parsley, chopped

Directions

Preheat oven to 350° F

Cut the stems off of each of the mushrooms and finely chop them, setting the mushroom caps aside for later.

Cook the chopped stems with the garlic, spinach, salt, and pepper for about six to eight minutes. Remove from heat.

In a medium bowl, combine cooked stems, spinach, cream cheese, parsley, salt, and pepper, mixing until evenly combined. The mixture should be thick.

Space out the mushroom caps evenly on a baking sheet, upside down. Spoon a generous amount of the cream cheese mixture on top of each mushroom.

Top each mushroom with a sprinkle of cheese. Bake for 20 minutes.

Garnish with a sprinkle of parsley, then serve!



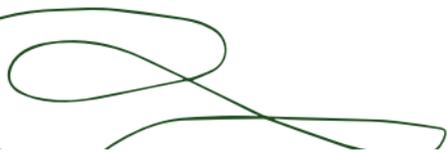
Beet Hummus

Ingredients

- Ingredients
- 5 small roasted beets
- 1 15 oz can of chickpeas (rinsed)
- 4 small garlic cloves
- 2 tbsp tahini
- 1 tbsp cumin
- 3 tbsp lemon juice
- 2 tbsp olive oil
- 1 tsp sea or kosher salt
- Pepper

Directions

Blend well in a food processor and scoop into a bowl. Top with pine nuts and parsley. Dip with veggies and/or warm rye bread.



Cranberry Pecan Quinoa

Ingredients

- 1 cup sweetened dried cranberries
- Juice of 1/2 an orange
- 1 tbsp olive oil
- 1 small onion, finely chopped
- 1 cup uncooked quinoa, rinsed, well drained
- 2 cups chicken broth
- 1 tbsp grated orange peel
- 1 tsp salt
- 2/3 cup coarsely chopped pecans, toasted
- Chopped fresh thyme leaves



Directions

In small bowl, stir together cranberries and orange juice; set aside.

In 2-quart saucepan, heat oil over medium-high heat. Cook onion in oil, stirring frequently, until softened. Add quinoa; cook and stir 1 minute. Add broth, orange peel and salt. Heat to boiling; reduce heat to low. Cover; simmer 10 to 15 minutes or until broth is absorbed. Fluff with fork.

Stir in cranberry mixture and pecans.

Remove from heat; sprinkle with thyme.

Serve immediately or cover and refrigerate.

Kale Goat Cheese Dip

Ingredients

- 3-4 cloves garlic chopped
- 3 cups finely chopped kale
- 1/4 cup goats cheese
- Salt and pepper to taste
- olive oil

Directions

Sautee chopped garlic in olive oil until lightly brown.

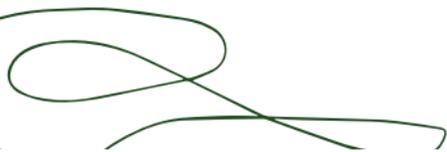
Chop kale very finely and add to pan, coat with olive oil and sprinkle salt and pepper

Add lid to pan to cook kale (2-4 minutes stirring regularly) until wilted.

Add goat cheese and break up, let melt with lid on pan for 1-2 minutes.

Stir kale and goat cheese until it is nicely blended

Add to bowl or plate, and eat with your favourite crackers and/or veggies.



Crispy Brussel Sprouts with Dip

Ingredients

- 2 cups brussels sprouts (trimmed and halved)
- 1 tbsp avocado oil
- 1 tsp sea salt & pepper
- 1/4 cup mayonnaise
- 1 tsp apple cider vinegar
- 1/4 tsp smoked paprika

Directions

Preheat your oven to 425.

Line a baking sheet with parchment paper and add the brussel sprouts. Drizzle with the avocado oil and add sea salt and pepper to taste.

Toss to combine then bake for 25 minutes.

Meanwhile, make the dip by combining the mayonnaise, apple cider vinegar and paprika in a small bowl. Mix well. Remove the brussel sprouts from the oven and serve with dipping sauce on the side.



Holiday Crumbs

Ingredients

- 1 grated medium carrot
- 1 grated medium zucchini
- 1 grated medium onion
- 3 crushed garlic cloves
- 1 tbsp of butter or coconut oil
- 2 tbsps of sesame flour
(sesame seeds processed into flour)
- 3 tbsps of flax seeds flour
- Chopped parsley
- Optional: Top with protein of choice.

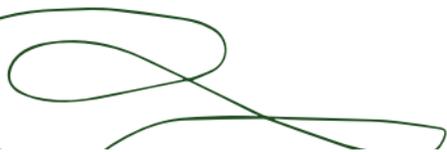


Directions

In a medium pan add the butter or coconut oil, onion and garlic. Fry until caramelized.

Then add the carrot and zucchini, let it cook for 5 minutes, constantly stirring. Season to taste.

Finally, add the sesame and flax seed flours and mix well. Top with parsley and protein of choice.



