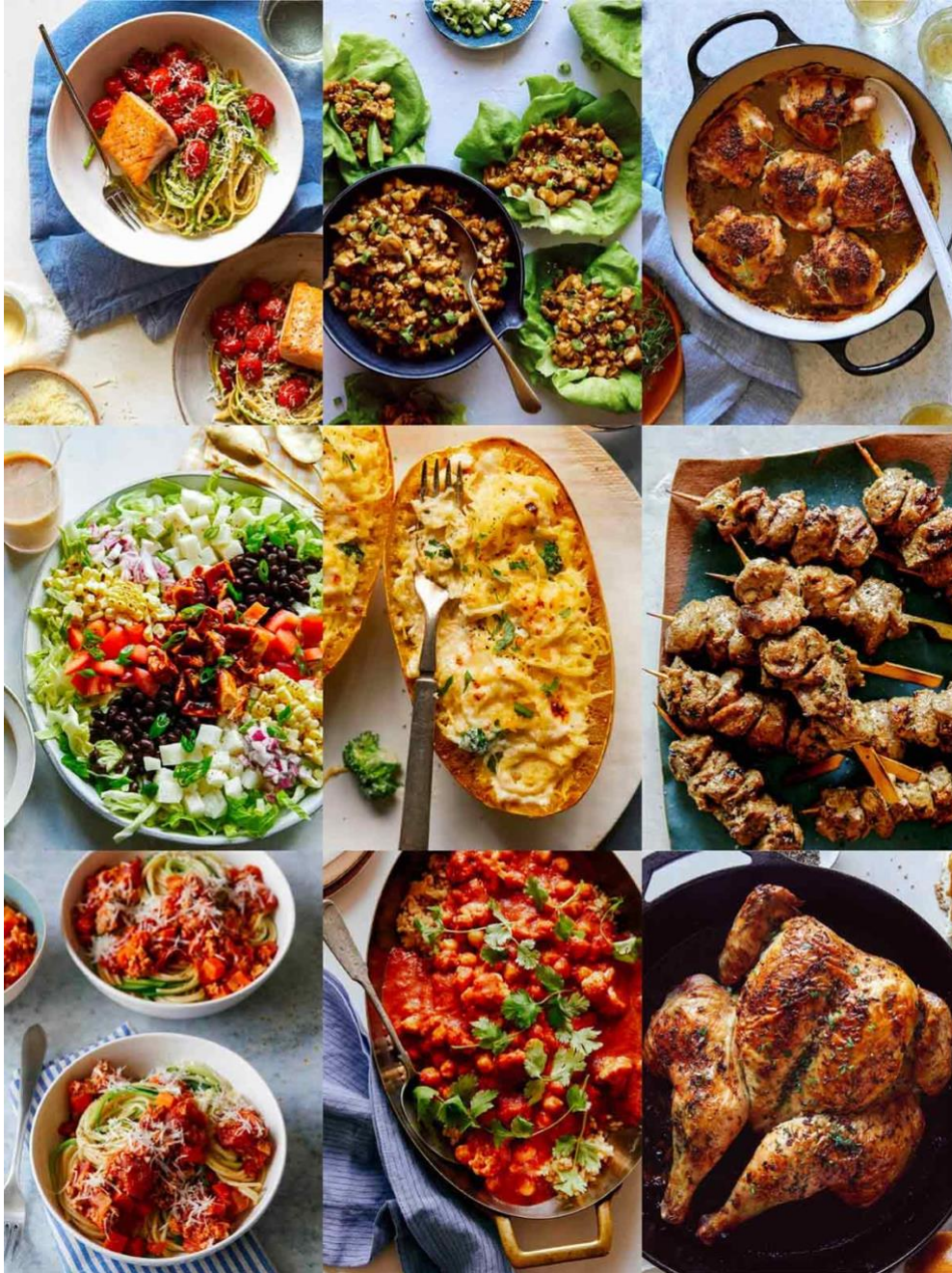


Presipes

(Prez-i-peeeezz)(presentation+recipes)



Recipes collected from teachers and students for the purpose of displaying a healthy lifestyle and diet. These are quick, simple and tasty recipes to help give ideas for students.

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Mr. O'Learys sweet and sour chicken - <https://preswex->

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Page 15- Mr Grannell's 5 🌟 tuna pasta bake

Banana Pancake

Ingredients:

- 1 banana
- ¼ cup natural yogurt (milk can be used instead)
- 1 egg
- ½ cup porridge oats
- 1 tsp sodium bicarbonate
- 1 tsp honey

Method:

1. Combine all ingredients into blender and mix.
2. Add oil to pan allow to heat.
3. Add mixture and cook.
4. Flip when you see bubbles on the mixture
 - *should make two large pancakes
 - * Add chocolate chips for something sweeter 😊
5. Recommended with frozen berries, yogurt and honey.

