



GOLDSTER★
THE BEST SOLUTION FOR YEARS

Superfood Your Life Recipes

<https://www.goldster.co.uk/>



Blueberry Coconut Kefir Oatmeal

2 servings

5 minutes

Ingredients

2/3 cup Quick Oats
1 tbsp Chia Seeds
1 tsp Cinnamon
1 1/3 cups Plain Kefir
3/4 cup Blueberries (fresh or frozen)
1 tbsp Unsweetened Shredded Coconut

Nutrition

Amount per serving	
Calories	277
Fat	7g
Carbs	42g
Fiber	7g
Protein	13g
Calcium	331mg

Directions

- 1 In a jar or mixing bowl, combine the oats, chia seeds, cinnamon and kefir. Divide into bowls and top with blueberries and shredded coconut. Enjoy!

Notes

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

Serving Size: One serving is equal to approximately one and a half cups.

Gluten-Free: Use gluten-free oats.

Dairy-Free: Use coconut yogurt instead of kefir.

Additional Toppings: Maple syrup, honey, nutmeg, nuts, nut butter, hemp seeds, dark chocolate chips, raisins, or fruit.



Spiced Cauliflower Rice Bowl

2 servings

40 minutes

Ingredients

2/3 cup Brown Rice (dry, uncooked)
1/4 tsp Sea Salt
1/2 head Cauliflower (chopped into florets)
1/4 tsp Turmeric
1/2 tsp Paprika
1/2 tsp Thyme (dried)
2 tbsps Tahini
1 Garlic (clove, minced)
1 tbsp Lemon Juice
1 tbsp Water
1 Avocado (sliced)
1/4 cup Cilantro (chopped)
1 tsp Sesame Seeds (for topping)

Nutrition

Amount per serving	
Calories	529
Fat	26g
Carbs	68g
Fiber	14g
Protein	13g
Calcium	136mg

Directions

- 1 Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.
- 2 Cook the brown rice according to the directions on the package. Once finished cooking, add the sea salt to the rice and mix.
- 3 While the rice cooks, add the cauliflower to a medium-sized bowl and toss with the turmeric, paprika and thyme. Place on the baking sheet and bake for 30 to 35 minutes.
- 4 In a small bowl whisk together the tahini, garlic, lemon juice and water. Set aside.
- 5 Divide the rice between bowls and top with cauliflower, avocado, cilantro and sesame seeds. Drizzle the tahini dressing over top. Enjoy!

Notes

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

Additional Toppings: Add protein to the dish such as baked tofu, chickpeas or grilled chicken.

No Brown Rice: Use jasmine rice, cauliflower rice, quinoa or millet instead.



Savory Sweet Potato & Sage Mash

4 servings

25 minutes

Ingredients

4 Sweet Potato (medium sized, peeled and chopped into cubes)
1 tsp Sea Salt (divided)
1/2 tsp Avocado Oil
1/4 cup Fresh Sage (loosely packed)
2 tbsps Ghee

Nutrition

Amount per serving	
Calories	178
Fat	7g
Carbs	27g
Fiber	5g
Protein	2g
Calcium	72mg

Directions

- 1 In a large pot, add the sweet potato and half of the sea salt. Fill the pot with water and bring to a boil. Reduce to a simmer and cook for 10 to 12 minutes, until the potatoes are fork-tender. Drain and mash with a potato ricer.
- 2 In a skillet, add the avocado oil and sage and fry until crispy, about 2 to 3 minutes. Remove the sage and chop finely. Add the sage, ghee and remaining sea salt to the mashed sweet potatoes and mix together. Serve and enjoy!

Notes

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

Serving Size: One serving is equal to approximately 1/2 cup of mashed potato.

Dairy-Free: Use extra virgin olive oil, avocado oil, coconut oil or vegan butter instead of ghee.

No Sage: Use another fresh herb such as rosemary or thyme.



Three Bean Salad

2 servings

15 minutes

Ingredients

- 1/2 cup Chickpeas (cooked)
- 1/2 cup Red Kidney Beans (cooked)
- 1/2 cup Cannellini Beans (cooked)
- 1 Tomato (medium, diced)
- 1/2 Red Bell Pepper (medium, diced)
- 2 tbsps Red Onion (diced)
- 1/4 cup Cilantro (chopped)
- 1 tbsp Extra Virgin Olive Oil
- 1 tbsp Lime Juice (to taste)

Nutrition

Amount per serving	
Calories	260
Fat	8g
Carbs	37g
Fiber	12g
Protein	11g
Calcium	69mg

Directions

- 1 Add all the ingredients to a mixing bowl and combine well. Divide into bowls and enjoy!

Notes

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

Serving Size: One serving equals approximately 1 1/2 cups.

More Flavor: Add sliced chili peppers, crushed garlic, salt and pepper.



Honey Dijon Chicken

4 servings

45 minutes

Ingredients

680 grams Chicken Leg, Bone-in (skin on)
1/2 tsp Sea Salt
1/2 tsp Oregano (dried)
2 tbsps Honey
1 1/2 tbsps Dijon Mustard

Nutrition

Amount per serving	
Calories	412
Fat	28g
Carbs	9g
Fiber	0g
Protein	28g
Calcium	14mg

Directions

- 1 Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.
- 2 Season both sides of the chicken with salt. Place the chicken skin-side up on the baking sheet. Season the top side of the chicken with the oregano.
- 3 Bake for 30 to 35 minutes until just cooked through.
- 4 Meanwhile, combine the honey and Dijon mustard in a small bowl.
- 5 Remove the chicken from the oven and brush the top side generously with the honey mustard sauce. Return to the oven and continue to bake for about 5 more minutes until the honey has just started to bubble. Enjoy!

Notes

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

More Flavor: Add fresh garlic or black pepper to the honey Dijon sauce.

No Chicken Legs: Use chicken thighs or drumsticks instead.

No Honey: Use maple syrup instead.