

# Healthy Recipes

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**MOTIVATE  
FEEL GREAT  
BODY POSITIVITY**



# Step by Step to a Healthy Lifestyle

# Introduction

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A food addiction is often overlooked by GP's and the people addicted to food often feel great shame and embarrassment about the control food has over them.

My addiction made me feel so isolated from other people and I felt people thought I was stupid for letting myself get so heavy. Food addiction is not openly talked about but I am keen to talk about it and help others and be empathetic to those who are struggling and empower them to take back control and make healthier food and lifestyle choices.

Food is merely fuel for our bodies and we have lost that in a society of processed, highly addictive foods. So if you are struggling please don't despair as this is where I can help you.

I have worked with a number of clients supporting their eating habits and helping them gain confidence in exercise and making a positive lifestyle change. This is not a diet plan, this is a lifestyle change and working with me will bring you positive results and a mentor for life supporting you with your continuous journey.

CHAPTER 1

# Healthy Cakes



# Recipe

## Sweet Potato Chocolate Muffin

Recipe serves		Prep Time
12		15mins
Ingredient	Amount	
Sweet Potato (finely Grated)	250	grams
Cocoa Powder	40	grams
Plain Flour	240	grams
Baking Powder	2.5	Tea spoons
Sea Salt		to taste
Dark Chocolate Chips	120	grams
Skimmed Milk	240	ml
Vegetable Oil	80	ml
Light Brown Sugar	130	Grams
Large Eggs	2	each
Vanilla Essence	1	Tea spoon

### Method

1. Start by preheating the oven to 200 C/ gas mark 6. Line a 12-hole muffin pan with paper cases and set aside.
2. Whisk together the flour, baking powder, salt and cocoa until combined.



### Method Cont

3. In another bowl whisk together the eggs, milk, oil, sugar and vanilla extract until smooth.
4. Stir the sweet potato into the wet ingredients until thoroughly mixed.
3. Add the dry ingredients to the wet ingredients and stir until the dry ingredients is combined then adding the chocolate chips.
4. Spoon the batter into the prepared muffin cases and bake in the centre of the oven for 25 minutes.
5. Remove from the oven and set aside.



# Recipe

## Healthy Flapjack

Recipe serves		Prep Time
12		15mins
Ingredient	Amount	
Pitted Dates	100	grams
Ripe Banana	2	each
Cinnamon	1	Tea spoons
Vanilla Essence	1	Tea spoons
Almonds	100	grams
Sunflower Seeds	50	grams
Raisins	50	grams
Porridge oats	250	grams
Sea Salt		To taste

### Method

1. Line a rectangles dish with parchment. Roughly chop the dates and cover with 100ml boiling water. Leave to soak for 10 mins.
2. Put the banana in a bowl, mash with a fork, then stir in the cinnamon, vanilla, a pinch of sea salt and the soaked dates along with their liquid.



### Method Cont

3. Tip the mixture into food processor with half of the walnuts and 100g of the oats. Pulse until you have a thick paste. Tip into a bowl and combine with all of the remaining nuts, oats and sunflower seeds.
4. Heat the oven to 180C fan/gas 4. Press the mixture into the lined tin, and, bake for 20-25 mins until golden and firm. Leave too cool completely before cutting into twelve squares.



# Recipe

## Beetroot Muffins

Recipe serves		Prep Time
12		20mins
Ingredient	Amount	
Fresh Beetroot (finely Grated)	500	grams
Self Raising Flour	300	grams
Baking Powder	1	Tea spoons
Sea Salt		to taste
Sultanas	200	grams
Ground Cinnamon	1	Tea spoons
Vegetable Oil	180	ml
Light Brown Sugar	100	Grams
Large Eggs	3	each
Vanilla Essence	1	Tea spoon

### Method

1. Start by preheating the oven to 200 C/ gas mark 6. Line a 12-hole muffin pan with paper cases and set aside.
2. Peel and grate the beetroot
3. Whisk together the flour, baking powder, salt, cinnamon, Sultanas and beetroot until combined.



### Method Cont

4. In another bowl whisk together the eggs, oil, sugar and vanilla extract until smooth.
5. Add the dry ingredients to the wet ingredients and stir until the dry ingredients is combined.
6. Spoon the batter into the prepared muffin cases and bake in the centre of the oven for 25 minutes.
7. Remove from the oven and set aside.



CHAPTER 2

# Healthy Soup



# Recipe

## Sweet Potato & Sprouts Soup

Recipe serves		Prep Time
6		30 mins
Ingredient	Amount	
Gammon for Stock	6000	MI
Onions	30	grams
Peppers	2	Numbers
Garlic	3	Cloves
Sweet Potatoes	250	grams
Brussel Sprouts	250	grams
Salt		to taste
Pepper		to taste

### Method

1. Put Gammon in large pan, cover with cold water and bring to the boil. Cook for generally 20 mins per 450g plus 20 mins.
2. Prepare onion and roughly dice and add to pan with the gammon
3. Slice the pepper and add to the pan.
4. Peel sweet potatoes and roughly dice then add to pan



### Method Cont

5. Peel the Brussel sprouts and add to the pan
6. Peel the cloves of Garlic and add to the pan with the rest of the ingredients.
7. Cook Gammon until for the allotted time to check insert knife into the centre of the meat and pull out. If the meat feels springy then it isn't cooked
8. Remove the gammon and trim some of the meat to add to the soup .
9. With the stock place in a blender and blend on full power until smooth, if required add more liquid now. Season the soup and serve.





