

Eating Well



**THE WELLNESS
EDUCATION COOKBOOK**

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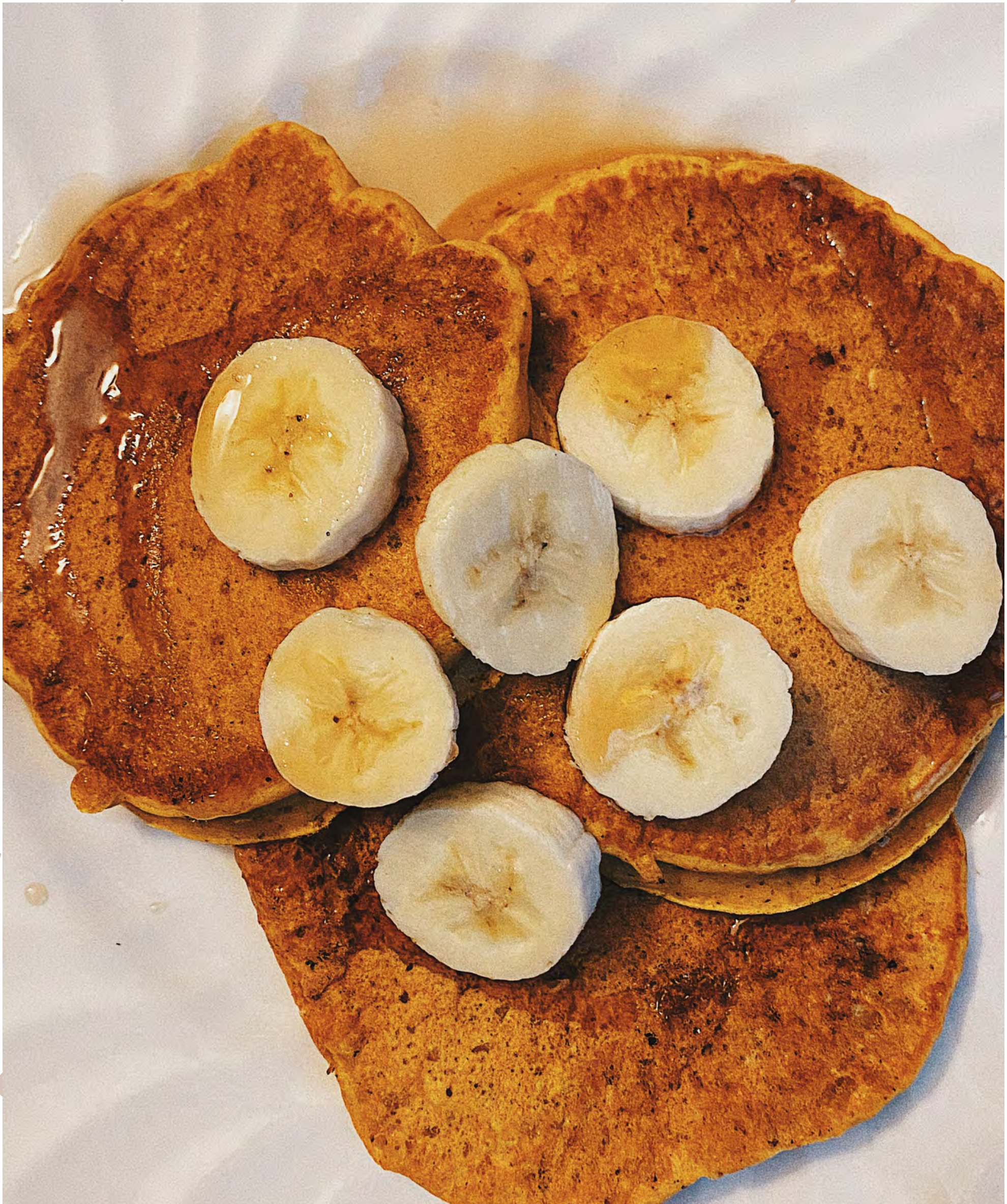
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Pumpkin Pancakes





Ingredients

- 1 cup flour (option: choose whole grain flour for more fiber and protein)
 - 1/3 cup pumpkin puree
 - 1 egg
 - (or 1 tbsp ground flax + 2 tbsp water)
 - 1 tbsp baking powder
 - 1 tsp cinnamon
 - 1/4 tsp nutmeg
 - Pinch of salt
 - 1 cup dairy or nondairy milk
 - 2 tbsp oil
 - 2 tbsp maple syrup
-
- Optional add-ins or toppings: chopped nuts, berries, sliced bananas



Instructions

Combine the dry ingredients in a bowl, and the wet ingredients in another bowl, and then mix until just combined.

Scoop the batter onto a hot griddle and cook for 2-3 minutes until small bubbles form on the surface of the pancake, then flip and cook the other side for 1-2 minutes, until golden brown.

DID YOU KNOW?

Pumpkin is one of the best-known sources of beta carotene, a powerful antioxidant that supports eye health.



Banana Flax Waffles





Ingredients

- 3 ½ cups flour (option: choose whole grain flour for more fiber and protein)
- 1/3 cup sugar
- 2 tbsp baking powder
- Pinch of salt
- ¼ cup ground flaxseeds mixed in ½ cup water
- 3 ½ cups dairy or nondairy milk plus 2 tbsp vinegar to make a buttermilk
- ½ cup oil
- 1 or 2 ripe bananas, mashed



Instructions

Combine the dry ingredients in a bowl, and the wet ingredients in another bowl, and then mix until just combined.

Scoop the batter into a waffle maker and cook until done.

DID YOU KNOW?

Flax seeds are a good source of soluble and insoluble fiber which help keep your bowel movements regular and prevent constipation. The omega-3 fatty acids in flax are also great for your brain!



Carrot Cake Pancakes





Ingredients

- 1 1/4 cup pancake mix (such as "Aunt Jemima Original Add Milk and Eggs")
- 1 large carrot, shredded
- 1 banana, mashed
- 1 cup dairy or nondairy milk
- 1/2 tsp cinnamon
- optional: 1/4 cup raisins and 1/4 cup walnuts

Instructions

Cook the pancakes following the instructions on the mix box. Serve with your favourite toppings like yogurt and fruit!



