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*Grainne Travers*  
NUTRITION

*Recipes*

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# Healthy Power Pancakes

These pancakes are a healthier than ordinary pancakes as they are made with oats and bananas instead of flour and therefore contain more protein and fibre. They are a good source of carbohydrate with Oats & Banana, and protein with the eggs and milk. Add lots of colour to them with berries for that extra vitamin and mineral punch! Make a batch, freeze and thaw in a microwave for a quick breakfast when you're pressed for time.



**Ideal for** Breakfast, Post Recovery Snack

**Prep Time** 10 mins

**Cook Time** 20 mins

**Serves** 4

## Ingredients

- 125ml milk
- 2 eggs
- 1 small ripe banana
- 100g rolled oats (porridge)
- 2 tsp baking powder
- A few drops vanilla extract
- Coconut oil/olive oil or butter for frying

## Toppings or sides

- Skyr yoghurt for extra protein
- Blueberries
- Raspberries
- Almond or peanut butter
- Banana
- Honey or Maple Syrup
- Bacon

## Method

1. Place all ingredients in a bowl and whisk with an electric mixer. If you do not have a mixer, mash the banana well with a fork until it is quite mushy and then add rest of ingredients mix well with a whisk or a large spoon.
2. Melt some coconut oil/ olive oil or butter in a pan and pour some batter onto the pan (do not make them too thick)
3. Cook for about 1 minute until "air -pockets" appear in pancake or underneath seems brown
4. Flip over to other side slowly as they break easier than flour pancakes
5. Serve with berries, yoghurt, and drizzle of honey or syrup



# Home Made Granola

We make it regularly in our house for breakfast & snacks. It's a great way to get nuts and seeds- those healthy fats into the diet. Its healthier than many shop bought ones as you can control the amount of sugar that goes in. Ideal for breakfast, recovery snacks.



Ideal for Breakfast, Post Recovery Snack

Prep Time 10 mins

Cook Time 30 mins

Makes 1 batch

## Ingredients

- 50 grams porridge oats
- 2 tablespoons pumpkin seeds
- 2 tablespoons sunflower seeds
- 50 grams chopped hazel nuts
- 50 grams chopped almonds
- 50 grams chopped Brazil nuts
- 40 grams desiccated coconut
- Handful of dried fruit (raisins Optional)
- ½ - 1 teaspoon ground cinnamon
- 3 teaspoons stevia or honey
- 1 tablespoon Coconut butter – melted

## Tip:

If you don't have all the above nuts and seeds you can substitute or swap to suit your preference

## Method

1. Mix above dry ingredients in a large bowl (leave out dried fruit)
2. Melt coconut butter and add to dry ingredients, mix well.  
Transfer to parchment lined tray and roast in oven @ 140 c for 40-45 minutes. Stir occasionally.
3. About 30 mins into cooking add dried fruit
4. Remove from oven and allow to cool and store in airtight container for up to 4 weeks.
5. Serve with stewed apples (above) or fresh berries such as blueberries /raspberries/ blackberries and Natural Yoghurt



# Chia Seed Jam- 5 mins

I just love this! So quick and easy - Here is a really great recipe that can be used in morning porridge or smoothie, post workout - on a dollop on Greek yogurt, or how about a slice of buttery sourdough toast and jam? Loaded with antioxidants , Omega 3's, protein & fibre. Serve hot or cold- make enough to last the week!



Ideal for Breakfast, Post Recovery Snack

Prep Time 1 mins

Cook Time 5 mins

Makes 1 batch

## Ingredients

- 2 cups of berries (raspberries/strawberries – you pick- frozen or fresh)
- 2 tablespoons of whole chia seeds
- 2-3 table spoons of honey or stevia if you want to reduce sugar
- 2 table spoons of warm water
- ½ teaspoon of vanilla extract

## Method

1. If using frozen berries – either thaw first or put in a saucepan and gently boil (you can drain off excess water using a strainer). I particularly like jam warm!
2. If using fresh berries place in a bowl
3. Stir in chia seeds/ honey or stevia along with vanilla extract.
4. Depending on how you like texture of jam you can either mash using fork or potato masher for a more fruity/ lumpy texture, if you like a smooth consistency you can use a nutri- bullet or a blender
5. Place in a glass jar and put in fridge – it will keep up to a week.
6. Add it to natural yoghurt/bread/porridge etc.



# Immune Boosting Smoothie

Kefir is a cultured, fermented milk drink. It is similar to yogurt – but thinner in consistency, making it more of a drink. Kefir has a tart, sour taste and a slight ‘fizz’. Many of kefir’s health benefits are attributed to its probiotic content. Probiotics, or “good bacteria,” are living organisms that can help maintain regular bowel movements, treat certain digestive conditions, and support the immune system.



