



# Healthy Mum Zone Recipes

TESSA RICKARD

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TESSA RICKARD NUTRITIONIST

Hi Mums!

I hope you enjoy this ebook of recipes designed to give you a slow energy release throughout the day. They are packed with nutrition and will save you time in the kitchen each day.

I have designed this collection of recipes to be suitable for kids as well. You do not need to cook two meals for breakfast, lunch and dinner.

Most breakfast, lunch and snack recipes have two serves while dinner recipes are four. You can adjust according to the amount of people in your family. Make use of leftovers to cut down on kitchen time.

If you are dealing with food allergies and intolerances please make the necessary swaps or contact me if you need some guidance. I also share lots of tips on my Happier, Healthier Families page on Facebook and Instagram account TessaRickardNutritionist. I would love to see you over there.

Enjoy!

With Love,  
Tessa

# Peanut Butter & Jam Overnight Oats

2 SERVINGS 8 HOURS



## INGREDIENTS

- 1/3 cup All Natural Peanut Butter (divided)
- 3 tbsps Maple Syrup (divided)
- 1 1/4 cups Unsweetened Almond Milk
- 1 cup Oats (quick)
- 1 tbsp Chia Seeds
- 2 cups Strawberries (finely chopped)

## DIRECTIONS

- 01 Add half of the peanut butter and half of the maple syrup to a mixing bowl. Slowly whisk in almond milk until combined.
- 02 Stir in the oats and chia seeds until combined. Cover and let sit for at least 3 hours or overnight.
- 03 To prepare the strawberries, add chopped strawberries to a bowl with remaining maple syrup. Stir to coat the strawberries in the syrup then cover and let rest in the fridge until oats are ready.
- 04 To serve, divide the peanut butter oats between two jars and top with equal amounts of the sweetened strawberries (and their juices) and remaining peanut butter. Enjoy!

## NOTES

### STORAGE

Store covered in the fridge up to 4 days.

### NO PEANUT BUTTER

Use almond butter, cashew butter or sunflower seed butter instead.

# One Pan Breakfast Hash

2 SERVINGS 40 MINUTES



## INGREDIENTS

4 cups Brussels Sprouts (halved)  
1/2 cup Red Onion (chopped)  
1 tsp Avocado Oil  
Sea Salt & Black Pepper (to taste)  
5 slices Organic Bacon (chopped)  
4 Egg

## DIRECTIONS

- 01 Preheat the oven to 425°F (218°C) and line a baking sheet with parchment paper.
- 02 Add the brussels sprouts and onion to the baking sheet. Drizzle with avocado oil, sea salt, and pepper. Add the chopped bacon on top and place in the oven for 15 minutes. Remove from the oven, stir and bake for 10 minutes more.
- 03 Remove the sheet from the oven and use a spoon to push ingredients aside to make divots for the eggs. Carefully crack the eggs into the divots. Bake for 6 to 8 minutes, or until the eggs are cooked to your liking. Divide between plates and enjoy!

## NOTES

### NO BACON

Use prosciutto, ham or turkey bacon.

### MORE VEGETABLES

Use additional vegetables such as peppers, potatoes or mushrooms.

### MORE FLAVOR

Use garlic powder, onion powder, chili flakes, or everything bagel seasoning.

### LEFTOVERS

Refrigerate leftover vegetables in an airtight container for up to 4 days. Reheat the vegetables and cook additional eggs as needed.

# Pressure Cooker Chocolate Steel Cut Oats

4 SERVINGS 20 MINUTES



## INGREDIENTS

- 1 1/2 cups Steel Cut Oats
- 3 cups Water
- 3 tbsps Cacao Powder
- 1/4 cup Organic Coconut Milk
- 2 Banana (sliced)
- 1 cup Blueberries (fresh or frozen)
- 2 tbsps Maple Syrup
- 2 tbsps Cacao Nibs (optional)

## DIRECTIONS

- 01 Add the steel cut oats, water and cacao powder to your pressure cooker and close lid. Set to “sealing”, then press manual/pressure cooker and cook for 4 minutes on high pressure. Once it is done, press cancel, and let the pressure release naturally (this can take up to 15 minutes).
- 02 Remove the lid carefully, and stir in the coconut milk until combined.
- 03 Divide the oats into bowls and top with banana slices, blueberries, maple syrup and cacao nibs. Enjoy!

