

30 Healthy Recipes





Enjoy Without Guilt

I love food. I love cooking and eating; I honestly could not imagine myself going on a diet or restricting my food choices. But after giving birth to my daughter Maya, I realized that I needed to pay more attention to what I eat. At first I began this journey in an effort to lose the weight I gained during pregnancy, but then it became about staying healthy so I can keep up with Maya's endless energy.

As I began reviewing my favorite recipes and adjusting what I eat, I knew that I was unwilling to compromise on taste, and Dr. Ghita Iraqi was the perfect person to talk to in order to achieve this goal. With her expert advice on nutrition and healthy living, we reimagined some of our most beloved treats using healthy ingredients, so we can have 100% satisfaction with 0% guilt. And now we are sharing these delicious recipes with you in our book "Enjoy Without Guilt".

We hope it will inspire you to cook and eat your favorite meals while also leading a healthy lifestyle.

Alia Al Kasimi



Enjoy Without Guilt

I believe that our body is a gift and we should treat it as such. I don't believe in diets but rather in making healthy sustained choices on a daily basis. You can do the same! I am a big believer in getting to know your body and feeding it what it needs without depriving yourself. You don't have to count calories or stop eating certain foods. You can eat food that makes you happy while still being healthy. The key is balance! Choose good ingredients, make easy substitutions, and feed yourself and your family delicious food that will nourish your bodies the right way.

Alia and I agree on this point and this book reflects our philosophy regarding the symbiosis between healthy food and body, in the hope that it inspires you in making healthy food choices and leading a happy and healthy life!

Dr. Ghita Iraqi



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Soup with Shrimp and Glass Noodles



Complexity
Easy

Serves
4

Preparation time
20 minutes

Cooking time
20 minutes

Soup with Shrimp and Glass Noodles



Ingredients

- 100 grams (3.5 oz) shrimp, peeled
- 100 grams (3.5 oz) calamari, cut into slices
- 3 tablespoons olive oil
- 1 medium onion, grated
- 50 grams (1.7 oz) dried black mushrooms, soaked in hot water for 30 minutes then cut into pieces
- 1 tablespoon cornstarch
- 2 tablespoons soy sauce
- 2 tablespoons fish sauce nuoc mam
- 1 liter (5 cups) hot water
- 50 grams (1.7 oz) glass noodles, soaked in hot water for 10 minutes
- 2 tablespoons finely chopped cilantro
- Salt and pepper, to taste





Step by step

- Heat the olive oil in a large pot over medium heat. Add the grated onion and cook for 5 minutes stirring from time to time with a wooden spoon until soft.
- Drain the black mushrooms and add them along with salt and pepper. Cook for 2 minutes.
- Add the calamari and cornstarch. Continue cooking for another 2 minutes stirring from time to time until the ingredients are combined.
- Add the shrimp, hot water, soy sauce, and fish sauce. Cover the pot and bring to a boil.

Health tip

This soup is rich in proteins (shrimp, calamari), vegetables (onions, mushrooms) and carbohydrates (glass noodles.) It also has the added benefit of meeting a large proportion of your daily nutrient requirements, which makes it a fantastic replacement for the classic Harira.



- Drain the glass noodles then cut them into smaller pieces using scissors. Add the noodles to the pot, cover the pot and cook the soup on medium-high heat for 10 minutes.
- At the end of cooking, add the chopped cilantro and turn the heat off. Serve hot.



Pumpkin Soup



Complexity
Easy

Serves
4

Preparation time
15 minutes

Cooking time
25 minutes

Pumpkin Soup



Ingredients

- 250 grams (8.8 oz) pumpkin, cut into medium cubes
- 1 medium sweet potato, peeled and cut into medium cubes
- 2 carrots, peeled and cut into small cubes
- 1 medium onion, finely chopped
- 2 garlic cloves, grated
- 2 tablespoons olive oil
- Salt and pepper, to taste
- 1 liter (5 cups) water
- Fresh parsley leaves for decoration





Step by step

- Heat the olive oil in a large pot over medium heat. Add the onion and garlic, and cook for 2 minutes until soft.

- Add the pumpkin cubes, sweet potato, carrots, salt, and pepper. Continue cooking for 10 minutes while occasionally stirring.

- Cover the vegetables with water. Cover the pot and cook on medium-high heat for 25 minutes or until all the vegetables become soft.

- Once the vegetables are cooked, remove the pot from the heat and allow the soup mixture to cool down for a few minutes before blending.

- Pour the soup mixture in a blender and mix until you obtain a smooth and creamy texture. Add more water to get your desired consistency.





Health tip

Carrots are rich in vitamin A, which is good for your eyes and skin.

- Pour the soup back into the pot, taste and adjust the seasoning, then reheat again before serving.
- When serving, add a drizzle of olive oil and some fresh parsley leaves. Serve hot.



Chorha of Oats and Chicken



Complexity
Easy

Serves
4

Preparation time
20 minutes

Cooking time
25 minutes

Chorba of Oats and Chicken



Ingredients

- 1 small onion, finely chopped
- 1 large zucchini, grated
- 1 large carrot, peeled and grated
- 100 grams (3.5 oz) chicken breast, cut into small cubes
- 2 tablespoons olive oil
- 1 rosemary sprig
- 1 tablespoon tomato paste
- 2 tablespoons finely chopped parsley
- Salt and pepper, to taste
- 1/4 teaspoon ground ginger
- 1/2 teaspoon ground turmeric
- 100 grams (1 cup) rolled oats
- 1 liter (5 cups) water
- Fresh parsley leaves for decoration





Step by step

- Heat the olive oil in a large pot over medium heat. Add the onion and rosemary and cook for 2 minutes.
- Add the chicken cubes, zucchini, carrots, tomato paste, parsley, ginger, turmeric, salt, and pepper. Continue cooking for 8 minutes while occasionally stirring until the chicken is half cooked.
- Add the water then cover the pot and cook all the ingredients on high-heat for 10 minutes.
- Add the oats to the chorba mixture, and mix with a ladle until all is well combined.
- Cover the pot once again and

Health tip

This soup is another great alternative to the Harira. It is lighter and richer in fiber in addition to being gluten free.



continue cooking the chorba on medium-high heat, stirring occasionally, for around 10 minutes or until the oats are tender.

