



BLOSSOM

*Beautifully blossoming
after baby*



THE RECIPES BOOK
Healthy recipes for busy moms



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SWEETS FOR MY SWEET (Sweets with benefits)

Raw Chocolate fudge

For hardcore chocolate lovers



INGREDIENTS

- 1/2 cup (112g) coconut cream of good quality, such as AROY-D's (scoop out the solid part after being refrigerated overnight)
- 3 tbsp cocoa powder (preferably raw)
- 3/4 cup (192g) creamy almond butter (or nut butter of choice)
- 2-3 tbsp maple syrup (can also use honey or agave)
- 1 tsp vanilla extract optional
- Handful of walnuts, optional



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INSTRUCTIONS

1. Line a small baking pan with foil or parchment paper - use a 9x5" loaf pan for a thick fudge or an 8" square pan for thinner pieces.
2. Melt coconut cream in a saucepan over low heat. Add the cocoa powder, nut butter, maple syrup, and if desired, vanilla extract, into the melted cream and blend until completely smooth.
3. Pour mixture into the prepared pan. Freeze until chilled and firm, about 2 hours.
4. Using a sharp knife, cut into squares. Store in the freezer.



Raw vegan cheesecake

A great example of how a dessert can be both indulgent and nutritious.



INGREDIENTS

Base (1st layer):

- 1¼ cup almonds
- ½ cup unsweetened shredded coconut
- ¼ cup unrefined coconut oil
- 4 Medjool dates

Cheesecake (2nd layer):

- 1 cup cashews, soaked for at least 2 hours then drained
- 500 ml unsweetened soy yogurt / coconut yogurt
- ¼ cup unrefined coconut oil
- 2-3 tbsp maple syrup



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Chocolate topping (3rd layer):

- ¼ cup coconut oil or coconut cream (placed in the freezer for 30 minutes or in the fridge overnight)
- 2 tbsp cocoa powder or 1 tbsp cocoa powder and 1 tbsp carob powder
- ¼ tsp vanilla extract
- 2-4 tbsp maple syrup

INSTRUCTIONS

1. Line an 8×8 inch pan with parchment paper. Set aside
2. For the first layer: add the almonds to a food processor and process until completely ground.
3. Add the shredded coconut, coconut oil, and dates and process until well combined. The dough should be a bit sticky when you press it between your fingers
4. Spread the dough evenly into the bottom of the pan and place in the freezer while you prepare the cheesecake layer.
5. For the second layer: in a food processor, blend the soaked cashews. Add coconut oil, yogurt and maple syrup. Evenly spread the mixture on top of the base of the pan. Place the pan back in the freezer for at least 30 minutes, until it's completely firm.
6. For the third layer: melt the coconut oil or coconut cream in a saucepan on low heat. Add the cocoa powder, vanilla extract and maple syrup and mix until combined. Remove from heat and let cool slightly
7. Pour the chocolate mixture on top of the second layer and spread evenly
8. Keep the cake in the refrigerator (for longer storage you can keep it in the freezer).
9. Cut into squares and serve



Homemade Halva

Very tasty and nourishing Halva that is far from the sugar-loaded, industrial version.



INGREDIENTS

- $\frac{3}{4}$ cup almonds
- $\frac{2}{3}$ cup whole sesame seeds
- $\frac{1}{2}$ cup raw tahini from whole sesame seeds
- 1-2 tablespoons honey
- Few drops of natural vanilla extract (optional)

INSTRUCTIONS

1. Line an 8-inch loaf pan with parchment paper or wax paper.
2. Place the almonds and the whole sesame seeds in food processor and grind well to a paste.
3. Add the tahini, honey, and a few drops of vanilla extract and grind until well blended.
4. Pour the mixture/dough into the prepared loaf pan and flatten with a spatula.
5. Transfer pan to freezer. Freeze until completely firm. Remove from freezer and slice into squares.
6. Store in an airtight container in a cool, dark area in the refrigerator or in the freezer.



Homemade Almond-Date Balls



INGREDIENTS

- 2 cups almonds
- 10 dates
- Shredded coconut (optional)

INSTRUCTIONS

1. Take out the pips of the dates and place the pitted dates in a bowl.
2. Boil water and pour on the dates.
3. Soak the dates for 30 minutes.
While soaking the dates:
4. Place the almonds in food processor and grind well to a paste texture.
5. Take the dates out of the water and put in the food processor. **Keep the soaking water!**
6. Grind the dates with the almond paste.
7. Add some of the soaking water and grind until it becomes an easy to use dough.
8. Create small balls and roll in shredded coconut, or make any other form you'd like.
9. Store in an airtight container in a cool, dark area in the refrigerator or freezer.



