



EMPOWERED RECIPE BOOK

WEEK 8

Fertility Mom | 2018-2022

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Sausage & Avocado 'Burritos'

SERVES 4

YOU WILL NEED:

- 1 pound ground turkey sausage
- 1 tablespoon coconut oil
- 2 teaspoons chopped fresh oregano (or 1 tsp dried)
- 1/4 cup chopped scallions
- 1 tablespoon olive oil
- 4 large cabbage leaves
- 1-2 large avocado, peeled and sliced
- Salt & Pepper to taste

HOW TO MAKE

1. Preheat broiler to high. Line a large baking sheet with parchment paper.
2. Heat coconut oil over medium-high heat, then add sausage, oregano, scallions. Cook until sausage is cooked through. Remove.
3. To prepare the cabbage, rub both sides of each leaf with olive oil. Place on the parchment lined baking sheet and place under pre-heated broiler. Broil for 2 minutes on each side, until each side is tender and slightly brown on the edges.
4. Place sausage and avocado in cabbage leaf, salt and pepper to taste, and fold into burritos. Serve warm.

Smoked Mackerel & Egg Spread

SERVES 4

YOU WILL NEED:

- 4 eggs, hard boiled
- 7 oz. (200g) smoked mackerel
- 1 small onion, finely chopped
- 4 small pickled gherkins
(German pickles), chopped
- 2 tbsp. mayonnaise
- 2 tbsp. full fat yogurt (or more
mayo)
- bunch of chives, chopped

HOW TO MAKE

1. Boil the eggs, let them cool and peel off the shells, then chop and place in a bowl.
2. Debone and skin the fish, then chop the meat and add to the bowl.
3. Add the finely chopped onion and gherkins into the bowl.
4. Season with salt and freshly ground pepper. Mix with the mayonnaise, yogurt and chopped chives.
5. Serve with bread, fresh veggies, or on its own.

Cottage Cheese Protein Pancakes

SERVES 4

YOU WILL NEED:

- 1 heaped cup (250g) cottage cheese
- 3 eggs
- 1 tsp. of vanilla extract
- 1 tbsp. of coconut sugar
- 3 heaped tbsp. flour (regular or gluten-free)

HOW TO MAKE

1. Place the cottage cheese into a bowl, add egg yolks (keep the whites separate) and crush everything with a fork. Add in the flour, and mix thoroughly.
2. Whisk the egg whites into a stiff foam and add to the cheese mixture. Gently combine the ingredients.
3. Heat a tiny amount of oil in a skillet and fry the pancakes (about 2 tbsp. of batter per pancake) in batches, for about 3 minutes, until the bottom is slightly browned. Turn and cook for another 2 minutes.

90 Second English Mug Muffin

SERVES 1

YOU WILL NEED:

- 1 egg (flax egg can be used if egg free)
- 3 Tbsp almond flour
- 1/2 Tbsp coconut flour
- 1 Tbsp melted butter, cooled slightly
- 1/4 tsp salt
- 1/2 tsp baking powder (aluminum free)

HOW TO MAKE

1. In a small bowl or mug, melt butter and let cool slightly. Add in the rest of the ingredients and mix well. Let sit for about 1 minute.
2. Place in ramekin or use a mug, heat in microwave for 90 seconds or until springy when pushed and the middle is cooked. If the muffin is too dry then microwave for 75 seconds, and do 5 second increments until done. If using the oven then bake at 350 for 12-15 minutes.
3. When done, remove from ramekin and let cool for a minute before slicing. Can toast in the toaster to get a crunchy texture.
4. Serving suggestions: Great for making breakfast sandwiches, delicious with some cream cheese and smoked salmon on top. My favorite is to use put creamed spinach and a poached egg over the top.

Shrimp & Broccoli Stir-fry

SERVES 4

YOU WILL NEED:

- 1 pound shrimp, deveined and peeled
- 1 Tbsp coconut oil
- 1 clove garlic, minced
- 1 inch piece of fresh ginger, minced
- 2 Tbsp maple syrup
- 3 Tbsp coconut aminos
- 1/2 cup water
- 1 Tbsp arrowroot + 1 Tbsp water, shaken well into a slurry
- 1 Tbsp rice vinegar
- 2 tsp toasted sesame oil
- 1 pound (or more!) fresh broccoli florets
- 2 green onions, diced
- Optional Serving Suggestion: cauliflower rice with side of avocado

HOW TO MAKE

1. In a small bowl, mix together water, garlic, ginger, maple syrup, coconut aminos, rice vinegar, sesame oil, and arrowroot slurry.
2. Either heat pot of water on stovetop to steam broccoli or place in shallow bowl filled about 2 inches with water in microwave for 5-7 minutes to lightly steam. Broccoli should be easily pierced but still firm.
3. Heat coconut oil in skillet over medium-high heat. Add in shrimp and cook a few minutes each side until pink and opaque. Remove and set aside.
4. In the same skillet, add sauce and mix until slightly thickened.
5. Add in shrimp and broccoli, mix until well coated. Sprinkle green onions on top and serve over cauliflower rice.

