



RECIPES

FIRESIDE TALK SERIES

NICOLA BRADY, NUTRITIONAL THERAPIST, THE FOOD CLINIC

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MANDALA
YOGA
STRONG BODY | CALM MIND

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Come
to your
Senses

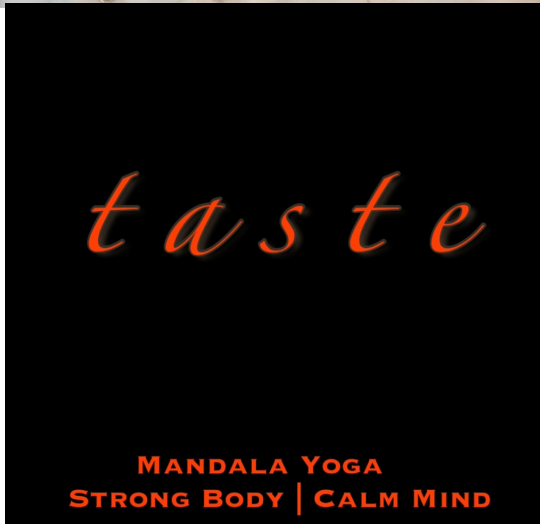
taste

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INTRODUCTION

Thank you for signing up to Mandala Yoga's Fireside Chat Series. I hope you enjoyed the chat about food and nutrition.



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I am Nicola Brady, a registered Nutritional Therapist and a member of the Nutritional Therapists of Ireland (NTOI). I run a private nutrition practice, The Food Clinic, where I work with clients on a one to one basis to help them address their health goals, using a combination of diet, lifestyle and supplement interventions.

I am passionate about good food. Having completed an intensive training course in Dublin Cookery School, I ran my own children and teen's cookery business for a number of years, before setting up *The Food Clinic* to extend my focus to food and its impact on our health. I regularly run cookery demonstrations and lessons for individuals and groups as part of my nutrition work.

If you are interested in keeping in touch, you can follow me at:



@nbradythefoodclinic

Queries or feedback can be directed to nicola@thefoodclinic.ie.



RASPBERRY AND ORANGE CHIA JAM

I've always loved jam but it is very high in sugar and can lead to a carbohydrate heavy breakfast, so I try to limit my intake. This recipe is a perfect substitute - so much healthier than any shop bought alternative, deliciously fruity and the addition of chia seeds provides an excellent source of omega-3 fatty acids and antioxidants. The jam has multiple uses - try it with crunchy almond butter on toasted rye sourdough, add it to porridge, use in overnight oats (see recipe below) or add a tablespoon to spruce up your live natural yogurt.

Ingredients: 1 bag frozen raspberries (300g/12oz), Juice of half an orange, 2.5 tbs of whole chia seeds, 1 tablespoon of maple syrup (optional for added sweetness).

Method: Heat raspberries (from frozen) in a pot over a medium high heat. After a few minutes, you can help break up the raspberries with a wooden spoon. Squeeze in the juice of half an orange and stir. Take off the heat and add in the chia seeds and maple syrup (optional) and stir. Pour into a sterilized jar and refrigerate when cool.



RASPBERRY OVERNIGHT OATS

The perfect complete food to wake up to, have as a convenient snack in the fridge or bring to work. It is completely adaptable for dairy and gluten intolerances and can be made a couple of days in advance. There are so many possible variations - just make sure you have your liquid of choice (cows milk, live natural yogurt, almond milk etc.) and ensure you include some nuts or nut butter, maybe some seeds and some fruit.

Ingredients: (Makes 1 large Jar) 200mls Alpro Plain with coconut (or your chosen yogurt or milk product), 1 tablespoon of chia seeds, 30g oats, 1 teaspoon of honey (optional), 1-2 tablespoons of chia jam, tablespoon of nut butter, pecans and mixed berries for decorating.

Method: Mix oats, chia seeds and yogurt until the oats are completely soaked. Layer the ingredients in a jar or glass in whatever order you want. For example, put the chia jam on the bottom, add half the wet oat mixture, then add the honey, then the nut butter, finish with the remaining oats and the fresh fruit and pecans. Cover and place in the fridge to enjoy the next day.





VEGAN KALE/SPINACH PESTO

This is a staple in my house. I make a variation of it at least twice a month. It has been a lifesaver in the past to get hidden goodness into my children when they were going through fussy stages. Each time I make it, I use a different nut and different 'greens' to vary the nutrient profile. And best of all, it keeps for about a month in the fridge if you store it correctly. What is not to love? Incorporate into open sandwiches, have it with pasta, turn it into a pasta salad with sun dried tomatoes/olives/fresh basil or make some quick and easy meatballs (use 1 heaped tsp of pesto for every 100g lean minced beef).



Ingredients: 100g walnuts, 50-100g spinach/kale, 50g basil, 2-4 garlic cloves, juice of a lemon, sea salt (to taste) and a mix of olive oil and extra virgin olive oil (enough to achieve desired consistency).

Method:

Blend all ingredients together in a food processor (except oils). Add oils towards the end to achieve the desired consistency. Taste and adjust for seasoning. Store in your fridge.



TOASTED TAMARI NUTS

My warning here is that these are addictive so portion control is required. I love that you can make a week's worth and store in an airtight container (the fridge works best). These are particularly fabulous straight out of the oven so they may not last long enough to make it to the fridge. They are high in protein and low in carbs.

Ingredients: 100g mxed nuts and seeds (e.g. pecans, brazils, walnuts, almonds, pumkin/sesame/sunflower seeds), 2 tbsp Tamari (Gluten Free Soya Sauce) [makes 4 snack servings]

Method:

Coat the nuts/seeds in the tamari. Roast for 5 minutes in a hot oven at 200 degrees.