Mr. O'Shea's Overnight oats

Option 1:

- 1 cup rolled oats
- 1 scoop protein
- 3/4 cup almond milk
- 1/4 cup blueberries
- 1/4 cup sliced strawberries
- 1 banana

Option 2:

- 1/2 cup rolled oats
- 1 Cup almond milk
- 1 tbsp peanut butter
- 1 tbsp cinnamon
- 1/2 Apple
- 1/2 banana
- Handful berries

Option 3:

- 2 cups oats
- 1 tbsp chia seeds
- 3 tbsp cocoa powder
- 2 cup milk (any)
- 2/3 cup yogurt Greek/coconut
- 2 tsp vanilla
- 1/3 cup honey/maple syrup
- 1/4 cup dark chocolate (chopped)



Yogurt cups

Ingredients:

- Natural Greek yogurt
- Berries (optional)
- Peanut butter (optional)
- Sprinkles (optional)

Method:

1. Place bun cases in tray
2. Put ≈ 1 tblsp yogurt in each case
3. Add peanut butter to middle
4. Decorate
5. Put in freezer for at least 3 hours (until frozen) *pack in lunch box and store in freezer
take out when desire



Yup Yup Yogurt

Ingredients (for 8-12 scoops):

- 150ml double cream
- 30g (1oz) icing sugar
- 500g natural yoghurt
- 90g chocolate cookies
- 90g soft fudge
- 60g mini marshmallows
- 60g honeycomb (optional)

Method:

1. Carefully chop the fudge and honeycomb into tiny pieces and break the cookies into slightly larger pieces. Leave to one side.
2. Pour the cream into the mixing bowl and sieve in the icing sugar. Lightly whip the cream to soft peaks, (you can use an electric or hand whisk)
3. Gently fold the yoghurt , honeycomb, fudge, cookies and marshmallow pieces into the cream using a plastic spatula or metal spoon.
4. Spoon the mixture into the tubs, cover and freeze. Stir the mixture after 2 hours to prevent ice crystals forming and then freeze for at least 2 more hours.

*Take out when desired and it's ready to eat 🍦🍦

Ms.Brennan's Chocolate and Coconut Protein balls

Power through the day with these protein packed snacks

Ingredients:

- Optimum nutrition whey gold (protein powder) 10g
- Desiccated coconut 30g
- Peanut butter 65g
- Rolled oats 50g
- Cocoa power 10g
- Honey 21g

Method:

1. Combine all ingredients together in a bowl
2. Weigh out $\approx 23\text{g}$ into ball shapes
3. Roll in coconut to create an outer layer
4. Store in fridge or freezer stand take out as wanted



Rowe's Potato Party

Go to heaven with this delicious 🦋dish🦋

Ingredients:

- 3 Rowe's potatoes, scrubbed clean
- 2 tbsp. olive oil
- Salt
- Freshly ground black pepper
- Pinch of cayenne pepper
- 1 tbsp. garlic powder
- 1 ½ shredded cheddar
- 6 slices of bacon cooked and crumbled
- Sour cream for serving
- 3 green onions for serving, thinly sliced



Method:

1. Preheat oven to 400 degrees. Slice potatoes into 1/2" coins
2. In a large bowl, toss the potato rounds in olive oil. Season with salt, pepper, cayenne and garlic. Toss until evenly coated.
3. Place in a single layer on a large baking sheet. Bake for 30 to 40 minutes, until lightly browned and tender flipping halfway through.
4. Top each potato round with cheese and bacon. Broil until melty, about 2 minutes.
5. Dollop sour cream onto each potato and garnish with green onions

Ms. Kenny's Chicken Noodle Stirfry and Peanut Sauce

Want the nicest stirfry in your life? This dish jumps all the poles 🍲

Ingredients (Sauce-enough for 2 people):

Mix and boil until thickened and smooth:

- 1 ½ tbsp peanut butter
- 1 ½ tbsp sweet chilli
- 1 tbsp soya sauce
- Juice of ½ a lime
- 100ml water

Method:

1. Fry off vegetables and remove from pan
2. Fry off chicken
3. Add Veg and ready to wok Udon Noodles and Sauce.
4. Mix all together and enjoy !!



Super Smoothies

Step up the gear with these not so average tasty smoothies

Option 1:

- 30g baby spinach
- ½ avocado
- 1 banana
- 160ml almond milk
- Ice cubes
- ½ tsp sweetener
(honey,syrup..)

Option 2:

- 225g raspberries
- 225g blueberries
- 1 banana
- 1 tbsp honey (optional)
- 150ml milk
- 150ml natural yogurt

Option 3:

- 1 mango
- 1 banana
- 240ml orange juice
- 125ml natural yogurt
- 20g porridge oats
- 1tbsp almond butter



Oat,Banana and Raisin Cookies

Ingredients:

- 200g porridge oats (80g blended into flour)
- 1 banana
- 35g raisins
- 25g biona organic coconut virgin oil
- 3 tbsp honey
- 1 tbsp flaxseed (mixed with 4 tbsp water)
- 2 tbsp water

Method:

1. Pre-heat the oven to 150 degrees celsius and line a baking tray with baking paper.
2. Mix the flaxseed and 4 tablespoons of water together and allow it to thicken up for 2-4 minutes
3. Add 80g of the oats to your food processor and blitz until a flour-like consistency is formed. Combine this with the remaining oats in a large bowl.
4. Add the coconut oil, banana, honey and water to the food processor and blitz again until smooth.
5. Pour this mixture, as well as the flaxseed and raisins into the bowl with the oats and stir until well combined.
6. Shape the mixture into cookie shape and place them on the baking tray.
7. Place in the oven for 12-15 minutes, until the cookies have turned a golden brown.
8. Leave to cool for 20 minutes to allow them to firm up.

