

Super Foods

(And the Recipes to Go with Them)

A “super food” is a nutrient-rich food item with various health benefits. They are often recommended to people looking to boost their overall health, since sometimes they'll account for over 100% of their daily vitamin needs.

Bananas



Bananas are high in potassium and low in salt. The FDA officially recognizes bananas as being able to lower blood pressure and protect against heart attack and stroke. They are also high in iron, B6, tryptophan, and fiber. Bananas have been shown to aid in everything from constipation to depression. They're also ideal for people who dislike dairy products, as they aid in calcium absorption.

Recipes Involving Bananas

What you'll need

- Frozen bananas
- Flavouring
- That's it!

Banana Ice Cream

Frozen bananas can be used to make something very similar to ice cream. Just blend them together with your flavouring of choice! Suggestions include: blueberries, peanut butter, vanilla extract, maple syrup, or cinnamon. Also, it's best to freeze them in small chunks, rather than full pieces, before blending.



What you'll need

- 2 cups whole wheat flour
- 1/2 teaspoon salt
- 1/2 teaspoon baking soda
- 1 teaspoon baking powder
- 3 large, ripe, mashed bananas
- 2 eggs
- 1/2 cup brown sugar (or 1/3 cup of maple syrup/honey)
- 1/2 cup milk
- Nuts, berries, or chocolate (optional)

Banana Bread

Banana bread is a classic treat, as well as a great way to get rid of overripe bananas. To make it, first preheat the oven to 350 degrees. Then, combine all dry ingredients excluding the sugar (or substitute). Beat the sugar, milk, and eggs together in a separate bowl before adding it to the dry mixture. Stir in the mashed bananas until the mixture is well blended. Add in any of the extra ingredients you may have chosen. Bake in the oven until a toothpick inserted in the center comes out dry. This should take 60-65 minutes. Let cool before eating. This recipe served approximately 8 people.



What you'll need

- 2 eggs
- 1/8 teaspoon baking powder
- 1 1/2 large ripe bananas

Banana Pancakes

Banana pancakes are easy to make, and use few ingredients (3 to be exact). They're also gluten-free and low in sugar! In a mixing bowl, crack in the eggs and add in baking powder. Whisk to combine. In another bowl, mash the bananas with either a potato masher or a fork. Pour the wet mixture into the bowl with mashed bananas. Cook the mixture in a frying pan over low heat. 1 or 2 tablespoons of batter should be fine for each pancake. This will yield approximately 10 mini pancakes. Serve while hot.





Raspberries

Raspberries are extremely high in antioxidants, and are also a rich source of dietary fiber. They're low in calories and have few saturated fats. 100 grams of raspberries would account for 47% of your daily recommended vitamin C intake, which helps the body fight against infectious agents and counter inflammation. Lastly, raspberries contain a low-calorie sugar called xylitol which absorbs more slowly in the intestines and is good for diabetics.

Recipes Involving Raspberries

What you'll need

- 1/2 cup vanilla yogurt
- 1 tablespoon honey
- 1 cup frozen raspberries
- 1/2 cup milk

Raspberry Smoothie

Raspberry smoothies are healthy, easy to customize, and a delicious way to start off your day. It may be best to blend the raspberries once, and then strain out the seeds, before blending them together with the rest of the ingredients. Other things you may want to add to this recipe include vanilla extract, oats, nuts, different kinds of berries, or ice.



What you'll need

- 1/2 cup white wine vinegar
- 1/4 cup olive oil
- 1/4 cup frozen raspberries

Raspberry Vinaigrette

Since most salad dressings are either cream-based or full of high-fructose corn syrup, it's usually healthier to make your own dressing at home. Raspberry vinaigrette is easy to make, since all you need to do is blend the ingredients together until smooth. It's instant satisfaction.



What you'll need

- 1/2 cup all-purpose flour
- 1 cup whole wheat flour
- 1 cup oats
- 1/2 cup brown sugar (or 1/3 cup honey)
- 1/4 teaspoon salt
- 1/2 teaspoon ground nutmeg
- 1/2 cup coconut oil
- 1 cup oats
- 2 large egg whites
- 6 oz raspberries

Raspberry Oatmeal Bars

Raspberry oatmeal bars are healthy and good for when you're on the go. To make them, first preheat the oven to 350 degrees. Line a 9x9 inch baking pan with parchment paper. Stir together all dry ingredients (and honey if used). Stir in coconut oil and egg whites until moist dough forms. Reserve 3/4 of the dough and press the rest into the pan until evenly spread. Mash raspberries in a separate bowl and spread evenly over the dough. Crumble remaining dough over top. Bake for 30 minutes or until golden. Let cool in pan for 10 minutes. This will yield approximately 12 bars.



