

Healthy Recipes for Home

1. Rainbow fruit Skewers



Use whatever fruit you have at home and pop it on a skewer!

2. Instant Frozen Berry Yoghurt



Ingredients:

- 250g frozen mixed berry
- 250g 0%-fat Greek yogurt
- 1 tbsp honey or agave syrup

Method: Blend berries, yogurt and honey or agave syrup in a food processor for 20 seconds, until it comes together to a smooth ice-cream texture. Scoop into bowls and serve.

3. No Bake Healthy Flapjacks



Ingredients:

- 175g oats
- 30g raisins
- 25g seeds (e.g pumpkin and sunflower seeds)
- 100g smooth peanut butter
- 60g coconut oil (doesn't have to specifically be coconut oil)
- 4 tbsp honey

Method:

1. Line an 8x8in dish with parchment paper.
2. Add the oats, raisins and seeds to a large bowl and mix well.
3. Add the peanut butter, coconut oil and honey to a saucepan. Cook over a medium heat until the ingredients have all melted and started to bubble.
4. Pour the peanut butter mixture over the oats and mix really well.
5. Transfer the mixture into the dish and press down firmly with the back of a spoon, making the mixture as compact as possible.
6. Chill in the freezer for 45 minutes before cutting into 8 pieces.
7. Store in the fridge.

4. Peanut butter and Banana Ice-Pop



Ingredients:

- 2 large or 3 small bananas
- 3 tbsp smooth peanut butter
- 1 tsp chopped mixed nuts

Method:

1. Blitz the bananas and peanut butter together in a blender until mixed and a smooth consistency. Pour into 3 of the popsicle moulds, insert a wooden stick and place the moulds into the freezer * you don't need ice-pop moulds- you could use paper cups, ice cube trays or anything freezer proof that will hold the mixture*
2. After 30 minutes sprinkle some chopped nuts on the top of each ice-pop and return to the freezer for at least another 90 minutes, or until the ice pops are frozen.

5. Spiced Apple Crisps



Ingredients:

2 Granny Smith apples (you can use any apple)

Cinnamon- for sprinkling

Method:

1. Heat the oven to 160C/ 140C fan/ gas mark 3. Core the apple and slice through the equator into very thin slices 1 - 2mm thick. Dust with cinnamon and lay flat on a baking sheet lined with parchment paper.
2. Cook for 45 mins – 1 hour, turning halfway through and removing any crisps that have turned brown. Continue cooking until the apples have dried out and are light golden. Cool, store in an airtight container and enjoy as a snack.

6. Mini Pizza Quiches



Ingredients:

- 2 large tortilla wraps
- 4 eggs
- chopped vegetables (optional)
- 6 slices salami or any cooked meat you have

- 3 cherry tomatoes, halved, plus extra to serve
- handful basil leaves- optional

Method:

1. Heat oven to 180C/160C fan/gas 4. Using a 12cm cutter (or a small plate) cut circles from the large tortilla wraps – you should get 6. Use the circles to line 6 holes of a muffin tin, pushing them into the holes to make cases.
2. Beat the eggs and pour into the tortilla cases (you can add some chopped vegetables too, if you like). Top each case with a slice of salami and 1/2 a cherry tomato. Bake for 15 mins until the egg has set. Top with a few basil leaves, if you like, and serve with extra tomatoes.

7. Egg Muffins



Ingredients: You can use whatever ingredient you like or whatever you have!

- 6 large eggs
- salt and pepper
- 150g of Ham (optional)
- One large pepper
- Spring onions/red onion/white onion
- cherry tomatoes
- Mushrooms
- 60g cheddar cheese

Method:

1. Preheat the oven to 180 degrees C
2. Crack 6 eggs into a bowl with salt and pepper and mix. (You can add some herbs like basil here if you like).
3. Wash all your chosen vegetables and chop into small pieces. Add chopped ham or meat of choice (optional) and combine with the egg mixture.
4. Get a muffin tray and using a cooking spray or baking paper, line 6 muffin tin spaces.
5. Pour and spoon the mixture into the muffin tins.
6. Sprinkle the Avonmore Cheddar over the top of the muffins.
7. Place in the oven for 17-20 minutes, depending on your desired texture.

8. Yummy Sausage and Pea Pasta



Ingredients:

- Some cocktail sausages
- 200g pasta
- 200ml crème fraîche
- 125g cherry tomatoes, halved
- 100g frozen peas
- 50g grated cheddar cheese

Method:

1. Cook the sausages according to packet instructions
2. In the meantime cook the pasta according to the packet instructions. Once cooked, drain and immediately mix in the creme fraiche, cherry tomatoes and frozen peas. Do this quickly as the heat from the pasta will cook the peas!
3. Mix in the grated cheese and finally add the sausages, cut into bite sized pieces.
4. Serve immediately.

Websites used:

<https://www.myfussyeater.com/>

<https://www.bbcgoodfood.com/>

<https://www.avonmore.ie/recipes/egg-muffins>