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# Easy Healthy Recipes



# Oat and Banana pancake

## INGREDIENTS

- 1 cup blended oats
- 1 Banana
- 2 eggs
- Salt
- 2 Tablespoons

## DIRECTIONS

- Mash banana, add 2 eggs and mix thoroughly.
- Add oatmeal to the mix and stir until you achieve a smooth consistency.
- Add water slowly and continue to stir to get the consistency you desire.
- Add salt to taste.
- Place fry pan on medium heat and add a teaspoon of oil.
- Add batter in small batches and fry on both sides till brown.
- Serve with a cup of green tea or unsweetened cocoa drink.



# Vegetable sauce

## INGREDIENTS

- 1 bowl of non-starchy vegetables
- 2 Tomatoes, 1 Onion
- Fresh pepper
- 2 Tablespoons
- Fresh pepper to taste
- 1 Tbsp of ground crayfish
- Fish.
- Seasoning cubes

## DIRECTIONS

- Wash and slice the tomatoes, onion, pepper and set them aside.
- Wash the vegetables and slice to tiny bits.
- Parboil the fish, season and allow to simmer for 3 minutes.
- Set your cooking pot on heat, add coconut/olive oil and add the sliced tomato, pepper, onions.
- Add the cooked fish, season and allow to simmer on low heat for 3 minutes.
- Add the vegetables, stir properly and allow to simmer on low heat for 2 minutes

# Vegetable salad



## INGREDIENTS

- A handful of cabbage
- 2 medium sized carrots
- A handful of lettuce leaves
- 2 chopped green beans
- 2 cooked eggs
- 1/4 cucumber
- Dressing ( Olives, lemon juice,
- BAMA mayonnaise)

## DIRECTIONS

- Chop the carrot ,green beans, cucumber and set aside in different bowls ,peel off the greenback of cucumber and also remove the center seeds.
- Soak the cabbage in warm water to soften it, or simply wash with cold water, slice and mix with the rest of the vegetables.
- Add the carrots and green beans to boiling water, and allow to simmer on low heat for 3-4 minutes
- Drain excess water and set aside in a bowl.



# Chicken salad

## INGREDIENTS

- 1 small cucumber, peeled and spiralized
- A large size chicken breast, well seasoned, cooked and shredded
- A sprinkle of ground chilli  
Sea salt to taste
- A teaspoon of mayonnaise
- A teaspoon of olive oil
- A teaspoon of lemon juice

## DIRECTIONS

- Mix all ingredients together and enjoy.

# Chicken breast sauce

## INGREDIENTS

- 1 Chicken breast
- 2 tomatoes
- 1 onion
- salt and pepper to taste
- Bell peppers
- 2 Tablespoons of oil



## DIRECTIONS

- Wash and cut chicken into tiny pieces.
- Cut tomatoes, onions and peppers and set aside.
- Place a fry pan on medium heat and add oil.
- Add onions, tomatoes and peppers and leave to cook for a few minutes.
- Add 2 tablespoons of water, season and add chicken.
- Stir occasionally and allow to simmer for 3 minutes.
- Check for seasoning and serve.

# Vegetable omelette

## INGREDIENTS

- 2 Eggs
- 1 Tomato
- 1/2 Onion bulb
- Fresh pepper
- 1 handful of any leafy vegetable
- 1/8 Salt
- Seasoning
- 1/2 tsp. coconut/olive oil



## DIRECTIONS

- Wash and cut tomato, vegetables, onion, fresh pepper and set aside.
- Beat eggs, add salt and blend.
- Add the sliced tomato, vegetables, onion, fresh pepper and blend.
- Pour oil over medium-high heat until hot.
- Pour in egg mixture
- Flip on to the other side when surface of egg is thickened.

# Cabbage stir-fry



Half cabbage shredded  
2 tablespoons of Olive/Coconut  
or Avocado oil.

beef or shredded chicken

Salt to taste

2 garlic cloves grated

1 tsp grated onions

1/4 tsp chilli

1 tablespoon white wine vinegar  
or 2 tablespoons fresh lemon  
juice

1/4 teaspoon curry powder

1 teaspoon of finely chopped  
scallion.

## DIRECTIONS

- Shred the cabbage as thinly as possible.
- Fry the cabbage 1 Tbsp of oil in a large frying pan or pot on moderate heat until soft.
- Add spices and vinegar or lemon and stir till aroma fills the air.
- Serve out and keep aside.
- Fry garlic, scallion, and curry in another Tbsp of oil for a few seconds and add meat.
- Allow to steam until the meat is cooked and almost dry.
- Lower the heat and add cabbage back to the pan and stir.
- Add salt and pepper to taste and allow simmering a bit.



