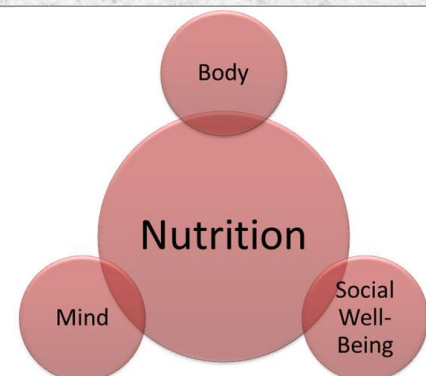


# Our Healthy Recipes



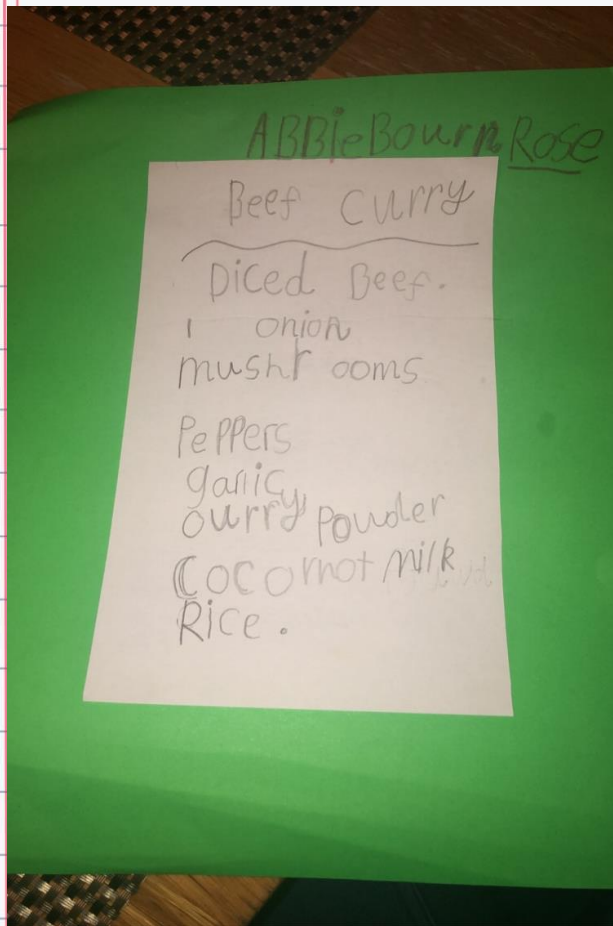
**Well-being  
Initiative  
2022**

**INVER N.S.**





# Ingredients



## **Abbie's Beef** **Curry**

### Instructions

1. Dice and slice beef.
2. Wash and slice mushrooms peppers and Onions.
3. Place beef in a bowl with crushed garlic olive oil and salt and pepper.
4. Fry off Beef and Onions for few mins and add curry powder.
5. Add coconut milk. Place in oven on a low heat for about an hour, Boil rice and serve !



The Bourn Family



## Ingredients

6 eggs

1 red pepper

1 onion

100g Tenderstem broccoli

100g sweetcorn

Salt

Pepper

2 tablespoons

Worcestershire sauce

Sunflower oil spray



## Instructions

1. Dice the pepper.
2. Dice the onion.
3. Dice the Tenderstem broccoli.
4. Beat the eggs until smooth
5. Add 2 pinches of salt, 2 pinches of pepper and 2 dashes of Worcestershire sauce to the egg mixture
6. Heat the pan and spray with sunflower oil
7. Add all vegetables to the pan and stir fry on high heat until soft
8. Pour the egg mixture evenly over the vegetables
9. When the egg mixture is no longer runny flip the omelette over on the pan and cook for another 4 minutes
10. Tuck in!

**Joseph & Aisling's  
Easy Vegtastic  
Omelette**





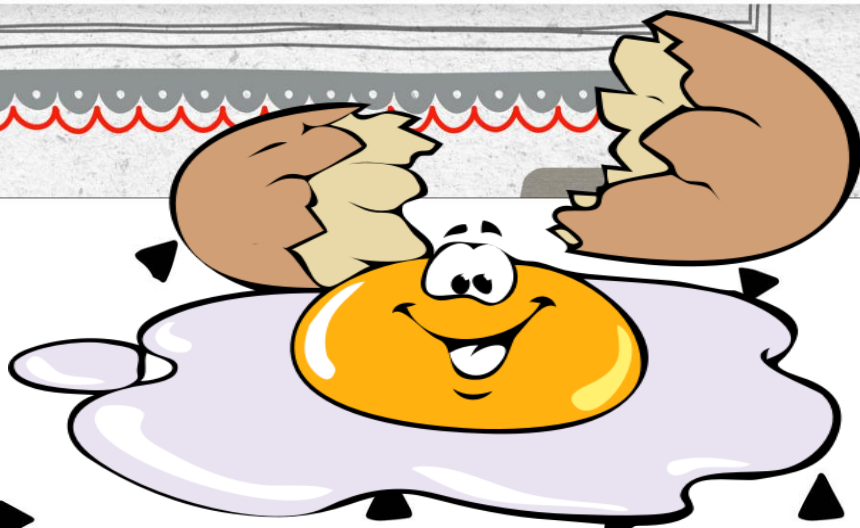


Eggs contain vitamin B2, B12, choline, iron and tryptophan which are associated with helping reduce the risk of anxiety, symptoms of depression and naturally aiding sleep.

