

Abbotsford
-let's make it

Healthy



Healthy Abbotsford's Cookbook

<http://bettertogetherbc.ca>



Berry Good Muffins

Recipe by Sydelle Murphy



Ingredients

- 5 Tbsp unsalted butter, softened
- 1/2 cup sugar
- 1 large egg
- 3/4 cup sour cream or plain yogurt
- 1/2 tsp. grated lemon zest
- 1 1/2 cups all-purpose flour
- 1 1/2 tsp baking powder
- 1/4 tsp salt
- 3/4 cup blueberries, fresh or frozen

Equipment

- measuring cups and spoons
- bowl
- spoon
- mixer (optional)
- sifter
- muffin tin (liners are optional)
- cooling rack

Rating: ☆ ☆ ☆ ☆ ☆

Notes

Berry Good Muffins

Recipe by Sydelle Murphy

Method

1. Preheat oven to 375° F.

Line a muffin tin with 10 paper liners or spray each tin with a non-stick spray.

Beat butter and sugar with an electric mixer until light and fluffy. Add egg and beat well, then blend in yogurt and zest.

Put flour, baking powder, baking soda and salt into a sifter and sift half of dry ingredients over batter. Mix until combined.

Sift remaining dry ingredients into batter and mix just until the flour disappears. Gently fold in your blueberries.

Bake for 25 to 30 minutes, until tops are golden and a tester inserted into the center of a muffin comes out clean. Let cool on a rack and enjoy!

Yogurt Rainbow Parfait

Recipe by Cristel Moubarak (adapted from BC Dairy Association)



Ingredients

- vanilla or strawberry yogurt
- unsalted sunflower and pumpkin seeds (raw or roasted)
- dried cranberries and raisins
- granola

Equipment

- cup
- spoons
- bowls

Rating: ☆ ☆ ☆ ☆ ☆

Notes

Yogurt Rainbow Parfait

Recipe by Cristel Moubarak (adapted from BC Dairy Association)

Method

1. Layer your parfait in the following sequence: Granola - yogurt - dried cranberries- sunflower seeds - yogurt - raisins- pumpkin seeds

Every spoonful will be of a unique mixed flavor!

Fruit Salad with Juice

Recipe by Cristel Moubarak

Ingredients

- Strawberries
- Blueberries
- peaches
- oranges
- mangoes
- 100% orange juice

Equipment

- knife
- cutting board
- bowl
- spoon

Rating: ☆ ☆ ☆ ☆ ☆

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Fruit Salad with Juice

Recipe by Cristel Moubarak

Method

1. Cut up all the fruits and mix together in a bowl.

Add 100% orange juice (as much or as little as you'd like) and mix.

Orange, Beets, and Fennel Salad

Recipe by Cristel Moubarak adapted from "Sprouting Chefs"

Ingredients

- ¼ cup balsamic vinegar
- ¼ cup orange juice
- 1/4 cup water
- to taste salt & pepper
- 6 small beets
- ¼ cup of olive oil
- 2 Tbsp maple

Equipment

- oven
- vegetable peeler
- cutting board
- knife
- roasting pan or baking sheet
- measuring cups & spoons
- aluminum foil
- glass jar
- mixing

Rating: ☆ ☆ ☆ ☆ ☆

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Orange, Beets, and Fennel Salad

Recipe by Cristel Moubarak adapted from "Sprouting Chefs"

Method

1. Preheat the oven to 425 degrees.

Peel the beets, cut them in half and place them in a mixing bowl.

Pour balsamic vinegar, orange juice, maple syrup, and water over beets and season with salt and pepper.

Arrange on the baking sheet, cover with foil, and bake until tender for 40-45 min.

For the dressing: add olive oil, maple syrup, and Dijon mustard to the glass jar; mix thoroughly until all ingredients are combined.

Peel and cut oranges in ½ moon slices.

Slice fennel bulb in ½, take out core, and slice fennel into small stripes.

Chop green onions.

Arrange vegetables and fruits on salad greens.

Add dressing right before serving.

