



GOLDSTER★
THE BEST SOLUTION FOR YEARS

Week 5: Bones

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Prune Pudding

2 servings

5 minutes

Ingredients

- 1 cup Pitted Prunes
- 1/2 tsp Cinnamon
- 1/4 tsp Cardamom
- 1/2 cup Water

Nutrition

Amount per serving	
Calories	211
Fat	0g
Carbs	56g
Fiber	7g
Protein	2g
Calcium	51mg

Directions

- 1 Add the prunes, cinnamon, and cardamom to a food processor. Blend until smooth, slowly drizzling in the water until your desired consistency is reached. Enjoy!

Notes

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

Serving Size: One serving equals approximately 1/4 cup.

More Flavor: Add lemon juice, a pinch of sea salt and/or your sweetener of choice.

Additional Toppings: Sprinkle shredded coconut otop, serve it as a spread over rice crackers, or as a sauce with plain yogurt.



Edamame, Cranberry & Feta Salad

2 servings

10 minutes

Ingredients

3 cups Frozen Edamame (thawed)
1/2 cup Feta Cheese (crumbled)
1/2 cup Dried Unsweetened
Cranberries
1 tbsp Extra Virgin Olive Oil
Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Calories	531
Fat	27g
Carbs	44g
Fiber	14g
Protein	33g
Calcium	331mg

Directions

- 1 Combine all ingredients in a bowl and enjoy!

Notes

No Cranberries: Use raisins, blueberries or cherries instead.
Leftovers: Refrigerate in an airtight container up to 5-7 days.
No Edamame: Use green peas instead.



Chewy Almond & Prune Bites

6 servings

15 minutes

Ingredients

- 1 cup Pitted Prunes
- 1/4 cup Cocoa Powder
- 1/4 cup Almond Butter
- 1 tsp Cinnamon
- 3 tbsps Hemp Seeds

Nutrition

Amount per serving	
Calories	170
Fat	9g
Carbs	23g
Fiber	5g
Protein	5g
Calcium	61mg

Directions

- 1 Add the prunes, cocoa powder, almond butter, and cinnamon to a food processor and blend until well mixed and sticky.
- 2 Form into even balls with your hands, roughly one-inch in diameter. Roll each ball in the hemp seeds until evenly coated. Store in the fridge or freezer until ready to enjoy.

Notes

Leftovers: Refrigerate in an airtight container for up to one week, or freeze if longer.

Serving Size: One serving equals approximately two balls.

Nut-Free: Use sunflower seed butter, pumpkin seed butter, or tahini instead of almond butter.

More Flavor: Vanilla extract and/or your sweetener of choice.



Sardines & Tomato Sauce with Zoodles

2 servings

20 minutes

Ingredients

- 1 tbsp Extra Virgin Olive Oil
- 3 Zucchini (medium, spiralized)
- Sea Salt & Black Pepper (to taste)
- 1 1/2 cups Tomato Sauce
- 1 tsp Oregano
- 85 grams Sardines (drained)
- 1/4 cup Parsley (torn into pieces)

Nutrition

Amount per serving	
Calories	246
Fat	13g
Carbs	20g
Fiber	6g
Protein	16g
Calcium	254mg

Directions

- 1 Heat the oil in a pan over medium-low heat. Add the zucchini noodles and stir to coat with the oil. Season with salt and pepper. Cook for two to three minutes. Remove from the heat.
- 2 In a small saucepan, add the tomato sauce and stir in the oregano. Add a splash of water if the sauce is too thick. Heat for three to four minutes or until heated through.
- 3 Divide the cooked zucchini noodles, tomato sauce, and sardines evenly between bowls and top with parsley. Enjoy!

Notes

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

Serving Size: One serving is approximately 2 1/2 cups of noodles and sauce and 1 1/2 ounces of sardines.

More Flavor: Add minced garlic to the zucchini noodles.

Save Time: Buy pre-made spiralized zucchini.



Chickpea, Tomato & Feta Salad

4 servings

10 minutes

Ingredients

- 2 cups Chickpeas (cooked, rinsed)
- 1 1/2 cups Cherry Tomatoes (halved)
- 1/2 Cucumber (medium, chopped)
- 1/2 cup Feta Cheese (crumbled)
- 3/4 cup Pitted Kalamata Olives
- 1/4 cup Extra Virgin Olive Oil
- 2 1/2 tbsps Lemon Juice
- 1/2 tsp Greek Seasoning
- Sea Salt & Black Pepper (to taste)
- 1/4 cup Parsley (chopped)

Nutrition

Amount per serving	
Calories	352
Fat	23g
Carbs	29g
Fiber	8g
Protein	11g
Calcium	172mg

Directions

- 1 Add all of the ingredients to a large bowl and mix to combine. Divide evenly between bowls or onto plates and enjoy!

Notes

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

Serving Size: One serving is about one cup.