DID YOU KNOW?

About 1/2 cup of raw carrots has 51% daily value of vitamin A. This vitamin A content actually comes from provitamin A carotenoids which help your body fight infections.



Yogurt Parfait





Ingredients

- 1 cup dairy or nondairy yogurt
- fresh fruit
- granola
- peanut butter
- chopped nuts
- pumpkin seeds

Instructions

Spoon into bowl and add your favourite toppings. Serve chilled.



DID YOU KNOW?

This is an easy way to incorporate seeds such as flax seeds and additional healthy toppings. Seeds can help reduce blood sugar, cholesterol and blood pressure.

VEGAN OPTION



GLUTEN FREE



Green Smoothie Bowl





Ingredients

- 2 frozen bananas
- handful of spinach or kale
- 1/2 cup dairy or nondairy milk

- Optional Toppings:
 - fresh fruit
 - nuts & seeds
 - coconut
 - yogurt



Instructions

Blend until smooth, then serve with optional toppings.

DID YOU KNOW?

Dark green leafy vegetables contain vitamins, minerals, and carotenoids, and acts as antioxidants in the body. Some research indicates that carotenoids in dark green leafy vegetables can stop the growth of certain types of breast, skin, lung and stomach cancer.

VEGAN OPTION



GLUTEN FREE



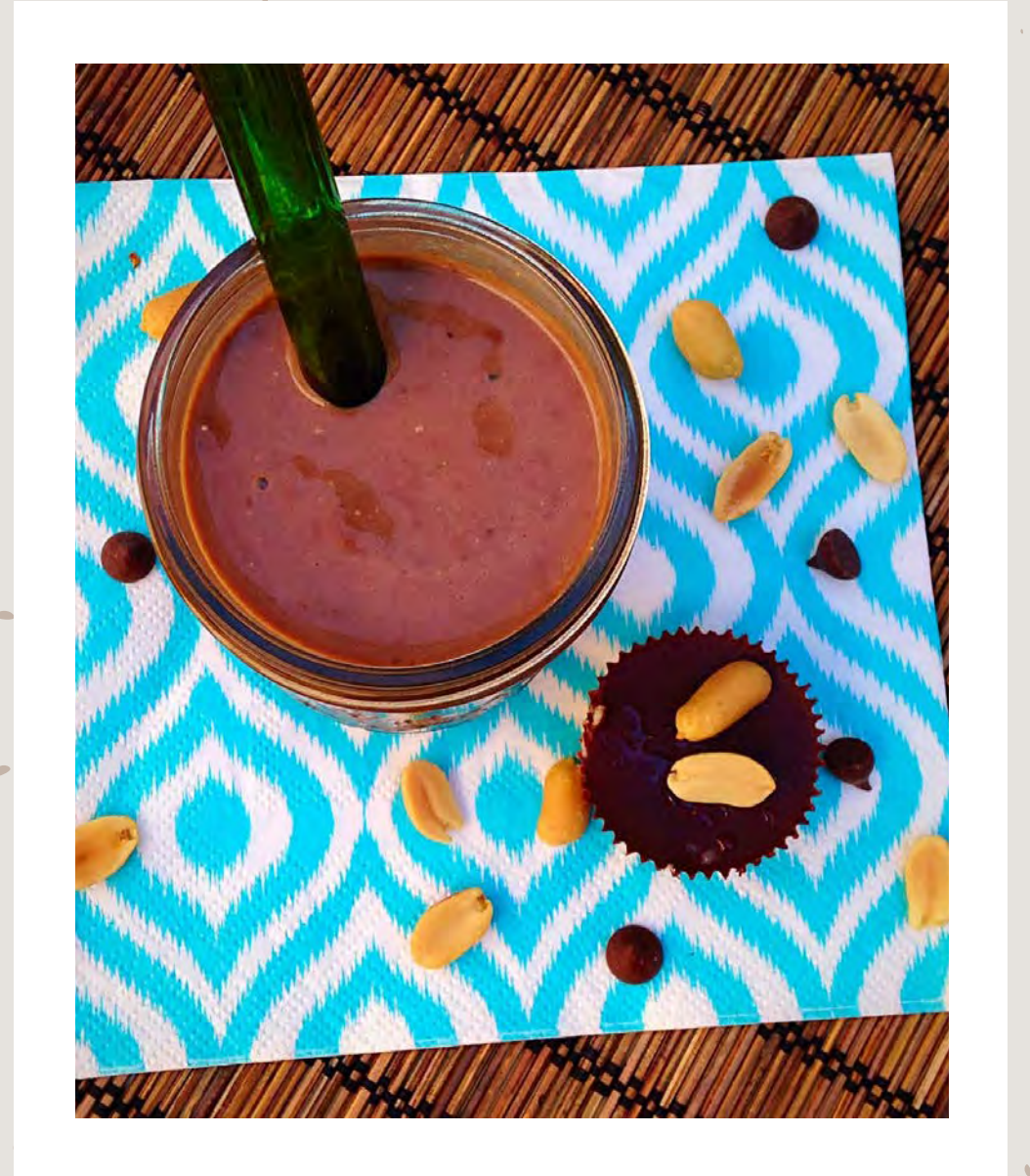
Chocolate Peanut Butter Cup Smoothie





Ingredients

- 2 bananas (for best taste, use frozen banana chunks)
- 2 cup cold dairy or nondairy milk
- 1/2 cup leafy greens like spinach or kale
- 2 tbsp peanut butter (other nut butters work deliciously too)
- 2 tbsp cacao powder
- 2 tbsp molasses
- Dash of sea salt



Instructions

Blend well and serve chilled!

DID YOU KNOW?

Bananas contain fiber, potassium, folate, and antioxidants, such as vitamin C which all support heart health.