## NOTES

### LEFTOVERS

These oats can be prepped ahead and stored in the fridge for up to 5 days, or in the freezer for 3 months. Reheat and add toppings before serving.

### MORE FIBER

Add chia seed or ground flax seed.

### NO CACAO NIBS

Omit or add almonds, sunflower seeds or granola to maintain the crunch.

### NO MAPLE SYRUP

Use honey or coconut sugar.

# Avocado Breakfast Toast

2 SERVINGS 25 MINUTES



## INGREDIENTS

- 1 Avocado (small, mashed)
- 2 slices Whole Grain Bread (toasted)
- 1 Tomato (small, sliced)
- 2 Egg (hard-boiled, peeled and sliced)
- Sea Salt & Black Pepper (to taste)

## DIRECTIONS

- 01 Spread the mashed avocado on the toast then arrange the tomato and hard-boiled egg slices on top. Season with salt and pepper to taste and enjoy!

## NOTES

### HOW TO HARD-BOIL EGGS

Bring a small pot of salted water to a boil then carefully add the eggs. Cover the pot with a lid. Turn off the heat but keep the pot on the hot burner. Let stand for 12 minutes then drain. Place eggs in a bowl of ice water for 10 minutes before peeling.

### GLUTEN-FREE

Use gluten-free bread.

### NO HARD-BOILED EGGS

Use fried, scrambled or poached eggs instead.

### LIKES IT SPICY

Add a pinch of chili flakes or hot sauce to the mashed avocado.

# Raspberry Zinger Smoothie

2 SERVINGS 10 MINUTES



## INGREDIENTS

2 cups Frozen Cauliflower  
2 cups Frozen Raspberries  
2 Lemon (juiced)  
1/2 cup Vanilla Protein Powder  
2 tbsps Chia Seeds  
3 cups Unsweetened Almond Milk

## DIRECTIONS

01 Place all ingredients in your blender and blend until smooth. Pour into a glass and enjoy!

## NOTES

### NO PROTEIN POWDER

Use 1/4 cup hemp seeds per serving instead.

# Chocolate Cauliflower Shake

2 SERVINGS 5 MINUTES



## INGREDIENTS

2 cups Frozen Cauliflower  
2 Banana (frozen)  
2 tbsps Almond Butter  
1/4 cup Cacao Powder  
1/2 cup Chocolate Protein Powder  
2 cups Unsweetened Almond Milk  
1 tbsp Maca Powder

## DIRECTIONS

01 In your blender, combine all ingredients. Blend until smooth, pour into glasses and enjoy!

## NOTES

### MAKE IT MOCHA

Replace half of the almond milk with chilled coffee.

### LIKES IT SWEETER

Add pitted medjool dates.

### NO MACA POWDER

Leave it out or use cinnamon instead.



# Salmon Stuffed Avocado Boats

2 SERVINGS 10 MINUTES



## INGREDIENTS

2 Avocado  
227 grams Canned Wild Salmon  
1/2 Lemon (juiced)

## DIRECTIONS

- 01 Slice the avocado in half and remove the pit. Use a spoon to scoop out enough avocado to create a bigger hole that the salmon will fit into. Transfer scooped out avocado to a small bowl.
- 02 Drain the salmon and add it to the bowl with the scooped out avocado. Add lemon juice and mash until well mixed.
- 03 Fill the hollowed out avocado halves with the mashed salmon mixture. Enjoy!

## NOTES

### LIKES IT SPICY

Add hot sauce.

### NO CANNED SALMON

Use smoked salmon, cooked salmon fillet or tuna instead.

