



Cottage Cheese Cake

Ingredients

- 1 container cottage cheese
- 1/4 cup granola
- 2 eggs
- 1/3 cup sugar
- Juice of 1 lemon
- 1 tbsp flour (or any gluten-free flour)

Directions

Lightly grease a pie dish with a small pat of butter. Blend granola in a blender and sprinkle it over the base of the greased baking dish. In the same blender, add eggs, sugar, cottage cheese, lemon juice and blend well. Finally, add 1 tbsp flour to bind the cake.

Bake for about 30 min at about 350 degrees. Serve chilled (if you can wait that long...)



Oatmeal Breakfast Delight

Ingredients

- 1/3 cup steel cut oats
- 1 cup water
- Vanilla essence
- Splash or milk or oat milk
- Small pat of butter (optional)
- Pinch of salt
- Nuts and dried cherries for topping
- Maple syrup

Directions

Boil water in a kettle or pot. Add the oats to the pot with a pinch of salt, and a splash of vanilla essence. Cook on medium heat for about 12-15 min. Add a splash of milk or oat milk and a small pat of butter. Top with nuts and dried cherries and maple syrup to taste. Enjoy mindfully - and I bet you don't get hungry until lunchtime! Happy morning!



Veggie Omelette

Ingredients

- Diced onions (about 1/4 cup)
- Diced zucchini, mushrooms, peppers (any veggies)
- Olive oil (1 tbsp)
- 2 eggs
- Salt and pepper
- Grated cheese (optional)

Directions

Sauté onions in a small pan with a little olive oil (just a drizzle is fine). Once the onions are translucent, add the chopped veggies, salt and pepper and cook until just tender. Don't overcook. Set the veggies aside.

In the same pan, drizzle a little olive oil and place over medium heat. Crack the eggs in a small bowl and whisk them briefly with a little salt and pepper. Pour a thin layer of egg mixture into the pan. As the bottom layer solidifies, move it inward with your spatula and

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tilt the pan so that the uncooked egg mixture touches the pan. Repeat this in a circular fashion until the egg mixture looks mostly cooked. Lower the heat.

Add veggies and cheese to one half of the cooked egg circle and gently fold over the other half to create a “pocket” for the veggies and cheese.

Slide the omelette off onto a plate and serve with some fresh fruit and toast or roasted potatoes if you like.



Dark Chocolate Bark

Ingredients

- 1 bar plain dark chocolate
- Dried fruits
- Nuts

Directions

This is a sensible dessert to serve when you're having guests over for dinner. Who doesn't love homemade chocolate? Because it's not tempered, it doesn't store well (the color may change a bit on the second day), so this should be made on the day you want to serve it.

Chop your chocolate or use chips and place them in a microwave-safe bowl. Melt them slowly in 30-second intervals, stirring in between until they are just melted. Then spread the melted chocolate thinly over a large piece of parchment paper. Decorate with nuts and dried fruits. You can also use dried coconut piece or even little silver decorating balls if it's a special occasion. Get creative!

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Finish with a few crumbs of flaky salt (if you like that salty-sweet taste). Place in a cool room to harden (don't refrigerate or the color might change.) You can chop up the chocolate in front of your guests for extra flourish! Then get ready to enjoy - in moderation, of course.



Indian Tomato Chutney and Eggs

Ingredients for two people

- 1 tbsp olive oil
- Tomatoes, diced (about 2-3)
- 1/2 chopped onion
- 1 tbsp minced ginger
- 1 clove minced garlic
- Mustard seeds (about 1/2 tsp)
- Chili flakes (pinch)
- Cumin (seeds or powder) about ½ tsp
- Coriander powder (1 tsp)
- Paprika (about 1/2 tsp)
- Turmeric (about 1/2 tsp)
- Salt and pepper to taste
- 4 eggs

Directions

Sauté onions, garlic and ginger in olive oil in a frying pan until the onions start to go translucent. Add all of the dry spices too and let them cook for a minute. Add salt and pepper.

Chop your tomatoes and add them to the flavor base. Cover and let stew for about 5 min. Taste the tomato chutney and add more salt/pepper if needed. Then, make wells for each of the eggs and crack them into the wells, covering the pan so the eggs can poach in the chutney (about 3-4 min).

Serve hot and enjoy!



Almond Olive Oil Cake

Ingredients

- 3 eggs
- 1/4 cup olive oil
- Zest and juice of 1 orange
- 1/2 cup oat milk
- 2 cups almond flour
- 1/2 cup regular flour (or any gluten-free flour)
- 1/3 cup sugar
- Pinch of salt
- 1 tsp baking powder

Directions

In a mixing bowl, whisk together eggs, sugar, salt, olive oil and oat milk. You can add the orange juice here too - or at the end of your batter. It doesn't really matter. Add the

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almond flour and regular flour as well as the baking powder. Mix until just combined. Don't over mix. Add the orange juice if you didn't add it earlier.

Pour into lined cupcake trays and bake for about 15 minutes or until golden brown and about 350 degrees Fahrenheit.



How To Use a Whole Chicken

1. Chicken Dinner
2. Chicken Salad Sandwiches
3. Chicken and Vegetable Soup

Starting with a roasted chicken: You can either buy a whole roasted chicken and use this strategy to make it last for three days OR you can easily roast a chicken yourself. To do this, place a whole chicken in an ovenproof pot. Stuff the cavity with chopped onions and garlic. Place extra onions, peeled and chopped carrots and potatoes around the chicken (if you like). Drizzle everything with olive oil, salt, pepper and any spices you like (paprika, zaatar, sumac, coriander, cumin...anything you like). You can also chop up any fresh herbs you have in the fridge and sprinkle those on top.

Cover and bake until the chicken is thoroughly cooked and the juices run clear. There should be no blood or pinkness to the meat. A small whole chicken usually takes about 45-60min in my oven at 350-375 degrees Fahrenheit.

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Serve with a big beautiful salad and some brown rice or the potatoes and carrots that cooked on the side.

The next day: Chop up the leftover cold chicken meat and mix it together with a tsp of mayonnaise, some finely chopped shallots and some finely chopped pickles. Add salt and pepper to taste and spread over toast or crackers. This makes a nice sandwich for lunch too but make sure to keep it cool until you eat it. Enjoy!

The day after: Sauté some onions and garlic in a big pot. Add salt, pepper and any spices you like. I use oregano, thyme and sage or tarragon if I have it. Then take the carcass of the chicken and place it into the pot, then cover it with boiling water. Add more salt and pepper! Now cover and let simmer for an hour or more until the chicken carcass releases all of its flavor into the broth. Remove the bones, leaving the leftover little bits of meat in the soup. Add some freshly chopped carrots and celery and cook those for about 3-5 min. You can also add cooked noodles if you like chicken noodle soup. :) Yummy goodness...