DELICIOUS

Yum

The Cosgrove Family





## Ingredients

Two cups of oats

2 eggs

1 apple roughly chopped  
(core removed - Pink lady is  
nice and sweet)

Half a cup of milk

Pinch of cinnamon

Healthy toppings of choice



## Instructions

1. Blend all ingredients together

2. Place a small teaspoon of coconut oil in a pan and fry on each side for 1 - 2 mins.

3. Serve with Greek yogurt on top (or in between each layer if stacking)

4. Top with toppings of choice e.g. fresh fruit, chocolate chips, chocolate spread, syrup, honey....

Larry & Oisín's  
**Apple  
Crumble  
Pancakes**







## Ingredients

500g of lean mince  
2 stalks of celery  
2 carrots  
1 red onion  
1 white onion  
Red lentils half a cup  
Sundried tomatoes  
Mushrooms  
1 can of chopped tomatoes  
1 vegetable stock  
Half of cup of lentils  
Table spoon of honey  
Pinch of salt  
Glove of garlic  
Brown pasta.

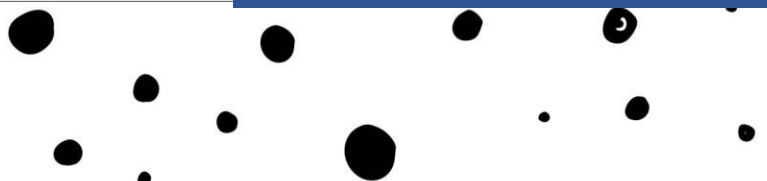
## Feagan's Spaghetti Bolognese

## Instructions

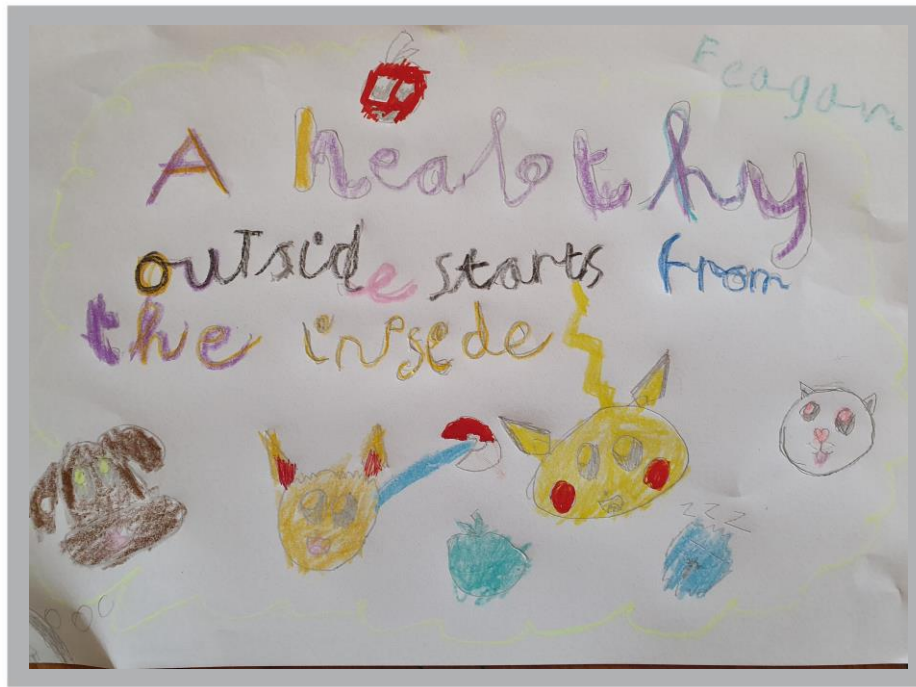
1. Chop & fry off celery carrots white onion ,red onion garlic
2. Add mince, cook until browned. Add mushrooms vegetable stock and sundried tomatoes
3. Cook lentils separately in hot water until soft, drain and add to mince.
4. Add your tin of chopped tomatoes pinch of salt and tbsp. of honey .
5. Cook until the sauce thickens Cook your brown pasta.
6. Serve up and sprinkle grana padano cheese over the top . Enjoy!



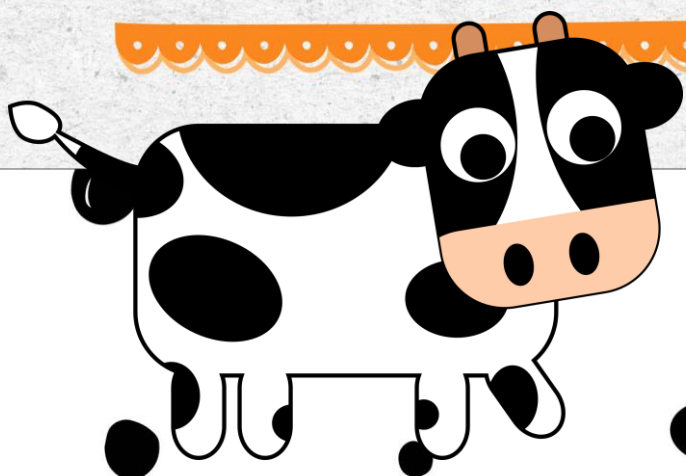
The Cullotty Family







So much  
goodness





## Ingredients

4 Potatoes,

4 Carrots,

1 Onion,

1 glove of garlic  
crushed

Chicken stock

Bay leaf

Salt and pepper

(Any other  
vegetables that need  
to be used soon)



## Saraid & Seoda's Soup

## Instructions

1. Put the veg in a big pot with some olive oil.
2. Soften them all down, add in the stock and salt and pepper. (Just a tiny pinch)
3. Add in the bay leaf and let it all simmer for 20 minutes.
4. Remove bay leaf and blend all the veg down to make soup.
5. Small splash of cream can be added if you wish.



Eating healthy food fills your body with energy and nutrients. Imagine your cells smiling back at you and saying 'Thank you'.

