



## Bonnie's Favorite Recipes

Created by Dahlia Health & Nutrition Coaching



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# Grain-Free Coconut Tahini Granola

9 ingredients · 35 minutes · 6 servings



## Directions

1. Preheat the oven to 350°F (175°C) and line a baking sheet with parchment paper.
2. In a large bowl, combine the coconut flakes, almonds, pumpkin seeds, hemp seeds, and salt. Stir in the coconut oil, maple syrup, tahini, and vanilla.
3. Add the granola to the baking sheet and spread it out into an even layer. Bake for 20 to 25 minutes or until everything is golden brown. Check on it every five minutes and toss it around.
4. Remove from the oven and let it cool for 10 minutes. It will crisp up as it cools. Enjoy!

## Notes

### Leftovers

Store in the pantry in an airtight container for up to two weeks

### Serving Size

One serving is approximately 1/2 cup.

### No Almonds

Use walnuts or cashews instead.

## Ingredients

- 1 1/2 cups Unsweetened Coconut Flakes
- 1/2 cup Almonds (chopped)
- 1/2 cup Pumpkin Seeds
- 1 tbsp Hemp Seeds
- 1/4 tsp Sea Salt (flaky)
- 1/4 cup Coconut Oil (melted, slightly cooled)
- 1/3 cup Maple Syrup
- 1/4 cup Tahini
- 1 tsp Vanilla Extract

## Nutrition

Amount per serving

<b>Calories</b>	460	Iron	3mg
<b>Fat</b>	40g	Vitamin D	0IU
Saturated	22g	Vitamin E	3mg
Trans	0g	Thiamine	0.2mg
<b>Carbs</b>	23g	Riboflavin	0.4mg
Fiber	6g	Niacin	2mg
Sugar	13g	Vitamin B6	0.1mg
<b>Protein</b>	9g	Folate	23µg
Sodium	120mg	Vitamin B12	0µg
Vitamin A	9IU	Magnesium	121mg
Vitamin C	0mg	Zinc	2mg
Calcium	99mg	Selenium	5µg



# Mushroom Frittata

6 ingredients · 20 minutes · 4 servings



## Directions

1. Preheat the oven to 350°F (175°C).
2. Heat a cast iron pan over medium heat. Add the oil, onion, and mushrooms. Sauté for three to five minutes or until the onions have softened.
3. Combine the eggs, milk, salt, and pepper. Pour into the pan. Cook in the oven for 12 minutes or until the egg is cooked through. Enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to three days.

### Serving Size

One serving is half of the frittata. An 8-inch (20 cm) cast iron pan was used to make two servings.

### More Flavor

Add goat cheese in dollops to the frittata before it goes into the oven.

### Additional Toppings

Smoked salmon and/or fresh dill.

### Dairy-Free

Use dairy-free milk.

## Ingredients

- 1 1/3 tbsps Extra Virgin Olive Oil
- 1 Yellow Onion (small, thinly sliced)
- 6 Cremini Mushrooms (sliced)
- 8 Egg (large, whisked)
- 3/4 cup Cow's Milk, Whole
- Sea Salt & Black Pepper (to taste)

## Nutrition

Amount per serving

<b>Calories</b>	228	Iron	3mg
<b>Fat</b>	16g	Vitamin D	107IU
Saturated	5g	Vitamin E	2mg
Trans	0g	Thiamine	0.1mg
<b>Carbs</b>	7g	Riboflavin	0.6mg
Fiber	1g	Niacin	1mg
Sugar	5g	Vitamin B6	0.2mg
<b>Protein</b>	15g	Folate	54µg
Sodium	164mg	Vitamin B12	1.1µg
Vitamin A	614IU	Magnesium	19mg
Vitamin C	1mg	Zinc	2mg
Calcium	119mg	Selenium	35µg

# Pineapple Turmeric Smoothie

5 ingredients · 5 minutes · 1 serving



## Directions

1. Place all ingredients in your blender and blend until smooth. Pour into a glass and enjoy!

## Notes

### Storage

Refrigerate in a sealed jar overnight. Shake before drinking.

### No Pineapple

Use mango, peaches or banana instead.

