

Simple & Healthy Recipe: *Breakfast Banana Split*



Photo from *Smart Nutrition*

Looking for your next go-to breakfast? Try this recipe from Smart Nutrition! [CLICK HERE](#) for details

Disclaimer: recipes can be modified according to your dietary needs and preferences

Ingredients

- ♥ 4 bananas
- ♥ 1 1/3 cup plain Greek Yogurt
- ♥ ½ cup high fibre cereal or granola
- ♥ ½ cup chopped peanuts
- ♥ 1 cup raspberries
- ♥ 8 tsp chocolate hazelnut spread

Instructions

- ♥ 1. Peel a banana and cut lengthwise into two. Arrange beside each other on a plate
- ♥ 2. Add 1/3 yogurt between the banana slices
- ♥ 3. Sprinkle 2 tbsp high fibre cereal and 2 tbsp chopped peanuts on top of yogurt and banana slices
- ♥ 4. Add ¼ cup raspberries on top
- ♥ 5. Drizzle 2 tsp chocolate hazelnut spread 6. Repeat for remaining 3 bananas

Simple & Healthy Recipe: Taco Salad with Beef



Love tacos? Try this Taco Salad recipe from Wholesome Yum! [CLICK HERE](#) for details

Disclaimer: recipes can be modified according to your dietary needs and preferences

Photo from Wholesome Yum

Ingredients

- ♥ 4 1 lb ground beef
- ♥ 1 tsp avocado oil
- ♥ 2 tbsp taco seasoning
- ♥ 8 oz Romaine lettuce (chopped)
- ♥ 1 1/3 grape tomatoes (halved) 3/4 cup cheddar cheese (shredded)
- 1 medium avocado (cubed) 1/2 cup green onions (chopped)
- ♥ 1/3 cup salsa
- ♥ 1/3 cup sour cream

Instructions

- ♥ 1. Heat oil in a skillet over high heat. Add ground beef and stir fry, breaking up the pieces with a spatula. Cook for 7 to 10 minutes until the beef is browned and moisture has evaporated
- ♥ 2. Stir taco seasoning into the ground beef until well combined. You can also add 1/4 cup of water when adding the seasoning and let it simmer a bit.
- ♥ 3. Meanwhile, combine all remaining ingredients in a large bowl.
- ♥ 4. Add ground beef to the large bowl and toss everything together.

Simple & Healthy Recipe: Ras Malai



Image from @anisgrams/Instagram

Do you have a sweet tooth? Try this dessert recipe from *Cook With Anika*! [CLICK HERE](#) for details and to watch the video.

Disclaimer: recipes can be modified according to your dietary needs and preferences

Ingredients

- ♥ 1 litre of milk
- ♥ 1 cup of milk powder
- ♥ ½ cup of sugar
- ♥ ¼ cup of double cream
- ♥ 1 egg (room temperature, lightly beaten)
- ♥ ½ tsp baking powder
- ♥ 1 tsp of plain flour
- ♥ 3 tbsp or coarsely chopped almonds and pistachios
- ♥ ½ tsp cardamom powder

Instructions

- ♥ 1. Add milk, cream, sugar, and cardamom powder to a wide pan
- ♥ 2. Let it simmer on a low heat, stirring occasionally to ensure it doesn't burn
- ♥ 3. For the Ras Malai dough, place milk powder, baking powder and plain flour in a bowl
- ♥ 4. Add beaten egg to make the dough - it should be very soft and make 15 balls
- ♥ 5. Add the dough balls slowly to the milk and simmer for 10 - 12 minutes, turning the Ras Malai over in between so they cook evenly
- ♥ 6. You will notice that the dough balls will expand.
- ♥ 7. Once they're done put them in the fridge to chill for 3 hours
- ♥ 8. Garnish with chopped pistachios and almonds

Simple & Healthy Recipe: *Spicy Salmon Cakes*



Image from EatingWell Magazine

Do you love spicy food? Try this recipe from *EatingWell Magazine!* [CLICK HERE](#) for details

Disclaimer: recipes can be modified according to your dietary needs and preferences

Ingredients

- ♥ 1 ½ cups flaked cooked salmon
- ♥ 2 eggs, lightly beaten
- ♥ ¼ cup finely chopped red onion
- ♥ ¼ cup chopped fresh cilantro
- ♥ 1 tablespoon chili-garlic sauce
- ♥ 1 tablespoon low-sodium soy sauce
- ♥ 1 teaspoon Chinese five-spice powder
- ♥ 1 cup panko breadcrumbs
- ♥ ¼ cup canola oil

Instructions

- ♥ 1. Combine salmon, eggs, onion, cilantro, chili-garlic sauce, soy sauce and five-spice powder in a large bowl. Fold in breadcrumbs. Form into four 3-inch-wide patties
- ♥ 2. Heat oil in a medium nonstick skillet over medium-high heat. Add the salmon cakes and cook, turning once, until browned on both sides. 4 to 6 minutes total

Simple & Healthy Recipe: Cucumber and Hummus Boats



Image from Taste of Home

Looking for a meatless snack? Try this recipe from Taste of Home! [CLICK HERE](#) for details.

