

Easy Superfood Recipes for Healthy Everyday Meals

Cherry Chia Seed Pudding

Servings: 4

Ingredients

- ½ cup chia seeds
- 2 ½ cups unsweetened almond milk
- ½ cup sweet cherries, pitted and halved
- ½ teaspoon ground cardamom
- 1 teaspoon maple syrup
- 1 teaspoon vanilla extract

Preparation

1. Place the chia seeds in a medium-sized bowl.
2. In a blender, combine the milk, cherries, cardamom, maple syrup, and vanilla extract, and blend until the mixture is completely smooth. Pour the liquid over the chia seeds and give it a good stir using a fork.
3. Place the chia mixture into the refrigerator, and allow it to sit and thicken for at least 3 hours, or overnight. Prior to serving, give the chia seed pudding a good stir to break up any clumps, and if necessary, thin the mixture down with more almond milk.

Nutritional Facts (218 g per single serving)

Calories 193, Fats 11 g, Carbs 20 g, Protein 6 g, Sodium 122 mg

Superfood Burger Patties

Servings: 6

Ingredients

- 6 teaspoons extra virgin olive oil, divided
- 1 large onion, chopped
- 1 tablespoon minced garlic
- 10 ounces cremini mushrooms, sliced
- 1 cup cooked puy lentils
- 2 cups cooked quinoa
- ⅓ cup chia seeds
- 2 eggs
- 1 ½ cups grated carrot
- ½ cup + 2 tablespoons panko crumbs
- Serve with: Burger buns, lettuce, tomato slices

Preparation

1. In a small skillet, heat 2 teaspoons of oil over medium heat. Cook the onion, garlic, and mushrooms until most of the liquid from the mushrooms has evaporated, about 5 minutes. Transfer the mixture to a food processor.
2. Add the lentils to the food processor. Pulse the ingredients until most of the ingredients a coarse mixture. Transfer to a large mixing bowl.
3. Cover a large baking sheet with plastic wrap and sprinkle 2 tablespoons of panko all over it.
4. Incorporate the quinoa, chia seeds, eggs, carrot, and ½ cup of panko to the mushroom and lentil mixture. Mix until everything comes together.
5. Divide the mixture into 6 portions, and shape them into patties. Cover the patties with another piece of plastic wrap, and put them in the refrigerator for 20 minutes to firm up.
6. Heat 4 teaspoons of oil over medium heat in a large skillet. Cook the patties for about 5 minutes on each side, or until they are golden brown.
7. Serve with burger buns, lettuce, tomato, and any of your favorite garnishes.

Nutritional Facts (214 g per single serving)

Calories 388, Fats 22 g, Carbs 39 g, Protein 12 g, Sodium 215 mg

Kale and Bacon Egg Tart

Servings: 4

Ingredients

- 1 (8 ½ ounce) store-bought frozen puff pastry sheet, defrosted
- 2 large eggs
- 1 cup half-and-half cream
- ¼ teaspoon salt
- ⅛ teaspoon pepper
- ⅛ teaspoon nutmeg
- ½ cup bacon, chopped
- 1 cup red onions, sliced
- 8 cups baby kale

Preparation

1. Preheat the oven to 425°F.
2. Press the puff pastry sheet into a 9-inch tart pan with a removable bottom. Be sure to cover all the corners and the sides of the pan, and trim off any excess pastry. Use a fork to prick holes all over the pastry.
3. Bake for 10 minutes, or until it turns golden. If the pastry has puffed up, use the back of the fork to gently flatten it. Lower the oven temperature to 400°F.
4. While the crust is baking, prepare the tart filling. In a medium mixing bowl, whisk together the eggs with the cream, seasoning it with salt, pepper, and nutmeg. Set it aside.
5. Fry the bacon over medium heat in a medium skillet, until it starts to become crisp. Transfer the bacon to a plate lined with paper towel to drain off all excess oil.
6. Taking a new piece of paper towel, wipe off all but 1 tablespoon of bacon fat from the skillet. Sauté the onions over medium-high heat, until they are tender and lightly browned. Stir in the kale and cook, covered, for 2-3 minutes. Remove the lid, and cook for another 2-3 minutes, until it has completely wilted.
7. Transfer the vegetables to the crust and add the bacon. Pour in the egg mixture. Give the ingredients a light stir to help with even distribution.
8. Bake for 25 minutes, or until the filling is set. Remove it from the oven and let it cool for 10 minutes to firm up.

Nutritional Facts (235 g per single serving)

Calories 587, Fats 43 g, Carbs 36 g, Protein 15 g, Sodium 568 mg

Kale and White Bean Soup

Servings: 8

Ingredients

- 2 tablespoons olive oil
- 4 cloves garlic, chopped
- 2 stalks celery, sliced
- 1 large onion, chopped
- Salt and pepper, to taste
- 2 (15 ounce) cans cannellini beans, rinsed
- 1 cup orzo
- 1 pound kale, stems and ribs removed, roughly chopped
- 2 tablespoons chopped fresh rosemary
- 8 cups water
- ½ cup shaved Parmesan
- 1 tablespoon fresh lemon juice

Preparation

1. In a large soup pot, heat the oil over medium-high heat.
2. Fry the garlic, celery, and onion until they become tender, about 4-6 minutes. Season with salt and pepper.
3. Add the beans, orzo, kale, rosemary, and water. Bring it to a boil. Reduce the heat to low and simmer for 4-5 minutes, until the pasta is cooked and the kale becomes tender.
4. Stir in the lemon juice. Serve immediately with a generous sprinkle of Parmesan on top.