# Recipe

## Sweet Potato and roasted pepper Soup

	Recipe serves	Prep Time
	6	30 mins

Ingredient	Amount
Sweet Potatoes	500 grams
Onions	60 grams
Leeks	2 Numbers
Garlic	3 Cloves
Peppers	6 numbers
Paprika	2 teaspoons
Salt	to taste
Pepper	to taste
coconut oil	2 Dessert Spoons

### Method

1. Start by preheating the oven to 200 C/ gas mark 6
2. Prepare the leeks and set aside.
3. Prepare sweet potatoes put in large pan, add the leeks and cover with cold water and season then bring to the boil. Cook for generally 20 mins or until soft. Once cooked set aside and leave in water.
4. Prepare onion and roughly dice and add to roasting dish.



### Method Cont

5. Slice the pepper and add to roasting dish.
6. Peel the Garlic and add to the roasting dish whole.
7. Season the Peppers with paprika and salt and pepper and add coconut oil
8. Cook peppers in the preheated oven for 30 minutes
9. Place the potatoes and cooked peppers in a blender and blend on full power until smooth, if required add more liquid. Season the soup and serve.



CHAPTER 3

# Main Courses



# Recipe

## Roasted Vegetables

	Recipe serves	Prep Time
	6	20 mins

Ingredient	Amount
Parsnips	250 grams
Carrots	250 grams
Baby Sweetcorn	200 grams
Garlic	3 Cloves
Mushrooms	100 grams
Salt	to taste
Pepper	to taste
coconut oil	4 Dessert Spoons



### Method Cont

5. Cut the baby sweetcorn in half and add to the roasting dish.
6. Cut the mushroom in half and add to the roasting dish.
7. Season with salt and pepper and add the coconut oil
8. Cook veg in the preheated oven for 1 hour 20 minutes
9. serve.

### Method

1. Start by preheating the oven to 200 C/ gas mark 6
2. Peel the parsnips and Carrots.
3. Chop the Parsnips into halve and put in a pan with seasoned water and boil for 8 minutes then drain and add to the roasting dish.
4. Chop the carrots into quarters and place on the roasting dish.
5. Peel the Garlic and add to the roasting dish whole



# Recipe

## Paprika Belly Pork

	Recipe serves	Prep Time
	2	10 mins

Ingredient	Amount
belly Pork (rindless)	500 grams
Onions	100 grams
Peppers	3 Numbers
Garlic	3 Cloves
Paprika	5 teaspoons
Salt	to taste
Pepper	to taste



### Method Cont

5. Place the belly pork on top of the vegetables and sprinkle with more paprika.
6. Cook in a preheated oven for 50 minutes
7. Serve with Roasted vegetable and a portion of Boiled Vegetables

### Method

1. Start by preheating the oven to 200 C/ gas mark 6
2. Peel the Onions and Garlic. Slice the onion and place in a roasting dish with the whole garlic cloves
3. Slice the peppers into 4 halve and place on top of the onions.
4. Season the vegetable with paprika and salt and pepper.



# Recipe

## Brussels with streaky bacon

	Recipe serves	Prep Time
	2	10 mins

Ingredient	Amount
Brussel Sprouts	250 grams
Streaky Bacon	150 grams
Garlic	1 Clove
Salt	to taste
Pepper	to taste



### Method Cont

4. Serve with a protein item and carbohydrate.

### Method

1. Peel the Sprouts and Garlic.
2. Cook the Sprouts in salted water until tender.
3. Fry the bacon in frying pan with the Garlic and once coloured add the sprouts, stir fry for a few minutes and season to taste.



# Recipe

## Roasted Sweet Potatoes

	Recipe serves	Prep Time
	2	10 mins

Ingredient	Amount
Sweet Potatoes	300 grams
Spring Onions	1 Bunch
Garlic	3 Clove
Salt	to taste
Pepper	to taste
Coconut Oil	2 Dessert Spoons
Piri Piri Spices	2 Teaspoons

### Method

1. Start by preheating the oven to 200 C/ gas mark 6
2. Peel the potatoes and Garlic. Dice the potatoes into 1inch squares
3. Add the potatoes and garlic cloves to a roasting dish and season with salt and pepper and then add the Piri Piri Spices.



### Method Cont

4. Peel the spring onions and slice then sprinkle on top of the potatoes.
5. Place in the preheated oven for 1 hour 15 minutes Serve with a protein item and vegetables.





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