Creamed Spinach

SERVES 4

YOU WILL NEED:

- 16 ounces fresh spinach, chopped (or chopped frozen spinach)
- 1 small yellow onion, diced
- 2 garlic cloves, diced
- 1 Tbsp cooking oil of choice
- 1 Tbsp arrowroot starch
- 1 can full fat coconut milk
- 1 tsp salt

HOW TO MAKE

1. Heat oil in skillet over medium heat. Add in onions and garlic and sweat for 1-2 minutes until fragrant and onions are translucent.
2. Add arrowroot to onions and garlic, mix well.
3. Add coconut milk and salt, stir to combine completely. Turn heat down to medium-low and let simmer until thickened, about 2 minutes
4. Add in spinach and cook/mix until wilted and cooked in. About 5 minutes.
5. Salt and pepper to taste

Moroccan Cod & Bulgur Salad

SERVES 2

YOU WILL NEED:

- 10 oz. (300g) cod fillets
- 1 tbsp. lemon juice
- 2 cloves garlic, crushed
- ½ tsp. turmeric
- ½ tsp. paprika
- ½ tsp. cumin
- pinch of saffron
- 2 tbsp. olive oil
- scant ½ cup (100g) of bulgur groats
- 1 tomato, chopped
- ¼ onion, chopped
- 15 green olives, halved
- 3 sprigs of parsley, chopped
- lemon wedges, to serve

HOW TO MAKE

1. Drizzle the cod fillets with lemon juice, then season with salt and pepper. Rub with the garlic, and the rest of the spices and coat with 1 tbsp. of oil. Leave for half an hour to marinade.
2. Cook the bulgur in salted water (about 15 minutes) and once cooked, set aside. Place the chopped tomato in a salad bowl, add in the chopped onion, olives and parsley. Season with salt and pepper, mix and set aside.
3. Heat the pan, and fry the cod for about 3-4 minutes each side, until cooked throughout, then remove from the pan.
4. Heat the cooked bulgur on the same pan, with the remaining juices, then divide between plates. Serve with the cod and top with the prepared tomato salad. Serve with lemon wedges.

Turkey & Broccoli Noodles

SERVES 2

YOU WILL NEED:

- 3.5 oz. buckwheat noodles
- 8 oz. turkey fillet, chopped
- 1 broccoli head, diced into florets
- 1 tbsp. olive oil
- 4 tbsp. coconut aminos
- 2 tsp. sesame oil
- 1 tbsp. rice vinegar
- 1 tbsp. grated ginger
- 2 tbsp. spring onion, chopped
- handful coriander, to serve

HOW TO MAKE

1. Cook the noodles according to the instructions on the packaging. Strain and rinse with cold water, then set aside.
2. In a wok or deep pan, heat the olive oil and fry the turkey for about 3-4 minutes. Add in the broccoli florets and fry for another 1-2 minutes. Next, pour half a cup of water and 3 tbsp. of coconut aminos, then cook until all the water evaporates and the broccoli is tender (about 10 minutes).
3. In the meantime, mix together the remaining aminos, sesame oil, vinegar, grated ginger, and mix well.
4. Once turkey and broccoli are ready, add in the cooked noodles and heat it for a 2-3 minutes. Take off the heat, pour in the sauce and gently mix.
5. Serve with chopped spring onions and coriander leaves.

