

The background of the entire page is a repeating pattern of teal-colored floral motifs. Each motif consists of a central circular element with radiating lines, topped with a stylized leaf or petal shape. The pattern is arranged in a grid-like fashion across the white background.

2020 Covid Cookbook



Roseneath Wellness Center

Whole Health for All



To our dedicated staff
with thanks and
appreciation



A year like no other

2020 was a year like no other. None of us will forget the unparalleled efforts and sacrifices of our front line healthcare workers. There is only one word for all of you. Heroes. You made it possible for the world to go on and for that there can never be enough thanks.

2020 was also a time of strange disconnection and solitude. But this year we could not get together to thank you, our staff, for all you do every day to make our organization great. Instead of our annual celebration retreat, we give you this book of your favorite recipes in the hope that you will remember how much you are appreciated every time you turn to it to prepare a meal. These recipes come from your co-workers and their families. They are our expression of appreciation, thanks and love.

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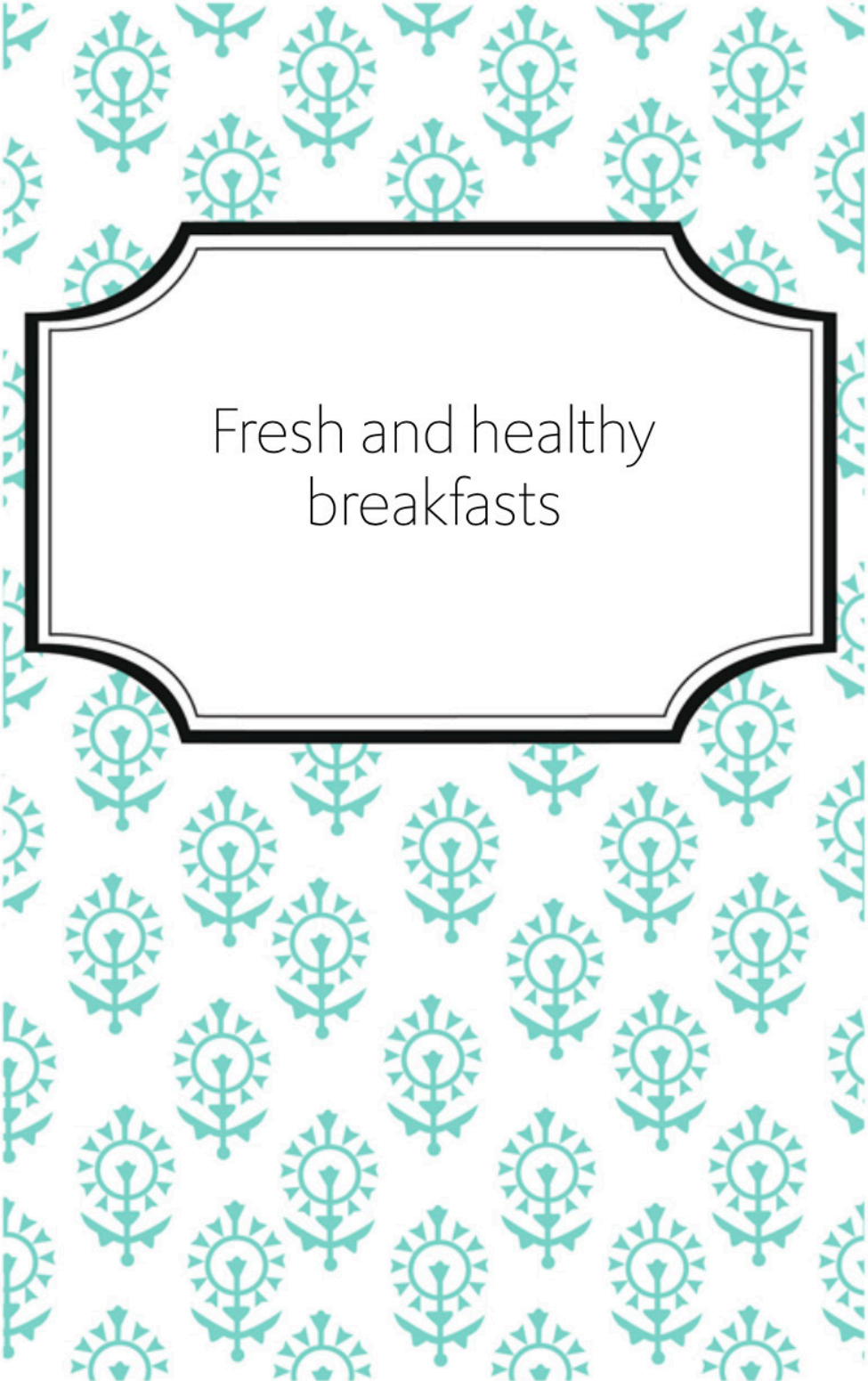
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The background of the right side of the page is a repeating pattern of teal-colored floral motifs. Each motif consists of a central circle with a vertical stem and two curved, leaf-like shapes extending outwards, all surrounded by a ring of small, pointed shapes.

Fresh and healthy
breakfasts



This muffin recipe is the perfect base recipe to come up with endless variations.