Nougat-Chocolate balls



INGREDIENTS

- 1½ cup walnuts
- ½ cup almonds
- ¼ cup pistachio
- ¼ cup brazil nuts
- 8-12 pitted dates
- 1 tbsp cocoa or date powder
- 2 tsp natural vanilla extract
- Shredded coconut

INSTRUCTIONS

1. Place all the nuts in food processor and grind to a paste.
1. Add the rest of the ingredients (except for coconut) and grind again to reach firm dough.
2. Make small balls and roll in the shredded coconut.
3. Store in an airtight container in the freezer.



Raw Chocolate Chip Cookies



INGREDIENTS

- 1½ cup raw walnut, pecans or cashews
- 1 cup dates, pitted
- ½ tsp salt
- 1½ tbsp coconut oil
- 1 tsp vanilla extract
- ½ tsp cinnamon
- ¼ cup raw cacao nibs
- ¼ cup unsweetened finely shredded coconut

INSTRUCTIONS

1. Add dates into a blender. Process until well chopped.
2. Add the nuts, salt, coconut oil, vanilla, and cinnamon and blend well. You may need to use a spatula to help the process. The dough is ready when the nuts and dates are in little pieces, but everything sticks together.
3. Add the raw cacao nibs and shredded coconut. Pulse until well combined.
4. You can roll the dough into balls and flattened them into cookies shapes with the back of a jar, or flatten all the dough in a loaf pan lined with parchment or wax paper, place in the freezer until firm, and then cut into slices.
5. Store in an airtight container in the freezer.



Orange-Spirulina Balls

They may seem pretty weird and unattractive with their green color, but these orange-spirulina balls are really surprising with their incredibly tasty, unique flavor and they're very nourishing and energizing. You should try 'em!



INGREDIENTS

- 1 cup almonds
- ½ cup raw cacao nibs
- ¼ cup whole sesame seeds or hemp seeds
- 2 tbsp spirulina
- ¼ cup fresh orange juice
- ½ cup dates
- 1 tsp orange zest
- Shredded coconut (optional)

INSTRUCTIONS

1. Put all the ingredients except orange juice in a food processor and blend until it becomes a firm dough.
2. If the dough is too dry, gradually add orange juice and blend until it becomes a dough that's comfortable to work with.
3. Roll into small balls and optionally coat with shredded coconut.



4. Store in an airtight container in a cool, dark area in the refrigerator or in the freezer.

Kid-Friendly Oatmeal Cookies



INGREDIENTS

- 160 g melted coconut oil
- ½ cup or less cane sugar
- 3 eggs
- 1 cup (140 grams) whole teff flour
- 1 cup (140 grams) whole spelt flour
- 1 flat tsp baking soda
- 1 tsp cinnamon
- 3½ cups (350 grams) whole oats
- 1½ cups walnuts, chopped
- Optional: ½ cup raisins or chopped dates
- ½ cup chocolate chips

INSTRUCTIONS

1. Preheat the oven to 320°F (160°C).
2. In a mixer (with the beater head) blend melted coconut oil with sugar to a smooth mixture.
* if choosing to add raisins or dates, add only ¼ cup sugar.
3. Add the eggs and keep mixing until well blended.
4. Add the flours, baking soda, and cinnamon and mix until well blended.



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5. Add the oats, nuts, raisins/dates (optional) and chocolate chips and briefly mix until evenly distributed.
6. With wet hands, create small balls, flatten them in your hands, and place on a cookie sheet lined with parchment paper.
7. Bake for about 15 minutes until the cookies are mostly firm.
8. Cool and store in airtight container.

Homemade Raw Chocolate

(50 pralines)



INGREDIENTS

- 320 g cocoa butter (2 cups, 500 ml)
- 200 g coconut oil (1 cup, 250 ml)
- 150 g raw cocoa nibs or 150 g raw cocoa powder
- 4 tbsp spirulina powder (optional, yet recommended)
- 2 tbsp cinnamon (optional)
- 1 cup (250ml) cocoa powder (preferably raw)
- 1½ cup (375ml) carob powder
- ½-¾ cup (120-180ml) agave or maple syrup

EQUIPMENT

- Double-boiler
- Electric spice grinder



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- Mixer
- Chocolate praline molds, enough for 50 pralines