- Garnish the chorba with fresh parsley leaves and serve hot with toasted whole wheat bread.



Whole Wheat Baghrir



Complexity
Easy

Serves
11 baghrir

Preparation time
30 minutes

Cooking time
4 minutes

Whole Wheat Baghrir



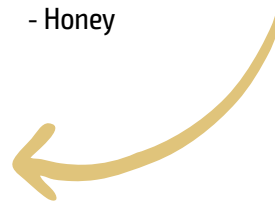
Ingredients

For the whole wheat baghrir:

- 200 grams (1 2/3 cups) whole wheat flour
- 50 grams (1/4 cup) fine semolina
- 1 teaspoon salt
- 1 teaspoon light brown sugar
- 1 tablespoon dry yeast
- 1 tablespoon baking powder
- 500 milliliters (4 cups) lukewarm water (more water to adjust the consistency if needed)

For Serving:

- Almond butter
- Olive oil
- Honey



Step by step

- In a large bowl, add the whole wheat flour, fine semolina, light brown sugar, dry yeast, baking powder, and salt. Whisk to combine.

Health tip

The fiber content in wholemeal flour has excellent health benefits on the intestinal transit, making it an excellent alternative to white flour traditionally used in recipes.

- Add the water little by little while mixing until an homogeneous and smooth batter is obtained. If the flour used has a higher absorption rate, add more water to adjust the batter consistency.
- Pour the baghrir mixture in a blender and blend for 3 minutes to make the batter smoother.
- Pour the baghrir mixture in a large bowl, cover with plastic wrap, and place in a warm spot. Let it rest for 25 minutes until the batter rises.





- Heat a non-stick flat pan over medium high heat. Mix the batter with a ladle. Reduce the heat to medium, pour small portions of the baghrir batter in the pan, and cook on one side for 1 minute until small holes start to form on the surface and the batter is no longer wet.
- Place the cooked baghrir on a clean cloth, one next to the other. If still hot and stacked, the baghrir will stick to each other.
- Serve the whole wheat baghrir warm with almond butter, honey, olive oil, or any other topic of your choice.



Whole Wheat Crêpes



Complexity
Easy

Serves
15 crêpes

Preparation time
15 minutes

Cooking time
4 minutes

Whole Wheat Crêpes



Ingredients

For the whole wheat crêpes:

- 200 grams (1 2/3 cups) whole wheat flour
- 50 grams (1/2 cup) cornstarch
- 4 eggs
- 1 pinch of salt
- 50 milliliters (1/4 cup) vegetable oil
- 500 milliliters (4 cups) milk

For serving:

- Cream cheese
- Strawberries



Step by step

1. Place the milk in a saucepan over medium heat and heat it up until it reaches a boiling point.

2. In a large bowl, add the whole wheat flour, cornstarch, salt, eggs, and vegetable oil. Whisk until well combined.

Health tip

Colza oil and buckwheat are very interesting alternatives to olive oil and whole wheat. The richness in Omega 3 of colza oil and the nutritional superiority of buckwheat flour allow the recipe to meet even more the daily needs in nutrients for the body.

3. Gradually add the hot milk while mixing until you get a smooth batter without lumps.





4. Heat a non-stick flat pan over medium heat. Mix the batter with a ladle. Pour a portion of the batter, tip and rotate the pan to spread the batter as thinly as possible. Cook for 2 minutes on both sides until slightly golden brown.

5. Serve the whole wheat crêpes warm with cream cheese, strawberries, or any topping of your choice.



Whole Wheat Crêpes with Salmon & Leek



Complexity
Easy

Serves
6

Preparation time
15 minute

Cooking time
10 minute

Whole Wheat Crêpes with Salmon & Leek



Ingredients

- 6 whole wheat crêpes
- 200 grams (7 oz) fresh salmon, cut into cubes
- 4 leeks, finely chopped
- 3 tablespoons olive oil
- 1 teaspoon garlic powder
- 1 tablespoon fresh chopped dill
- 3 tablespoons lemon juice
- 1 tablespoon lemon zest
- Salt and pepper, to taste
- 2 tablespoons whole grain mustard

For decoration:

- Fresh dill, chopped
- Lemon zest





Step by step

- Heat olive oil in a large pan over medium heat. Add the chopped leeks, garlic powder, salt, and pepper. Cook for 3 minutes stirring from time to time with a wooden spoon until soft.
- Add the salmon, dill, lemon juice, and continue cooking for 5 minutes stirring constantly until the salmon is done.
- Remove the pan from the heat, add lemon zest to the salmon, and gently mix with a wooden spoon to combine. Allow to cool.



Health tip

Salmon is an excellent source of Omega 3, making this recipe a fantastic healthy option to improve your overall heart health. Favor the consumption of salmon and sardines during Ramadan.





- Place one crêpe on a serving plate, spread one teaspoon of whole grain mustard, garnish one side with the salmon filling, and fold the other side to the filling.
- Garnish the crêpes with fresh dill leaves and lemon zest. Serve immediately with a side salad.



Whole Wheat Bathout



Complexity
Easy

Serves
15

Preparation time
1 hour

Cooking time
5 minutes

Whole Wheat Bathout



Ingredients

- 300 grams (1 1/2 cups) whole wheat flour
- 75 grams (1 cup) all-purpose flour
- 1/2 teaspoon salt
- 1 tablespoon dry yeast
- 1 teaspoon light brown sugar
- 300 milliliters (1 1/2 cup) lukewarm water



Step by step

- In a large bowl, add the whole wheat flour, all purpose flour, and salt. Mix together with a spoon until well combined.

Health tip

Bread is an essential food during Ramadan because of its satiating effect. However, it is recommended to consume it in moderation given its very high carbohydrate content. Or, even better, you can replace it with whole wheat bread.