YUM





## Ingredients

half carton of passata  
sauce

2 tablespoons of tomato  
puree

2 gloves of garlic  
crushed ,

1 onion crushed,

1 Tablespoon olive oil

Grated cheese

Wholemeal or plain wrap

\*additional toppings



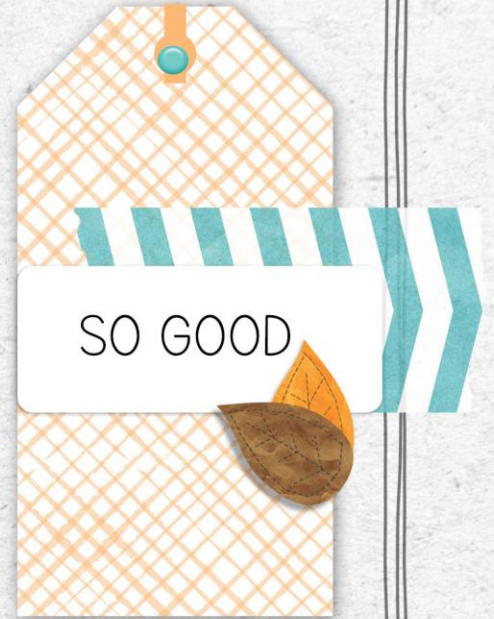
## Instructions

1. Sauté the garlic and onion for about a minute
2. Add passata and purée
3. Simmer for about 15 minutes.
4. Using base of choice, add sauce and cheese to liking.
5. Additional toppings added to personal preference.



**Aisling's  
Pizza**





Just as with  
bread,  
wholegrain  
wraps  
provide  
more fiber  
and a more  
complete  
package of  
nutrients.



The Deane Family



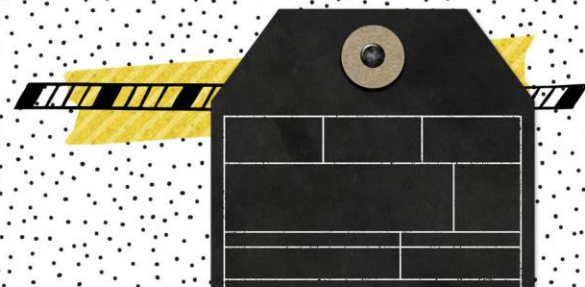


## Ingredients

**1 sheet of Puff Pastry**

**2 slices of ham (cut in to squares)**

**A handful of cheese**



*Nom nom nom!*



## **Mikey's Ham & Cheese Parcels**

## Instructions

**1 Roll out pastry.**

**2 Cut pastry into 4 squares.**

**3 Add some ham and a sprinkle of cheese to each square.**

**4 Wrap up like a little parcel.**

**5 Pop in the oven at 180 degrees for 15-20 mins.**

**6 Enjoy!**

**The Doherty Family**

## Ingredients

8oz of white cream flour

8oz of whole meal flour

Level tsp of bread soda

Half tsp of salt

Buttermilk



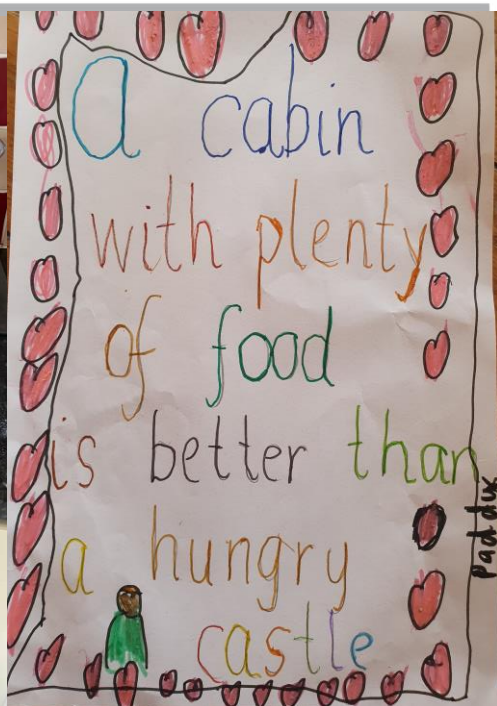
## Instructions

1. **Put all the flour in a bowl**
2. **Rub in the bread soda and salt**
3. **Use a wooden spoon to mix it up to disperse the breadsoda and salt into the flour**
4. **Add buttermilk gradually until the mixture is wet but not too soggy**
5. **Put it in a cake tin and bake in the oven for 30 min at 180 degrees**



The Doocey Family





**Yum Yum!**





## Ingredients

2lbs beef mince  
6/8 large potatoes  
1 onion  
3 garlic cloves  
3 carrots  
1 stick of celery  
1 punnet of mushrooms  
Some broccoli florets or  
mangetout or sugar snap  
peas  
1 beef stock cube  
1 veg stock pot in 1/2 litre  
of boiling water  
Worcestershire sauce (3  
tblsps)  
Tomato puree (3 tblsps)  
3 tblsps flour  
Salt and pepper  
Basil



## Instructions

1. Dice all the veg to the same size (as they will cook all at the same time that way)
2. Peel and cook the potatoes
3. In a large pot heat some oil and sauté the veg (adding salt and pepper) until soft.
4. Take the veg out of the saucepan and without adding oil add the mince and salt and pepper and cook until brown.
5. Drain off any fat
6. Add the tomato puree, stock cube, Worcestershire sauce and flour and mix through into the meat, letting the flour cook out for 1-2 mins.
7. Add the veg back into the mince along with the vegetable stock and some basil. Meanwhile mash the potatoes with some butter and salt.
8. Put mince and veg mixture into a large oven proof dish. Add the mash on top. Preheat oven to 180c and cook the pie for about 25 mins or until it starts to brown on top.