# Scrambled Eggs with Peppers and Kale

2 SERVINGS 15 MINUTES



## INGREDIENTS

1 1/2 tsps Extra Virgin Olive Oil  
1 Red Bell Pepper (sliced)  
2 cups Kale Leaves (chopped)  
6 Egg  
Sea Salt & Black Pepper (to taste)

## DIRECTIONS

- 01 Heat the olive oil in a skillet over medium heat. Add the red bell pepper and kale leaves and saute until softened, about 5 to 7 minutes.
- 02 While the veggies are cooking, crack the eggs into a bowl and season with salt and pepper. Beat gently with a fork until well combined.
- 03 Push the veggies to one side of the pan, and pour the beaten eggs into the empty side. Use a spatula to scramble, slowly incorporating the veggies once the eggs are no longer very wet.
- 04 Divide between plates and enjoy!

## NOTES

### MORE CARBS

Serve with toast, roasted potatoes, or sweet potatoes.

### EGG-FREE

Use mashed tofu instead of eggs.

# Deconstructed Sushi Bowl

2 SERVINGS 20 MINUTES



## INGREDIENTS

- 1 tsp Avocado Oil
- 4 cups Cauliflower Rice
- 2 tsps Coconut Aminos
- 1/2 Cucumber (sliced into sticks)
- 1 Avocado (peeled and chopped)
- 4 Nori Sheets (snack size, torn into pieces)
- 225 grams Smoked Salmon
- 2 tsps Sesame Seeds
- 2 tbsps Mayonnaise
- 1/8 tsp Cayenne Pepper (optional)

## DIRECTIONS

- 01 Heat a skillet over medium heat. Add the avocado oil and then the riced cauliflower. Saute for 5 to 7 minutes, then add the coconut aminos and stir to coat. Remove from heat.
- 02 Divide the cauliflower rice into bowls. Top each bowl evenly with cucumber, avocado, nori and smoked salmon. Garnish with sesame seeds.
- 03 Mix the mayonnaise with cayenne in a small bowl and drizzle on top of the bowls. Enjoy!

## NOTES

### LEFTOVERS

This bowl is best served immediately but can be stored in the fridge up to 2 days and served cold.

### NO COCONUT AMINOS

Use tamari or soy sauce instead.

# Spinach and Sweet Potato Egg Muffins

4 SERVINGS 35 MINUTES



## INGREDIENTS

- 1 1/2 tsps Avocado Oil
- 1 Sweet Potato (medium, peeled and chopped into cubes)
- 1 tbsp Extra Virgin Olive Oil
- 6 cups Baby Spinach
- 8 Egg
- 1/4 cup Water
- 1/2 tsp Sea Salt
- 1/2 tsp Black Pepper

## DIRECTIONS

- 01 Preheat oven to 350°F (177°C). Lightly grease a muffin pan with avocado oil.
- 02 Steam sweet potato in a double boiler for 8 to 10 minutes, or until tender when pierced with a fork. Let cool slightly.
- 03 While the sweet potato is steaming, heat extra virgin olive oil in a large pan over medium heat. Sauté the spinach until wilted and tender. Let cool slightly.
- 04 When spinach and sweet potatoes are cool enough to handle, divide evenly into the muffin cups of the prepared pan.
- 05 In a mixing bowl whisk eggs until well scrambled. Whisk in water and salt and pepper.
- 06 Pour the whisked eggs into the muffin cups to cover the sweet potato and spinach.
- 07 Bake for 15 to 18 minutes or just until the egg is cooked through and no longer liquid on top. Remove from oven, let cool and enjoy!

## NOTES

### SERVING SIZE

One serving is equal to three egg cups.

### LEFTOVERS

Store in the fridge in an airtight container up to three days. Due to the moisture in the sweet potato and spinach, these egg cups do not freeze well.

### NO BABY SPINACH

Use finely sliced kale or swiss chard instead.

# Sunbutter Oat Cookies

8 SERVINGS 15 MINUTES



## INGREDIENTS

1 cup Sunflower Seed Butter  
1 Egg  
1/4 cup Coconut Sugar  
3/4 cup Oats (large flake)

## DIRECTIONS

- 01 Preheat oven to 350°F (177°C) and line a baking sheet with parchment paper.
- 02 In a bowl, mix the sunflower seed butter and egg together. Then add sugar and oats until thoroughly combined.
- 03 For each cookie, scoop one tablespoonful of the dough onto the baking sheet and flatten gently with a fork. Bake for 10 minutes. Let cool slightly before serving.