INSTRUCTIONS

1. Place the cocoa butter and coconut oil (only if it's solid) into the upper pot of a double-boiler, adding water to the bottom pot.
2. Place the whole double-boiler on a medium flame, bringing the water to a slow boil and allowing the oils to melt.
3. While melting the oils, prepare the powders:
4. Place $\frac{1}{3}$ of the coca nibs in an electric spice grinder, add 1 tbsp of spirulina, and grind until all the nibs become a powder. Be cautious not to overgrind, as this will turn the nibs into a thick blob.
5. Put the ground nibs into a clean, dry mixing bowl and continue to grind the remaining $\frac{2}{3}$ of the nibs, grinding $\frac{1}{3}$ at a time with 1 tbsp spirulina each time.
6. Add to the ground nibs, 1 cup cocoa powder and $1\frac{1}{2}$ cup carob powder.
7. Add 1 tbsp spirulina (in total there should be 4 tbsp of spirulina for the entire recipe), and 2 tbsp of cinnamon.
8. Mix all the powders gently, attaining a smooth consistency.
9. Prepare $\frac{1}{2}$ - $\frac{3}{4}$ cup of agave or maple syrup and set aside.
10. When all the oil is melted, pour into the blender bowl and mix well with the powders to a smooth liquid.
11. Add the syrup and mix well.
12. Transfer the mixture into a pitcher or measuring cup to facilitate the pouring, and immediately pour the mixture into the molds. - I recommend first placing the praline molds on a flat tray / baking sheet.
13. Gently shake the molds from side to side to attain a smooth and shiny surface.
14. Place the molds into the freezer for 30 minutes.
15. Remove from the freezer, unmold the pralines, and keep in sealed boxes either refrigerated or frozen.



16. When you want a healthy snack or a boost of energy and nutrition between meals, one or two pralines will do the trick.

Apple strudel with no added sugar

This apple strudel only looks sophisticated. In fact, the only thing that takes time here is peeling the apples. The preparation itself is very easy.



INGREDIENTS

Dough:

- 3 cups whole spelt flour
- 30 grams butter
- 1/3 cup any vegetable oil
- 1 tsp vinegar
- 1 container unsweetened yogurt (200 ml)



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Filling:

- 10 golden delicious apples (sweet apples)
- Juice from 3 oranges
- 50 grams raisins
- ½ tsp cinnamon
- 50 grams walnuts or pecan, roughly chopped

Finish:

- 1 egg yolk
- 1 tbsp water

INSTRUCTIONS

1. Preparing the dough:

Add all the ingredients for the dough into a bowl and mix until it becomes a dough that's easy to work with. If the dough is too dry, gently add a small amount of water and knead until it becomes smooth and easy to work. Cover the bowl and place in the refrigerator.

2. Preparing the filling:

Peel the apples, cut into quarters, remove the core, and slice into ½ cm slices.

Place the slices in a pan, add the orange juice and raisins, and bring to a boil. Lower the flame and cook for about 15-20 minutes until the liquids evaporate and the apples are soft. Cool a little bit, then add the cinnamon and the nuts.



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Please note that sometimes the oranges might be a bit sour, causing the filling to become sour. In this case you can gently add one or two tablespoons of maple syrup to get the desired sweetness.

3. Preparing the strudels:

Preheat the oven to 350°F (180°C).

Divide the dough into 3 pieces. Cut 3 sheets of parchment paper to about 6x16 in. Roll out each section of dough on a separate piece of parchment paper strap to a rectangle of about 6x12 in. Place a third of the filling in the center of each rectangle while keeping about an inch and a half of a margin on each side.

4. Cut diagonal lines in the dough along both sides of the filling and braid the dough strips over the filling, as seen in the picture. Pick up the whole thing by the parchment and place on a baking sheet.

Repeat with the remaining two.

5. Beat the yolk with a tablespoon of water and brush the dough.

Bake for about 20 minutes until the dough becomes golden.



SHAKE IT BABY (Shakes that will shake your body)

Easy start – Pink shake



INGREDIENTS

- 1 banana
- 10 medium strawberries
- 1 kiwi
- Handful of almonds
- 2 tsp chia seeds
- 3 dates, pitted
- Ice
- Water

INSTRUCTIONS

1. Place all the ingredients into a blender and blend until completely smooth.



Vitamin C Boost Green Shake

(Recipe for 2 glasses, approximately 450ml each)



INGREDIENTS

- 2 kale leaves, stems removed and discarded
- 2 handfuls spinach, washed (approx. 100g)
- 1 orange, peeled
- 1 large banana, peeled
- 2 kiwi, peeled
- 2-3 Medjool dates
- 65g almonds
- 300ml water
- 100g ice

Place all the ingredients into a blender and blend until completely smooth.