## Róisín's Cottage Pie

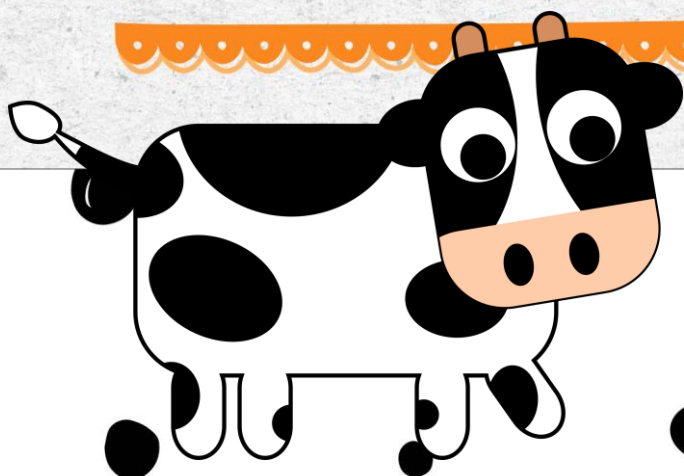


**The Humphrey's Family**





**Loaded  
with  
vegetables  
and  
nothing  
artificial...  
a big hit in  
Róisín's  
house.**





## Ingredients

2 Chicken Breast

1 Pepper

1 Onion

Rice

Curry Powder

## Chloe & Kayla's Chicken Curry

## Instructions

1. Chop up your Chicken and vegetables.
2. Add your Chicken to your pan and then you veg and fry until the chicken is cooked through and the veg are soft.
3. Mix your Curry powder with some water and add to your chicken and veg. Simmer gently until it thickens.
4. Place your rice in boiling water and cook for approx 10-15mins.
5. Serve and enjoy.

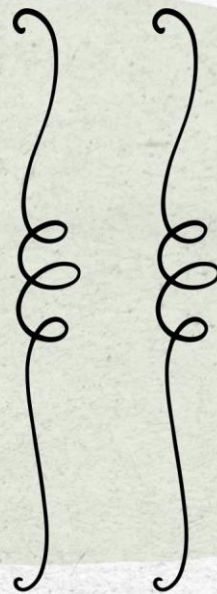




Kayla

Let Food  
be thy medicine  
and Medicine  
be thy  
Food

Kayla



WE MADE  
THIS

The Ginnelly  
Family



Homemade with Love



## Ingredients

900ml chicken or vegetable stock

1 chicken breast

1 tsp chopped ginger

1 garlic clove, chopped

50g wheat noodles

2 tbsp sweetcorn

2 mushrooms, thinly sliced,

2 spring onions, shredded

2 tsp soy sauce

10 out of 10  
from  
Charmander



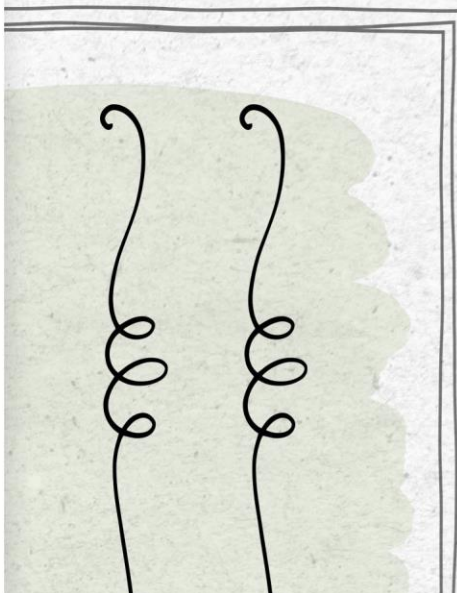
## Instructions

1. Pour the stock into a pan and add the chicken breast, ginger and garlic
2. Bring to the boil, then reduce the heat and simmer for 20 mins, until the chicken is tender.
3. Shred chicken into bite-size pieces using a couple of forks.
4. Return the chicken to the stock with the noodles, sweetcorn, mushrooms, spring onion and soy sauce.
5. Simmer for 3-4 mins until the noodles are tender.
6. Ladle into two bowls and scatter over the remaining spring onion. Serve with extra soy sauce.

## Lorcán's Chicken Noodle Soup



**The Keenaghan Family**



**Happiness is  
Homemade!**



## Ingredients

1 Leek  
1 Onion  
3 Carrots  
1 Aubergine  
1 Parsnip  
500g Mushrooms  
2 x 500g garlic and herb  
passata  
“ chicken stock pots  
Basil  
Parsley  
Bacon medallions  
1 Clove of garlic

## Lily & Rhían's Minestrone Soup.

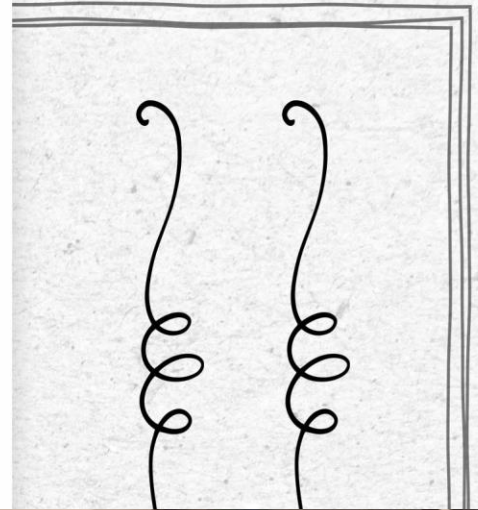
## Instructions

1. Dice all veg and bacon.
2. Add some oil to saucepan.
3. Put leek and onion into pan then add garlic and bacon.
4. Add the rest of the veg and cook for a few minutes..
5. Add passata and chicken stock.
6. Then add pasta and let it simmer until pasta is cooked.
7. Eat up!



The King-McGrath Family







## Ingredients

**250g flour**

**2 eggs**

**500ml milk**

**Pinch of Salt**

**Butter**

**Fresh fruit**

Breakfast is the first meal of the day and the first opportunity to provide nutrition to our body, which has been fasted overnight.