Chicken Curry With Saffron Rice

SERVES 4

YOU WILL NEED:

For the chicken:

- 8 skinless chicken thighs fillets
- 1 tbsp. oil
- 1 large onion, diced
- 1 tbsp. ginger, minced
- 5 cloves garlic, minced
- ½ tsp. black pepper
- 3 large tomatoes, chopped
- 1 ½ tsp. turmeric

For the rice:

- ¼ cup boiling water
- pinch saffron threads (roughly ⅛ tsp.)
- 1 cup basmati rice (soaked at least 2 hours)
- 1 tsp. coconut oil
- ½ tsp. onion powder
- ¼ tsp. salt
- 1 ¾ cup vegetable stock

HOW TO MAKE

1. Season the thighs with salt and pepper.
2. Heat the oil in a skillet. Fry the thighs on both sides until golden brown. Remove from the skillet and set aside.
3. In the same skillet sauté the diced onion, garlic and ginger for 3-4 minutes, often stirring — season with pepper and turmeric. Then add chopped tomatoes, and ¼ cup of water, season with salt and bring to a boil.
4. Place the chicken thighs in the simmering sauce, then cover with the lid and cook for about 30-45 minutes or until the meat is tender.
5. In the meantime, cook the rice. Combine saffron threads and boiling water and allow to ‘brew’ for at least 5 minutes.
6. In a medium pot, combine saffron and the water with the rice and all other ingredients.
7. Cover and bring to a boil, then reduce heat and simmer for 15 minutes. Remove from heat, let it sit and covered for another 10 minutes before serving.
8. Serve 2 chicken thighs along with sauce and a serving of saffron rice.

Baked Chicken Tray With Tomatoes & Rice

SERVES 4

YOU WILL NEED:

- 14 oz. (400g) salmon fillet
- 1 tsp. honey
- 2 tbsp. coconut aminos
- 2 tbsp. olive oil
- 4 slices of lemon + 2 tbsp. of juice
- 1 cup jasmine rice, soaked at least 2 hours
- 1 cup (150g) cherry tomatoes
- handful basil leaves
- 4 tbsp. plain yogurt of choice, full fat

Spices:

- 2 tsp. paprika
- ½ tsp. curry
- 1 tsp. oregano
- pinch of chili flakes

HOW TO MAKE

1. Cut the salmon fillet into 4 pieces. Rinse, dry and place in a bowl. Season with salt, pepper, paprika, curry, and oregano. Add honey, aminos, 2 tbsp. of olive oil and 2 tbsp. of lemon juice. Mix everything and cover the bowl.
2. Preheat oven to 400°F (200°C).
3. After at least a short 2 hour soak, cook the rice according to the instructions on the packaging. Drain it, then transfer into a baking dish and spread the rice over the whole surface of the dish.
4. Place the salmon fillets on top of the rice, add the cherry tomatoes and basil leaves, then sprinkle with chili flakes.
5. Top salmon with lemon slices, and drizzle over the remaining marinade and bake in the preheated oven for 15 minutes.
6. Serve with a dollop of yogurt.

Baked Chicken Tray With Tomatoes & Rice

SERVES 4

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- handful basil leaves
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Spices:

- 2 tsp. paprika
- ½ tsp. curry
- 1 tsp. oregano
- pinch of chili flakes

HOW TO MAKE

1. Cut the salmon fillet into 4 pieces. Rinse, dry and place in a bowl. Season with salt, pepper, paprika, curry, and oregano. Add honey, aminos, 2 tbsp. of olive oil and 2 tbsp. of lemon juice. Mix everything and cover the bowl.
2. Preheat oven to 400°F (200°C).
3. After at least a short 2 hour soak, cook the rice according to the instructions on the packaging. Drain it, then transfer into a baking dish and spread the rice over the whole surface of the dish.
4. Place the salmon fillets on top of the rice, add the cherry tomatoes and basil leaves, then sprinkle with chili flakes.
5. Top salmon with lemon slices, and drizzle over the remaining marinade and bake in the preheated oven for 15 minutes.
6. Serve with a dollop of yogurt.

Salmon Terriyaki

SERVES 4

YOU WILL NEED:

- 4 salmon fillets (5 oz./150g each)
- 2 tbsp. sesame seeds
- 1 tbsp. sesame oil

For the sauce:

- 8 tbsp. coconut aminos
- 3 tbsp. maple syrup
- 1 tbsp. lime juice
- 4 tbsp. grated ginger
- 2 garlic cloves, grated

HOW TO MAKE

1. Make the marinade by mixing all the sauce ingredients together. Season with salt and pepper.
2. Cut the skin off the salmon then rinse, dry and marinate in the prepared sauce for 1 hour.
3. Preheat the oven to 450°F (230°C). Place the salmon into an oven safe dish, leaving the marinade aside. Bake for 8-10 minutes. 3 minutes before the end of baking, sprinkle with sesame seeds.
4. Transfer the marinade into a small saucepan and heat until it thickens. Mix in the sesame oil, take off the heat and set aside.
5. Suggestions for serving: Serve with cauliflower rice and broccoli, drizzle with the teriyaki sauce.

