

Recipes for Energy

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Buddha Bowl with Lemon Tahini Dressing

Bowl Ingredients:

- 1/3 cup brown rice or quinoa, cooked
- 3/4 cup chickpeas, cooked
- 1 sweet potato, cubed
- Avocado oil, for drizzling
- Salt and pepper
- 1/3 cup red cabbage, shredded
- 1 carrot, grated
- 1 watermelon radish
- 1/2 avocado, sliced
- Large handful spinach
- 1 Tbsp hemp seeds
- Microgreens, for garnish (optional)

Lemon Dressing Ingredients:

- 1/2 cup tahini
- 1 large lemon, juiced
- 1/4 olive oil
- Zest from 1/2 lemon
- 1 garlic clove
- 1/4 tsp. sea salt
- 1/4 tsp. black pepper
- 1-2 Tbsp. honey or maple syrup (optional)
- 1/4 cup water, to thin (plus more, if necessary)

Instructions:

1. Preheat the oven to 400°F and line a large baking sheet with parchment paper.
2. Toss sweet potatoes with avocado oil, salt, and pepper. Place and spread on a baking sheet, and cook for 20 minutes, or until cooked through.
3. Meanwhile, use a high speed blender and hand blender to mix dressing ingredients together. Add more water if it is too thick.
4. Assemble bowl with brown rice (or quinoa), chickpeas, sweet potato, spinach, carrot, cabbage, radish, and avocado. Garnish with optional microgreens and hemp seeds.



5. Drizzle dressing over bowl, season with additional salt and pepper if needed, and enjoy!

Banana Oat Chocolate Chip Cookies

Ingredients:

- 3 bananas (large, ripe, mashed)
- ½ cup nut butter
- ¼ cup coconut oil, melted
- 2 tsp vanilla extract
- 2 cups rolled oats
- ¼ cup ground flax seeds
- 1 tsp baking powder
- ¼ tsp salt
- ½ cup dark chocolate chips

Directions:

1. Preheat the oven to 350°F and line a baking sheet with parchment paper.
2. In a large mixing bowl, combine the mashed bananas, nut butter, coconut oil and vanilla. Mix well, then add the oats, ground flax, baking powder, cinnamon, sea salt and chocolate chips. Mix again until all ingredients are evenly distributed.
3. Drop spoonfuls of the dough onto the baking sheet and flatten them gently with a fork. Bake for 15 to 17 minutes.
4. Remove the cookies from the oven and let them cool on the baking sheet. Enjoy!

Pressure Cooker Chicken Curry

Ingredients:

- 1 tbsp coconut oil
- 1 yellow onion, diced
- 3 garlic cloves, minced
- 1 Tbsp fresh ginger, minced
- 2 Tbsp curry powder
- 1 1/2 tsp cumin
- 1/2 tsp salt
- 1 1/2 cups chicken broth
- 1 lb chicken thighs (bone-in, skin removed)
- 1 cup canned coconut milk, full fat
- 1/2 cup Cilantro (chopped)
- 1 tbsp Lemon Juice



- 1 cup brown rice, cooked

Directions:

1. Turn the pressure cooker to sauté mode and heat the coconut oil. Cook the onion for 3 to 4 minutes then add the garlic, ginger, curry powder, cumin and salt and continue to cook for 1 minute more. Add the chicken broth and stir to combine being sure to scrape any brown bits from the bottom of the pan. Add the chicken thighs and close the lid.
2. Set to “sealing”, then press manual/pressure cooker and cook for 5 minutes on high pressure. Once it is done, release the pressure manually. Remove the lid carefully and transfer the cooked chicken to a plate.
3. Turn the pressure cooker to sauté mode and stir in the coconut milk. Stir frequently for 12 to 15 minutes, allowing the sauce to reduce by half until it is thick and creamy. Stir in the cilantro and lemon juice and season with additional salt if needed.
4. Divide the rice and chicken between plates and top generously with the curry sauce.
Enjoy!