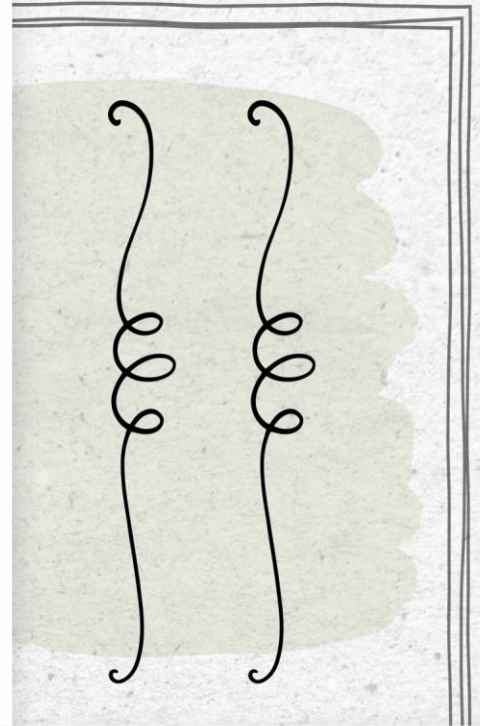
## Ella & Leah's Homemade Pancakes

## Instructions

1. Mix the flour, eggs, milk and salt together until you have a smooth batter.
2. Allow to stand for ten minutes before cooking in frying pan.
3. Melt some butter in the pan and then pour some batter in the centre of the pan and rotate pan until the batter is spread evenly.
4. Cook for 2-3 minutes and turn/flip and allow to cook. Repeat until batter is fully used.
5. Add fruit to your liking.

**The King Family**





**Yum!**  
**Yum!**





## Ingredients

2lb minced beef  
1 punnet mushrooms  
5 carrots  
4 red onions  
Garlic  
3 parsnips  
Salt & Pepper  
13 Potatoes  
Soy Sauce  
2 Beef stock cubes  
1 can chopped tomatoes  
Tomato purée



## Instructions

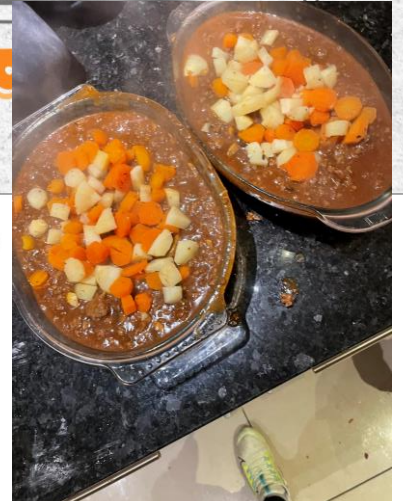
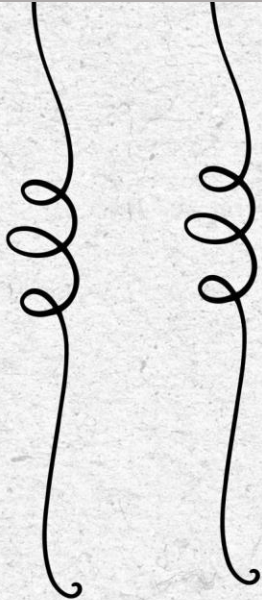
- 1 Preheat the oven.
  - 2 Peel and cube spuds, Boil. Add salt and Pepper.
  - 3 Boil carrots and parsnips.
  4. Chop and fry mushrooms, onions and garlic.. Add salt and pepper. Grate the garlic into the pan.
  - 5 Fry the mince in a pan . Add salt and pepper.
  6. Blend the chopped tomatoes. Add fried veg to mince..Add beef stock, soy sauce and tomato purée.
  7. Add cornflour (cold water mix), carrots and parsnips to mix.. Pour into tray and top with mashed spuds, using fork to finish.
- Oven bake for 20mins and Enjoy!

**Eileen  
& Máirtín's  
Cottage Pie**



**The Maloney  
Family**







## Ingredients

**1 wholemeal wrap**

**Tomato purée**

**Grated cheese**

**Green, Red, Yellow  
Peppers**

**Mushrooms**

**Red onion**

**Slice of Ham**



## Instructions

1 Chop all veg and ham into small pieces.

2 Squeeze and spread tomato purée onto wholemeal wrap.

3 Add grated cheese.

4 Add peppers, mushrooms and ham.

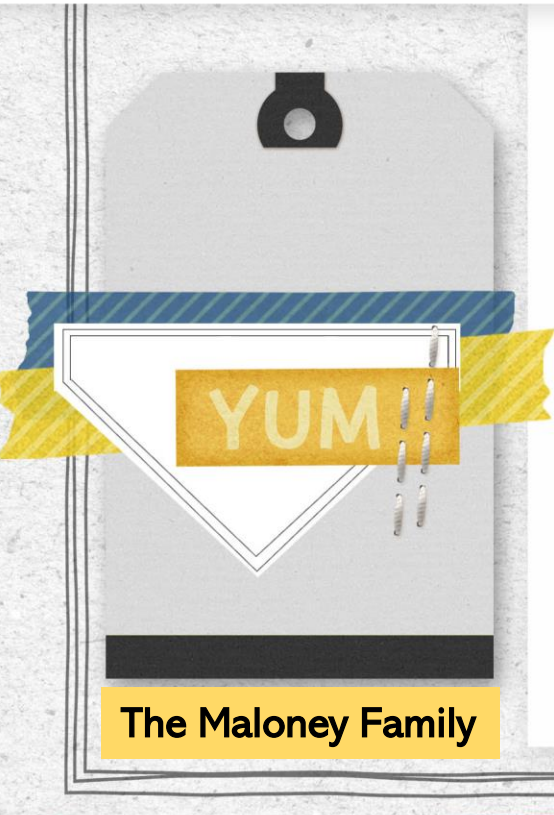
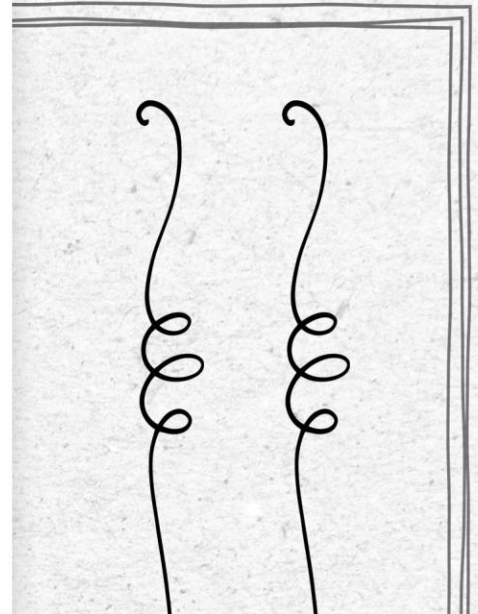
5. Put in oven at 180 degrees for 15 mins.

