



GOLDSTER★

Week 3: Veins & the circulatory
system

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Blueberry Zoats

2 servings

15 minutes

Ingredients

- 1/2 cup Oats
- 1 cup Water
- 2 tbsps Unsweetened Almond Milk
- 1/2 Zucchini (grated)
- 1/2 cup Blueberries
- 1 tbsp Hemp Seeds
- 1 1/2 tsps Raw Honey
- 1 tsp Cinnamon

Directions

- 1 Place oats and water in a saucepan over medium-low heat. Let oats cook for 5 - 10 minutes.
- 2 When oats start to thicken, stir in almond milk and zucchini. Stir until evenly mixed and remove from heat. Divide into portions and top with blueberries, hemp hearts, honey and sprinkle with cinnamon. Enjoy!

Nutrition

Amount per serving	
Calories	154
Fat	4g
Carbs	26g
Fiber	4g
Protein	5g
Calcium	77mg



Salmon, Spinach & Sauerkraut with Brown Rice

2 servings
25 minutes

Ingredients

- 1/2 cup Brown Rice (dry, rinsed)
- 1 tbsp Avocado Oil
- 340 grams Salmon Fillet
- Sea Salt & Black Pepper (to taste)
- 4 cups Baby Spinach
- 1/2 cup Sauerkraut

Nutrition

Amount per serving	
Calories	475
Fat	17g
Carbs	39g
Fiber	4g
Protein	43g
Calcium	90mg

Directions

- 1 Cook the rice according to the package directions.
- 2 Meanwhile, heat the oil in a cast-iron pan over medium heat. Pat the salmon dry with a paper towel and season both sides with salt and pepper. Add the salmon to the pan and cook for four to six minutes per side until cooked through. Remove from the pan leaving the oil behind.
- 3 Turn the heat down to low and add the spinach. Cook until wilted, stirring often for about one to two minutes.
- 4 Divide the rice, salmon, spinach, and sauerkraut onto plates. Enjoy!

Notes

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

Serving Size: One serving is 1/2 cup of cooked rice 1/2 cup spinach, 1/4 cup of sauerkraut with salmon.

More Flavor: Add red chilli flakes, shallots and/or garlic to the spinach. Squeeze fresh lemon on the salmon once it has cooked.

Additional Toppings: Sesame seeds, hemp seeds, chopped green onions, and/or hot sauce.



Lentil, Rice & Squash Bowl

2 servings

30 minutes

Ingredients

- 1/2 cup Brown Rice (uncooked)
- 1/2 Yellow Onion (chopped)
- 3 Garlic (cloves, minced)
- 1 3/4 cups Vegetable Broth (divided)
- 3/4 tsp Dried Parsley
- 1/2 tsp Thyme (dried)
- 1/4 tsp Sea Salt
- 1/2 cup Dry Green Lentils (rinsed)
- 2 cups Butternut Squash (cut into 1-inch cubes)
- 2 cups Broccoli (cut into small florets)

Nutrition

Amount per serving	
Calories	461
Fat	3g
Carbs	94g
Fiber	13g
Protein	20g
Calcium	158mg

Directions

- 1 Cook the rice according to package directions.
- 2 Meanwhile, add the onions and garlic to a pot with a few splashes of broth. Heat over medium heat and cook for about five minutes until the onions begin to soften. Add the parsley, thyme, and salt and cook for another minute.
- 3 Add the lentils and the remaining broth and stir to combine. Bring to a gentle boil and cover with the lid. Cook for about 20 minutes until the liquid is absorbed and the lentils are tender. If the lentils are not cooked to the desired tenderness, add more water or broth and continue cooking until done.
- 4 Meanwhile, add the squash to a steamer basket and steam for about eight to ten minutes then add the broccoli to the basket and continue to steam for about five minutes more or until the vegetables are tender. To serve, divide the ingredients evenly between bowls and enjoy!

Notes

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

More Flavor: Add other dried or fresh herbs to the lentils.

Additional Toppings: Butter or olive oil for the vegetables.

No Broccoli: Use cauliflower or green beans instead.

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



Blueberry Coconut Chia Pudding

2 servings

35 minutes

Ingredients

- 1 cup Canned Coconut Milk
- 1 cup Blueberries (plus extra for garnish)
- 1 tsp Vanilla Extract
- 1/4 cup Chia Seeds
- 2 tbsps Unsweetened Shredded Coconut (plus extra for garnish)

Nutrition

Amount per serving	
Calories	407
Fat	32g
Carbs	25g
Fiber	10g
Protein	6g
Calcium	163mg

Directions

- 1 Add the coconut milk, blueberries, and vanilla to a blender and blend well until combined.
- 2 Pour the blueberry mixture into a medium-sized bowl and add the chia seeds. Stir well to combine. Refrigerate for at least 30 minutes or overnight to thicken.
- 3 Divide evenly between bowls or in to-go containers. Top with extra blueberries and shredded coconut, if using. Enjoy!

Notes

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

Serving Size: One serving is equal to approximately 1 1/3 cups of chia pudding.

Likes it Sweeter: Add maple syrup or honey.

More Flavor: Add cardamom.



High Fiber Seed Loaf

10 servings

3 hours

Ingredients

- 1/2 cup Sunflower Seeds
- 1/2 cup Whole Flax Seeds
- 1/2 cup Pumpkin Seeds
- 1/4 cup Chia Seeds
- 2 cups Oats (rolled)
- 1/4 cup Psyllium Husks
- 1/2 tsp Sea Salt
- 3 tbsps Avocado Oil
- 1 1/2 cups Water

Nutrition

Amount per serving	
Calories	245
Fat	17g
Carbs	19g
Fiber	8g
Protein	8g
Calcium	75mg

Directions

- 1 In a large bowl, combine sunflower seeds, flax seeds, pumpkin seeds, chia seeds, oats, psyllium husks and salt. Mix well.
- 2 In a separate bowl, whisk together the avocado oil and water. Add the wet ingredients to the dry ingredients and mix very well until everything is combined.
- 3 Line a loaf pan with parchment paper, allowing the ends of the parchment to come higher than the sides of the pan. Pour in the mixture. Let it stand for two hours (or overnight) to thicken further.
- 4 Preheat the oven to 350°F (177°C). Place the loaf pan in the oven and bake for 20 minutes. Then remove the loaf from the pan by pulling up the sides of the parchment. Remove the parchment and place the loaf upside down directly on the oven rack and bake for another 30 minutes.
- 5 Remove from the oven and let it cool completely before slicing. Enjoy!

Notes

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

Serving Size: One serving is equal to one slice of bread.

Additional Toppings: Serve with nut or seed butter, hummus, avocado, or chia jam.

Psyllium Powder: If you are using psyllium powder instead of the whole husks, cut the amount used in half.