Try adding diced apples and cinnamon
Or go exotic with grated carrots and cardamon
Vanilla and pear are a classic combination
Or cranberries and lemon zest

Have fun with flavor, and take your breakfast to new heights.

High fibre muffins

1 tbsp ground flax
3 tbsp water
1 $\frac{3}{4}$ cup whole wheat flour
 $\frac{1}{4}$ cup brown sugar
 $\frac{1}{2}$ tsp baking soda
 $\frac{1}{2}$ tsp baking powder
1 tsp ground cinnamon
 $\frac{1}{2}$ tsp salt
 $\frac{2}{3}$ cup almond milk
3 tbsp canola oil
1 large ripe banana mashed
1 cup old fashioned oats
1 cup raisins/coconut/grated carrots

Makes: 12 jumbo muffins

Preheat oven to 350°.

Soak flax in water for 5 minutes.

In a large bowl, mix dry ingredients.

Mix wet ingredients together in a bowl, add mashed bananas and oats.

If using carrots, add to wet ingredients. If using coconut or raisins, add to dry ingredients.

Add wet to dry ingredients, and mix quickly, just enough to blend.

Measure into lined muffin pans.

Cook 12-15 minutes, until just set.

This recipe is really very versatile as you can alter it in a pinch by adding shredded carrots for fibre, or coconut and even canned pineapple. They keep well, or make a dozen and freeze them. Then just grab a frozen muffin in the morning as you head out the door and by the time you're ready for a mid morning snack, it will be fresh and ready to keep you going.



Egg white omelette

Add yolks if you are not watching calories or cholesterol

Makes: 1 omelette

3 egg whites	salt and pepper to taste
1 cup chopped spinach or baby spinach	2 T low fat cream sour cream
1 tsp olive oil	1 T parmesan cheese

White egg whites in a bowl, (add a tablespoon of water to make them extra fluffy). Season with salt and pepper.

Heat a non stick pan, add olive oil, and heat a minute or two. Add spinach and cook down until wilted, and water has evaporated. Add in egg whites. Lower heat. Cook, uncovered, until sides start to firm up. Use a spatula to lift the sides of the omelette and detach it. Slide omelette onto a plate, then flip over back onto the pan. Spread cream cheese and parmeson on top of omelette. Cook a minute or two, then fold sides of omelette over cheese to make long shape. Slide onto plate.

TIP: Turn this into a weekday lunch with the addition of a green salad!

Chia Pudding

Make a few to keep you going through the week

Makes: 6 mason jars

1 1/2 cups coconut milk	2 T liquid honey
1/2 cup chia seeds	1 tsp vanilla

Mix coconut milk with honey and vanilla.

Divide chia seeds evenly amongst mason jars. Fill 2/3 with coconut mixture. Cover with plastic wrap and refrigerate overnight, mixing every hour for the first two hours.

Serve with fruit compote like fresh strawberry (pureed with a little lemon juice and sugar), or mango.

Eat your greens smoothie

Packed full of fibre and vitamins!

4 c almond / oat milk
3 tbsp hemp hearts or ground flax seeds
1 banana
1 cup frozen berries
½ cup frozen pineapple
1 cup spinach
4 kale leaves

Blend and enjoy!



Overnight oats

½ cup rolled oats
½ cup liquid (dairy or dairy free)
¼ cup low fat plain yoghurt

Mix all ingredients together. Fill bowls or mason jars ¾ full, wrap with plastic wrap and refrigerate overnight.

The next morning, top with your favorite mixture.

Options include:

Bananas, walnut and cinnamon with maple syrup

Brown sugar, cinnamon and grated apple

Smooth peanut butter and strawberry jam

Overnight oats are a game changer. Get them ready the night before, and you've got an easy breakfast that you can switch up depending on what's on hand!



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Nutritious lunches



Layered salad in a jar

Salad Base:

2/3 cup cooked bulgur
 1/4 cup chopped red onion
 1/2 cup chopped cucumber
 1/3 cup chopped tomatoes
 1/2 cup chopped flavored tofu or tempeh
 2 T pumpkin seeds

Dressing:

2 T olive oil
 2 tsp balsamic vinegar
 1 tsp red white vinegar
 1/2 tsp sugar
 salt and pepper to taste
 your fave herbs: oregano, thyme, basil, parsley etc.....

Whisk all dressing ingredient together and place in bottom of jar.
 Top with cooked bulgur, then layer in other vegetables.
 Close tightly, and keep upright.
 To serve, shake salad and eat!

Turmeric carrot soup



1 T olive oil
 1 large onion, chopped
 1 leek, rinsed and sliced
 3 c chopped carrots
 3 garlic cloves

2 T grated fresh ginger
 1 T turmeric powder
 salt and pepper to taste
 3 cups broth
 1 can coconut milk- optional

Heat oil in saucepan. Add onion and leeks, and cook until softened, about 5 minutes, stirring occasionally. Add garlic, cook another minute. Add ginger and turmeric, as well as salt and pepper. Cook two or three minutes.
 Add broth and cook until carrots are soft.
 Blend until smooth.
 Finish off with coconut milk if using.