I recommend starting with 2 dates. If necessary, 1-2 more can be added. Likewise, more water can be added to attain the desired consistency.

Variations:

- 1 handful frozen or fresh blueberry
- 1 tbsp raw cacao nibs
- 1 tbsp raw sunflower seeds + 1 tbsp raw pumpkin seeds



Halva shake

This very tasty shake is the perfect solution for those who want to increase their consumption of nuts, but don't particularly love nuts.



INGREDIENTS

- 1 tbsp raw tahini from whole sesame seeds
- 4 dates
- 150 ml soy yogurt
- Handful of almonds
- Handful of walnuts
- 3-4 Brazil nuts
- 2 tbsp shredded coconut
- 3 tsp chia seeds
- Coconut milk or ¼ cup coconut cream + water to desirable texture
- Ice

INSTRUCTIONS

Place all the ingredients into a blender and blend until completely smooth.



Purple shake



INGREDIENTS

- 1 banana
- ½ Granny Smith apple
- 2 dates
- Small handful of berries
- 2 tbsp tahini
- 2 tsp chia seeds
- 2 units Brazil nuts
- Ice
- Water
- Optional: 4 small kale leaves or 2 large

INSTRUCTIONS

Place all the ingredients into a blender and blend until completely smooth.



Fresh summer shake



INGREDIENTS

- 1 banana
- 1 peach/nectarine or 3-4 fresh figs
- 1 pear
- 3 dates
- Half handful of walnuts and pecans
- Lemon zest

INSTRUCTIONS

Place all the ingredients into a blender and blend until completely smooth.



TIME TO LUNCH

Some suggestions for an ideal plate

Salmon, Asparagus, And Fresh Salad



Salmon and asparagus in a pan

INGREDIENTS

- 1 serving salmon (deboned)
- 2 tsp extra-virgin olive oil
- Coarse salt from a natural source (Himalayan/sea salt)
- 4-6 asparagus stalks, washed and trimmed

INSTRUCTIONS

1. Preheat oven to 400°F (200°C). Line a baking pan with parchment paper.



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2. Wash the salmon carefully. Dry with a paper towel and place on the baking pan.
3. Drizzle 1 tsp oil and a pinch of salt over the salmon. Massage it on both sides and set it down with the skin facing down.
4. Add the asparagus to the pan, drizzle 1 tsp oil and a pinch of salt over it. Mix with your hands to make sure the asparagus is coated evenly.
5. Bake for 10 minutes.
If after 10 minutes the salmon needs additional time, remove the asparagus onto a plate and bake the salmon for an additional 5 minutes.

Salanova lettuce salad with almonds and cranberries

This salad only looks kinda fancy. In fact, it's very quick and easy to prepare.



INGREDIENTS

- 1 head of Salanova lettuce (or any other preferred lettuce)
- Half handful of dried cranberries
- Half handful almonds
- 2 tsp extra-virgin olive oil
- Pinch of coarse natural salt (Himalayan/sea salt)

INSTRUCTIONS



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1. Roughly chop the lettuce and add to a bowl.
2. Chop the cranberries and almonds and add to the lettuce.
3. Season with oil and salt and mix well.

Dal of Orange Lentils served on Wild Rice with Vegetable Salad



Dal

Easy and quick to prepare, but oh so nourishing and tasty!



INGREDIENTS

Lentils:



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- 1 cup orange lentils
- 2 cups water
- ½ tsp turmeric

Tomato sauce:

- 2 tbsp extra-virgin oil
- 2 tsp black or yellow mustard seeds
- Optional: 2 tsp coriander seeds
- 1 large onion, chopped
- 1 pound (½ kg) tomatoes (preferably peeled), chopped
- ½ cup of water
- 2 heaping tsp curry
- ½ tsp cumin
- 1 tsp salt

INSTRUCTIONS

1. Cook the lentils: place the lentils in a pot together with the water and turmeric. Bring to a boil, partially cover the pot, and cook for 10 minutes until the lentils are soft.
2. While the lentils are cooking, fry the onion in a pan with 2 tbsp extra virgin olive oil, the coriander seeds (optional), and the mustard seeds.
3. When the onion starts to become golden, add the tomatoes, ½ cup of water, curry, salt, and cumin and mix well.
4. Bring the sauce to a boil and cook for about 5 minutes, until the tomatoes "melt" into the sauce.
5. Add the tomato sauce to the pot with the lentils and mix well. Cook for another 1-2 minutes and remove from flame.
6. Serve over wild or whole rice with a big vegetable salad on the side.