Porridge on another Level

Coconut and Pomegranate Porridge

Ingredients:

- 40g Porridge Oats
- 115ml Water
- 115ml Light Coconut Milk
- ½ tsp Vanilla Essence
- 35g Pomegranate Seeds
- 10ml Honey



Method:

1. Add the oats, coconut milk, water and vanilla essence to a small saucepan.
2. Cook on a medium heat for about 5 minutes, stirring as you cook, until the liquid has been absorbed and the porridge is thick.
3. Drizzle over the honey and sprinkle over the pomegranate seeds.

Almond, Blueberry and Seed Porridge

- 40g Porridge Oats
- 230ml Almond Milk
- 35g Fresh Blueberries
- 10ml Maple Syrup
- 10g Chia Seeds
- A few Whole Almonds- coarsely chopped

Method:

1. Put oats and chia seeds in small saucepan and pour over almond milk.
2. Simmer gently for about 5 minutes, stirring as you cook, until the porridge is thick.
3. Drizzle over the maple syrup, then sprinkle over the blueberries and the almonds.



Apple and Pear Porridge

- 40g Porridge Oats
- 230ml Apple Juice
- 1 Large Pear
- 1 tsp Cinnamon
- 1 tbsp Natural Yoghurt
- 20 ml Honey
- 20g Sultanas

Method:

1. Peel the pear, cut into quarters lengthways and remove any seeds.
2. Put in a small saucepan with the apple juice and cinnamon and simmer gently for 5 minutes until pear slices are just tender.
3. Remove the slices and put to one side.
4. Add the oats to the saucepan and simmer for 5 minutes until the oats are softened.

Serve topped with yoghurt, the pear and a drizzle of honey and sprinkle over the sultanas



Ms Carr's Brown Bread

Ingredients:

- 6 oz Wholemeal Flour
- 2 oz Plain Flour
- 2 oz Pinhead Oats
- 1 oz Wheatgerm
- 1 tsp Bread Soda
- 1 Egg
- 350-400 ml Buttermilk

Method:

1. Combine all the dry ingredients and mix
2. Add the egg & buttermilk
3. Mix to a moist consistency
4. Grease a loaf tin with a spray of Rapeseed or 1Cal oil
5. Spoon mixture into loaf tin
6. Bake at 190° for approximately 45/50 minutes, until golden brown.

Munch-box Fillers

1. Melon ball skewers.
2. Cheese cubes, with red and green grapes on skewers.
3. Banana wrap – smear vanilla yoghurt on a wholemeal wrap, put in a peeled banana, then roll up to enclose and cut into quarters.
4. Mini wholemeal pittas filled with lettuce, turkey, tomato relish and cherry tomatoes.
5. Baby carrots.
6. Roasted red-pepper hummus.
7. Breadsticks wrapped in thinly sliced baked ham or parma ham.
8. Crunchy soya beans.
9. Dried apricots and cranberries.
10. Popcorn



Mr Grannell's 5★ Tuna Pasta Bake

Ingredients:

- 1 tuna steak- 200g
- 50g chorizo diced
- 150g pasta (thin pasta)
- 1 onion diced
- 2 cloves of garlic
- 1 fresh chilli diced
- 1 red bell pepper
- Handful of edamame beans
- ½ courgette chopped
- 200g passata
- 70g feta cheese
- 80g grated cheddar
- Tbsp. basil
- Salt
- ½ tsp oregano
- 2 tbsp. olive oil
- Ground black pepper
- 2 tbsp. parmesan
- 6 mushrooms chopped



Method:

1. Preheat oven to 190 degrees
2. Chop chorizo, onions, pepper and garlic
3. Add the vegetables to the pan on a medium heat with the chorizo, salt and olive oil and cook for 5 minutes
4. Cook pasta as directed in boiling water for approx. 12 minutes
5. Make a well in the veg for the tuna and place on the pan with the vegetables.
6. Fry the tuna until almost cooked, 2 minutes each side, then add the passata to mix with the flavours.
7. Add cooked tuna, and all the veg to a big bowl with the pasta. Mix in the feta cheese, black pepper and salt.
8. Transfer to a baking dish and sprinkle grated cheese or parmesan on top.
9. Place in your preheated oven for 10 mins

Thank You

Thank you to everybody who shared their favourite healthy recipes. We hope you find something you like.

We'd like to give a special thanks to the teachers who sent in some of their favourite recipes!

Thank you to:

Ms. Sunderland

Ms. Carr

Ms. Brennan

Ms. Kenny

Mr. Rowe

Mr. O'Shea

Mr. Grannell

Mr. O'Leary

We hope everybody had an amazing active schools week!.... Until next year

The Active Schools Team

Editors: Ciara Martin, Michaela Walsh, Ella Conroy, Hannah Corley and Eimear Elizabeth Doyle