## Ingredients

- 1 cup Unsweetened Almond Milk
- 1 cup Pineapple (diced into chunks)
- 1 1/2 tsps Ginger (peeled and grated)
- 1/4 cup Vanilla Protein Powder
- 1/2 tsp Turmeric (powder)

## Nutrition

Amount per serving

<b>Calories</b>	204	Iron	2mg
<b>Fat</b>	3g	Vitamin D	101IU
Saturated	0g	Vitamin E	0mg
Trans	0g	Thiamine	0.3mg
<b>Carbs</b>	26g	Riboflavin	0.6mg
Fiber	4g	Niacin	1mg
Sugar	16g	Vitamin B6	0.3mg
<b>Protein</b>	21g	Folate	38µg
Sodium	201mg	Vitamin B12	0.6µg
Vitamin A	595IU	Magnesium	88mg
Vitamin C	79mg	Zinc	2mg
Calcium	589mg	Selenium	7µg



# Cucumber & Tomato Quinoa Bowl

8 ingredients · 15 minutes · 2 servings



## Directions

1. Cook the quinoa according to the directions on the package, and set aside.
2. Divide the chopped romaine equally between bowls or plates. Top with equal amounts of quinoa, cucumber, tomatoes, chickpeas, and feta.
3. Squeeze lemon juice overtop and garnish with parsley. Enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to four days.

### Serving Size

One serving equals approximately two cups.

### Make it Vegan

Use vegan cheese or omit the feta completely.

### More Flavor

Cook the quinoa with broth instead of water. Add your favorite dressing overtop.

### Additional Toppings

Olives, capers, avocado, or red onion.

## Ingredients

- 1/2 cup Quinoa (dry)
- 2 leaves Romaine (chopped)
- 1/2 Cucumber (medium, chopped)
- 1 Tomato (medium, chopped)
- 1 cup Chickpeas (cooked)
- 2 tbsps Feta Cheese (crumbled)
- 2 tbsps Lemon Juice
- 3 tbsps Parsley (chopped)

## Nutrition

Amount per serving

<b>Calories</b>	346	Iron	5mg
<b>Fat</b>	7g	Vitamin D	2IU
Saturated	2g	Vitamin E	1mg
Trans	0g	Thiamine	0.3mg
<b>Carbs</b>	57g	Riboflavin	0.3mg
Fiber	11g	Niacin	2mg
Sugar	6g	Vitamin B6	0.5mg
<b>Protein</b>	16g	Folate	293µg
Sodium	145mg	Vitamin B12	0.2µg
Vitamin A	3897IU	Magnesium	147mg
Vitamin C	27mg	Zinc	3mg
Calcium	139mg	Selenium	9µg

# Turmeric & Ginger Butternut Squash Stew

11 ingredients · 30 minutes · 4 servings



## Directions

1. In a large dutch oven, over medium-low heat, melt the coconut oil. Then add the garlic, ginger, and onion. Sauté for three to five minutes, stirring often, until softened and fragrant.
2. Add in the squash and turmeric and season with salt and pepper. Cook for one minute, stirring often. Pour in the coconut milk, broth, and lentils and stir. Bring to a boil over medium-high heat and then reduce the heat, cover and simmer for 20 minutes, until lentils and squash are cooked through.
3. Transfer about half of the soup to a blender and carefully purée until smooth. Pour back into the pot and stir in the spinach. Cook until the spinach is wilted. Divide into bowls, serve and enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to four days.

### Serving Size

One serving is equal to approximately two cups of stew.

### Additional Toppings

Top with chili flakes.

## Ingredients

- 1 1/2 **tsps** Coconut Oil
- 3 **Garlic** (cloves, minced)
- 1 **tbsp** Ginger (freshly grated)
- 1 **Yellow Onion** (chopped)
- 5 **cups** Butternut Squash (peeled, chopped into 1/2-inch pieces)
- 1 **tsp** Turmeric (dried)
- Sea Salt & Black Pepper (to taste)
- 1 3/4 **cups** Canned Coconut Milk
- 4 **cups** Vegetable Broth, Low Sodium
- 1 **cup** Dry Green Lentils (rinsed)
- 3 **cups** Baby Spinach