## NOTES

### NO SUNFLOWER SEED BUTTER

Use tahini, peanut butter, almond butter or any alternative nut or seed butter instead.

### NO COCONUT SUGAR

Substitute 1:1 with brown sugar, date sugar, white sugar or stevia instead.

### STORAGE

Refrigerate in an airtight container up to five days, or in the freezer for up to three months.

### SERVING SIZE

One serving is equal to approximately two cookies.

# Rice Cakes with Almond Butter & Banana

2 SERVINGS 5 MINUTES



## INGREDIENTS

2 Plain Rice Cake  
2 tbsps Almond Butter  
1 Banana (medium, sliced)

## DIRECTIONS

01 Spread almond butter on the rice cake and top with sliced banana. Enjoy!

## NOTES

### NO ALMOND BUTTER

Use peanut, cashew or sunflower seed butter instead.

### MORE FLAVOR

Top each rice cake with a drizzle of honey, maple syrup or a pinch of cinnamon.

### MORE FIBER

Add hemp seeds, chia seeds, ground flax seed or fresh berries.

# Cucumber Hummus Bites

2 SERVINGS 10 MINUTES



## INGREDIENTS

1/2 Cucumber (large)  
1/2 cup Hummus  
1/4 tsp Black Pepper

## DIRECTIONS

- 01 Slice cucumber into 1/4-inch thick rounds.
- 02 Top each round with 1 to 2 teaspoons of hummus and a pinch of black pepper. Serve immediately. Enjoy!

## NOTES

### MORE FLAVOUR

Top each cucumber hummus bite with a pitted olive, chopped roasted red pepper, some roasted garlic or spicy red pepper flakes.

# Double Chocolate Mint Energy Balls

6 SERVINGS 15 MINUTES



## INGREDIENTS

1/2 cup Pitted Dates  
1/2 cup Almonds (raw)  
2 tbsps Cacao Powder  
1 tbsp Cacao Nibs  
1/8 tsp Sea Salt  
1/2 tsp Peppermint Extract  
1 tbsp Water

## DIRECTIONS

- 01 Add the dates, almonds, cacao powder, cacao nibs, sea salt and peppermint extract to the bowl of a food processor. While the food processor is running stream in the water. Run the food processor until the date mixture forms a ball.
- 02 Form the mixture into small balls with your hands and enjoy!

## NOTES

### NO ALMONDS

Use raw cashews instead.

### SERVING SIZE

One serving is equal to two balls.

