



# RECIPES WITH 5 INGREDIENTS OR LESS

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# CHIA PUDDING (VG)

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PREP TIME: 5 MIN | COOK TIME: 0 MIN

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## *ingredients*

- **2 tbsp chia seeds\***
- 125ml **oat milk\***, or **soy milk\*** or **almond milk\***
- 2 tsp maple syrup or **honey\***, plus a drizzle to serve
- fruit, such as berries, banana, kiwis or mango, to serve

## *directions*

1. Combine the chia seeds, milk and 2 tsp maple syrup in a jar or bowl. Cover and chill overnight or for at least 8 hrs.
2. When ready to serve, top with fruit and a drizzle of maple syrup.

# CHEESY MUSHROOM OMELETTE (V)

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PREP TIME: 5 MIN | COOK TIME: 10 MIN

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## *ingredients*

- 1 tbsp olive oil
- handful mushrooms\*, sliced
- 25g cheddar cheese, grated
- small handful parsley leaves (roughly chopped)
- 2 eggs, beaten

## *directions*

1. Heat the olive oil in a small non-stick frying pan. Tip in the mushrooms and fry over a high heat, stirring occasionally for 2-3 mins until golden. Lift out of the pan into a bowl and mix with the cheese and parsley.
2. Place the pan back on the heat and swirl the eggs into it. Cook for 1 min or until set to your liking, swirling with a fork now and again.
3. Spoon the mushroom mix over one half of the omelette. Using a spatula or palette knife, flip the omelette over to cover the mushrooms. Cook for a few moments more, lift onto a plate and serve with oven chips and salad.



# CACIO E PEPE (V)

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PREP TIME: 5 MIN | COOK TIME: 10 MIN

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## *ingredients*

- 200g spaghetti
- 25g butter
- 2 tsp whole black peppercorns, ground, or 1 tsp freshly ground black pepper
- 50g parmesan, finely grated

## *directions*

1. Cook the pasta for 2 mins less than pack instructions state, in salted boiling water. Meanwhile, melt the butter in a medium frying pan over a low heat, then add the ground black pepper and toast for a few minutes.
2. Drain the pasta, keeping 200ml of the pasta water. Tip the pasta and 100ml of the pasta water into the pan with the butter and pepper. Toss briefly, then scatter over the parmesan evenly, but don't stir – wait for the cheese to melt for 30 seconds, then once melted, toss everything well, and stir together. This prevents the cheese from clumping or going stringy and makes a smooth, shiny sauce. Add a splash more pasta water if you need to, to loosen the sauce and coat the pasta. Serve immediately with a good grating of black pepper.

# RED PEPPER LINGUINE (V)

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PREP TIME: 5 MIN | COOK TIME: 15 MIN

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## *ingredients*

- 1 roasted red pepper (from a jar or **roast one yourself\***)
- 30ml olive oil
- 50g **walnuts\*** , toasted, plus extra to serve
- 1 small garlic clove
- 100g linguine or spaghetti
- parmesan to serve

## *directions*

1. Blitz the roasted red pepper with the olive oil, walnuts and garlic in a food processor, season well and set aside.
2. Bring a pan of salted water to the boil, add the pasta and cook for 1 min less than the pack instructions and drain, reserving a ladleful of cooking water. Tip the pasta back into the pan, along with the reserved cooking water and red pepper sauce, and return to the heat to warm through. Tip the pasta into a bowl and top with the parmesan and some chopped toasted walnuts. Season and serve.



# SQUASH & COCONUT CURRY (VG)

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PREP TIME: 10 MIN | COOK TIME: 20 MIN

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## *ingredients*

- 2 tbsp Madras curry paste
- 1 large butternut squash (600g/1lb 5oz peeled weight), chopped into medium size chunks
- 1 **red pepper**<sup>\*</sup>, halved, deseeded and roughly chopped into chunks
- 400g can **coconut milk**<sup>\*</sup>
- small bunch coriander, roughly chopped

## *directions*

1. Heat a large frying pan or wok, tip in the curry paste and fry for 1 min. Add the squash and red pepper, then toss well in the paste.
2. Pour in the coconut milk with 200ml water and bring to a simmer. Cook for 15-20 mins or until the butternut squash is very tender and the sauce has thickened.
3. Season to taste, then serve scattered with chopped coriander and naan bread or rice.

# SAUCY BEAN BAKED EGGS (V)

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PREP TIME: 5 MIN | COOK TIME: 20 MIN

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## *ingredients*

- 2 x 400g cans cherry tomatoes (**or fresh**\*)
- 400g can mixed bean salad, drained
- 200g **baby spinach**\*
- 4 medium eggs
- wholemeal rye bread (or any bread) to serve

## *directions*

1. Tip the tomatoes and bean salad into an ovenproof frying pan or shallow flameproof casserole dish. Simmer for 10 mins, or until reduced. Stir in the spinach and cook for 5 mins more until wilted.
2. Heat the grill to medium. Make four indentations in the mixture using the back of a spoon, then crack one egg in each.
3. Grill for 4-5 mins, or until the whites are set and the yolks runny. Serve with bread.



# CARAMELISED BANANA & CHOCOLATE GALETTE (V)

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PREP TIME: 20 MIN | COOK TIME: 30 MIN

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## *ingredients*

- 70g hazelnuts , roughly chopped
- 150g dark chocolate , finely chopped
- 500g block shop-bought puff pastry
- 3 bananas , sliced
- 3 tbsp light brown soft sugar
- **vanilla ice cream**\* , to serve (optional)

## *directions*

1. Heat the oven to 200C/180C fan/gas 6. Blitz 50g of the hazelnuts in a small food processor until they resemble fine breadcrumbs, then tip into a bowl with the chocolate.
2. Roll the pastry out to a round roughly 30cm in diameter on a sheet of baking parchment. Scatter the chocolate and hazelnut mixture over the pastry circle, leaving a 5cm border. Top with the bananas and most of the remaining hazelnuts, then fold the edges of the pastry over. Transfer the galette to a baking sheet along with the baking parchment, then chill in the fridge for at least 10 mins.
3. Remove from the fridge and sprinkle the sugar over the galette, then bake for 25-30 mins, or until golden and puffed up. Scatter over the remaining hazelnuts and serve with a scoop of vanilla ice cream, if you like.



# BASIC COOKIES (V)

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PREP TIME: 20 MIN | COOK TIME: 12 MIN

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## *ingredients*

- 225g butter, softened
- 110g caster sugar
- 275g plain flour
- 1 tsp cinnamon\* or ground ginger\*
- 75g chocolate\* chopped (optional)

## *directions*

1. Heat the oven to 190C/170C fan/gas 5. Cream the butter in a large bowl with a wooden spoon or in a stand mixer until it is soft. Add the sugar and keep beating until the mixture is light and fluffy. Sift in the flour and add the optional ingredients, if you're using them. Bring the mixture together with your hands in a figure-of-eight motion until it forms a dough. You can freeze the dough at this point.
2. Roll the dough into walnut-sized balls and place them slightly apart from each other on a baking sheet (you don't need to butter or line it). Flatten the balls a little with the palm of your hand and bake them in the oven for around 10-12 mins until they are golden brown and slightly firm on top. Leave the cookies on a cooling rack for around 15 mins before serving.

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