- In a small bowl, stir together the water, light brown sugar, and dry yeast.
- Cover the bowl with plastic wrap and allow the mixture to stand for 10 to 15 minutes until the yeast activates and becomes bubbly.
- Add the yeast mixture to the flour mixture and mix together with your hands until a smooth dough is formed. Knead the dough for 15 minutes.

- Cover the dough with plastic wrap or a clean, dry towel, then place in a warm spot for 45 minutes until the dough doubles in size.

- Dust some whole wheat flour on your work surface. Gently knead the batbout dough for 5 minutes. Cut the dough into 4 portions.





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- Take a portion of the dough and roll it out with a rolling pin to a medium thickness.
- Using a round cookie cutter of 8 cm, cut out the circles. Cover with a clean towel and allow to rest for 15 minutes.
- Heat a nonstick pan over medium heat. Once the pan is hot, start cooking the batbout for a few minutes on each side until it puffs up and becomes golden brown.
- Serve the batbout warm with cheese, olive tapenade, or any other topping of your choice.



7

Whole Wheat Bathout Filled with Chicken



Complexity
Easy

Serves
15

Preparation time
20 minutes

Cooking time
8 minutes

Whole Wheat Bathout Filled with Chicken



Ingredients

- 15 mini whole wheat bathouts
- 250 grams (8.8 oz) chicken breast, cut into medium cubes
- 2 tablespoons freshly chopped parsley
- 1 teaspoon ground ginger
- 1/4 teaspoon pepper
- 2 teaspoons soy sauce
- 1 teaspoon garlic powder (or grated fresh garlic)
- 5 tablespoons unsweetened plain yogurt
- 2 tablespoons olive oil
- 3 tablespoons whole grain mustard
- 1 medium tomato, cut into thin slices
- 5 lettuce leaves, chopped





Step by step

Step 1: Preparing the chicken filling

- In a large bowl, add the chicken, parsley, ground ginger, pepper, soy sauce, garlic powder, and yogurt. Mix to combine.

Health tip

Chicken, sugar-free plain yogurt, tomato and lettuce allow simple batbouts to turn into a light and balanced dinner.

- Cover the chicken with plastic wrap, place it in the fridge for about 25 minutes and allow to marinate.
- Heat the olive oil in a large pan over medium heat. Add the chicken mixture and cook for 8 minutes stirring from time to time with a wooden spoon until the chicken is done and becomes golden brown.

Step 2: Assembling the batbout buns

- Using a sharp knife, open the batbout buns to form a pocket.
- Spread some mustard in each bun, then add a layer of tomato and lettuce. Add 1 tablespoon of the cooked chicken in each batbout.
- Serve with a yogurt sauce or any sauce of your choice.



Complexity
Easy

Serves
1 large
pizza dough

Preparation time
15 minutes

Cooking time
12 minutes

Whole Wheat Pizza Dough



Ingredients

- 250 grams (1 1/2 cups) whole wheat flour
- 200 grams (7 oz) plain yogurt, unsweetened
- 4 tablespoons water
- 2 tablespoons baking powder
- 1/2 teaspoon salt





Step by step

- In a large bowl, add the flour, plain yogurt, water, baking powder, and salt.
- Mix all the ingredients together using a wooden spoon or your hands until a smooth dough is formed. This dough does not need to rest, you can use it immediately.

Health tip

Whole wheat and plain yogurt give a different consistency to the pizza dough, allowing for better intestinal health and increased protein intake.

- Roll out the dough with a rolling pin to a medium thickness.
- You can keep the pizza dough in the form of a large circle or you can cut it into small circles using a cookie cutter.
- Place the shaped dough on a baking sheet covered with parchment paper. Prick the dough all over with a fork. Then lightly brush it with water.
- Bake the pizza dough in a pre-heated oven at 200°C / 392°F For 12 minutes.
- Top the pizza dough with the cooked filling of your choice (caramelized onions, tomato sauce, cheese, etc.), then bake again for a few minutes until set. Serve immediately.

Mini Tuna Pizzas



Complexity
Easy

Serves
10 mini
pizza

Preparation time
20 minutes

Cooking time
5 minutes

Mini Tuna Pizzas



Ingredients

10 mini whole wheat pizza dough, cooked

For tomato sauce:

6 tablespoons plain tomato puree
1/2 teaspoon dried thyme
1/2 teaspoon garlic powder
1 tablespoon freshly chopped parsley
1 tablespoon olive oil
Salt and pepper, to taste

For topping:

- 80 grams (2.8 oz) canned tuna, drained
- 3 tablespoons sliced black olives
- 80 grams (2.8 oz) Edam cheese, grated
- Fresh parsley leaves, for garnish





Step by step

Step 1: Preparing the tomato sauce

- In a saucepan, over medium heat, add the tomato sauce, dried thyme, garlic powder, parsley, olive oil, salt and pepper.
- combine the ingredient then cook for 3 minutes. Set aside to cool.

Health tip

Tuna is rich in protein and Zinc, which makes it an excellent food for your skin, nails and hair. This pizza can be accompanied by a salad for a complete and light dinner.



Step 2: Assembling the mini pizzas

- Spread 1 teaspoon of the tomato sauce on the pizza dough.
- Garnish with tuna, black olives, and grated cheese.
- Place the mini pizzas in a pre-heated oven to 180°C/356°F for 2 minutes to melt the cheese.
- Top with fresh parsley leaves and serve immediately.



Harcha with Barley & Thyme



Complexity
Easy

Serves
8

Preparation time
20 minutes

Cooking time
7x minutes

Harcha with Barley & Thyme



Ingredients

- 100 grams (1/2 cup + 2 tablespoons) fine ground barley
- 100 grams (1/2 cup + 2 tablespoons) whole wheat flour
- 1 tablespoon dried thyme
- 1/4 teaspoon salt
- 1 teaspoon baking powder
- 60 milliliters (1/4 cup) olive oil
- 240 milliliters (1 cup) lukewarm milk





Step by step

1. In a large bowl, combine the barley, whole wheat flour, thyme, salt, and baking powder. Mix by hand all the ingredients until well incorporated.

