

# Eating for Eye Health Recipes

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## Carrot Cake Baked Oatmeal

### Ingredients:

- 2 cups gluten-free rolled oats
- 1 tsp cinnamon
- 1/2 tsp ginger
- 1 tsp baking powder
- 1/4 tsp salt
- 1 3/4 cups non-dairy milk
- 2 eggs
- 1/3 cup maple syrup
- 2 teaspoons vanilla extract
- 3/4 cup carrots, grated
- 1/2 cup raisins
- 1/2 cup chopped walnuts

### Instructions:

1. Preheat the oven to 375 F.
2. Line a 8x8 baking dish with parchment paper or lightly coat with oil.
3. In a large bowl, mix together oats, baking powder, cinnamon, ginger, and salt.
4. In a separate bowl, stir together the dairy-free milk, eggs, maple syrup, and vanilla.
5. Add in the carrots and half of both the raisins and walnuts.
6. Combine the wet and dry mixtures and stir until combined.
7. Pour mixture into the prepared baking dish and press down to make sure oats are soaked. Sprinkle on the rest of the raisins and walnuts and press down lightly again.
8. Bake for 40-45 minutes, until lightly golden brown.
9. Let cool, and then serve. Store leftovers in the refrigerator in a closed container.

## Spiralized Veggie Noodles with Peanut Sauce

### Ingredients:

- 1 medium zucchini
- 1 large carrot
- 1 red bell pepper, thinly sliced
- 1 1/2 cups purple cabbage, thinly sliced
- 1/4 cup peanut butter (no sugar or oil added)
- 2 Tbs water
- 2 Tbs lime juice
- 1 Tbs tamari
- 1 Tbs maple syrup
- 1 garlic clove, minced

- 1 tsp ginger (minced)
- 3 Tbs hemp seeds

**Directions:**

1. Spiralize the zucchini and the carrot and transfer to a large mixing bowl with the bell pepper and cabbage. If you do not have a spiralizer, use a box grater or vegetable peeler instead.
2. In a mixing bowl combine the peanut butter, water, lime juice, tamari, maple syrup, garlic and ginger. Mix well to combine.
3. To serve, toss the veggies in the peanut sauce and top with hemp seeds. Serve immediately and enjoy!

## **Curried Kale Salad**

**Ingredients:**

¼ cup lemon juice  
2 Tbs tahini  
1 Tbs coconut aminos  
1 ½ tsp curry powder  
1 tsp maple syrup  
⅛ tsp salt  
5 cups kale leaves, thinly sliced  
2 Tbs pumpkin seeds

**Directions:**

1. In a small bowl, whisk together the lemon juice, tahini, coconut aminos, maple syrup, curry powder and sea salt to make the dressing.
2. Add the kale leaves to a large bowl and add the dressing. Massage the dressing into the kale leaves using your hands. Garnish with pumpkin seeds. Serve and enjoy!