Main Courses





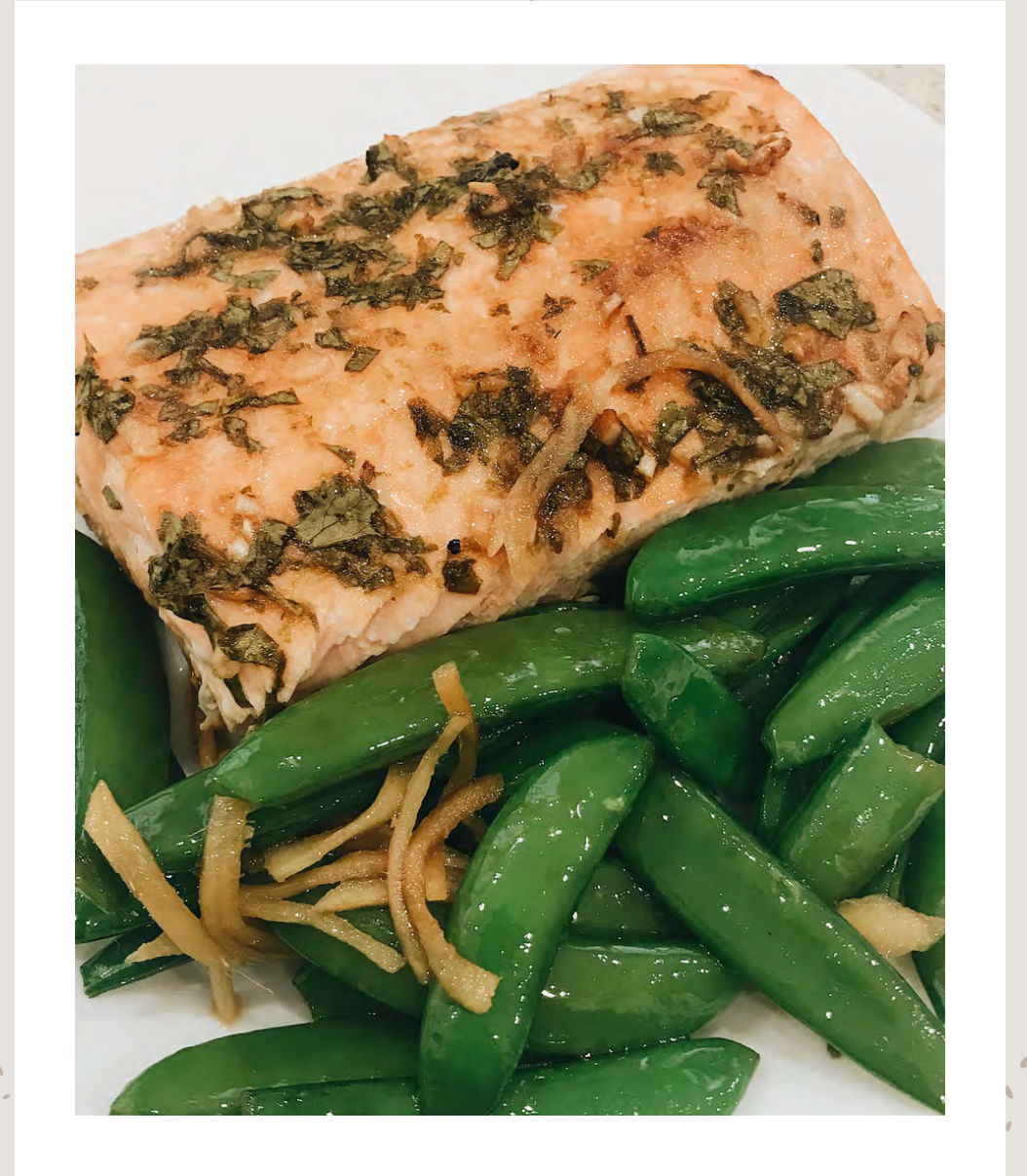
Garlic Lime Salmon





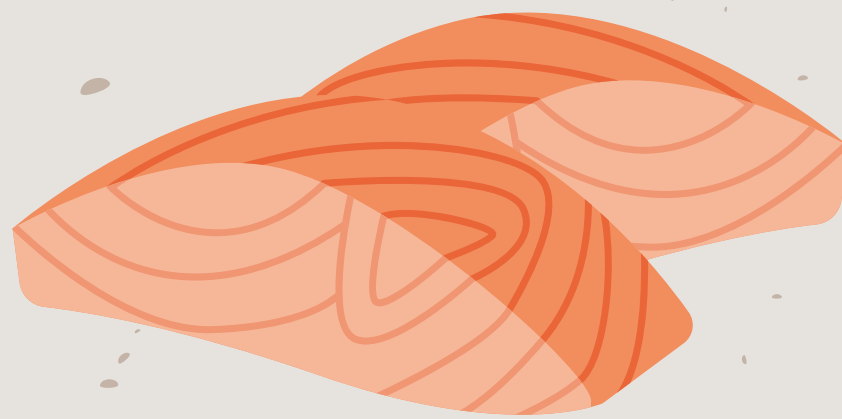
Ingredients

- 1 salmon filet
- Marinade:
 - 1 lime
 - 1 tbsp of olive oil
 - 1tbsp of honey
 - 1 tsp of soy sauce
 - Handful of chopped cilantro
 - Salt and pepper to taste



Instructions

Heat oven to 375F and bake for 25 minutes. For golden brown, broil on high for 5 minutes.



DID YOU KNOW?

Salmon is rich in omega-3, known to reduce risk of heart disease, inflammation and high-blood pressure!