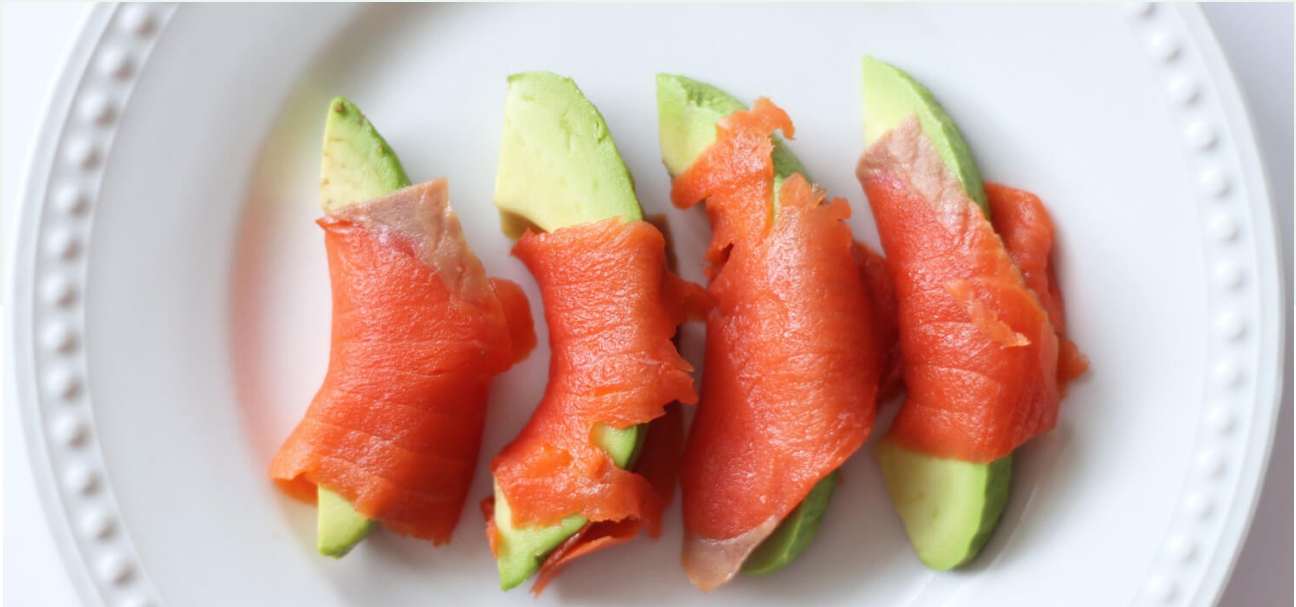
### STORAGE

Store in the fridge up to five days, or in the freezer for up to three months.



# Smoked Salmon Wrapped Avocado

2 SERVINGS 5 MINUTES



## INGREDIENTS

1 Avocado  
100 grams Smoked Salmon (sliced)

## DIRECTIONS

01 Slice the avocado and wrap each slice with the smoked salmon. Transfer to a plate and enjoy!

# Apple with Peanut Butter

2 SERVINGS 3 MINUTES



## INGREDIENTS

2 Apple  
1/4 cup All Natural Peanut Butter

## DIRECTIONS

01 Cut apple into slices and remove the core. Dip into peanut butter and enjoy!

## NOTES

### KEEP IT FRESH

To avoid brown apple slices, assemble the slices back into the shape of the apple and tie an elastic band around it.

# Taco Salad with Beef

4 SERVINGS 25 MINUTES



## INGREDIENTS

454 grams Extra Lean Ground Beef  
2 tbsps Chili Powder  
1 tbsps Cumin  
1/2 tsp Sea Salt  
1 cup Cherry Tomatoes (chopped)  
1 Jalapeno Pepper (chopped)  
2 stalks Green Onion (chopped)  
3 tbsps Lime Juice (divided)  
2 heads Romaine Hearts (chopped)  
2 tbsps Extra Virgin Olive Oil  
2 Avocado (sliced)

## DIRECTIONS

- 01 In a pan over medium-high heat, brown the beef. Break the meat into very small pieces with a spatula and cook until no longer pink, about 5 minutes. Drain any excess drippings, but keep the beef in the pan.
- 02 Add the chili powder, cumin, salt, tomatoes, jalapeno and green onion to the beef. Stir to combine. Cook for another 5 minutes until tomatoes are very soft. Remove from heat and stir in half of the lime juice. Season with additional salt if needed.
- 03 In a large mixing bowl toss the chopped romaine lettuce with olive oil and remaining lime juice.
- 04 To assemble the salad, divide lettuce between plates and top evenly with beef and avocado. Serve immediately and enjoy.

## NOTES

### STORAGE

Refrigerate beef and lettuce separately in airtight containers for up to 3 days. Assemble salad just before serving.

### MORE FLAVOR

Top salad with additional tomatoes, sliced jalapenos, green onions, salsa, cilantro, lime juice or hot sauce.

### MAKE IT VEGAN

Use black beans instead of ground beef.

# BBQ Chimichurri Chicken with Sweet Potato Wedges

4 SERVINGS 30 MINUTES



## INGREDIENTS

1/2 cup Red Wine Vinegar  
1 cup Cilantro (thick stems removed)  
1/4 cup Fresh Oregano  
4 Garlic (cloves)  
3/4 cup Extra Virgin Olive Oil (divided)  
1 tsp Sea Salt  
567 grams Chicken Breast (skinless, boneless)  
2 Sweet Potato (medium, peeled and cut into wedges)

## DIRECTIONS

- 01 Add vinegar, cilantro, oregano, garlic, 2/3 of the olive oil and salt to a food processor and blend until smooth. Occasionally scrape down the sides as needed.
- 02 In a large bowl, coat chicken breasts in half the chimichurri sauce and set aside. In a separate bowl, coat sweet potato wedges in the remaining olive oil.
- 03 Preheat grill on medium heat. Grill the chicken breasts until cooked, about 10 to 12 minutes each side. Grill the sweet potato wedges on all sides, about 10 minutes total.
- 04 Transfer to plates and top with desired amount of chimichurri. Enjoy!