2. Add the olive oil and continue mixing until all the ingredients are well coated and the mixture has a sandy texture.

3. Add the milk, little by little, while mixing until you get a smooth and slightly thick batter.



Health tip

Barley is rich in fiber and has a low glycemic index, which makes it filling without causing spikes in insulin levels. This recipe is the perfect food for Suhur or breaking the fast.

4. Let the harcha mixture rest for 10 minutes.





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5. Warm up a nonstick pan over medium heat. Dust the pan with whole wheat flour and barley, and shape the harcha dough into mini circles of 8 cm with medium thickness, and dust again with whole wheat flour.

6. Cook the mini harcha on both sides for about 5-7 minutes until golden brown.

7. Serve warm, with honey, cheese, or any filling of your choice!



7

Black Olive Cheesy Bread Rolls



Complexity
Easy

Serves
4

Preparation time
30 minutes

Cooking time
35 minutes

Black Olive Cheesy Bread Rolls



Ingredients

- 125 grams (1 cup) whole wheat flour
- 65 grams (1/2 cup) all-purpose flour
- 65 grams (1/2 cup) extra fine semolina
- 1/2 teaspoon salt
- 2 tablespoons sesame seeds
- 2 tablespoons ground green anise
- 2 tablespoons dried ground thyme
- 1 teaspoon dry yeast
- 50 grams (1/2 cup) black olives, sliced
- 2 tablespoons grated Edam cheese
- 120 milliliters (1/2 cup) warm water
- 2 tablespoons olive oil
- 70 grams (1/2 cup) seeds mix for decoration (pumpkin seeds, flax seeds, etc..)



Step by step

- In a large bowl, add the whole wheat flour, all purpose flour, extra fine semolina, salt, sesame seeds, ground green anise, thyme, and dry yeast. Mix all the ingredients together with a spatula until well combined.
- Add the warm water little by little and mix using your hands until all the dry ingredients are well incorporated into a smooth dough.



Health tip

The variety of seeds used make this recipe very healthy. The rolls also contain good fats and have a low glycemic index.

- Add the black olives and the grated Edam cheese. Sprinkle some flour on your table, then gently knead the dough using your hands for 10 minutes or until the dough becomes soft.





- Put the dough in a bowl, brush with olive oil and cover with plastic wrap or a clean towel. Place the dough in a warm spot and leave it to rise for 30 minutes or until it doubles in size.
- Start shaping the dough into medium balls, then place them on a baking sheet covered with parchment paper.
- Brush the bread surface with some water and decorate with the seed mix.
- Make incisions on the breads with a sharp knife, cover with a clean towel and allow to rest for 15 minutes.
- Bake the mini bread rolls in a preheated oven at 180°C / 356°F for 35 minutes, or until golden brown.
- Remove from the oven and serve warm.



Zucchini Waffles



Complexity
Easy

Serves
10

Preparation time
20 minutes

Cooking time
8 minutes

Zucchini Waffles



Ingredients

- 3 small grated zucchini (1 1/2 cups), squeeze well to remove all the excess water
- 1 small onion, finely chopped
- 200 grams (1 2/3 cups) whole wheat flour
- 1 tablespoon baking powder
- 1 teaspoon garlic powder
- 3 eggs
- 300 milliliters (1 1/4 cup) milk
- 2 tablespoons olive oil
- 2 tablespoons finely chopped parsley
- Salt and pepper, to taste



Step by step

- In a large bowl, add the whole wheat flour, baking powder, garlic powder, salt, and pepper. Mix well with a wooden spoon until well combined.
- In another bowl, add the eggs, milk, olive oil, and parsley. whisk until well incorporated.



Health tip

Using wholemeal flour instead of white flour and adding vegetables in a creative way gives us healthy waffles. A good snack for children and adults.

- Slowly add the egg mixture to the dry ingredients while whisking until the batter is smooth.





- Stir in the grated zucchini and onion. Mix until the zucchini is completely covered with the waffle batter.
- Brush a preheated waffle iron with olive oil and spoon into in the waffle batter.
- Cook the zucchini waffles for 8 to 10 minutes or until the outside is crispy.
- Serve the zucchini waffles hot, topped with cream cheese, guacamole, or any other topping of your choice.



Baked Rice Croquettes



Complexity
Easy

Serves
8 medium
croquettes

Preparation time
25 minutes

Cooking time
15 minutes

Baked Rice Croquettes



Ingredients

For the rice croquettes:

- 100 grams (1/2 cup) white rice
- 1 tablespoon mustard
- 1 tablespoon ketchup (optional)
- 1 tablespoon dried chives
- 1 teaspoon garlic powder
- 1 tablespoon olive oil
- Salt and pepper, to taste
- 80 grams (2.8 oz) mozzarella cheese, cut into cubes

For the breadcrumb coating:

- 150 grams (1 cup) breadcrumbs
- 100 grams (3/4 cups) all-purpose flour
- 2 eggs
- Salt and pepper, to taste

For decoration:

- Lemon zest





Step by step

- In a saucepan over medium heat, boil some water with a pinch of salt. Add the rice and cook for 20 minutes until tender.
- Drain the rice and set it aside to cool.

Health tip

Baking the croquettes in the oven instead of frying them is a great healthy alternative. This allows the croquettes to be less oily while keeping all of their nutritional benefits.

- Add the mustard, ketchup, dried chives, garlic powder, olive oil, salt, pepper, and mix together with a spoon until the mixture is well combined.





- Slightly spread a portion of the rice mixture into your hand, place 1 mozzarella cube in the center, then form medium sized balls. Repeat the same process with the remaining rice mixture.
- Place the flour, the whisked eggs and breadcrumbs in 3 separate bowls.
- Roll each rice ball in flour, then dip them in eggs and finally roll them in the breadcrumbs until completely coated.
- Place the rice balls on a baking sheet covered with parchment paper, and bake in a preheated oven at 180°C / 356°F for 15 minutes or until golden brown.
- Decorate the rice croquettes with lemon zest and serve them warm, with tomato sauce and a fresh salad.



