

# The Nutrition - Stress Connection



## RECIPES

### Quick Overnight Oats

- 1/3 cup oats
- 3/4 cup milk
- 1 tbsp chia seeds
- 1/2 tsp cinnamon
- 1/2 cup frozen or fresh fruit
- 1/2 cup greek yoghurt or protein powder (optional)

Mix together everything but the fruit into a jar or cup. Mix well and put in the fridge overnight. Top with fruit when you go to eat it.

### Quick Smoothie

- 1 cup milk of choice
- 1 handful leafy green (spinach, kale, etc)
- 1 banana
- 1 tsp lemon juice
- 1 tbsp almond, peanut, sesame, butter (can sub 1 tbsp nuts or seeds)
- 1/2 cup greek yoghurt or protein powder (optional)

Put all ingredients in a blender and blend on high.

**Prep tips:** put all ingredients except the yoghurt and milk in a bag and store in the freezer, add milk and yoghurt if using before blending.

### Vegetarian Soup

- 2 Tbsp. extra virgin olive oil
- 1 yellow onion diced
- 1 large carrot finely chopped
- 3 cloves garlic minced
- 3 Tbsp. tomato paste
- 1 tsp. smoked paprika
- 1 tsp. cumin
- 1 tsp. dried oregano
- salt and pepper to taste
- 1 cup green lentils
- 4 cups 32 oz. unsalted vegetable stock
- 1 cup water
- 1 16 oz. can chickpeas, drained and rinsed
- 1 bunch lacinato kale roughly chopped
- Juice of 1 lime

In a large pan, add the oil and heat. Add onions and cook for a couple minutes. Add garlic, tomato paste, paprika, cumin, oregano and salt and pepper, cook for 1 or 2 minutes. Add in lentils, stock and water and bring to a boil, reduce to a simmer and continue cooking for 15 minutes. Add chickpeas and kale and cook uncovered for 10 minutes. Top with lime juice and serve.

**Prep Tips:** Prepare ahead of time and store in the freezer. Serve with fresh bread if desired.