Sautéed French Beans, Baked Cauliflower and Zucchini, Boiled Egg, and Vegetable Salad with Tuna

Once again, the simpler the preparation, the tastier they are.



INGREDIENTS

French Beans:

- 1 package of frozen french beans (800 grams)
- 1 head of garlic, peeled and chopped
- Natural coarse salt
- Extra-virgin olive oil

Cauliflower and zucchini in the oven:

- Small cauliflower
- 2 zucchini
- Natural coarse salt
- Extra-virgin olive oil

Boiled egg:

- 1 egg
- Water for boiling



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INSTRUCTIONS

1. Preheat oven to 400°F (200°C). Line a baking sheet with parchment paper.
2. Separate the cauliflower into single florets and slice them to 1 cm slices. Place on the baking sheet.
3. Cut the zucchini into 2 cm slices and add to the sheet.
4. Spread olive oil and pinch of salt, mix well, and place in the oven for 15-25 minutes (depending on how well-cooked you like it).
5. While the vegetables are baking, place the egg in a small pot cover it with water, and boil for 10 minutes.
6. While the egg is cooking, prepare the french beans: warm a large sauté pan on the stove over high heat. Once heated, add the whole contents of the bag and mix with a hearty amount of oil. Sautee on high heat for around 8 minutes until the beans become soft, but still crunchy (it's possible to add a small amount of water and to cook for a longer time if you prefer them to be softer).
7. Add the garlic and salt and cook for another 1-2 minutes.
8. Meanwhile the egg is already cooked. Remove it from the water, run it under cold water, peel, and slice into 2 halves or thin slices.

When everything is ready, put a heaping pile of french beans on your plate, some pieces of cauliflower and zucchini, the sliced egg, with a side of vegetable salad with tuna.

Enjoy!



Sautéed Broccoli, Crispy Baked Tofu, Wild Rice (optional) and Mediterranean Salad



INGREDIENTS

Crispy Baked Tofu

- 1 (14 ounce) package extra firm tofu, drained, pressed, and cut into 1-inch pieces
- 1 tbsp soy sauce
- 1 tbsp canola oil (or high-heat oil of choice)
- 1 tbsp cornstarch
- 1/4 tsp white pepper (or black pepper, if that's what you've got)

Sautéed Broccoli

- 10 broccoli florets
- Olive oil
- Coarse salt
- 1/2 cup water
- 1 head garlic, peeled and roughly chopped

Wild rice

- 1 cup wild rice
- Olive oil
- Salt
- 2 cups of water



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Mediterranean Salad

- 1 head lettuce (green leaf, red leaf, or romaine), cut into thin strips
- 1 chopped cucumber
- 1/2 cup tomatoes (chopped)
- 1/2 onion (finely sliced)
- 1/2 tsp black pepper
- 1/2 tsp garlic powder
- 2 tbsp extra virgin olive oil
- 2 tbsp red wine or cider vinegar

INSTRUCTIONS

Prepare the wild rice

1. Place the wild rice in a fine-mesh strainer and rinse in the sink under cold running water. Shake to drain.
2. Preheat a saucepan on the stove.
3. Add 2 spoons olive oil, place the rice in the saucepan, and stir until it's coated with the oil.
4. Add 2 cups of water along with the salt. Bring to a boil over high heat.
5. When the water begins to boil, lower the heat to maintain a slow, steady simmer and cover the pan.
6. Simmer for 45 minutes. Then check the rice. It should be chewy and some of the grains will have burst open. It may need an additional 10 to 15 minutes — keep checking the rice and shut off the heat once the grains are tender.

While the rice is cooking, prepare the tofu

1. Preheat the oven to 400°F and line a baking sheet with parchment paper.
2. Place the soy sauce, oil, cornstarch, and pepper into a medium bowl and stir well to a smooth marinade. Add the tofu and toss to coat it with the marinade.
3. Arrange the tofu pieces in a single layer on the baking sheet.



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4. Bake for about 30 minutes, turning halfway through, until browned and crispy.

Prepare the sautéed broccoli

1. Preheat a large pan.
2. Add olive oil and then add the broccoli florets.
3. Sautee for 3 minutes and then add the water and cover the pan.
4. Cook for 5 minutes. Remove the cover, add salt and garlic, and mix gently.
5. Cook for one more minute and remove from the stove if all the water has evaporated.

Prepare the salad

1. In a large bowl, toss lettuce, cucumber, tomatoes, and onion.
2. In a small bowl, whisk olive oil, vinegar, garlic powder and pepper.
3. Pour dressing over salad mixture and toss.