Bacon Wrapped Meatballs

SERVES 4

YOU WILL NEED:

- 1 lb. (500g) ground beef
- 1 small onion, finely diced
- 2 garlic cloves, minced
- 1 red pepper, diced
- 1 egg
- ½ cup (30g) buckwheat flour (or 1/3 cup coconut flour)
- ¼ cup coriander, chopped
- 1 tsp. oregano
- 12 slices streaky bacon

HOW TO MAKE

1. Preheat the oven to 400°F (200°C).
2. Place all the ingredients apart from the bacon in a bowl, season with salt and pepper and mix well using your hands. Once everything is well combined, form 12 meatballs the size of a golf ball (use a ¼ cup for measuring).
3. Wrap each meatball in a slice of bacon and place on a baking sheet. Bake for 20 minutes. For the last 4-5 minutes, set the oven to grill/broil for the meatballs to have a crispy outside layer.

Cinnamon Roll Smoothie

SERVES 2

YOU WILL NEED:

- 1 banana
- 2 scoops (50g) vanilla protein powder of choice
- 1 tsp. cinnamon
- 1 cup (240ml) almond milk
- 1 cup of ice cubes

Combine all ingredients in a blender and blend until smooth

Carrot Cake Smoothie

SERVES 2

YOU WILL NEED:

- 1 banana, chopped, frozen
- 1 carrot, peeled & grated
- 2 tbsp. rolled oats
- 2 tbsp. almond butter
- ¼ tsp. ground cinnamon
- ⅛ tsp. ground ginger
- 1 tbsp. honey
- 1 cup (240ml) almond milk, unsweetened

Combine all ingredients in a blender and blend until smooth

Blueberry Protein Ice Cream

SERVES 2

YOU WILL NEED:

- 1 cup (145g) cottage cheese
- 1 banana
- ½ cup vanilla protein powder of choice (if using unflavored, then add 1/2 tsp vanilla extract
- 4 tbsp. dried blueberries
- ¼ cup (75g) blueberries, fresh

HOW TO MAKE

1. Place the cottage cheese, banana and whey powder in a food processor and blend everything together.
2. Transfer the mixture into a storage container, and mix in the dried berries. Cover with a lid and freeze for 45 minutes, then take out of the freezer and mix again. Return the dish to the freezer and chill for a further 45 minutes.
3. Take the dish out of the freezer, mix again and serve with fresh berries.

Peanut Butter & Cranberry Cookies

MAKES 20

YOU WILL NEED:

- 1 cup (280g) peanut butter, crunchy
- 1 cup (180g) coconut sugar
- 1 egg
- 1 tsp. baking powder (aluminum free)
- ¼ cup (35g) cranberries, dried

HOW TO MAKE

1. Preheat the oven to 360°F (180°C). Line 2 baking trays with baking paper.
2. Place the peanut butter and sugar in a bowl and using a hand mixer beat together until well combined. Add the egg and baking powder and beat again. Finally, add the cranberries and stir to combine.
3. Roll tablespoonfuls of the cookie dough into balls. Place the balls on lined trays, allowing room between each ball for spreading in the oven.
4. Flatten slightly. Bake, swapping trays halfway through cooking, for 10-12 minutes or until light golden. Set aside to cool.
5. Once cooled, store in an airtight container.

Vegan Crème Brulee

SERVES 4

YOU WILL NEED:

- 1 vanilla pod
- 6.7 fl. oz. (200ml) canned coconut milk, full fat
- 13.5 fl. oz. (400ml) almond milk, unsweetened
- 4 tbsp. coconut sugar
- 2 ½ tsp. agar-agar

HOW TO MAKE

1. Cut the vanilla pod with a knife lengthwise. Scrape the marrow out with the tip of the blade and set aside .
2. In a pot, bring the coconut milk, almond milk, half of the brown sugar, agar-agar, the vanilla pod and the marrow to a boil while stirring often. Remove from the heat as soon as it boils and allow to cool to room temperature.
3. Remove the vanilla pod. Divide the mixture over 4 dishes and leave to set in the refrigerator for 1 hour.
4. Sprinkle the crème with the rest of the brown sugar and caramelize it with a burner torch.