



THE
FOOLPROOF
FOODIE



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Homemade Granola – Perfect for Breakfast

What you'll need

1 cup of oats

.25 cup of mixed seeds (sunflower, chia etc.)

4 tbsp of oil (coconut oil, olive oil etc.)

.25 cup of honey

Pinch of salt

1 tsp of vanilla extract



(Please note this is for a small serving, alter to your preference and adjust to ensure that the mixture isn't too dry or too wet)

What to do (Preheat oven to 150 degrees Celsius)

1. Melt the honey, vanilla extract and oil in a saucepan over a low heat
2. While that is heating, mix your seeds and oats together.
3. Once the honey and oil have been heated add it into the oats and seeds mixture.
4. Ensure that the mixture is covered evenly add in oats if the mixture is too wet or more heated oil and honey if it's too dry.
5. Spread evenly into baking tray lined with parchment paper.
6. Pop into the oven. Remember to keep checking and move the mixture around to ensure it is cooked evenly.
7. After about 20/25 minutes it should be cooked. Take out of the oven and onto a cooling tray.
8. Once cooled add in extras such as goji berries and raisins etc. Pop into airtight sealed container until next use.

Enjoy!

Shakshuka Recipe –Perfect for Breakfast, Brunch or Lunch!

What you'll need

1 tin of chopped tomatoes

2 eggs

Oil of choice

Clove of garlic

Veg of choice (Spinach, Red Peppers etc.

Chili/Chili Flakes



What to do

1. Heat a frying pan with oil, add in the mashed garlic clove, peppers and chili.
2. Add in the tin of chopped tomatoes add in seasoning of choice.
3. After that has cooked, lower the heat, make a little well in the tomatoes and drop in the eggs add in spinach on top.
4. Pop a lid on top and let the eggs cook on a low heat until eggs are cooked at desired rate.

Enjoy!

Tasty Toastie – Perfect for lunch!

What you'll need

Bread of your choice

Ballymaloe Relish

Chorizo

Spinach

Red Peppers



What to do

- 1 Use the spread of your choice for the bread
- 2 Add in your chorizo slices, cut the stalks of the spinach and slice your peppers
- 3 Add into the sandwich
- 4 Pop it all into your grill/toasted sandwich maker
- 5 Cut into fours and serve with your favourite crisps or salad.

Enjoy!

5 Minute Fried Rice

What you'll need (Serves 2 People)

Rice of choice

2 eggs

Veg of choice (peppers spring onion etc.)

Salt/Pepper/Herbs

Clove of garlic

Oil



What to do

1. Heat your rice of choice be it brown/white/instant/ etc. I think with fried rice, letting your rice cool down or using leftover rice is ideal and adds to the flavour.
2. Start heating up a pan and add in your garlic and chopped pepper/spring onion.
3. Beat the eggs and add salt, pepper and spices and add into the pan.
4. Mix the eggs and pepper together once cooked in the pan and add in the rice, mix well to ensure an even distribution.
5. Ensure its all cooked and serve into a bowl. Simple as that!

Enjoy!

Homemade Chocolate Popcorn- A tasty treat

What you'll need

.5 cup of popcorn

2/3 tsp oil/butter of choice

Chocolate of choice



What to do

Heat the oil and when hot enough add in the popcorn kernels.

Start melting the chocolate.

When the popcorn starts popping, move it to a lower heat to prevent burning.

Mix the popcorn with the chocolate!

Enjoy!

Healthy Blondies Recipe- A delicious alternative to brownies

What you'll need

.5 Cup of Peanut/Almond Butter

1 can of Chickpeas

1 tsp Vanilla

1 tsp Cinnamon

1/4 cup of Honey (If you want it vegan -swap for agave)

Chocolate of choice (Dark is preferable)

Pinch of Salt

What to do

Preheat your oven to 180 degrees Celsius

Then, blend all the ingredients except the chocolate until smooth.

Chop up and mix in the chocolate.

Add it into a greased bread tin.

Cook for 30 minutes

Let them cool.

Enjoy!



Thank You

If you've downloaded this pdf, I would like to say thank you! I hope you enjoy it and hope you get some inspiration for meals and realise that there is always a healthy option and it can be tasty as well!

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Don't forget to follow my blog for more updates and recipes posted regularly! 😊

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