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## Black Bean & Roasted Red Pepper Patties

2 servings

35 minutes

### Ingredients

- 1 1/2 cups Black Beans (cooked)
- 142 grams Roasted Red Peppers (drained, chopped)
- 1/4 cup Parsley (chopped, tough stems removed)
- 1/4 cup Bread Crumbs
- 2 tbsps Feta Cheese
- 2 tsps Smoked Paprika
- 1 tsp Garlic Powder
- Sea Salt & Black Pepper (to taste)

### Nutrition

| Amount per serving |       |
|--------------------|-------|
| Calories           | 275   |
| Fat                | 4g    |
| Carbs              | 46g   |
| Fiber              | 13g   |
| Protein            | 15g   |
| Calcium            | 123mg |

### Directions

- 1 Preheat the oven to 400°F (205°C) and line a baking sheet with parchment paper.
- 2 Mash all the ingredients until a mixture forms, adding a few tablespoons of water one at a time if needed.
- 3 Form the mixture into patties, about three inches wide and one inch thick. Transfer to the baking sheet and bake for 25 to 30 minutes, flipping halfway, or until browned and crisp.
- 4 Divide onto plates and enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to four days, or freeze if longer.

**Serving Size:** One serving equals approximately two patties.

**Gluten-Free:** Use gluten-free bread crumbs or gluten-free crushed crackers instead of bread crumbs.

**Additional Toppings:** Serve with avocado slices, salsa, alongside a salad or in a lettuce wrap.



## Tamari Almonds

4 servings

20 minutes

### Ingredients

1 cup Almonds  
2 tbsps Tamari

### Nutrition

| Amount per serving |      |
|--------------------|------|
| Calories           | 212  |
| Fat                | 18g  |
| Carbs              | 8g   |
| Fiber              | 5g   |
| Protein            | 9g   |
| Calcium            | 98mg |

### Directions

- 1 Add the almonds and tamari to a small mixing bowl. Stir to coat the almonds in the tamari and set aside.
- 2 Preheat the oven to 350°F (176°C) and line a baking sheet with parchment paper.
- 3 When the oven is ready, transfer the almonds and tamari to the baking sheet and spread the almonds into an even layer. Roast in the oven for 8 to 10 minutes, stirring well halfway through.
- 4 Remove from the oven and let the almonds cool completely. Enjoy!

### Notes

**Leftovers:** Keep in an airtight container for up to a week.

**Serving Size:** One serving is about 1/4 cup almonds.

**More Flavor:** Add a pinch of cayenne pepper.

**No Almonds:** Use another nut.



## One Pan Roasted Edamame & Broccoli Salad

4 servings

30 minutes

### Ingredients

- 5 cups Broccoli (chopped into florets)
- 1 cup Frozen Edamame (shelled)
- 1 cup Walnuts
- 1/4 cup Avocado Oil (divided)
- 1/2 tsp Sea Salt
- 1 tbsp Almond Butter
- 1 tbsp Apple Cider Vinegar

### Nutrition

| Amount per serving |       |
|--------------------|-------|
| Calories           | 430   |
| Fat                | 38g   |
| Carbs              | 16g   |
| Fiber              | 7g    |
| Protein            | 13g   |
| Calcium            | 121mg |

### Directions

- 1 Preheat oven to 450°F (232°C) and line baking sheet with foil.
- 2 In a large mixing bowl, toss the broccoli florets, edamame, walnuts, half the avocado oil, and season with salt. Transfer to baking sheet and spread into an even layer. Bake for 25 minutes.
- 3 Meanwhile, in a small jar, combine the remaining avocado oil, almond butter and apple cider vinegar. Shake well. Add more water to thin if necessary.
- 4 Drizzle desired amount of dressing over top of the salad and serve.

### Notes

**Leftovers:** Refrigerate in an airtight container for up to five days.

**Serving Size:** One serving is approximately 1 1/2 cups.

**No Walnuts:** Use cashews, almonds or pecans instead.

**Nut-Free:** Use sunflower seeds or pumpkin seeds instead of walnuts. Use sunflower seed butter instead of almond butter.

**No Avocado Oil:** Use extra virgin olive oil or melted coconut oil instead.





## Pistachio Trail Mix

3 servings

5 minutes

### Ingredients

1/2 cup Pistachios (shells removed)

1/2 cup Goji Berries

1/4 cup Dark Chocolate Chips

1/2 cup Cashews

### Nutrition

| Amount per serving |      |
|--------------------|------|
| Calories           | 419  |
| Fat                | 27g  |
| Carbs              | 35g  |
| Fiber              | 5g   |
| Protein            | 11g  |
| Calcium            | 60mg |

### Directions

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Add the pistachios, goji berries, chocolate chips, and cashews to a jar. Shake well until mixed together. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to four months.

**Serving Size:** One serving equals approximately 1/2 cup.



## Turkey Chili

8 servings

40 minutes

### Ingredients

- 1 tbsp Extra Virgin Olive Oil
- 454 grams Extra Lean Ground Turkey
- 1 Yellow Onion (chopped)
- 2 cups Diced Tomatoes
- 2 cups Crushed Tomatoes
- 2 cups Black Beans (cooked, rinsed)
- 1 3/4 cups Red Kidney Beans (cooked, rinsed)
- 2 Carrot (chopped)
- 5 stalks Celery (chopped)
- 1 Red Bell Pepper (chopped)
- 1 Jalapeno Pepper (chopped)
- 3 tbsps Chili Powder
- 1 tsp Cumin
- 1 tsp Sea Salt

### Nutrition

| Amount per serving |       |
|--------------------|-------|
| Calories           | 266   |
| Fat                | 7g    |
| Carbs              | 31g   |
| Fiber              | 12g   |
| Protein            | 20g   |
| Calcium            | 114mg |

### Directions

- 1 Heat oil in a large dutch oven over medium heat. Add the ground turkey and onion and saute for about five to seven minutes, or until the turkey is cooked through.
- 2 Add all of the remaining ingredients and stir to combine. Bring to a boil, then reduce the heat and simmer for 30 minutes.
- 3 Divide into bowls, serve and enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days or freeze for up to two months.

**Serving Size:** One serving is equal to approximately two cups of chili.

**More Flavor:** Add a pinch of cayenne.

**Additional Toppings:** Top with shredded cheese, extra jalapeño slices, cilantro, sour cream, or avocado.

**More Veggies:** Add sliced mushrooms, sliced kale, or baby spinach.