Enjoy!

**Emma's  
Pizza**









## Ingredients

454 grams of Lean

Mince beef

1 Egg

Teaspoon of Garlic granules

Teaspoon Chilli powder

Teaspoon of Mixed herbs

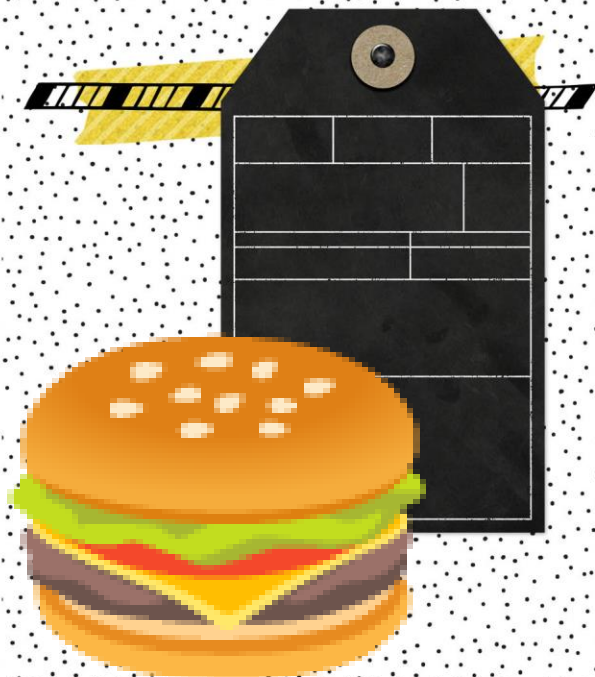
1 onion

Salad

8-10 Mushrooms

Burger buns

50g Grated cheese



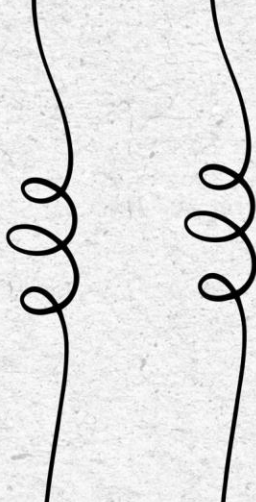
## Erin's Homemade Burgers



## Instructions

1. Add your mince into a bowl.
2. Beat your egg in a separate bowl and add to the mince.
3. Mix with your hands, wash hands before and after touching the mince.
4. Cut up your onions into small pieces and add to the bowl.
5. Add a teaspoon of the mixed herbs, garlic granules and chilli powder into the bowl.
6. Make your beef into small balls (should make 9)
7. Cut up your mushrooms.
8. Flatten your burger and fry on pan with mushrooms for 5-10 minutes and turn occasionally.
9. Heat your burger bun and add cheese and mushrooms to burger....Serve with salad.!





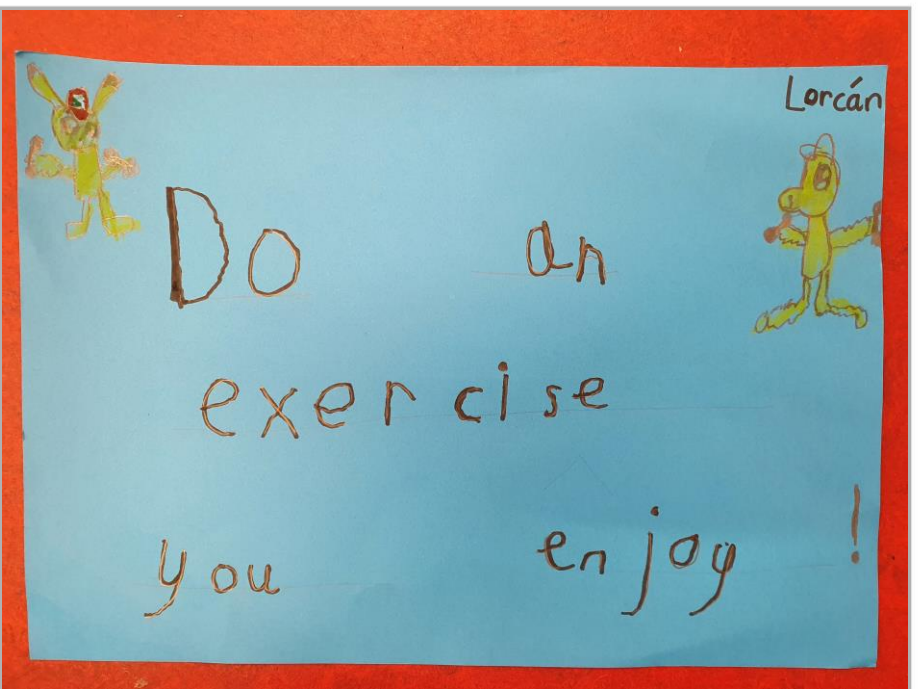
The Mills Family





By Abbie

Good Advice



By Lorcán



## Ingredients

- 100g butter at room temperature
- 30g caster sugar
  - 3 eggs
- 1 teaspoon vanilla extract 5g
- Pinch of salt
- 240g self raising flour
- 2 teaspoons baking powder 10g
- 4 ripe banana, over ripe is fine
- 90g porridge oats
- 30-50g blueberries (optional)