Frittata with Spinach & Peppers



Complexity
Easy

Serves
4 people

Preparation time
10 minutes

Cooking time
15 minutes

Frittata with Spinach & Peppers



Ingredients

- 8 Eggs
- 4 tablespoons milk
- 10 grams (1 cup) baby spinach
- 1/2 onion chopped
- 1/4 red bell pepper, cut into small cubes
- 1/4 yellow bell pepper, cut into small cubes
- 3 tablespoons olive oil
- 1 teaspoon garlic powder
- 1 tablespoon dried chives
- Salt and pepper, to taste





Step by step

1. In a large bowl, add the eggs, milk, salt, and pepper. Whisk until well combined. Set aside.
2. Heat olive oil in a large pan over medium heat. Add the onion and peppers, and cook for 5 minutes stirring from time to time until soft.
3. Add the baby spinach, pepper, garlic powder, and dried chives. Continue cooking for 3 minutes, stirring occasionally until all the vegetables are soft.



Health tip

This gluten-free recipe rich in micronutrients (bell pepper, garlic), protein (milk, eggs) and fiber (spinach, chives) is perfect for a light dinner.

4. Turn the heat down to low, add the egg mixture and quickly stir to mix.





5. Cook the frittata for 5 minutes until the edges are set.
6. Place the frittata in a preheated oven at 180°C / 356°F and bake for 10 minutes or until the top is golden brown and set.
7. Remove the frittata from the oven and allow it to cool for 10 minutes before serving.



Beetroot Tapenade



Complexity
Easy

Serves
1 medium
cup

Preparation time
20 minutes

Cooking time
5 minutes

Beetroot Tapenade



Ingredients

- 1 large beetroot (150 grams / 5 oz)
- 1 garlic clove
- 40 grams (1/2 cup) raw walnuts
- 2 tablespoons grated parmesan cheese
- 60 milliliters (1/4 cup) olive oil
- 2 tablespoons lemon juice
- 3 tablespoons finely chopped parsley
- Salt and pepper, to taste





Step by step

1. Place the beetroot in a pot, cover with water, and cook on medium high heat until it becomes tender.

2. Once done, remove the beetroot from the pot and allow to cool completely before peeling it and cutting it into cubes.

3. In a food processor, add the beetroot cubes, garlic, walnuts, parmesan, lemon juice, parsley, salt, pepper and pulse many times until all the ingredients are crushed.





4

Note The beetroot tapenade can be stored in the fridge in an airtight container for up to 6 days.



5

Health tip

Beetroot is a delicious vegetable that pairs nicely with the taste of garlic. Garlic has anti-inflammatory properties that are very beneficial for the body. On the other hand, beetroots are not recommended for diabetics because of their high glycemic index.

4. While the food processor is on, slowly add the olive oil until the beetroot mixture is well combined.

5. Add a small amount of water if the consistency is too thick.

6. Serve the beetroot tapenade in a glass jar, top with chopped parsley and walnut chunks. Serve with grilled wholewheat bread slices or arabic bread.



6

Banana Dates Smoothie



Complexity
Easy

Serves
2

Preparation time
10 minutes

Cooking time
-

Banana Dates Smoothie



Ingredients

- 360 milliliters (1 1/2 cup) milk
- 2 ripe bananas, peeled and sliced
- 4 medjool dates, pitted
- A small handful of raw unsalted walnuts
- 1 tablespoon chia seeds
- 2 tablespoons unsweetened creamy peanut butter





Step by step

- In a blender, combine the banana slices, medjoul dates, walnuts, chia seeds, and peanut butter. Mix until smooth.
- Add the milk little by little while continuing to blend until you reach the consistency of your choice.

Health tip

This recipe is considered an excellent energy drink thanks to the high hydrocarborates present in the bananas and dates. Perfect for recovering from a fasting day.



- Pour the date and banana smoothie into individual cups. Serve immediately.

Note If you prefer thick cold smoothies like milkshakes, either freeze the banana slices before using them or add ice cubes when blending.



Blueberry Coconut Smoothie



Complexity
Easy

Serves
2

Preparation time
10 minutes

Cooking time
6 minutes

Blueberry Coconut Smoothie



Ingredients

For the smoothie:

- 200 grams (7 oz) frozen blueberries
- 35 grams (1/3 cup) rolled oats
- 2 tablespoons plain greek yogurt
- 250 milliliters (1 cup) creamy coconut milk
- 1 tablespoon honey (optional)
- 2 tablespoons water, if needed

For decoration:

- 1 tablespoon dried unsweetened finely shredded coconut
- 6 fresh blueberries
- Fresh mint leaves





Step by step

- In a small pan over medium heat, add the rolled oats and toast for about 6 minutes, stirring from time to time using a wooden spoon until golden brown. Set aside to cool.
- In a blender, add the frozen blueberries, toasted oats, greek yogurt, coconut milk, and honey. Blend all the ingredients until smooth. Add a little bit of water to adjust the consistency of the smoothie as desired.



Health tip

Rich in proteins and antioxidants, this drink is perfect for athletes aiming to gain muscle mass.

- Garnish the smoothie with shredded coconut, fresh blueberries, and mint leaves. Serve cold.



Ginger Lemonade



Complexity
Easy

Serves
4

Preparation time
15 minutes

Cooking time
10 minutes

Ginger Lemonade



Ingredients

For the ginger syrup:

- 250 milliliters (1 cup) water
- 2 tablespoons coconut sugar
- 1/3 teaspoon ground turmeric
- 1 medium piece fresh ginger, peeled and cut into thin slices
- 1 sprig fresh rosemary

For the lemonade:

- 3 lemons
- 1 liter (4 cups) cold water
- 1 batch of ginger syrup
- Ice cubes
- Lemon slices, for garnish
- Fresh rosemary sprigs, for garnish





Step by step

Step 1: Preparing the ginger syrup

- In a small saucepan over medium heat, add the water, coconut sugar, turmeric, ginger slices, and rosemary. Bring to a boil.
- Cook the ginger mixture while stirring constantly for about 10 minutes until slightly thick.
- Remove the syrup from the heat, strain, and set aside in the fridge to cool.