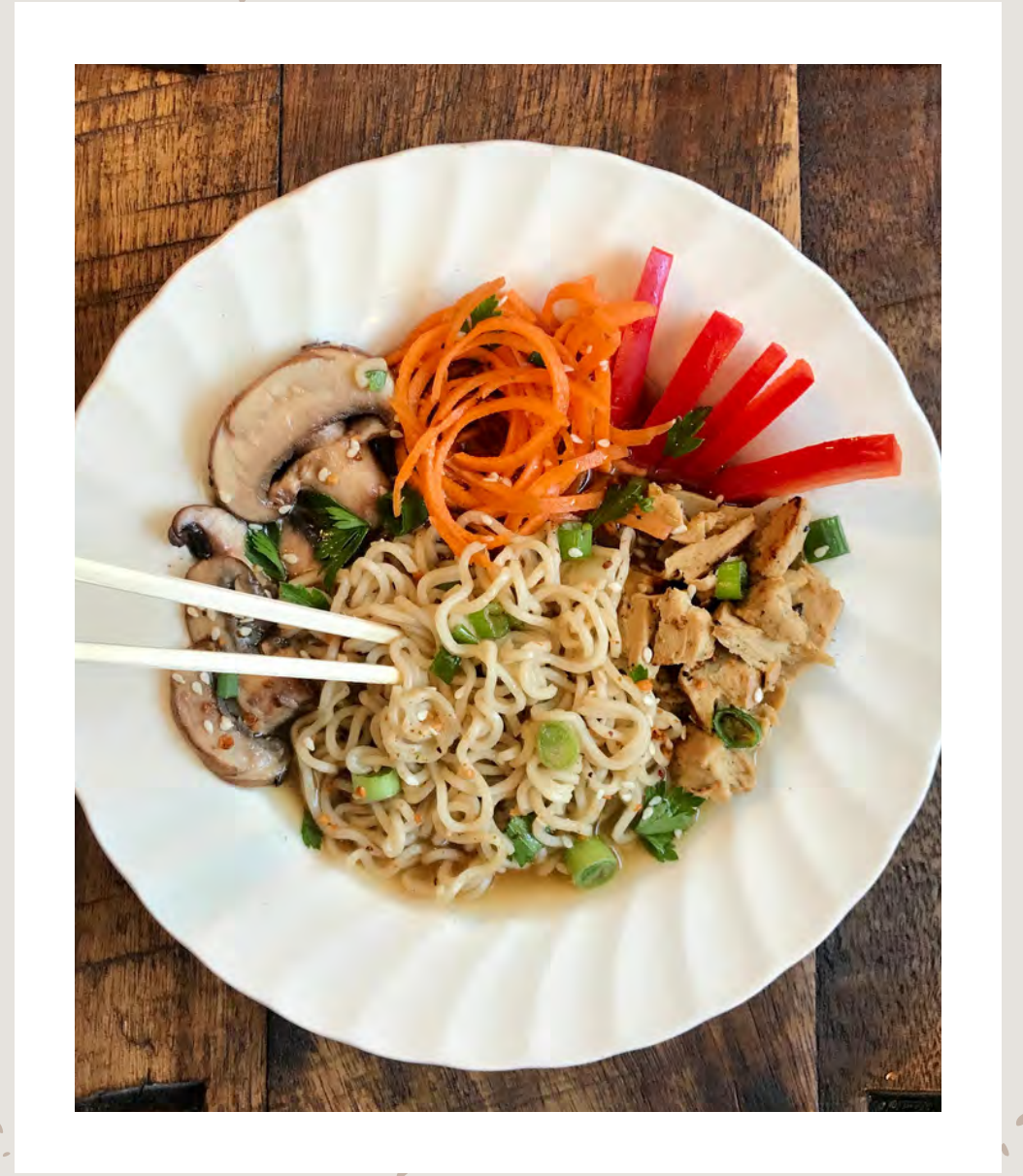
Homemade Ramen





Ingredients

- 1 pack (3/4 cup/85 g) instant noodles
- 2 cups vegetable broth
- 1 tsp sesame oil
- 1 tsp soy sauce
- 1/4 tsp ground ginger
- 1 clove garlic, minced
- optional: 1/4 cup chopped cooked chicken or tofu
- favourite soup veggies such as: mushrooms, carrots, peppers
- garnish: green onions, sesame seeds, parsley, chili flakes, salt and pepper to taste



Instructions

Bring broth to a boil and cook the noodles. When soft, add other ingredients. Serve hot.



DID YOU KNOW?

Stick to leaner meats such as chicken, especially the chicken breast! There is lower fat content and it's the healthiest cut.