## Nutrition

Amount per serving

<b>Calories</b>	481	Iron	6mg
<b>Fat</b>	21g	Vitamin D	0IU
Saturated	19g	Vitamin E	3mg
Trans	0g	Thiamine	0.6mg
<b>Carbs</b>	61g	Riboflavin	0.2mg
Fiber	10g	Niacin	4mg
Sugar	11g	Vitamin B6	0.6mg
<b>Protein</b>	16g	Folate	321µg
Sodium	166mg	Vitamin B12	0µg

Vitamin A	20731IU	Magnesium	103mg
Vitamin C	48mg	Zinc	2mg
Calcium	143mg	Selenium	2µg



# One Pan Chicken Fajitas

9 ingredients · 35 minutes · 6 servings



## Directions

1. Preheat the oven to 400°F (205°C). Line a large baking sheet with parchment paper.
2. In a small bowl, combine the oil, fajita seasoning, salt, and pepper.
3. Toss the chicken, veggies, and oil mixture together on the prepared sheet pan and spread out evenly. Bake for 20 to 25 minutes until the chicken is cooked through and the veggies are soft.
4. Serve with corn tortillas and enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to three days.

### Serving Size

One serving is approximately two fajitas.

### Additional Toppings

Cheese, sour cream, lettuce, avocado, and/or jalapeños.

## Ingredients

- 2 **tbps** Extra Virgin Olive Oil
- 3 **tbps** Fajita Seasoning
- Sea Salt & Black Pepper (to taste)
- 1 **1/2 lbs** Chicken Breast (boneless, skinless, sliced)
- 1 Yellow Onion (medium, sliced)
- 1 Orange Bell Pepper (medium, sliced)
- 1 Red Bell Pepper (medium, sliced)
- 1 Green Bell Pepper (medium, sliced)
- 12 Corn Tortilla (small, warmed)

## Nutrition

Amount per serving

<b>Calories</b>	354	Iron	2mg
<b>Fat</b>	9g	Vitamin D	1IU
Saturated	1g	Vitamin E	2mg
Trans	0g	Thiamine	0.1mg
<b>Carbs</b>	36g	Riboflavin	0.2mg
Fiber	4g	Niacin	11mg
Sugar	3g	Vitamin B6	1.1mg
<b>Protein</b>	28g	Folate	29µg
Sodium	362mg	Vitamin B12	0.2µg
Vitamin A	950IU	Magnesium	40mg
Vitamin C	98mg	Zinc	1mg

Calcium 219mg Selenium 26µg

# Grilled Honey Dijon Salmon with Zucchini & Quinoa

7 ingredients · 30 minutes · 4 servings



## Directions

1. Cook the quinoa according to the directions on the package and set aside. While the quinoa cooks, combine the dijon mustard and honey in a jar. Mix well and set aside.
2. Preheat the grill to medium heat.
3. Place the salmon on a grill pan or mat and brush with 2/3 of the dijon glaze. Slice the zucchinis, brush them with olive oil and add them to the grill pan/mat too. Season everything with sea salt.
4. Place the salmon and zucchini on the grill, close the lid and grill for 10 to 15 minutes, or until salmon flakes with a fork and zucchini is tender. Flip the zucchini at the halfway point.
5. Remove everything from the grill and brush the salmon with the remaining dijon glaze. Divide the salmon, zucchini and quinoa onto plates and enjoy!

## Notes

### No Grill

Bake on a sheet in the oven at 400°F (204°C) degrees for 15 to 20 minutes, or until fish flakes with a fork.

### No Zucchini

Use asparagus or green beans instead.

### Lower Carb

Omit the quinoa or serve with cauliflower rice instead.

### Leftovers

Store leftovers in an airtight container in the fridge up to 2 to 3 days.