Disclaimer: recipes can be modified according to your dietary needs and preferences

Ingredients

- ♥ 1 cup quinoa
- ♥ 6 medium cucumbers
- ♥ 1 can (15 ounces) garbanzo beans or chickpeas, rinsed and drained
- ♥ 1 cup cherry tomatoes, halved
- ♥ 1 packaged (4 ounces) crumbled tomato and basil feta cheese
- ♥ ½ cup pitted Greek olives, chopped
- ♥ ¼ cup lemon juice
- ♥ 3 tablespoons honey
- ♥ 2 tablespoons olive oil
- ♥ 2 garlic cloves, minced
- ♥ ¼ teaspoon pepper
- ♥ 1 carton (14 ounces) roasted garlic hummus
- ♥ Minced fresh basil (optional)

Instructions

- ♥ 1. Cook quinoa according to package directions. Transfer to a large bowl; cool slightly
- ♥ 2. Meanwhile, cut cucumber in half lengthwise. Scoop out pulp, leaving a 1/4-in. shell.
- ♥ 3. Add garbanzo beans, tomatoes, cheese, and olives to quinoa.
- ♥ 4. In a small bowl, whisk lemon juice, honey, oil, garlic, and pepper until blended. Pour over quinoa mixture; gently toss to coat.
- ♥ 5. Spread about 2 tablespoons hummus inside each cucumber shell. Top each with about 1/3 cup quinoa mixture. Sprinkle with basil if desired.

Simple & Healthy Recipe: 3-Ingredient Ice Cream



Image from Homemade Mastery

Need a snack to help you cool off? Try this recipe from *Homemade Mastery*! [CLICK HERE](#) for details.

Disclaimer: recipes can be modified according to your dietary needs and preferences

Ingredients

- ♥ 1 ½ cup frozen strawberries
- ♥ 1 small frozen banana
- ♥ 1/2 cup milk of choice

Instructions

- ♥ 1. Add all ingredients to your high-speed blender or let the fruit defrost for a bit and blend with an immersion blender. Blend until there are no chunks of fruit left.
- ♥ 2. You can experiment and add less milk to make the ice cream thicker, but this is perfect for serving immediately.
- ♥ 3. Top with your favorite toppings and enjoy!

Simple & Healthy Recipe: *Pineapple Fried Rice*



Image from BBC GoodFood

Looking for a new family dinner meal? Try this recipe from BBC GoodFood! [CLICK HERE](#) for details. Share a picture of this recipe to be featured in our next newsletter!

Disclaimer: recipes can be modified according to your dietary needs and preferences

Ingredients

- ♥ 1 ½ tbsp sunflower oil or vegetable oil
- ♥ 2 eggs, beaten
- ♥ 2 garlic cloves, crushed
- ♥ Small bunch of spring onions, chopped
- ♥ ½ tsp Chinese five-spice powder
- ♥ 400g cooked long-grain rice
- ♥ 85g frozen peas
- ♥ 2 tsp sesame oil
- ♥ 2 tbsp low-salt soy sauce
- ♥ 400g fresh pineapple, roughly chopped into chunks (about ½ medium pineapple)

Instructions

- ♥ 1. Heat 1 tbsp oil in a wok. Add the eggs, swirling them up the sides, to make a thin omelette. Once cooked through, roll the omelette onto a chopping board and cut into ribbons.
- ♥ 2. Heat the remaining oil. Add the garlic, onions and five-spice. Stir-fry until sizzling, then add the rice, peas, sesame oil and soy. Cook over a high heat until the rice is hot, then stir through the pineapple and omelette ribbons.

Simple & Healthy Recipe: *Fall Chopped Salad*



Image from EatingWell

Looking for a new addition to your Thanksgiving menu? Try this recipe from *EatingWell*! [CLICK HERE](#) for details.

Disclaimer: recipes can be modified according to your dietary needs and preferences

Ingredients

- ♥ 1 small butternut squash, peeled and cut into ½ inch dice
- ♥ 2 cloves garlic, minced
- ♥ 3 tablespoons extra-virgin olive oil, divided
- ♥ ½ teaspoon salt, divided
- ♥ ½ teaspoon ground pepper, divided
- ♥ 2 tablespoons balsamic vinegar
- ♥ 1 teaspoon maple syrup
- ♥ 2 teaspoons Dijon mustard
- ♥ 8 cups packed baby spinach, roughly chopped
- ♥ 1 medium Honeycrisp apple, diced
- ♥ ½ cup diced sharp Cheddar cheese
- ♥ ½ cup toasted chopped pecans

Instructions

- ♥ 1. Stir squash, garlic, 1 tablespoon oil, 1/4 teaspoon salt and 1/4 teaspoon pepper together in a large bowl. Spread on a large, rimmed baking sheet and roast, stirring once, until tender, about 20 minutes.
- ♥ 2. Meanwhile, whisk the remaining 2 tablespoons oil, vinegar, maple syrup, mustard and the remaining 1/4 teaspoon each salt and pepper in the large bowl. Add spinach, the roasted squash, apples, cheese, and pecans. Toss to coat.