Peanut Sesame Noodles



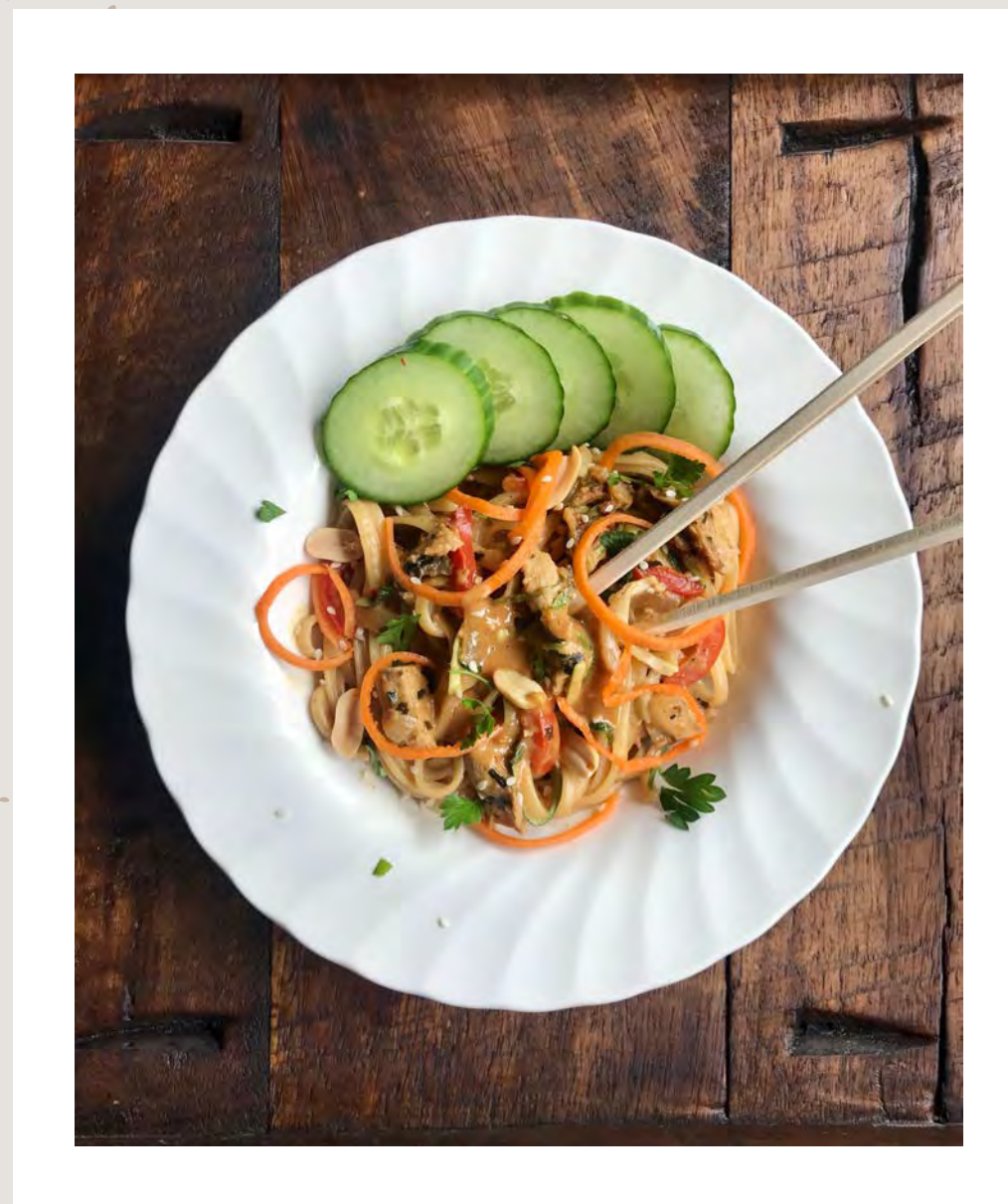


Ingredients

- one serving of cooked noodles
- cooked vegetables

- Sauce: mix well
- 2 tbsp. peanut butter
- 2 tbsp. sesame oil
- 2 tbsp. soy sauce
- 2 tbsp. hot water

- Optional Toppings
- cooked lean meat or tofu
- peanuts
- fresh cilantro
- bok choy, peppers or other veggies
- fresh lime juice



Instructions

Combine noodles and vegetables together, mix well with warmed up sauce. Serve with toppings of your choice.

DID YOU KNOW?

Peanut butter provides a good amount of protein, as well as essential vitamins and minerals including magnesium, potassium and zinc.