Ham

Beef or Lamb

Ingredients

- 1 Ham from 1kg to 1.5kg
- 1 tbsp of ghee butter
- 3 dried dates
- Cloves

Directions

In a small pot, bring the 3 cut dates, seedless, to a boil with 1/2 cup of water. After 10 minutes, grind with a mixer. Add more water if necessary. Reserve. Spread the butter and the date syrup over the tenderloin. Place the cloves in the tender. Cover with aluminum foil and bake as per instructions. Remove the aluminum and let it gold for another 10 min.



Ginger Cilantro Salmon Patties

Ingredients

- 250 grams salmon fillet (skinless, cut into 1/2-inch chunks)
- 1/4 cup cilantro (finely chopped)
- 1 tbsp ginger (peeled and finely grated)
- 2 tsp coconut aminos
- 1 tsp sesame oil
- 1 tsp lime juice
- 1 tbsp avocado oil

Directions

Add the salmon to the bowl of a food processor (including the blade) and place in the freezer for 15 minutes. Meanwhile, in a large mixing bowl combine the cilantro, ginger, coconut aminos, sesame oil and lime juice. Set aside. Remove the food processor bowl from the freezer. Pulse the salmon 4 to 5 times until finely chopped but not a puree. Fold the chopped salmon into the cilantro and ginger mixture. Form the mixture into patties. If it is too wet, refrigerate for 20 minutes to stiffen before forming into patties. Heat the avocado oil in a large non-stick pan over medium-high heat. Cook the salmon patties for 4 to 5 minutes per side, or until cooked through and firm to the touch. Serve immediately.



Coconut Cashew Lemon Drops

Ingredients

- 1 cup raw cashews
- 1 cup desiccated coconut (shredded or flaked)
- 1 tbsp coconut oil
- 1 tbsp maple syrup
- 1/2 lemon, zest and juice
- 1/2 tsp vanilla extract
- pinch of Himalayan salt



Directions

Pulse cashews and coconut in food processor until small pieces (chunks) are formed.

Add remaining ingredients and pulse in food processor until everything is well combined and a sticky mixture is obtained.

With clean hands, roll 1 tsp of mixture into small balls. Place on balls on a plate and refrigerate for at least an hour, until firm.



Chocolate Mint Energy Balls

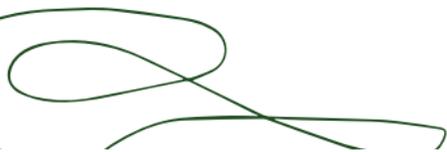
Ingredients

- 1/3 cup pitted dates
- 1/3 cup raw almonds
- 1 1/3tbsp cacao powder
- Pinch of sea salt
- 1/3 tsp peppermint extract
- 2 tbsps water

Directions

Add all ingredients except water to a food processor. While the food processor is running stream in the water.

Run until the mixture forms a ball. Form the mixture into small balls with your hands.



Mocha Truffles

Ingredients

- 3 oz. (100g) of dark chocolate, 70-80%
- 1/3 cup of full-fat coconut milk
- 2 tbsp coconut sugar
- 2 tbsp instant coffee
- 2 tbsp almond butter
- pinch sea salt
- 2 tbsp cocoa powder, for dusting

Directions

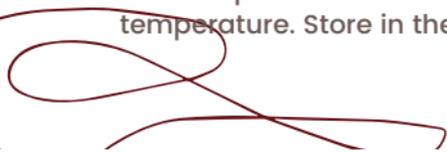
Place the chocolate in a bowl and heat in a microwave just until it starts to melt.

In a small pot, heat the coconut milk, along with the instant coffee and sugar just until it's coming to a boil. Next, whisk in the almond butter with a pinch of sea salt, and stir until smooth.

Pour the hot coconut milk mixture into the bowl with the chocolate and stir it very gently and slowly until well combined.

Fix a layer of clingfilm right over the top of the mixture, to prevent a skin forming and chill in the fridge for about 2 hours, until firm.

Lightly dust a clean surface with cacao powder and roll a spoonful of the chocolate in it. Shape into balls and serve at room temperature. Store in the fridge.



Culinary Infused Olive Oil

Ingredients

- 1 cup of dried herbs, or 2 cups washed, dried thoroughly and roughly chopped fresh herbs.
- A good quality Olive oil to fill the jar.

Directions

Clean the jar and dry it well. Any missed water in the jar can lead to spoilage. Fill the jar halfway with fresh or dry herbs. Slowly pour the oil over the herbs. Using a wooden spoon or chopstick move the herbs around to ensure you've gotten rid of any air. You may want to fill the jar with oil, stir to make sure you have no air bubbles, let it sit for an hour or so then stir it again, adding more oil necessary to ensure you get it right to the top. This helps to reduce the risk of spoilage. Cover the jar with a piece of parchment paper and a secure lid. Give the jar a few gentle shakes to ensure the oil is fully dispersed. Store the jar in a cool, dark place for 3-6 weeks. Every few days, give the jar a gentle shake. The jar may leak a little so let it sit on paper towel or plate while it is infusing. When the herb infused oil is ready, using some cheesecloth or a fine-mesh sieve, strain the herbs and drain the oil into a bowl. Give the herbs a few extra tight squeezes to get every drop oil. Then transfer the oil into a glass storage bottle for use. It should last at room temperature for up to a year.