**Ideal for** Breakfast, Post Recovery Snack

**Prep Time** 3 mins

**Cook Time** mins

**Serves** 1-2

## Ingredients

- 1 carrot
- Handful of mixed berries
- 250 ml of Kefir
- 100 ml of milk or milk alternative
- 2 Tbsp. oats
- 1 dessert spoon of chia seeds
- 1 banana
- 1 Tbsp. Greek yoghurt
- 1 tsp. honey (optional)
- A little grated ginger (anti-inflammatory)

## Method

1. Place all ingredients in a blender and blitz! Enjoy

- Note: Kefir is now available in most supermarkets in fridge section



# Red Lentil Dahl

High in protein, fibre and anti-inflammatory (ginger and turmeric!). Quick and easy to make. Winter warming -healthy comfort at its best! Ideal for lunch or dinner. You can add to it (prawns, halloumi or extra veggies) or just keep it simple - your choice!). Ideal for batch cooking



Ideal for

Lunch, Dinner

Prep Time 15 mins

Cook Time 30/40 mins Serves 4

## Ingredients

- Coconut oil for sautéing
- 2-3 medium onions, chopped
- 2-3 cloves of garlic crushed
- Thumb size amount of ginger grated
- 2 table spoons of curry powder
- ½ to 1 teaspoon of cayenne pepper
- 1 teaspoon of turmeric
- 2 medium Sweet potato cubed.
- cups of water or bone broth
- 1 tin of full fat coconut milk
- 1 tin of tomatoes
- 2 tablespoons of tomato paste (optional)
- 1.5 cups of dried red lentils
- Salt and pepper used throughout

## Method

1. Sauté onions using coconut oil for a few mins. Season with salt
2. Add the garlic and grated ginger and stir well
3. Add rest of spices and let cook for 30 seconds
4. Add cubed sweet potatoes or other vegetables (see below)
5. Add water or broth/ lentils, tomato paste, tinned tomatoes, and coconut milk
6. Season with salt and pepper
7. Bring to boil, reduce heat quickly and let it simmer for approx. 30 -40 mins until the lentils are soft.
8. PLEASE NOTE! Lentils can burn easy so ensure you keep stirring every few minutes and check that hob is not too high!
9. Optional: Chop fresh coriander / toasted flaked almonds/ juice of lime for on top
10. Serve with brown rice / quinoa for main meal or enjoy on its own

## Substitute

Above spices with curry powder

Sweet potato with butternut squash

Try other vegetables with in like peppers



# Chia Brownies

Thanks to my good chef friend AnneMarie she worked on these to make the perfect recipe. These are so delicious, still using some great healthy fats including, chia seeds, coconut milk and almonds. Also happen to be GF, DF and egg free if important to you!



Ideal for

Weekend treat

Prep Time 15 mins

Cook Time 30/40 mins Serves 4

## Ingredients

- 160ml milk or milk alternative
- 3 tablespoons milled chia seeds
- 200g coconut cream/ or the cream from a tin of
- full fat coconut milk
- 225g 70–85% dark chocolate
- 3 eggs
- 200g coconut sugar or soft brown sugar
- 100g ground almonds
- 2 teaspoons baking powder
- Good pinch of sea salt flakes



## Method

1. First up, make a chia 'egg' by mixing together the milk and milled chia seeds in a small bowl. It needs to soak and set a little for about 20 minutes
2. Preheat the oven to 180°C/160°C fan/350°F. Line a 20cm x25cm tin with baking parchment to avoid mess and disappointment.
3. In the meantime, slowly melt 200g
4. dark chocolate (keep approx. 25g) in a small saucepan and when melted add in cream from the full tin of full fat
5. coconut milk (do not add the water)
6. In a large bowl, beat the eggs and coconut sugar together until frothy. Stir through the ground almonds and baking powder.
7. Chop up the remaining 25g of chocolate and add it in. Now let the chocolate coconut ganache party with the batter.
8. Finally, drop in your chia 'egg' and a pinch of sea salt flakes. Spoon this glossy gorgeousness into the lined tin.
9. Bake in the oven for 30 minutes, until you see cracks along the top. Allow to cool in the tin.
10. Best served chilled with a dollop of cream and raspberry on top!



# Chocolate Strawberries

Healthy, Sweet, delicious antioxidant hit! What more can I say



Ideal for

Weekend treat

Prep Time 15 mins

Cook Time

0 mins

## Ingredients

- Bar of Dark Chocolate - 70% +
- Punnet of fresh Strawberries

## Method

1. Break chocolate and place into a heatproof bowl.
2. Sit over a pan of barely simmering water (a bain marie) and allow the chocolate to melt, stirring occasionally.
3. When all chocolate is melted - dip the strawberries in and set each one aside on parchment paper
4. Leave to set in fridge/ or cool room for 1- 2 hours until chocolate is firm





# Oat Crunchies

this is a great treat to make at the start of the week to have with a cuppa to satisfy that sweet tooth. You can add raisins or dried cranberries to it or drizzle a little antioxidant rich dark chocolate!



Ideal for Treat, Recovery

Prep Time 15 mins Cook Time 0 mins

## Ingredients

- 300g of porridge oats
- 90g desiccated coconut
- 1 teaspoon of baking powder
- 8 tablespoons of melted coconut oil
- 130 g of sugar (coconut or brown sugar)
- 1 teaspoon of vanilla extract
- Pinch of salt

## Method

1. Pre- heat oven to 180 C
2. Add all dry ingredients (except sugar) to a large mixing bowl
3. Melt the coconut oil in a saucepan (low heat)
4. Add the sugar, vanilla extract and pinch of salt to saucepan and whisk/ stir to combine well
5. Pour the wet ingredients to the dry ingredients - combine well. If its too wet you can add a little more oats, if its too dry add a little water.
- 6.

### Try Adding:

- Dried cranberries
- Raisins
- Chocolate chips
- Dark chocolate drizzle





*Enjoy*