Health tip

A good alternative to the commercial soda, the use of coconut sugar reduces the overall glycemic index of lemonade, in addition to the protective effect for the joints thanks to turmeric and ginger.

Step 2: Preparing the lemonade

- Juice the lemons using a hand juicer.
- Place the lemon slices and the rosemary sprigs in the bottom of a large pitcher, then add the lemon juice.
- Add the ginger syrup and fill the pitcher with cold water. Mix together with a spoon to combine.
- Add the ice cubes to the ginger lemonade and serve immediately.

Mango Apricot Smoothie



Complexity
Easy

Serves
2

Preparation time
10 minutes

Cooking time
-

Mango Apricot Smoothie



Ingredients

- 1 medium ripe mango, peeled and sliced
- 1/2 banana, peeled, sliced, and frozen
- 4 dried apricots, chopped
- 5 pecan nuts
- 1 teaspoon lemon zest
- 360 milliliters (1 1/2 cup) almond milk
- Dried goji berries, for garnish





Step by step

- In a blender, combine the mango, frozen banana, dried apricots, pecan nuts, and lemon zest. Blend until smooth.
- Add the almond milk little by little while blending, until you reach the smoothie consistency of your choice.

Health tip

It is generally preferable not to consume too much fruit juice, the excess of fructose in particular favors the development of visceral fat. However, if you still choose to drink some, adding foods like nuts, yoghurt, or dried fruit will decrease the smoothie's total glycemic index.

- Pour the smoothie into individual glasses, top with goji berries, and serve immediately!



Energy Booster Dry Fruits Smoothie



Complexity
Easy

Serves
2

Preparation time
10 minutes

Cooking time
3 minutes

Energy Booster Dry Fruits Smoothie



Ingredients

- 250 milliliters (1 cup) milk
- 1 tablespoon sesame seeds
- 7 walnut halves
- 3 medjool dates, pitted
- 1 teaspoon orange blossom water (optional)
- 1/3 teaspoon ground cinnamon





Step by step

- In a pan over medium heat, add the sesame seeds and walnuts. Toast for 3 minutes. Remove from the heat and allow to cool.
- In a blender, combine the sesame seeds, walnuts, dates, orange blossom water, cinnamon, and milk. Blend well.

Health tip

Nuts and cinnamon are renowned for their laxative effect, mainly thanks to the high fiber content of nuts. This drink is a perfect laxative and a great diet drink.



- Strain the smoothie to obtain a smoother texture if desired and serve immediately.



Date Jam



Complexity
Easy

Serves
250 grams

Preparation time
15 minutes

Cooking time
20 minutes

Date Jam



Ingredients

- 250 grams (9 oz) dates
- 120 milliliters (1/2 cup) orange juice
- 1 teaspoon ground cinnamon
- 1 teaspoon orange blossom water



Step by step

- Pit the dates then cut them into small cubes.
- In a saucepan, over medium-high heat, add the dates, orange juice, and cinnamon.
- Bring everything to a boil. Reduce the heat to medium-low and cook while mashing the dates with a wooden spoon until the dates absorb the liquid and a smooth mixture is obtained.
- Once the date mixture is cooked, remove the pot from the heat. Add the orange blossom water and mix.

Health tip

This date jam is a much better alternative to store-bought jam, the use of dates and orange juice cancels the need for added sugar and therefore reduces the consumption of it during the day.

- Place the date jam in a glass jar and set it aside to cool down.
- Store the date jam in the fridge for up to 1 month.



Strawberry Chia Jam



Complexity
Easy

Serves
1 medium
pot

Preparation time
5 minutes

Cooking time
10 minutes

Strawberry Chia Jam



Ingredients

- 200 grams (7 oz) fresh or frozen strawberries, cut into slices
- 2 tablespoons chia seeds
- 1 tablespoon lemon zest
- 1 tablespoon maple syrup or honey (optional)





Step by step

- Place the strawberries in a saucepan over medium heat. Cook for 10 minutes while occasionally stirring, until the strawberries break down and soften.
- Mash the strawberries using a spatula or a potato masher until you get the desired consistency.
- Stir in the chia seeds and lemon zest.
- Add the maple syrup if desired, stir to combine, then remove from the heat.



Health tip

This recipe is a fantastic replacement to the classic strawberry jam. It is sweet without any added sugars, and full of proteins from the chia seeds.

- Allow the jam to cool for 10 minutes to thicken.
- Give the strawberry chia jam a good stir and store in an airtight container in the fridge for up to 1 week.



Carrot Cake Overnight Oats



Complexity
Easy

Serves
2

Preparation time
15 minutes

Cooking time
-

Carrot Cake Overnight Oats



Ingredients

- 150 grams (1 1/2 cup) rolled oats
- 2 tablespoons raisins, roughly chopped
- 2 tablespoons walnuts, roughly chopped
- 1/2 teaspoon ground cinnamon
- A pinch of salt
- 360 milliliters (1 1/2 cup) milk
- 4 tablespoons carrot, grated
- 2 tablespoons maple syrup

For decoration:

- Walnut chunks
- Grated carrot



Step by step

- In a small bowl, add the oats, raisins, walnuts, cinnamon, and salt. Stir to combine.

Health tip

The high carbohydrate content of this recipe, which is found in nuts, oatmeal, carrots and maple syrup, gives this recipe a satiating effect to last all day without containing high glycemic index foods. Very good to prepare for breakfast.



- Add the carrots, maple syrup, milk, and mix together until well combined.
- Cover the bowl with plastic wrap and place in the fridge overnight.
- The day after, remove the plastic wrap and mix with a spoon. Add more milk if needed.
- Serve the carrot cake overnight oats in a glass jar, top with finely grated carrots and walnut chunks.



