

A close-up photograph of a glass filled with a light pink beverage, likely grapefruit juice. The drink is garnished with several ice cubes, a wedge of fresh grapefruit showing its red segments, and a sprig of green rosemary. The glass is set against a blurred background of a wooden surface.

HAPPY EASTER

HEALTHFUL RECIPES
TO ENJOY!



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RECIPE



SPRING GARDEN MOCKTAIL

Bright, refreshing, and
alcohol-free

INGREDIENTS:

- Juice of 1 grapefruit
- Juice of 1 orange
- Juice of ½ lemon
- Sparkling water
- Fresh mint & rosemary sprigs
- Thinly sliced cucumber & orange (garnish)
- Optional: splash of apple cider vinegar

METHOD

- Combine juices and herbs in a pitcher; muddle gently.
- Add ice and top with sparkling water.
- Serve with citrus slices and cucumber ribbons.

RECIPE



ROASTED VEGGIE POWER BOWL

Vibrant, nourishing, and satisfying! Ideal for a well-rounded meal.

INGREDIENTS:

- A variety of root vegetables (such as sweet potatoes, carrots, and beets)
- Olive oil
- Salt and pepper
- Cooked quinoa or brown rice
- A drizzle of tahini dressing

HOW TO COOK:

- Toss vegetables in olive oil, salt, and pepper before roasting them.
- Serve them atop a bed of quinoa or rice.
- Finish by drizzling with tahini dressing.



HERB-CRUSTED LAMB WITH ROASTED CARROT & FENNEL

A nourishing, seasonal Easter main

INGREDIENTS:

- Boneless leg of lamb or lamb rack
- 4 garlic cloves, minced
- 2 tbsp rosemary
- 2 tbsp parsley
- 1 tbsp Dijon mustard
- Zest of 1 lemon
- 2 tbsp olive oil
- Salt & pepper
- 4 carrots, halved
- 1 bulb fennel, cut into wedges

METHOD

- Preheat oven to 400°F / 200°C.
- Mix garlic, herbs, mustard, zest, oil, salt & pepper; rub on lamb.
- Place lamb and veg on tray, roast 25–30 min.
- Rest meat before slicing. Serve with caramelized vegetables.

LENTIL, MUSHROOM & WALNUT STUFFED SQUASH



Savory, protein-packed & perfect for plant-based guests

INGREDIENTS:

- 2 medium acorn or kabocha squash, halved and seeded
- 1 tbsp olive oil
- 1 small red onion, finely chopped
- 2 garlic cloves, minced
- 1½ cups cooked green or French lentils
- 1 cup mushrooms, finely chopped
- ½ cup walnuts, finely chopped
- 2 tbsp tamari or coconut aminos
- 1 tbsp tomato paste
- 1 tsp smoked paprika
- 1 tsp dried thyme or fresh
- Salt & pepper to taste
- Optional: 2 tbsp nutritional yeast or crumbled feta/goat cheese for topping

METHOD

- Preheat oven to 400°F / 200°C.
- Brush squash halves with olive oil, season with salt & roast cut-side down for 30–35 min until soft.
- In a skillet, sauté onion & garlic in olive oil. Add mushrooms, walnuts, and herbs; cook until soft.
- Stir in lentils, tamari, tomato paste, and paprika. Cook 5–7 min to meld flavors.
- Fill roasted squash with mixture. Top with nutritional yeast or cheese if using.
- Return to oven for 10 min to crisp top slightly.

NUTRITION NOTES

This dish provides complete protein when paired with grains or seeds, and delivers fiber, iron, and umami-rich depth. Serve with a side of leafy greens or the Spring Salad for balance.

RECIPE



SPRING PEA, ASPARAGUS & AVOCADO SALAD

With Lemon-Tahini
Dressing

INGREDIENTS:

- 1 bunch asparagus, steamed
- 1 cup peas, blanched
- 1 avocado, sliced
- 2 cups spinach or arugula
- ¼ cup radish, thinly sliced
- ¼ cup fresh mint
- Optional: goat cheese or feta

Dressing:

- 2 tbsp tahini
- Juice of 1 lemon
- 1 tsp maple syrup
- 1 tbsp olive oil
- 1 tbsp warm water
- Salt to taste

METHOD

- Whisk dressing until creamy.
- Toss salad ingredients in a bowl.
- Drizzle with dressing & top with cheese (optional).

RECIPE



ALMOND FLOUR CARROT CAKE BARS

Gluten-free, spiced & naturally sweet

INGREDIENTS:

- 2 cups almond flour
- 2 eggs
- 1½ cups grated carrot
- ¼ cup maple syrup or honey
- 1 tsp vanilla
- 1½ tsp cinnamon
- ½ tsp nutmeg
- ½ tsp baking soda
- Pinch of salt
- Optional: ¼ cup walnuts or raisin

INGREDIENTS:

Optional Frosting:

- 1 cup soaked cashews
- 2 tbsp maple syrup
- 1 tbsp lemon juice
- ¼ cup almond milk
- Pinch of salt

METHOD

- Preheat oven to 350°F / 175°C.
- Mix all ingredients and pour into lined pan.
- Bake 25–30 min. Cool before frosting.
- Blend frosting smooth, spread on bars & slice.



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