## Ingredients

- 1 cup Quinoa (dry, uncooked)
- 1/4 cup Dijon Mustard (grainy or regular)
- 2 tbsps Raw Honey
- 1 lb Salmon Fillet
- 4 Zucchini (sliced in half lengthwise)
- 1 1/2 tpsps Extra Virgin Olive Oil
- 1/2 tsp Sea Salt

## Nutrition

Amount per serving

<b>Calories</b>	398	Iron	3mg
<b>Fat</b>	10g	Vitamin D	638IU
Saturated	2g	Vitamin E	2mg
Trans	0g	Thiamine	0.4mg
<b>Carbs</b>	42g	Riboflavin	0.6mg
Fiber	5g	Niacin	11mg
Sugar	13g	Vitamin B6	1.4mg
<b>Protein</b>	34g	Folate	132µg
Sodium	566mg	Vitamin B12	5.3µg
Vitamin A	582IU	Magnesium	153mg
Vitamin C	35mg	Zinc	2mg
Calcium	62mg	Selenium	38µg



# Dark Chocolate, Blueberry & Walnut Cups

5 ingredients · 40 minutes · 8 servings



## Directions

1. Line a muffin tray with liners or use a silicone muffin tray.
2. In a saucepan over low heat, melt the coconut oil and chocolate, continuously stirring. Remove from the heat and stir in the chia seeds.
3. Divide the chocolate mixture between the muffin cups. Top each with equal amounts of blueberries and walnuts, gently pressing them into the chocolate.
4. Chill in the fridge for at least 30 minutes. Enjoy!

## Notes

### Leftovers

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

### Serving Size

One serving is equal to one chocolate cup.

### Additional Toppings

Top with cinnamon, flaky salt, and/or your favorite nuts.

## Ingredients

- 1 **tbsp** Coconut Oil
- 8 **ozs** Dark Chocolate (coarsely chopped)
- 1 **tbsp** Chia Seeds
- 1/2 **cup** Blueberries
- 2 **tbsps** Walnuts (finely chopped)

## Nutrition

Amount per serving

<b>Calories</b>	209	Iron	4mg
<b>Fat</b>	15g	Vitamin D	0IU
Saturated	9g	Vitamin E	0mg
Trans	0g	Thiamine	0mg
<b>Carbs</b>	15g	Riboflavin	0mg
Fiber	4g	Niacin	0mg
Sugar	8g	Vitamin B6	0mg
<b>Protein</b>	3g	Folate	2µg
Sodium	6mg	Vitamin B12	0.1µg
Vitamin A	16IU	Magnesium	68mg
Vitamin C	1mg	Zinc	1mg
Calcium	33mg	Selenium	2µg

# Chocolate Chip Cookies

7 ingredients · 20 minutes · 12 servings



## Directions

1. Preheat oven to 350°F (177°C) and line a baking sheet with parchment paper.
2. Combine the almond flour and baking powder together in a mixing bowl. Mix well. Then add in the remaining ingredients and mix again.
3. Plop the dough onto the baking sheet using a heaping tablespoon. Use the palm of your hand to gently form and flatten the cookies.
4. Place in the oven and bake for about 15 minutes for soft cookies, or 15 to 20 minutes for crunchy cookies.
5. Remove from oven and let cool. Enjoy!

## Notes

### Leftovers

Store at room temperature for 2 to 3 days, or freeze in an airtight container for up to three months.

### No Chocolate Chips

Use chopped dark chocolate or cacao nibs instead.

### No Maple Syrup

Use honey instead.

### Serving Size

A 12-serving recipe yields 12 small cookies, 9 medium cookies or 6 large cookies.

## Ingredients

- 1 1/2 cups Almond Flour
- 1 1/2 tsps Baking Powder
- 3 tbsps Coconut Oil (melted)
- 3 tbsps Maple Syrup
- 1 tsp Vanilla Extract
- 2 tbsps Unsweetened Almond Milk
- 1/3 cup Dark Chocolate Chips

## Nutrition

Amount per serving

<b>Calories</b>	165	Iron	1mg
<b>Fat</b>	13g	Vitamin D	1IU
Saturated	6g	Vitamin E	0mg
Trans	0g	Thiamine	0mg
<b>Carbs</b>	10g	Riboflavin	0.1mg
Fiber	2g	Niacin	0mg
Sugar	7g	Vitamin B6	0mg
<b>Protein</b>	3g	Folate	0µg
Sodium	63mg	Vitamin B12	0µg
Vitamin A	5IU	Magnesium	41mg
Vitamin C	0mg	Zinc	0mg
Calcium	74mg	Selenium	0µg