Note The overnight oats can be stored in the fridge in an airtight container for up to 5 days.

Mahalabia with Raspberry Sauce



Complexity
Easy

Serves
4

Preparation time
20 minutes

Cooking time
5 minutes

Mahalabia with Raspberry Sauce



Ingredients

For the Mahalabia:

- 375 milliliters (1 1/2 cups) milk
- 120 milliliters (1/2 cup) coconut milk
- 3 tablespoons cornstarch
- 50 grams (1/4 cup) coconut sugar
- 1 teaspoon rose water
- 80 grams walnuts, roasted and chopped

For the raspberry sauce:

- 200 grams fresh raspberries
- 2 tablespoons coconut sugar
- 4 fresh basil leaves
- 4 tablespoons water

For decoration:

- Fresh mint leaves

Step by step

Step 1: Preparing the mahalabia

1. In a saucepan, add the milk, coconut milk, cornstarch and coconut sugar. Whisk all the ingredients together until well combined. Make sure the cornstarch is not stuck at the bottom of the pan.

Health tip

This recipe is the perfect sweet treat without guilt. By using ingredients with a low glycemic index such as raspberries and replacing the sugar with coconut sugar, you can have a dessert that is both delicious and healthy.

2. Put the saucepan over medium heat and cook the mahalabia mixture stirring constantly with a spatula for about 8 to 10 minutes or until it begins to thicken and the texture is creamy and smooth.

3. Remove the mahalabia cream from the heat, add in the rose water and mix to combine. Set aside and allow to cool for 10 minutes.





Step 2: Preparing the raspberry sauce

4. In a saucepan over medium heat, add the raspberries, coconut sugar, basil, and water.

5. Cook the raspberries for 10 minutes stirring from time to time with a spatula or until the texture becomes thick like a jam. Remove from the heat and allow to cool.



Step 3: Assembling the mahalabia verrines

6. Place two heaped tablespoons of chopped walnuts at the bottom of each verrine or any desired serving glass. Add 4 tablespoons of mahalabia cream.

7. Cover the verrines with plastic wrap and refrigerate for 6 hours or overnight for best results.

8. Garnish the mahalabia pudding with a thin layer of raspberry sauce. Decorate with fresh mint leaves and serve immediately.



Brownie Muffins



Complexity
Easy

Serves
10

Preparation time
15 minutes

Cooking time
15 minutes

Brownie Muffins



Ingredients

For the brownie muffins:

- 200 grams (7 oz) sweet potatoes, peeled and cut into cubes
- 150 grams (5.2 oz) 70% dark chocolate
- 100 milliliters (1/2 cup) milk
- 1/2 teaspoon ground cinnamon
- 2 eggs
- 2 tablespoons honey
- 80 grams (3/4 cup) unsweetened coconut flour
- 1 teaspoon baking powder

For decoration:

- 3 tablespoons dried unsweetened finely shredded coconut
- 3 tablespoons chopped walnuts



Step by step

- In a saucepan over medium heat, boil water with a pinch of salt. Add the sweet potatoes and cook for 30 minutes or until fork tender.
- Drain the sweet potatoes from water, place them in a large bowl, press and mash them using a potato masher until you get a puree. Set aside to cool.
- In another saucepan over medium heat, add the dark chocolate, milk, and heat up until the chocolate is completely melted. Set aside to cool.
- In a large bowl, add the mashed sweet potatoes, cinnamon, eggs, honey, and the melted chocolate. Whisk until well combined.

Health tip

Muffins are an unhealthy treats because they are often made with white flour and sugar, which have a high glycemic index. The use of sweet potatoes, honey and cinnamon in this recipe helps keep the beloved treats sweet, while making them healthier. Perfect for suhur with a side of yoghurt or as a snack for children.

- Add the coconut flour, the baking powder, and continue mixing until a homogeneous and smooth brownie batter is obtained.





- In a muffin pan, place muffin paper cups and spoon the brownie batter into each paper cup. Top with chopped walnuts before baking.
- In a preheated oven at 180°C / 356°F, bake the brownie muffins for 15-20 minutes, until they are cooked. Insert a toothpick in the center of a muffin, it should come out dry.
- Remove the brownie muffins from the oven and allow to cool completely. Garnish with shredded coconut and serve.



Cupcakes with Sorghum Grain Flour



Complexity
Easy

Serves
12

Preparation time
20 minutes

Cooking time
15 minutes

Cupcakes with Sorghum Grain Flour



Ingredients

- 2 eggs
- 90 grams (1/2 cup) coconut sugar
- 2 ripe bananas, mashed
- 60 milliliters (1/2 cup) almond milk
- 50 grams (1/2 cup) almond powder
- 1 teaspoon vanilla extract
- 125 grams (1 cup) sorghum grain flour
- 50 grams (1/2 cup) rolled oats
- 1 teaspoon baking powder
- 1 pinch of salt
- A handful of rolled oats

Step by step

1. In a large bowl, whisk together the coconut sugar and eggs using a whisk until fluffy and well combined.

2. Add the mashed bananas, almond milk, almond powder, and vanilla extract. Continue mixing until well incorporated.

3. In a medium bowl, add the sorghum grain flour, rolled oats, baking powder, and salt. Mix until well combined..

Health tip

Millet is very popular in Morocco. It is rich in calcium, which helps fight against osteoporosis and bone fractures. Millet is particularly recommended for people with diabetes as it helps keep blood sugar levels steady.

4. Gradually add the sorghum grain flour to the banana and egg mixture while continuing to mix. The cupcake batter should be homogenous.





5. Place the cupcake liners in a muffin tin. Fill the cupcake liners 3/4 of the way with the cupcake batter, then top with rolled oats.

6. In a preheated oven at 180°C / 356°F, bake the cupcakes for 15 minutes or until done. When you insert a toothpick in the center of a cupcake, it should come out dry.