## NOTES

### MAKE IT SPICY

Add a chili pepper or red pepper flakes to the chimichurri.

### STORAGE

Refrigerate in an airtight container up to 3 days. Leftover chimichurri will keep up to 1 week.

### NO CILANTRO

Use parsley instead.

# Chicken Shawarma Salad Bowls

4 SERVINGS 30 MINUTES



## INGREDIENTS

567 grams Chicken Breast (diced into cubes)  
1/2 tsp Sea Salt  
1/2 tsp Black Pepper  
1/2 tsp Cinnamon  
1/2 tsp Turmeric  
1 tbsps Cumin  
2 tbsps Extra Virgin Olive Oil  
1/4 cup Tahini  
2 tbsps Water  
1/2 Lemon (juiced)  
8 leaves Romaine (chopped)  
2 Tomato (diced)  
1 Cucumber (diced)  
1/4 cup Parsley (chopped)

## DIRECTIONS

- 01 Combine the diced chicken breast, sea salt, black pepper, cinnamon, turmeric, cumin and olive oil in a bowl. Toss well to coat.
- 02 Transfer the chicken into a skillet over medium heat. Cook for about 10 minutes, or until chicken is cooked through.
- 03 Meanwhile, combine the tahini, water and lemon juice together in a jar. Mix well and set aside.
- 04 Divide the romaine, tomatoes and cucumber into bowls and top with the cooked chicken breast. Drizzle tahini dressing over top and sprinkle with chopped parsley. Enjoy!

## NOTES

### GARLIC LOVER

Serve with hummus or add minced garlic to the tahini dressing.

### LEFTOVERS

Store in the fridge for up to three days.

### VEGAN & VEGETARIAN

Omit the chicken and used cooked chickpeas instead.

# Black Bean Brownies

9 SERVINGS 40 MINUTES



## INGREDIENTS

2 cups Black Beans (cooked)  
3 Egg  
1/4 cup Coconut Oil (melted)  
1 tsp Vanilla Extract  
1/4 tsp Sea Salt  
3/4 cup Cocoa Powder  
1/4 cup Coconut Sugar  
1/4 cup Raw Honey  
1/2 tsp Baking Powder  
100 grams Dark Organic Chocolate  
(chopped and divided)  
1/4 cup Sliced Almonds

## DIRECTIONS

- 01 Preheat oven to 350°F (177°C) and line an 8 x 8 baking dish with parchment paper. (Use a bigger dish if making more than 9 servings.)
- 02 Add the cooked black beans and eggs to a food processor. Turn it on and stream in the coconut oil. Let the food processor blend for about 60 seconds, or until the black beans are very smooth.
- 03 Add vanilla, salt, cocoa powder, coconut sugar, honey and baking powder to the black bean batter. Blend until all incorporated, scraping down the sides of the bowl if needed.
- 04 Add half of the chocolate to the brownie batter and pulse 5 or 6 times until it is mixed in.
- 05 Transfer brownie batter to the prepared baking dish and smooth into an even layer. Sprinkle the remaining chocolate and the sliced almonds evenly over top of the brownies.
- 06 Bake for 30 to 35 minutes, or until a toothpick inserted into the center comes out with just a few moist crumbs.
- 07 Let the brownies cool completely before transferring to the fridge for at least 4 hours before cutting into squares. Enjoy!

## NOTES

### LESS INGREDIENTS

Omit the dark chocolate and almonds if desired.

### LEFTOVERS

These brownies keep well in the fridge up to 4 days. Freeze for longer.

# Dark Chocolate & Walnuts

2 SERVINGS 5 MINUTES



## INGREDIENTS

1/2 cup Walnuts

50 grams Dark Organic Chocolate (at least 70% cacao)

## DIRECTIONS

01 Divide dark chocolate and walnuts between bowls. Enjoy!