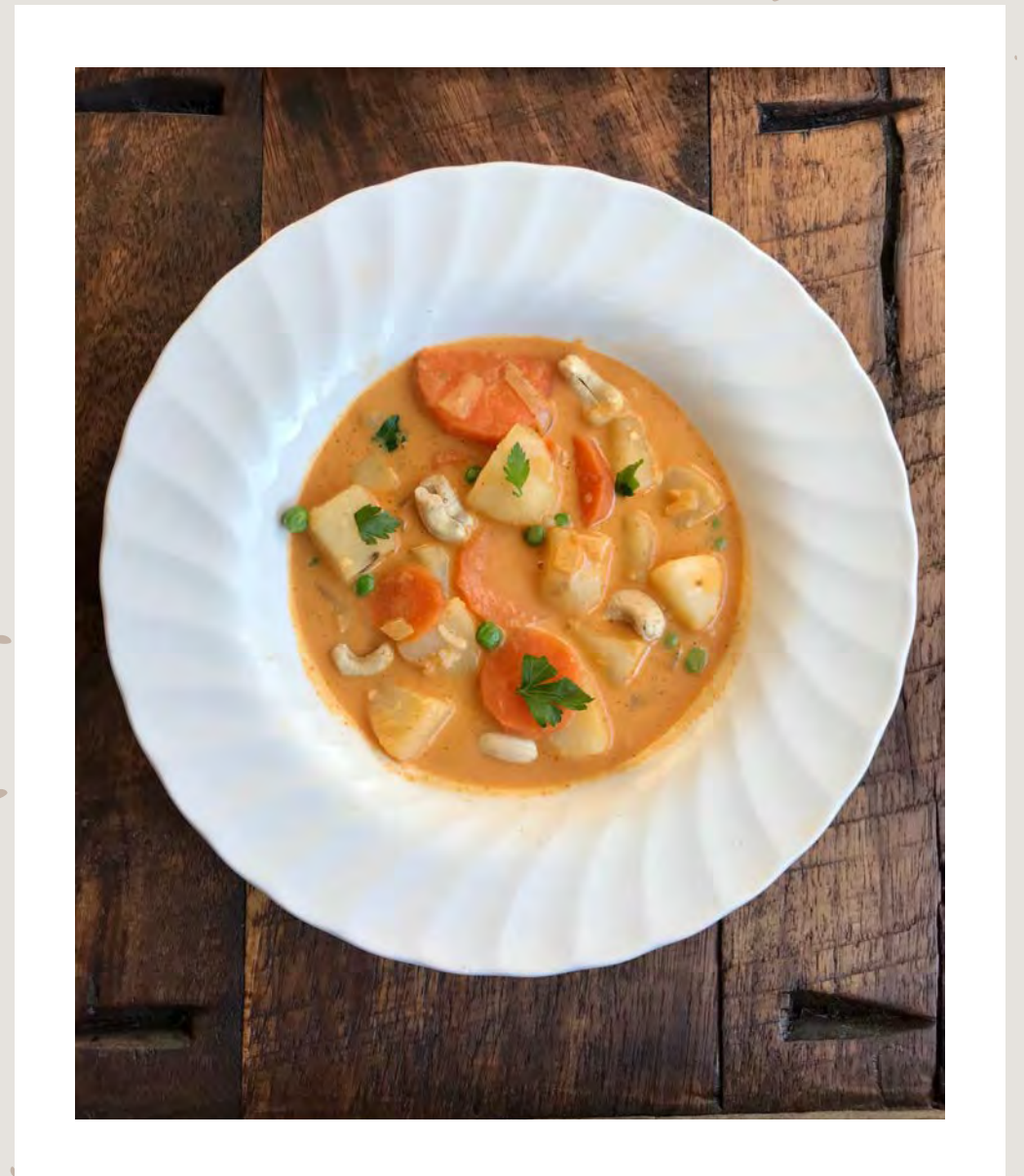
Veggie Curry





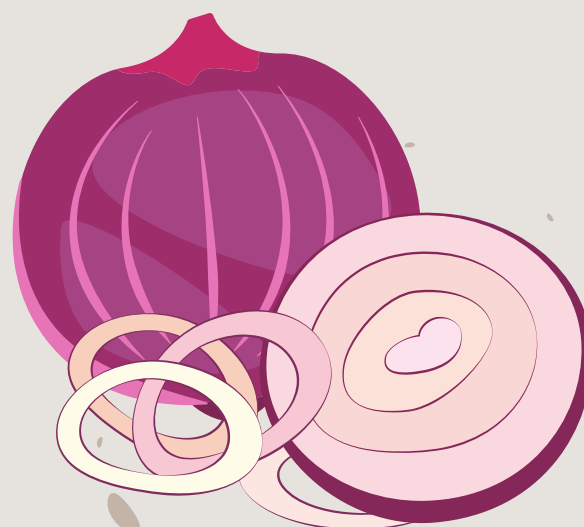
Ingredients

- 1 potato, cubed, and boiled
- cooked vegetables like carrots, onions, garlic, and peas
- Curry Sauce
- 1/2 cup coconut milk
- 3 tbsp yellow curry paste
- 1 tbsp brown sugar
- Toppings:
- cashews
- fresh herbs
- hot sauce



Instructions

Heat and add curry sauce. Serve with optional toppings.



DID YOU KNOW?

Potatoes have been linked to reduced heart disease risk and higher immunity, due to their richness in vitamins, minerals and antioxidants!



Cauliflower Tacos





Ingredients

- 1 cup cauliflower florets
- 1 tsp olive oil
- 1-2 tsp taco seasoning
- 3 taco shells

- Optional Toppings:
 - veggies
 - guacamole
 - salsa or hot sauce



Instructions

Place the cauliflower in a bowl with 1 tbsp water. Microwave 1 minute. Pan-fry with the oil for 1 minute then mix in the taco seasoning. Serve in taco shells with optional toppings!



DID YOU KNOW?

Cauliflower is high in fiber and vitamin B. It contains antioxidants that can help protect against cancer, and contains choline which is essential for memory and learning.

Lean Turkey Meatballs

WITH ROAST VEGGIES



Ingredients

- 1 lb lean ground turkey
- 1/2 cup breadcrumbs
- 1 egg
- minced onion and garlic
- seasoned vegetables of choice
- optional: chopped spinach or broccoli, herbs, and other seasoning



Instructions

Roll into balls, place on sheet pan with vegetables and roast at 400 F until meat and veggies are fully cooked, about 15-20 minutes.

DID YOU KNOW?

Turkey is an amazing, healthy option to get your daily protein intake. Our body uses protein to build and repair bones, muscles, cartilage, skin, blood and tissue.



Loaded Sweet Potatoes





Ingredients

- 1 sweet potato
- Canned beans or chili
- Dairy or nondairy cheese
- Guacamole, salsa, herbs, and/or sour cream



Instructions

Pierce sweet potato with a fork, wrap in foil and bake at 400F until soft, about 80 minutes.

Slice in half and top with:

- Canned beans or chili
- Cheese

Broil until cheese is melted.

Serve topped with: Guacamole, salsa, herbs, and/or sour cream

DID YOU KNOW?

Sweet potatoes are known to help improve digestive health, eye health and can help manage blood pressure. With customizable toppings, this is perfect for meals with roommates and/or family members.