7. Remove the cupcakes from the oven and allow them to cool completely before serving.



Savory Baked Fekkas (without flour)



Complexity
Easy

Serves
250 grams

Preparation time
20 minutes

Cooking time
15 minutes

Savory Baked Fekkas (without flour)



Ingredients

- 180 grams (1 1/2 cups) almond powder
- 2 tablespoons olive oil
- 1 tablespoon dried thyme, ground
- 2 tablespoons chia seeds, ground
- Salt and pepper, to taste
- 40 milliliters (1/4 cup) water



Step by step

- In a large bowl, add the almond powder, olive oil, dried thyme, chia seeds, salt, and pepper.
- Mix all the ingredients with a spatula until well combined, then add the water little by little while mixing until you get a smooth dough.
- Place the dough between two pieces of parchment paper and roll it out using a rolling pin to a medium thickness (1 cm).
- Using a knife, cut the dough into medium sized triangles, or squares, or into any shape you prefer.

Health tip

Do not hesitate to add sunflower, pumpkin or flax seeds to the recipe in order to make a multigrain fekkas, rich in fiber, proteins and Omega-3s, which are good for heart health.

- Place the savory fekkas on a baking sheet covered with parchment paper, and bake in a preheated oven at 180°C / 356°F for 15 minutes or until medium golden brown.
- Allow the fekkas to cool down completely before serving. Note that as the fekkas cools down, it becomes crunchy.



Healthy Sellou



Complexity
Easy

Serves
500 grams

Preparation time
30 minutes

Cooking time
30 minutes

Healthy Sellou



Ingredients

- 125 grams (1 cup) whole wheat flour
- 100 grams (1/2 cup) sesame seeds
- 200 grams (1 2/5 cups) whole raw almond
- 60 grams (1/2 cup) flax seeds
- 1 tablespoon ground green anise, roasted
- 1/2 teaspoon ground cinnamon
- 3 tablespoons olive oil
- 3 tablespoons honey
- 1 pinch of salt
- 3 tablespoons roasted almond flakes for decoration





Step by step

Step 1: Preparing the ingredients

- In a large pan over medium-low heat, add the whole wheat flour and spread it. Cook the whole wheat flour for 20 minutes, stirring every 5 minutes with a wooden spoon until it is evenly colored to medium golden brown (do not burn.) Set aside.
- In the same pan over medium heat, add the sesame seeds and toast them for 10 minutes, stirring constantly until they are golden brown. Set aside to cool.
- In the same pan over medium heat, add the flax seeds and toast them for 10 minutes, stirring constantly until crunchy. Set aside to cool.
- Place the almonds on a baking sheet covered with parchment paper and roast them in a preheated oven at 180°C / 356°F for 10 minutes until they become golden. Set aside until they cool completely before using.
- Place the 1/3 of sesame seeds in a food processor and blend them until a smooth paste is formed. Set aside.





- In the same food processor, place the 1/2 of roasted almonds. Add the flax seeds and blend to a rough consistency. Set aside.
- Place the remaining half of the almonds in the food processor and blend until creamy. Set aside.

Health tip

Try the taste of Sello but healthy. The different rich seeds used in this recipe paired with the green anise give this recipe excellent laxative and antioxidant properties.



Step 2: Mixing the ingredients

- In a large bowl, add the whole wheat flour, chopped almonds, 1/2 of the sesame seeds, flax seeds, sesame paste, almond butter, ground green anise, cinnamon, honey, sesame oil, and salt, then mix to combine.
- Knead the healthy sellou mixture with your hands for a few minutes to make sure that all the ingredients are well mixed.
- Place the healthy sellou in a serving dish and garnish with the toasted almond flakes. Serve with tea.



Healthy Zammita



Complexity
Medium

Serves
1 Kg

Preparation time
30 minutes

Cooking time
30 minutes

Healthy Zammita



Ingredients

For the zammita:

- 350 grams (2 1/2 cups) barley flour (or 200 grams (1 2/3 cups) whole wheat flour + 150 grams (1 1/2 cups) rolled oats)
- 150 grams (1 cup) whole raw almonds
- 150 grams (1 cup) sesame seeds, roasted
- 2 tablespoons ground green anise seeds
- 1/2 tablespoon ground cinnamon
- 1/4 teaspoon ground nutmeg
- 1/4 teaspoon of ground mastic (Arabic gum)
- 1/2 teaspoon of salt
- 150 milliliters (2/3 cups) mixture of olive oil
- 3 tablespoons honey (add more honey if needed)

For decoration:

- 2 tablespoons fried almonds
- Walnut chunks



Step by step

1. In a large pan over low heat, add the barley flour (or whole wheat flour) and evenly spread it. Cook for 15 minutes stirring every 5 minutes with a wooden spoon until golden brown. Make sure not to overcook the wheat and burn it. Set aside and allow to cool.

2. In the same pan over medium-low heat, add the rolled oats and toast for 10 minutes until golden brown and crunchy. Allow to cool then transfer to an electric mixer and blend into a powder. Set aside.

3. Place the almonds on a baking sheet covered with parchment paper and roast them in a preheated oven at 180°C / 356°F for 10 minutes until they become slightly golden. Allow to cool completely before using.

4. In a food processor, place the roasted sesame seeds and mix them until a smooth paste is formed. Set aside.

Health tip

The Arabic gum and nutmeg have anti-inflammatory properties that make this classic Moroccan recipe healthy while adding a unique and delicious taste.

5. In the same food processor, place the roasted almonds and blend them until they turn into a creamy almond butter. Set aside.

6. In a large bowl, combine the whole wheat flour, oat flour, salt, ground anise, ground cinnamon, ground nutmeg, and ground mastic. Mix and sift.





7



8

7. Add the sesame paste, almond butter, olive oil and knead using hands for 10 minutes until the mixture becomes compact and well combined.

8. Add the honey slowly while kneading the zammita mixture until it becomes homogenous.

9. Fill small bowls with zammita and press it well with a spoon so that it keeps the shape of the bowl. Invert the zammita onto a serving plate and decorate with almonds and walnut chunks. Serve with tea.



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