

My 10 (+1) Favorite Recipes

These are my 10 (+1) absolute favourite recipes that are often made at my house. Here you can find EASY and FAST breakfast, lunch and dinner ideas, as well as something for those sweet-tooth moments. All while only consisting of healthy, natural and YUMMY products! Try them out, ENJOY them and [let me know what you think!](#)

1. *The Not-Müsli Nut Müsli*

1 dl each of:
Walnuts
Pecans
Almonds
Cashews
Macadamias
Hazelnuts
Coconuts
Sesame seeds
Pumpkin seeds
Flax seeds
Sunflower seeds
4 tbsp cinnamon
2 dl warm water
2 tbsp extra virgin olive or coconut oil
1 tbsp honey

Put the oven on 180 degrees.

Chop the nuts up into a big bowl. Add 4 tablespoons of cinnamon, mix well.

In another bowl, mix 2 dl warm water, 2 tablespoons olive or coconut oil, 1 tablespoon honey.

Mix the liquid into the nuts. Roast in the oven until preferred roast-level, mixing every 10 or so minutes.

A viola, the completely grain free "Not-müsli" Nut Müsli!

Tip #1

You can choose the nuts and seeds you like the most and take more of them to replace the ones you aren't so fond of. Also, sometimes it's also nice to add pistachios, for example.

Tip #2

Sometimes I add some vanilla, or cardamom for a different taste. That way it doesn't get boring!



2. *Crunchy Knäckebrot*



200 g sunflower seeds
50 g flax seeds
50 g sesame seeds
20 g pumpkin seeds
3 tbsp psyllium seed husk
½ tsp salt
1 tsp ground cardamom
1 tbsp sea salt

Put the oven on 150 degrees.

Mix all ingredients, apart from the sea salt. Distribute the dough onto two baking trays with paper on them. (Easiest way to do this is by placing another sheet of paper on top of the dough and using a rolling pin. Or bottle.)

Spread the sea salt on the dough. Cut it into suitable pieces before putting it in the oven.

Bake for about 75 minutes.

3. *Yummy Hummus*

1 can chickpeas
1,5 tbsp tahini (sesame paste)
2 garlic cloves, crushed
½ tsp salt
2 tbsp extra virgin olive oil

Drain the chickpeas, but save the liquid from the can.

Add all ingredients in a blender, and add some of the liquid from the can.

Blend for 3-5 minutes, until the mixture is smooth.

Enjoy to anything – BBQ, vegetables, as a side....



4. *Pestolicious Salmon & Cauliflower Rice*

Ca. 150 g salmon
Green pesto
Ca ¼ cauliflower head per serving

Put the salmon in an oven form. Spread the pesto over it.

Bake at 180 degrees for about 15 minutes, or until ready.

Grate cauliflower on a cheese grater.

Boil it for a few minutes. Drain and press out the excess water with a spoon.

5. *Cajun Hotpot*

200 g chorizo
500 g minced meat
1 chopped up onion
1 tbsp olive oil
salt & pepper
250 g chopped tomatoes
1 tsp chili powder
2-4 garlic cloves
2 tbsp cumin
1 red pepper
200 g beans (for example black and borlotti beans)

Sauce:

2 dl Turkish yoghurt or crème fraiche
salt
1-2 garlic cloves

Slice the chorizo. Fry onion, minced meat and chorizo in olive oil. Add salt and pepper.

Add the chopped tomatoes, chili powder, and cumin. Let boil for about 5 minutes.

Mix in the pepper. Drain the beans and add them to the pot.

Mix the sauce. Serve and Enjoy!

6. *Authentic Bolognese with Fake Pasta*

300 g minced meat
500 ml chopped tomatoes
2 garlic cloves
1 onion
herbs (fresh basil and/or oregano if you have some)

a few cherry tomatoes
extra virgin olive oil
½ cube vegetable stock
a dash of red wine
1 tbsp pesto
salt & pepper
2 mid-sized zucchini
grated parmesan

Chop up the onion and garlic and quickly fry them in a dry pan. Add some olive oil as well as the meat. Fry until all the meat has turned from red to brown.

Add the chopped tomatoes, the herbs, vegetable stock cube, wine, pesto, salt and pepper. Lastly, add the cherry tomatoes. Let it simmer.

Cut or grate zucchini lengthwise into linguine looking strips (either use a cheese cutter or buy a julienne cutter – it's the most appreciated tool in my kitchen!)

Fry in a bit of olive oil for a few minutes, making sure it's still al'dente.

Serve with some grated parmesan cheese and some freshly ground pepper on top.



7. *Colorful Lasagne*

Bolognese sauce (see above! (If you have thought ahead a little, you can use the Bolognese leftovers from the meal above to speed up this one!))

1-2 zucchini

1 small aubergine (eggplant)

Béchamel/White sauce:

25 g butter

1,5 dl almond or coconut milk

2-3 tbsp almond flour

a few dashes of nutmeg

1 mozzarella

Put the oven on 200 degrees.

Slice the aubergine. Fry it in a pan with some olive oil. Slice the zucchini (or cut it with a cheese cutter into long slices).

For the Béchamel sauce, melt the butter in a pot. Mix the almond flour into the butter. Add the milk and nutmeg, and let it simmer.

In an oven form, layer Bolognese, zucchini, fried aubergine and white sauce. Finish off with the mozzarella on top.

Bake in the oven for about 20 minutes, or until the cheese is melted to your taste.

Enjoy this awesome food! Who would have thought this stuff is healthy?!



8. *Mediterranean Omelette*

2-3 eggs

2 tbsp water

salt

1 tsp olive oil

Filling:

6-7 cherry tomatoes

1 tbsp olive oil

30 g mozzarella

3-4 slices parma ham

Fry the tomatoes in the oil for a few minutes and put them on a plate.

Mix the eggs, water and salt in a bowl. Put some oil in the frying pan and pour in the mix. You can either turn the omelette over or have it creamy on one side, if you prefer.

Put the omelette on your plate. On one side, add the tomatoes, ham and mozzarella and fold the rest of the omelette over. Add some pepper.

Serve with a big mixed salad. Enjoy!

9. *Coconut Deliciousness - The Pancake Chapter*



2 egg whites
60 grams coconut flour
120 ml almond or coconut milk
1 tsp vanilla
½ tsp baking powder
a pinch of salt
some cinnamon

Mix all ingredients. Fry like any pancake, preferably in coconut oil.

(This only makes about 4-6 pancakes, but trust me, you are full after about 2,5!)

10. *The Bodylicious Chunky Monkey Ice Cream*

3 bananas
½ dl walnuts
2 tbsp dark chocolate (at least 70%)

Peel the bananas and freeze them for 1 h.
Blend with the nuts and the chocolate in a blender. Enjoy your super healthy treat!

11. *Holy Guacamole - the #1 Recipe!*

2 ripe avocados
3-4 cherry tomatoes
2 garlic cloves
½ lime juice
Cajun pepper or paprika powder
a dash of tequila (optional!)

Put the pitted avocados in a blender.
Add the rest of the ingredients.
Blend until smooth.

Tip!

If you prefer a chunkier guacamole, just mash everything with a fork instead of the blender.