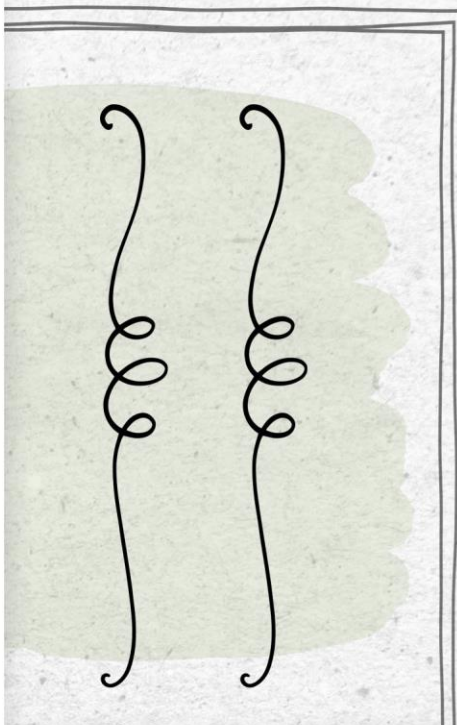
## Instructions

1. Preheat oven at 180 C
2. Butter and sugar in a bowl and beat well until all blended together
3. Add 2 eggs, vanilla extract and half flour and beat until all combined.
4. Add remaining egg and flour with baking powder and salt. Try not to over beat the mixture.
5. Peel bananas in separate bowl and mash.
6. Gently fold in the bananas with oats into the bread mixture - keep some oats for the top.
7. Pour mixture into lined tin.
8. Place in oven for 50 - 60 minutes, when you stick knife into bread it should come out clean and have well risen.
9. Leave you cool and you should get about 16 slices per cake..Enjoy!

## Holly & Mia's Oaty Banana Bread







**The Neary Family**



**Alternatively, you can make buns with the same recipe. You should get 16 buns but cooking time is 20 - 25 minutes.**



Ingredients

**Pizza base of choice**

**Tomato sauce/passata**

**Tomatoes**

**Cheese**

**Pepperoni**



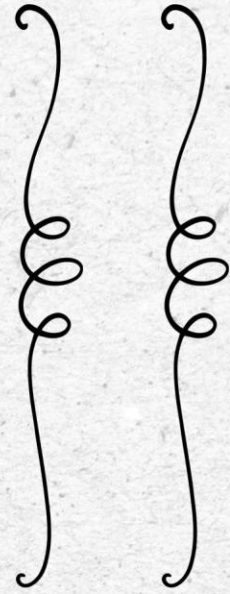
Instructions

1. First, we put tomato sauce on the pizza base.
2. Then we added the grated cheese.
3. After we added the tomatoes and pepperoni.
4. We put it in the oven for 20mins.

**Sorcha  
& Clodagh's  
Pizza**







YUM

The Noone Family



Good Food = Good Mood



## Ingredients

- 3 eggs
- Ham
- Grated cheese
- Spring onion
- Spinach
- Peppers
- Dash of milk
- Olive oil



## Taylor's Omelette

## Instructions

1. Chop up spring onion, peppers, spinach and ham.
2. Beat the eggs and milk together.
3. Put a little oil into a frying pan and heat.
4. Gentle fry the ham, spring onion, spinach and peppers until soft.
5. Add the eggs and milk mix.
6. Fry until the eggs become solid and flip over.
7. Add a sprinkle of cheese and serve with salad





## Ingredients

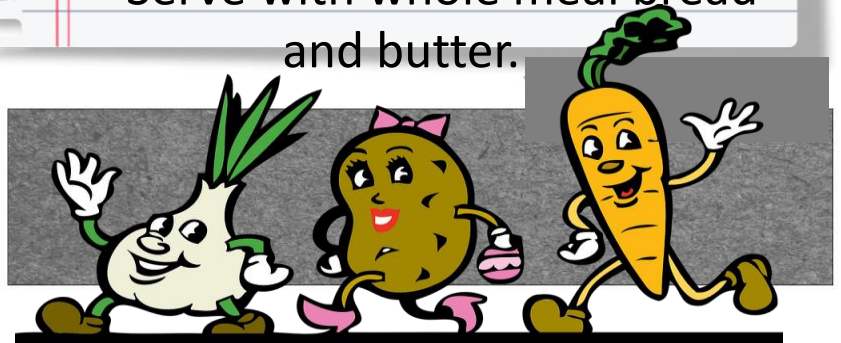
- 1 Large Onion
- 4 Carrots
- 2 Parsnips
- 2 Sticks of celery
- 4 Large potatoes
- Olive oil / butter
- 850ml of vegetable stock.

## Peyton's Vegetable Soup

## Instructions

1. Roughly chop the onion, carrots, celery, parsnips and potatoes.
2. Heat the oil/butter in a large saucepan.
3. Gently fry the vegetables on a low heat for 15 minutes.
4. Add the vegetable stock.
5. Bring to the boil and simmer for around 1 hour until all vegetables are tender.
6. Blend it altogether with a handheld blender.