Nutritional Facts (174 g per single serving)

Calories 257, Fats 13 g, Carbs 28 g, Protein 10 g, Sodium 367 mg

Quinoa Tabbouleh

Servings: 8

Ingredients

- 1 cup quinoa, rinsed and drained
- 2 cups water
- ¼ cup extra-virgin olive oil
- 2 tablespoons lemon juice
- Salt and pepper, to taste
- ½ medium red onion, chopped
- 2 medium tomatoes, chopped
- 2 cups parsley, minced
- ½ cup mint, minced
- 2 cloves garlic, minced
- 8 ounces feta

Preparation

1. Put the quinoa and water in a small saucepan and bring it to a boil over high heat. Lower the heat and continue simmering until all the liquid is absorbed, about 15 minutes. Remove from the heat and cover with a lid for 10 minutes. Fluff the quinoa with a fork. Transfer the cooked quinoa into a large bowl to cool down.
2. In a small bowl, whisk together the olive oil, lemon, and a pinch of salt to make the dressing.
3. To the warm quinoa, add the onions, tomatoes, parsley, mint, and garlic. Pour the dressing over the salad and toss to make sure all the ingredients are coated evenly.
4. Crumble the feta over the salad and serve immediately.

Nutritional Facts (111 g per single serving)

Calories 227, Fats 14 g, Carbs 18 g, Protein 8 g, Sodium 271 mg

Spiced Lamb Chops with Lemon Quinoa

Servings: 4

Ingredients

- 1 tablespoon ground cumin
- 1 clove garlic, minced
- ¼ teaspoon chili flakes
- Juice of 1 lemon
- 4 tablespoons olive oil
- Salt and pepper, to taste
- 1 ½ cups quinoa, rinsed
- 3 cups water
- 5 spring onions, sliced
- 8 lamb chops
- 1 cup broccoli florets

Preparation

1. In a small bowl, stir together the cumin, garlic, chili, lemon juice, olive oil, salt, and pepper to make the marinade.
2. Place the lamb chops in a large bowl and toss them with half the marinade. Set both bowls aside.
3. To prepare the quinoa, bring the quinoa and water to a boil in a large saucepan. Reduce the heat to low and simmer for another 15 minutes, or until most of the liquid is absorbed. Remove from the heat and stir in the remaining marinade. Cover and let it set for about 10 minutes. Fluff the quinoa with a fork and add the spring onion.
4. Heat a griddle pan or skillet over high heat. Grill the lamb for about 3-5 minutes on each side, and cook to desired doneness.
5. While cooking the meat, steam the broccoli until tender.
6. Serve the lamb together with the quinoa and steamed broccoli.

Nutritional Facts (362 g per single serving)

Calories 846, Fats 51 g, Carbs 45 g, Protein 53 g, Sodium 150 mg

Flank Steak with Blueberry Sauce

Servings: 4

Ingredients

- 4 (6-ounce) flank steaks
- Salt and pepper, to taste
- 2 tablespoons butter
- 2 tablespoons shallots, minced
- 2 cloves garlic, minced
- 1 cup beef stock
- ⅓ cup red wine
- 1 teaspoon fresh thyme, minced
- 1 cup fresh blueberries

Preparation

1. Season the steak with salt and pepper on both sides.
2. In a small saucepan, melt the butter over medium heat. Sauté the shallots and garlic until fragrant, about 1 minute.
3. Add the beef stock, wine, and thyme into the skillet. Reduce the heat to low and simmer for another 10 minutes. Taste and adjust the seasoning.
4. Heat a large skillet over medium-high heat. Sear the steaks for 3-4 minutes on each side, depending on the desired doneness. Remove the steaks to a clean serving platter.
5. Once all the steaks are cooked, pour the sauce into the steak skillet. Deglaze the pan by scraping the bottom with a wooden spoon. Add the blueberries and bring the sauce to a boil.
6. Serve the steak with a generous drizzle of the sauce.

Nutritional Facts (295 g per single serving)

Calories 379, Fats 20 g, Carbs 7 g, Protein 37 g, Sodium 218 mg

Blueberry Frozen Yogurt Ice Cream

Makes: 1 quart

Ingredients

- 2 cups full-fat Greek yogurt
- 2 ½ cups fresh blueberries
- ⅔ cup honey
- Juice and zest of 1 lemon

Preparation

1. In a medium saucepan, combine the blueberries, honey, and lemon zest and juice. Heat the mixture up to a simmer over medium heat, and cook for 15 minutes. During the cooking, use the back of a wooden spoon to press the berries against the side of the pot to help them release their juices. Once the mixture thickens to a syrupy consistency, remove the pot from the heat and allow it to cool completely.
2. For a smoother ice cream, strain the mixture through a fine mesh sieve to remove the skin and solid pieces. Use a spoon or fork to press as much liquid through the sieve as possible.
3. Once the blueberry mixture is cooled to room temperature, place it in the refrigerator to chill at least 4 hours, or overnight.
4. Spoon the yogurt and blueberry mixture into your ice cream maker and prepare it according to the manufacturer's instructions. Serve immediately, or transfer it to a container to freeze for a few hours.

Nutritional Facts (1214 g per single serving)

Calories 1464, Fats 21 g, Carbs 267 g, Protein 55 g, Sodium 214 mg

***These recipes and more are found in Sarah Spencer's *Superfoods Box Set 4 books in 1: Quick and Easy Superfood Recipes for a Healthy Living*. To get your own copy, click on the cover below or click [here](#).

