

Healthy Recipes from Catherine's Kitchen



Delicious protein snack to go (makes 15-20)

1 cup of medjool dates
3/4 cup of almonds
3/4 cup of walnuts (or any other nut)
2 tablespoons chia seeds
2 tablespoons of ground flax seeds
1 tablespoon coconut oil
1 tablespoon hemp protein powder
1 tablespoon raw cacao powder

Place almonds, walnuts, flax seeds and chia seeds in food processor. Blend for 1 minute until a flour forms and the nuts have crumbled.

Add the remaining ingredients, pitting the dates before adding them. Blend for another minute until a sticky dough forms.

Roll the mixture into little balls, place in a bowl and store in the fridge.

Bring a few in a lunchbox to have with that roadside coffee!!



Healthy Chia Porridge Breakfast

Melt a level tablespoon of coconut oil in a saucepan. Add a cup of chia seeds. Cover well with almond milk. Bring gently to the boil and simmer until the chia seeds swell and soften. Add more almond milk if necessary to make a creamy consistency. Eat warm or cold in a glass. Top with banana slices. Serve good natural yoghurt and berries on the side. If you are feeling indulgent add a small spoonful of good quality raspberry jam or honey.

Now you're set up until breacktime!!

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