Broccoli



Broccoli lowers your cholesterol, especially when steamed because it does a better job of binding together with vile acids when steamed. Broccoli also has a strong, positive effect on your body's detoxification system. Broccoli is good if you have a vitamin D deficiency, because it's high in vitamins A and K which helps keep our vitamin D metabolism in balance.

Recipes Involving Broccoli

What you'll need

- 1 tablespoon butter
- 4 chopped leeks
- 1/2 teaspoon black pepper
- 1/4 teaspoon salt
- 1/4 teaspoon coriander
- 2 chopped heads of broccoli
- 32 oz low-sodium chicken broth
- 1 can fat-free evaporated milk

Cream of Broccoli Soup

Cream of broccoli soup is an easy to make, hearty recipe. To make it, melt butter in a pot and cook the leeks over medium heat for about 5 minutes (or until soft). Stir in spices. Reserve 1/4 cup of small broccoli florets and cook the rest with the leeks for about 5 more minutes. Pour in the chicken stock, and bring the soup to a boil. Cover, and then simmer for 10-15 minutes. Pour the soup into a blender and blend until smooth. This may have to be done in batches. Alternately, you can blend the soup inside the pot with a stick blender. Return the soup to the pot and stir in the reserved broccoli florets. Cook until the broccoli florets are tender, remove from heat, and mix in the condensed milk. It tastes best when served hot.



What you'll need

- 1 lb boneless chicken cut into 3/4" pieces
- 1/4 cup all-purpose flour
- 1 cup chicken broth
- 1/4 cup honey
- 1/4 cup soy sauce
- 1/2 tablespoon fresh grated ginger
- 2 medium garlic cloves
- 2 tablespoon cooking oil
- 6 cups of broccoli florets (about 1 1/4 lb)
- 1 small sliced onion
- 12 oz white button mushrooms sliced (optional),
- 2 tablespoon sesame oil (optional)

Broccoli Stir Fry

Stir fry is a delicious meal, perfect for over rice or pasta. In a medium bowl, toss together chicken breast with flour until evenly coated. Remove chicken, but leave flour in bowl. To make the sauce, add chicken stock, honey, soy sauce, ginger, garlic, and sesame oil (if using) to the bowl with remaining flour. Stir until smooth. Heat a wok or large heavy-bottom skillet on medium-high heat and add 1 tbsp olive oil. Once oil is hot, add chicken and cook until browned. Remove chicken and set aside. Add another tablespoon of olive oil. Once hot, add broccoli, onions, and sliced mushrooms (if using), to the pan and stir until broccoli is crisp-tender. Pour your sauce over the hot vegetables. Bring to a boil over medium heat, stirring constantly. Wait until sauce is thickened before adding the chicken back in. Wait another minute until it's cooked thoroughly.



What you'll need

- 400 grams of whole wheat penne
- 250 grams of broccoli florets
- 1 peeled garlic clove
- 1 large lemon
- 1/2 teaspoon dried chilli flakes
- 3 tablespoons pine nuts
- 5 tablespoon extra-virgin olive oil
- 3 tablespoons grated parmesan

Broccoli Pesto Pasta

Everybody loves pasta! Sadly, most store-bought pasta sauces are overloaded with salts and sugar. To fix this, make your own homemade broccoli pesto pasta! First, cook the penne according to pack instructions. At the same time, bring a small pan of salt water to a boil and boil broccoli for 4 minutes. Drain the broccoli and return it to a pan. Lightly mash the broccoli. Finely grate the garlic and zest the lemon. Mix both into the broccoli, along with chilli flakes and pine nuts. Cut the lemon in half and keep for later. Drain the pasta and return it to the pan. Stir in the broccoli pesto and squeeze lemon juice out of 1/2 the lemon. Pour in the olive oil and season with salt and pepper. Add Parmesan over the top and serve. This recipe serves approximately 4 people.

