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Recipes

'Easy peasy' protein-rich soup

I'd recommend doubling this recipe and making a BIG batch of this soup so you can stock up the freezer with individual portions, saving you time later in the week. This is one of my favourites, particularly since it's delicious and children love it! It provides carrots for a great source of energy alongside lentils, which are rich in protein and fibre. In addition, this soup is packed with essential nutrients for immune support, growth and development. A great post-training or post-competition snack for fast energy replacement and muscle repair.

You Will Need:

3 tablespoons good quality olive oil
4 large carrots – peeled and chopped into small chunks
1 large onion – finely chopped
2 cloves garlic – finely chopped
Fresh rosemary / parsley / mixed dried herbs (optional)
100g red lentils, rinsed
1 litre vegetable or chicken stock
Chunky ham / bacon (optional)
Seasoning to taste (optional)

Method:

- 1) Heat the oil in a large pan, add the onions and garlic and heat until translucent.
- 2) Add the carrots and herbs if using, and give a good stir.
- 3) Add the lentils and stock, and simmer until the carrots are tender.
- 4) Use a hand blender to blend the soup to your desired consistency. I prefer to just blend half and leave some chunky bits in.
- 5) Add the ham or cooked bacon if using and stir through before serving
- 6) Leave to cool before freezing in individual foil containers

Variations:

- Add some cooked chunky ham / bacon to add a bit more flavor and protein
- Swap some of the carrot for white / sweet potato to increase variety of vegetables and boost energy content

- Chop the carrots finely and either don't blend or just blend half of the soup for a more chunky alternative
- Add other vegetables such as leeks and parsnips for more variety; just add more stock accordingly
- Add a few tablespoons of coconut milk and a few dried chilli flakes for a spicier alternative
- You can make this soup thicker or thinner by varying the amount of stock and / or lentils you put in. Experiment with your quantities to find the consistency you enjoy best

Top Tip! - Invest in a good quality Thermos Food Flask so you can heat the soup up in advance and have it as a really portable packed lunch or snack.

Homemade Banana-Berry Smoothie

You Will Need:

- 1 x ripe banana
- 1 x tablespoon frozen berries (any of strawberries, raspberries, blackberries, blueberries etc.)
- 1/2 cup apple juice (add more for a runnier consistency)
- Dollop of live yoghurt
- 1 tablespoon ground mixed sunflower, pumpkin and linseeds
- 1 tablespoon flaxseed oil
- 1/2 level tablespoon lecithin granules (you'll find these in any good health food shop)

Method:

- 1) Liquidise all the ingredients to a smooth consistency and drink straight away. If left, the shake will continue to thicken because of the lecithin granules.
- 2) You can adjust the quantities of the juice / yoghurt / frozen fruit to make it runnier / thicker / more fruity etc.

Essential Fat Mixes

Number One

Grind an equal mix of sunflower, pumpkin and linseeds and store in the fridge in an airtight container. You can add a tablespoon of this mix to smoothies, muesli, sprinkle on salads, yoghurts or even in soups, to really boost your intake of essential fats!

Number Two

Grind an equal mix of flaxseeds & hemp seeds, store in an airtight container in the fridge. You can add a tablespoon of this mix to smoothies, muesli, sprinkle on salads, yoghurts or even in soups, to really boost your intake of essential fats!

Homemade Superfood Muesli Bar