Burrito Bowl



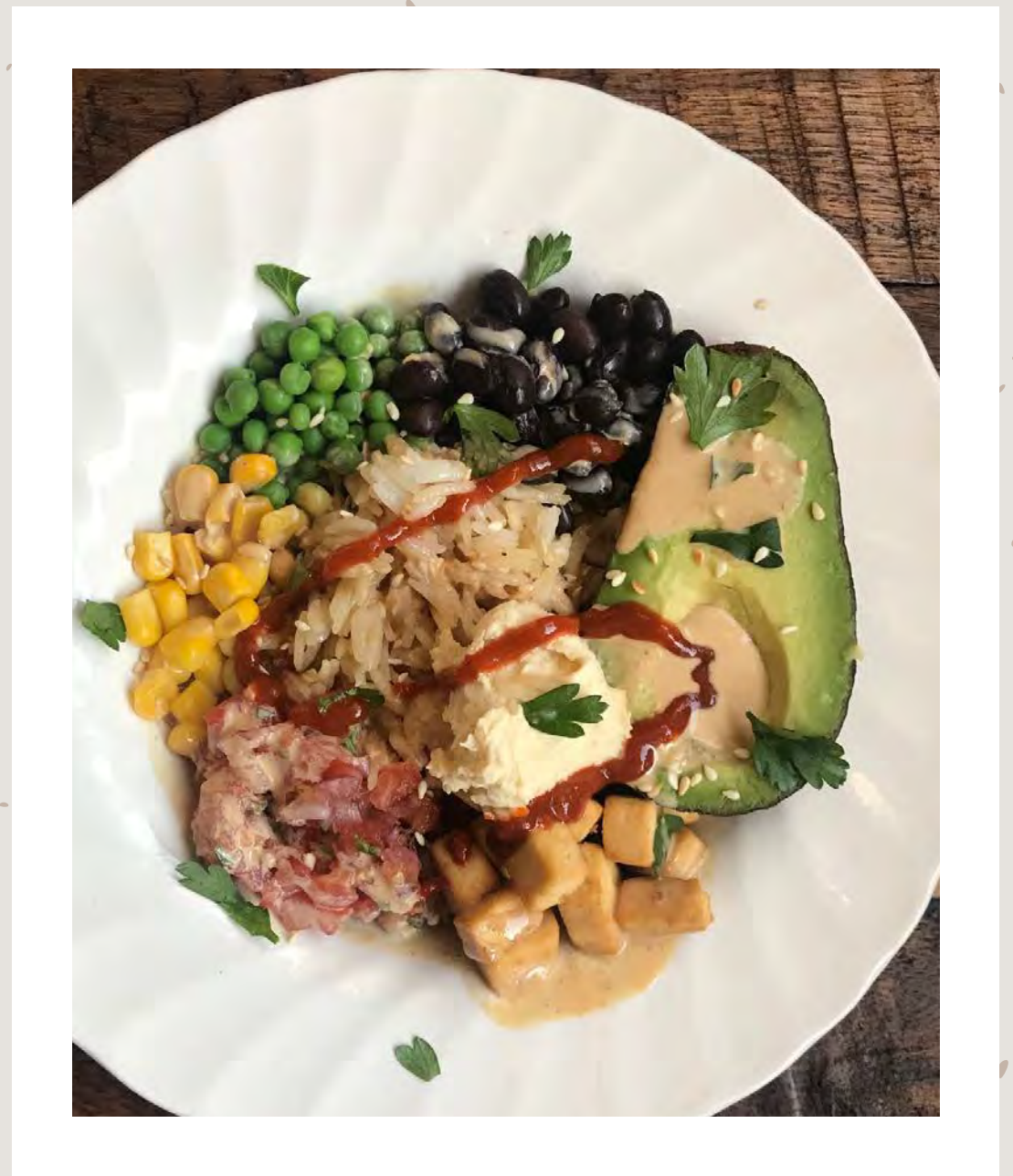


Ingredients

- cooked rice or quinoa
- vegetables
- black beans
- pan-fried tofu or lean meat

- Sauce:
 - 1 tbsp soy sauce
 - 1 tbsp sesame oil

- Optional toppings:
 - avocado
 - fresh herbs
 - hummus
 - toasted sesame seeds
 - salsa or sriracha



Instructions



Heat and drizzle with sauce, then serve with optional toppings.

DID YOU KNOW?

Often a substitute for rice, quinoa is a good source of protein, fiber, iron, copper, thiamin and vitamin B6. It helps improve digestion and regulates glucose levels in the blood! This is a super easy and nutritious recipe to meal prep for busy weeks!



Chicken Noodle Soup



Ingredients

- 6-8 Cooked Boneless Chicken
- 3 diced celery stalks
- 3 carrots peeled and diced (baby carrots to make it easier)
- 8 cups of chicken broth
- 8 ounces of dried pasta
- 1 onion diced
- 4 cloves of garlic
- Salt/pepper to taste
- ½ TSP of dried thyme
- ½ TSP of dried rosemary
- Optional: 2 bay leaves



DID YOU KNOW?

This is a great dinner to prep in the morning, leave in the slow cooker while out for the day and have ready for dinner!

Double the recipe to freeze half and take out when you need a quick meal.

Instructions

Cook the boneless chicken in the stove at 400 degrees for 40 minutes or until cooked through. Shred and leave on the side.

Combine celery, carrots, chicken broth, onion and spices into slow cooker and cook on high for 6 hours.

Add pasta and shredded chicken for 30-40 minutes or until pasta is soft.

*this can also be cooked on the stove. Slow cookers are inexpensive and can usually be found at a thrift store or on amazon for as low as \$30. They are great for meal prepping freezer meals and getting other things accomplished while they're cooking as you can leave them running while doing other things.

Sides





Delicious Hummus





Ingredients

- 2 cans of unsalted chickpeas
- 2 cloves of garlic
- 3 tbsp of tahini
- 1 tsp of cumin
- 1 ½ tsp of salt
- 3 tbsp of lemon juice
- 2 tbsp water
- ½ cup olive oil

Instructions

Drain and rinse the canned chickpeas. Combine all the ingredients in a blender or food processor, until creamy and enjoy!



DID YOU KNOW?

The fiber, potassium, B vitamins, iron, magnesium, and selenium in chickpeas all support heart health.

Fiber helps decrease the risk of heart disease by lowering cholesterol levels in the blood. Chickpeas contain no cholesterol.



Sweet Potato Biscuits





Ingredients

- 2 cup flour (option: choose whole grain flour for more fiber and protein)
- ¼ cup sugar
- 2 ½ tsp baking powder
- ¼ tsp baking soda
- ½ tsp salt
- ½ cup margarine
- ¾ cup pureed sweet potato (cook and mash your own sweet potato, or use a jar of pureed sweet potato baby food)
- 1/3 dairy or nondairy milk
- 2 tsp lemon juice



Instructions

Reserve ¼ cup of the flour, and add the rest of the flour and the other dry ingredients in a bowl and combine. With a fork, add the margarine to the flour mixture until it resembles coarse crumbs. In a separate bowl, add the lemon juice to the milk and let sit for a few minutes, to form a buttermilk that will make the biscuits soft and fluffy. Mix in the sweet potato with the buttermilk.

Combine the wet ingredients with the flour mixture. If mixture is too wet, add more flour until the dough can be rolled out into 1 inch thickness. Flip a cup upside down to cut biscuit shapes from the dough. Place the biscuits an inch apart on a baking sheet. Bake at 425 degrees for about 20 minutes, or until golden.

DID YOU KNOW?

One 124 g serving of sweet potato provides 12.8 mg of vitamin C. Current guidelines recommend a daily intake of 75 mg of vitamin C for adult women and 90 mg for adult men.



Artichoke, Chickpea and Cranberry Salad





Ingredients

- 2 cups cooked chickpeas
- 2 cups artichoke hearts, chopped
- 1 cup chopped fresh parsley
- ½ cup dried cranberries
- 2 tsp minced fresh garlic

- Dressing:
- 2 tbsp balsamic vinegar
- 2 tbsp olive oil
- ½ tbsp maple syrup
- ½ tsp sea salt



Instructions

Combine the dressing ingredients and set aside.