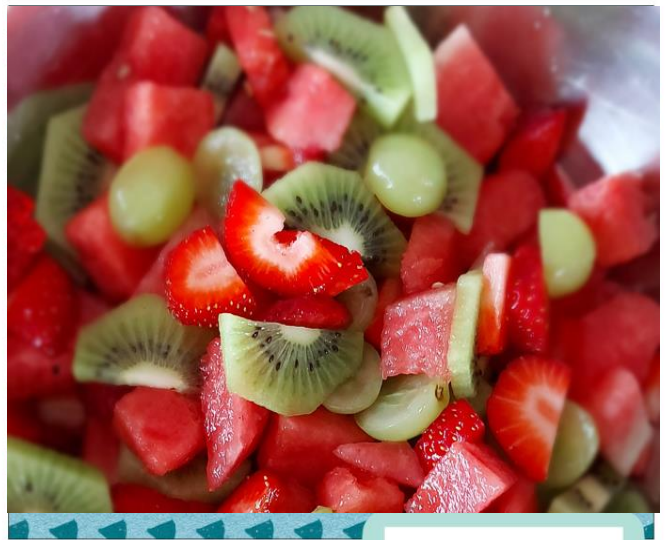
Serve with whole meal bread and butter.





## Ingredients

- 1 Watermelon
- 3 Kiwi fruits
- ½ punnet of grapes
- 200g of strawberries



## Instructions

1. Wash strawberries and grapes.
2. Peel kiwi fruits and watermelon.
3. Slice strawberries, cut grapes in half, cut kiwi and watermelon to bitesize pieces.
4. Add all fruit to a big bowl and mix.
5. Portion out into bowls and serve on its own, with yogurt or with ice-cream as a delicious treat.

## Fletcher's Fruit Salad



The O'Donnell Family





Ingredients

3 x eggs

Dash of milk

Shake of salt  
and pepper



Instructions

1. Mix eggs well.

2. Add ham to the hot pan  
and add in eggs.

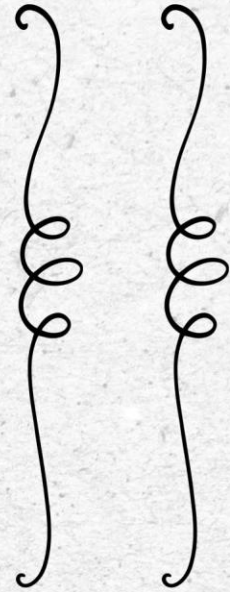
3. Cook until brown on one  
side and then add cheese  
on top.

4. Brown under grill.

**Caolan's  
Omelette**







The O' Hara Family



**PERFECT** has 7 letters.  
So does **FOOOOOD**.  
Coincidence? I think  
**NOT!**



## Ingredients

1 large Banana

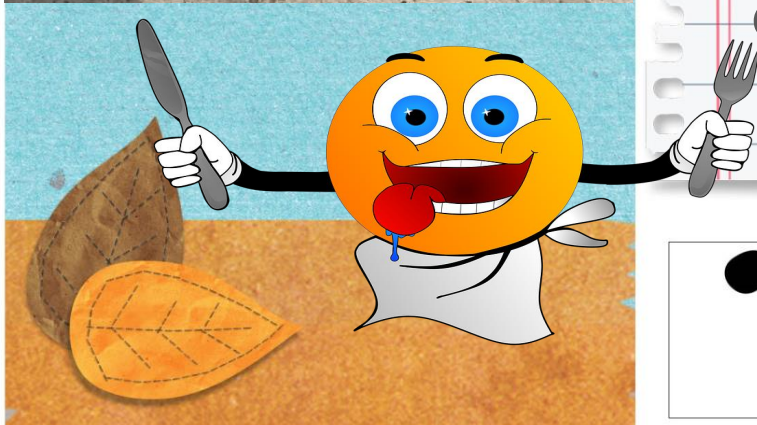
2 eggs

Pinch of baking powder

Splash of vanilla extract

1tsp oil

Fruit of choice

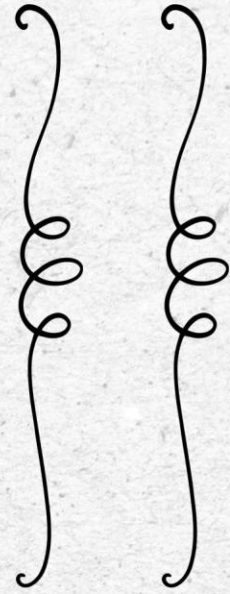


## Amy & Eva's Banana & Raspberry Pancakes

## Instructions

1. In a bowl mash 1 large banana with a fork until it resembles a thick purée.
2. Stir in the beaten eggs, baking powder and vanilla extract.
3. Heat a large pan with a brush of oil.
4. Using  $\frac{1}{2}$  the batter, spoon 2 pancakes into pan, cooking for 1-2 mins each side.
5. Repeat process with remaining batter.
6. Serve with raspberries (and other fruit of choice. Amy also loves yoghurt!)





YUM

The Sweeney  
Family





## Ingredients

1 Quinoa Turkey burger

1 nest of Blue Dragon dry noodles  
(medium)

$\frac{1}{2}$  red, green, yellow peppers

$\frac{1}{2}$  white onion (chopped into big chunks)

5/6 mushrooms

Handful of spinach

1tbsp Sweet chilli sauce

1 tsp sriracha sauce

Low cal oil spray



## Instructions

1. Boil noodles .
2. Heat pan and add a few sprays of oil. Fry turkey burger for a few mins, turning on both sides .
3. Add chopped vegetables.
4. Fry to liking and until turkey cooked through.
5. Drain noodles and add to pan.
6. Add chilli sauce, sriracha sauce and spinach.
7. Toss for a minute.
8. Serve and enjoy!
9. For a sweet to finish, enjoy vanilla protein yoghurt with strawberries and a sprinkle of flaxseed.

**Múinteoir  
Deborah's  
Turkey  
Noodles**

**The Tyrrell Family**





Thank you for your contribution to this recipe book. We hope you have lots of fun trying out some of the delicious healthy recipes.

Remember a healthy body = a healthy mind.  
Míle Buíochas,  
The Amber Well-being Team

Erin, Kayla, Rhían, Lorcán, Peyton, Feagan, Paddy,  
Abbie & Múinteoir Deborah

February 2022