# Avocado salad

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## INGREDIENTS

- 1 cooked egg
- 2 medium sized carrots
- A handful of Lettuce
- Half an avocado
- 1/2 a cucumber
- 2 tomatoes
- A handful of Cabbage
- 1 Tbsp olive oil

## DIRECTIONS

- Chop your cabbage, carrots, tomatoes, cucumber, lettuce and put into the bowl.
- Drizzle with extra virgin olive oil

# Fruit salad or smoothie

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## INGREDIENTS

- 1 cup watermelon
- 1 cup pineapple
- 1 medium sized apple or pear



## DIRECTIONS

- Cut fruits into desired shapes and mix together in a bowl and serve.
- Blend fruits together for a smoothie



# Scrambled eggs

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## INGREDIENTS

- 2 large eggs
- 1 tbsp water
- Salt and pepper
- 2 Tablespoons olive oil

## DIRECTIONS

- Place fry pan on medium heat and add oil.
- Crack eggs into a bowl with a tbsp of water.
- Add salt and pepper to taste.
- Use a fork or whisk to beat the eggs for 30-60 seconds.
- Pour the eggs into the pan and cook on medium/low heat.
- Allow to cook and stir occasionally until well cooked.
- Serve with a cup of green tea or unsweetened cocoa drink.



# Sauteed fish

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## INGREDIENTS

- Fish of choice
- Spices of choice
- 2 Tbsp coconut oil
- 1 Tbsp water

## DIRECTIONS

- Clean fish and season with spices of choice.
- Heat coconut oil.
- Add fish along with 1 Tbsp of water.
- Cook both sides of fish till done.
- Serve with slices of cucumber.



# Vegetable Chicken Wrap

## INGREDIENTS

- 1 small whole wheat wrap
- 1/2 cup cooked shredded chicken breast (grilled or boiled)
- 1/4 cup shredded carrots
- 1/4 cup chopped lettuce
- 1/4 cup shredded cabbage
- 1 tbsp Unsweetened Greek or 1/2 avocado (as dressing)
- Pinch of salt, black pepper and chilli flakes
- 1/4 lemon (optional)

## DIRECTIONS

- Warm the wrap in a dry pan for 30 seconds on each side.
- Spread the yogurt or avocado in the center.
- Layer in the chicken, carrots, lettuce , and cabbage
- Squeeze the juice from the lemon
- Sprinkle with a bit of salt and peppers.
- Wrap tightly and serve immediately.
- Avocado -Egg Toast(Whole grain)



# Avocado -Egg Toast (Whole grain)

## INGREDIENTS

- 2 slices of whole grain bread
- 1/4 medium ripe avocado
- 1 boiled or poached egg
- Pinch of salt, black pepper, and chili flakes (optional)
- Squeeze of lemon juice (optional)

## DIRECTIONS

- Toast the bread until golden.
- Mash the avocado and spread it on the toast.
- Top with the sliced or whole egg.
- Sprinkle with salt, pepper, and optional chili flakes or lemon juice.
- Serve immediately.



# Oatmeal Pancake

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## INGREDIENTS

- 1/4 cup oats (blended into oat flour)
- 1 egg
- 1 Tbsp plain /unsweetened Greek yogurt
- 1 mashed banana
- 1/2 tsp baking powder
- Dash of cinnamon or nutmeg(optional)
- 1–2 tbsp water or milk (to adjust consistency)

## DIRECTIONS

- Mix oat flour, egg, yogurt, banana, baking powder, and cinnamon in a bowl.
- Add a little water to form a thick batter.
- Heat a non-stick pan over medium heat.
- Pour batter into the pan and cook 2–3 minutes per side until golden.
- Serve plain or with a few slices of fruit.



# Oatmeal Porridge

## INGREDIENTS

- 1/4 cup rolled oats
- 1 cup water
- 1 Tbsp skimmed milk
- Pinch of salt
- 1/4 tsp cinnamon or unsweetened cocoa (optional)
- 1 mashed banana, or stevia, or 1/2 tsp honey as sweetener

## DIRECTIONS

- Combine oats, water, and salt in a small pot.
- Bring to a simmer over medium heat, stirring occasionally.
- Cook for 5–7 minutes until thick and creamy.
- Stir in cinnamon and your sweetener.
- Serve hot.



# Sardine Omelette

## INGREDIENTS

- 2 eggs
- 1/4 of a can sardines (drained)
- 2 tbsp chopped onions
- 2 tbsp chopped tomatoes
- Pinch of black pepper and salt
- 1 tsp oil
- 2tbsp chopped spring onions/ugwu/spinach

## DIRECTIONS

- In a bowl, whisk the eggs with black pepper and salt.
- Add sardines, onions, and tomatoes and vegetables. Mix gently.
- Heat oil in a small non-stick pan.
- Pour in the mixture and cook on low-medium heat for 2–3 minutes per side.
- Serve hot with a side of steamed veggies.