Add the other ingredients in a bowl, and stir in the dressing.

Let sit for about an hour in the fridge to marinate before serving.

DID YOU KNOW?

Chickpeas are high in protein and fiber and magnesium.
Artichokes are a great source of vitamin C, K and iron!



Dill-icious Potato Salad





Ingredients

- 4 cups potatoes, chopped
- 1 stalk celery, diced
- 1/2 cup chopped vegetables of choice (onions, garlic, carrots, olives, etc.)
- 1/3 cup mayonnaise*
- 1/4 cup dill pickle juice
- 2-3 dill pickles, diced
- 1 bunch fresh dill, chopped
- Salt and pepper to taste
- optional: diced veggie bacon



Instructions

While the potatoes boil on the stove, add the rest of the ingredients to a large bowl.

Drain the potatoes, add to the bowl and refrigerate at least an hour. Serve cold. This recipe serves four!

DID YOU KNOW?

Potatoes are a great source of fiber and antioxidants.
Dill is a great source of vitamin C and magnesium.

*Make this recipe vegan by using egg-free mayo such as Vegenaïse.

Desserts





Apple Cinnamon Banana Muffins





Ingredients

- 2 cups flour (option: choose whole grain flour for more fiber and protein)
- 4 tsp baking powder
- 1 tsp cinnamon
- ½ cup sugar
- 1 ½ apple juice
- 1 apple (diced)
- 2 bananas (mashed)



Instructions

Combine the dry ingredients in a bowl, and the wet ingredients in another bowl, add the diced apples, and then mix until just combined.

Pour into a greased muffin tins and bake at 400 degrees for 20 minutes.



DID YOU KNOW?

Apples have been linked to lower the risk of heart disease. One reason is that they contain soluble fibers — the kind that can help lower blood cholesterol levels. Apples also contain polyphenols, which have antioxidant effects. Many of these are concentrated in the peel. Bake these muffins ahead of the week as a quick on-the-go breakfast or healthy snack!



Banana Bread





Ingredients

- 3 ripe bananas, mashed
- 1/3 cup oil
- 1/3 cup dairy or nondairy yogurt (or coconut milk)
- 2 eggs (vegan variation: 2 tbsp chia seeds plus 5 tbsp water)
- 2 cups flour (option: choose whole grain flour for more fiber and protein)
- 1/2 cup brown sugar
- 3/4 tsp baking soda
- 1/2 tsp salt
- optional: 1/2 cup walnuts



Instructions

Add ingredients together, mixing until just combined. Pour into an oiled pan. Optional: top with a sliced banana. Bake at 350 degrees F for about 1 hour.



DID YOU KNOW?

Bananas regulate our bowel system, can reduce menstrual pain and provides natural energy! It is cholesterol-free, fat-free, and a great source of fiber. For all ripened and frozen bananas – this is a perfect use for them!



Healthy Peanut Butter Cookies





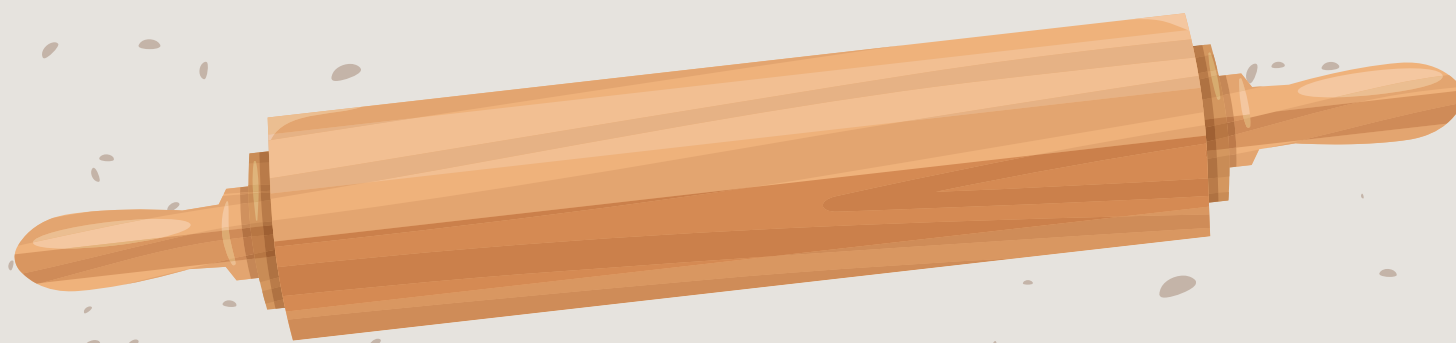
Ingredients

- 1 egg
- ¼ maple syrup
- 2 tbsp oil
- 1/3 peanut butter (or natural butter)
- 1 tsp vanilla
- ¼ coconut sugar
- ½ tsp baking soda
- 1 cup almond flower or oat flower*
- ½ chocolate chips or almonds



Instructions

Preheat oven to 350 F, mix all wet ingredients in a bowl and dry ingredients in another bowl. Line a cookie sheet and place cookies and bake for 15 minutes!



DID YOU KNOW?

Peanut butter helps lower cholesterol levels and is a rich source of protein.

*Make this recipe gluten-free by using GF oats!



Chocolate Chip Zucchini Bread





Ingredients

- 1/3 cup dairy or nondairy milk
- 1/3 cup oil
- 1 egg (or 1 tbsp ground flax + 2 tbsp water)
- 1 tsp vanilla extract (optional)
- 1 cup brown sugar
- 1 medium zucchini, grated
- 1 ½ cups flour
- ½ tsp baking powder
- ½ tsp salt
- 1 tsp cinnamon
- ¾ cup chocolate chips



Instructions

Combine the dry ingredients in a bowl, and the wet ingredients in another bowl, and then mix until just combined. Pour into a greased loaf pan and bake at 350 degrees F until golden, about 50 minutes.

DID YOU KNOW?

When we eat carotenoid-rich produce regularly such as zucchini, it helps shield our skin from UV rays and pollution. It may also slow skin aging by helping to keep skin hydrated and elastic.