



HEALTHY RECIPES IN 30MINS OR LESS

Featuring ingredients
available at Kedar Health!

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KEDAR HEALTH

A Natural Alternative In Healthcare

WEEKLY CATALOGUE

31 JAN – 6 FEB 2022

VEGAN PANCAKES VG

PREP TIME - 10 MINS | COOK TIME -10 MINS

INGREDIENTS

- 1 cup all-purpose flour, whole wheat flour* or gluten-free flour
- 1 1/2 tbsp sugar
- 2 tsp baking powder
- 1/4 tsp fine salt
- 1/4 tsp ground cinnamon*, optional
- 1 cup almond milk* or soy milk*
- 3 tablespoons olive oil *or coconut oil _
- 1 tsp vanilla extract*
- Oil for frying
- Honey* or maple syrup* and fruit of choice to top

**these ingredients are available at Kedar Health*

INSTRUCTIONS

1. Whisk flour, sugar, baking powder, and the salt in a medium bowl.
2. Whisk milk, olive oil, and the vanilla extract until combined.
3. Make a well in the centre of the flour mixture, pour milk mixture into the well and use a fork to stir until you no longer see clumps of flour. It is okay if the batter has small lumps – it is important not to over-mix the batter.
4. Heat a large griddle or pan over medium-high heat. Grease the pan with a little oil and drop about 1/4 cup of pancake batter onto the pan.
5. Cook until bubbles form, flip and cook for another minute.
6. Repeat steps 4 and 5 until batter is finished.
7. Top with honey, syrup and your fruit of choice

Recipe adapted from www.inspiredtaste.net/



PEANUT BUTTER SMOOTHIE V

PREP TIME - 5 MINS | COOK TIME - 0 MINS



- 2 cups frozen sliced bananas
- 1/2 cup non-fat Greek yogurt
- 1/2 tbsp ground flax seeds*
- 1 cup almond milk*
- 1 tsp vanilla extract*
- 2 tbsp peanut butter*
- 1 tbsp tiger nut powder*

Place all ingredients into a high-speed blender and blend on high until smooth. Add more milk if necessary.

**these ingredients are available at Kedar Health*

Recipe adapted from www.fitfoodiefinds.com





VEGETABLE NOODLE STIR FRY V

PREP TIME - 5 MINS | COOK TIME -10 MINS

INGREDIENTS

- 2 egg noodle nests*
- 2 carrots*
- 1 sweet pepper*
- 1 cup mushrooms*
- 2 spring onions
- 2 cloves of garlic
- 1 tbsp chopped ginger
- 1 tbsp vegetable oil

FOR THE SAUCE

- 3 tbsp light soy sauce
- 1 tbsp dark soy sauce
- 1 tbsp sesame oil*
- 1/2 tbsp rice vinegar
- 1/2 tbsp sugar

**these ingredients are available at Kedar Health*

INSTRUCTIONS

1. Chop the spring onions, peel and chop the ginger and garlic cloves.
2. Chop the mushrooms, and julienne cut the peeled carrots and pepper (it can be of any colour).
3. Heat up the oil in a pan or wok, making sure it's on a high heat, add the chopped spring onions, garlic and ginger, and stir fry for 30 seconds until fragrant.
4. Add the chopped mushrooms, carrots and pepper, and stir fry for about 2 minutes, until they begin to soften.
5. Boil the noodles according to the packet instructions, drain and set aside.
6. Combine the soy sauces, sesame oil, vinegar and sugar, and add the sauce to the vegetables, leaving it to cook for 1-2 minutes.
7. Add the drained noodles, and toss well to combine.
8. Garnish with more chopped spring onions if you like.

LENTILS WITH RICE VG

PREP TIME - 10 MINS | COOK TIME - 20 MINS



Recipe adapted from www.aheadofthyme.com

INGREDIENTS

- 1 + ½ cups dry brown or red lentils*
- 1 tsp olive oil*
- ½ cup onion, chopped
- 1 clove garlic, minced
- ¼ tsp turmeric*
- 3 cups boiling water, divided
- ½ tsp cumin* (ground)
- ½ tsp Italian seasoning
- ½ tsp salt (try our herb salt*)
- ¼ tsp ground black pepper

**these ingredients are available at Kedar Health*

INSTRUCTIONS

1. Pour lentils into a large mixing bowl, and rinse and drain. Pour in some boiling water on top, enough to cover the lentils, and let it sit for 10 minutes. Set aside.
2. Meanwhile, in a large pot, heat oil over medium heat. Add onions, garlic, and turmeric. Sauté until onions are soft and translucent, about 2-3 minutes. Pour in 1 cup of boiling water into the pot and stir together.
3. Drain the lentils that have been soaking in water, then rinse and drain again. Stir the lentils into the pot along with the remaining boiling water, cumin, Italian seasoning, salt, and pepper. Turn the heat up to high and bring to a boil. Then, turn to low and simmer covered for 15 minutes.
4. Season with more salt and pepper to taste. Serve over brown or white rice, coconut rice.





QUINOA SALAD **VG**

PREP TIME - 20 MINS | COOK TIME - 5 MINS

INGREDIENTS

- 3 1/2 cups chilled cooked quinoa*
- 1 large red sweet pepper*
- 2 cups diced cucumber*
- 1 1/2 cups cherry tomatoes*, halved
- 1 medium carrot, shredded
- 1/2 cup chopped red onion
- 1 1/2 cup chickpeas* hydrated

FOR THE DRESSING

- 1/3 cup olive oil*
- 3 Tbsp fresh lemon juice
- 2 Tbsp red wine vinegar
- 1/3 cup chopped fresh parsley
- 1/4 cup chopped fresh coriander
- 2 garlic cloves, minced (2 tsp)
- Salt, to taste (try our herb salt*)

**these ingredients are available at Kedar Health*

INSTRUCTIONS

1. Roast red pepper directly over the flame of a gas stove or under broiler, turning occasionally using metal tongs, until charred all over. Transfer to a container and cover and let rest 10 minutes, then peel**, core and seed and chop pepper.
2. Meanwhile prepare dressing. In a mixing bowl stir together olive oil, lemon juice, red wine vinegar, parsley, cilantro, garlic and salt. Chill while you prep the remaining salad ingredients or up to 1 day.
3. In large bowl toss together quinoa, pepper, cucumber, tomato, carrot, onion and chick peas with the dressing. Serve within about 4 hours for best results.

Keep salad chilled.

CHOCOLATE PUDDING V

- 2 tablespoons dark cocoa powder*
- ½ cup full-fat plain Greek yogurt
- 1 ½ tablespoons maple syrup*

**these ingredients are available at Kedar Health*

Mix everything together in a bowl. It will be very thick at first, but it will smooth out once the cocoa powder incorporates. If your yogurt is very thick, you can add ½ to 1 tablespoon water to get a bit lighter texture, but all yogurts vary.



TURMERIC LATTE VG

- 1 cup almond milk* or soy milk*
- 1 tsp turmeric powder*
- 1 tsp cinnamon powder*
- 1sp vanilla*
- 1tbsp honey*
- 1 tbsp coconut oil*
- Pinch of black pepper

**these ingredients are available at Kedar Health*

Mix the ingredients except the honey together in a saucepan on medium heat whilst stirring gently. As soon as it comes to a gentle boil, remove from the heat and let it cool. Add the honey to taste.



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Kristyne Twum is a Pharmacist, Wellness Consultant, Energy Healer, an American Board Certified NLP Life Coach, a Transformational Personal Development, Health and Grief Coach as well as a Motivational Speaker.



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