



Wellness@Work
HEALTHY
RECIPE CONTEST



University of Guelph

Wellness
@Work



We asked employees to submit their favourite healthy recipes for a chance to win one of three great prizes. Below are the winning breakfast, main and dessert recipes. Try out one of these recipes and let us know what you think! Use the hashtag #WellnessatUofG.

Quick and Tasty Overnight Oats

Submitted by: [Natasha Cook](#)

Ingredients:

1/2 cup quick oats
1/2 cup almond milk (or 1% milk, other milk alternatives)
1/2 cup frozen mango cubed
1/2 cup frozen peaches sliced
1 tbsp chia seeds
1 tsp ground cinnamon

Method:

- Mix oats, almond milk (or other milk alternative), chia seeds, and cinnamon in glass to-go container.
- Top mixture with fruit of choice such as frozen mango and peaches.
- Let set in fridge overnight. Enjoy!

Notes: Requires overnight preparation. Choose your choice of toppings. Other toppings you could include: fresh blueberries, coconut flakes, granola, ground flax etc.

Rationale:

I consider this recipe healthy as it's full of healthy grains, includes only natural sugars from delicious fruit, and it's high in fibre which makes it satiating! This recipe is particularly great for those that are on-the-go. The ease of being able to make a large batch of these the night before allows for a more seamless morning during those busy days. You can prep these in little mason jars or containers beforehand; this will help avoid picking up something quick from a fast food restaurant. This recipe is also relatively cheap and high in nutritional value.

Source:

Modified from: <http://www.ferventfoodie.com/2010/08/24/overnight-oats-for-dummies-2/>



Red Lentil Coconut Curry Soup

Submitted by: Jennifer Demeis

Ingredients:

2 tbsp coconut oil
1 large onion-chopped, 4 cloves garlic-pressed, 1 tbsp fresh ginger-minced
2 tbsp tomato paste, 2 tbsp curry powder, ½ tsp hot red pepper flakes
5 cups vegetable broth
1 can low fat coconut milk
1/2 can diced tomatoes
1 cup loosely chopped cauliflower
2 cups dry red lentils
0.5 cup chopped kale
Salt and pepper to taste



Method:

- In a large pot heat the coconut oil over medium heat and cook the onion, garlic, and ginger for a couple minutes until slightly soft.
- Next, add the tomato paste, curry powder, and red pepper flakes and cook for another minute. Mix well.
- Add the vegetable broth, coconut milk, diced tomatoes, cauliflower, and lentils.
- Cover and bring to a boil, then simmer on low heat for 20-30 minutes, until the lentils are soft and break apart. Season with salt and pepper.
- Before serving, stir in the kale.

Optional: Serve with a bed of basmati rice, quinoa, cauliflower rice, or naan bread.

Rationale:

I consider this to be a healthy recipe because, although I am not vegan, I think it is a good idea to have some meat-free dinner alternatives to enjoy a couple times a week. Not only is that good for the environment, but lentils are budget friendly, high in protein, and this soup is hearty enough to fill even the hungriest man you know!

This recipe is quick and freezes very well. Lentils can be purchased in bulk and are very inexpensive, making this an easy, budget friendly meal.

This recipe has no added sugar, and works for a variety of dietary needs and allergies. It is gluten-free, dairy-free, vegan, vegetarian, easily making it a crowd favourite. This soup can be made in a large batch to enjoy socially with your friends and family!

Source:

I discovered this recipe on the blog below and have been making this soup for years. I have modified it to my preferences and everyone who I've shared it with has really loved it and asked for the recipe. It is a perfect meal to enjoy on a cool Fall or Winter evening with your family or friends.

<https://vegangela.com/2014/01/09/coconut-curry-lentil-soup/>

Death-by-chocolate Gluten-free Blender Brownies

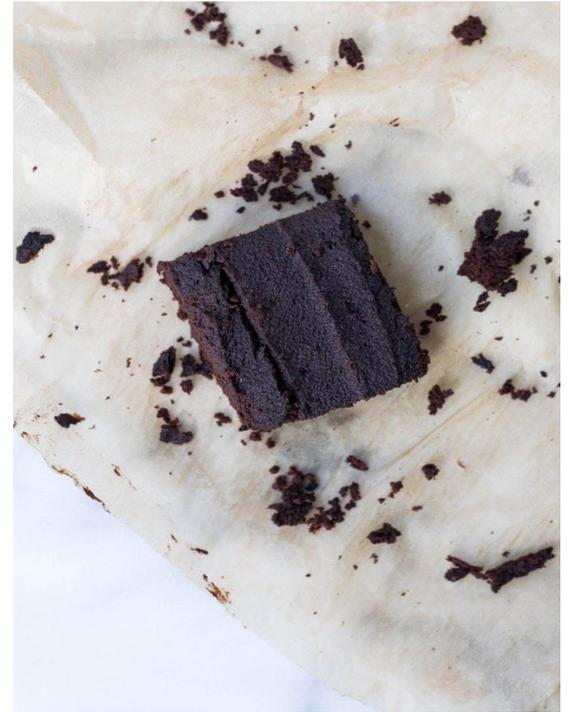
Submitted by: Franlie Allen

Ingredients:

- 1 cup mashed banana (about 2)
- 2 eggs
- 2 tsp. vanilla extract
- 2 tbsps. milk or your choice of dairy-free: almond or coconut milk
- ½ cup semi-sweet chocolate squares or semi-sweet chips (Buy dairy-free chocolate chips if preferred).
- 1 cup cocoa powder
- ¼ cup honey (or maple syrup)
- ½ tsp. baking soda
- 1/4 cup nuts (if allergies are not a concern)

Method:

Preparation Time: 5 minutes; Baking time can vary: 30 to 35 minutes



- Preheat oven to 355 degrees and grease a 9x9 inch baking dish (or line pan with parchment paper instead of greasing).
- Place everything in blender except baking soda and puree until smooth.
- Pulse in baking soda.
- If using nuts, fold them into the batter gently.
- Spread batter into prepared dish.
- Bake for 25-30 minutes, or until knife comes out clean (may require 10 to 15 minutes more).
- Let cool for about 10 minutes before removing from dish. If using parchment paper, you can lift out in the paper and let cool before cutting.

Rationale:

This recipe contains very little added sugar compared to most brownie recipes and contains healthy fiber, protein, and other nutrients. Bananas, eggs, dark chocolate can be a seemingly sinfully sweet indulgence: while still being healthy and gluten-free. The original recipe can also be dairy and nut free.

Source:

I was searching for a low carbohydrate dessert to take to a department function: where allergies and dietary restrictions can make it difficult for many to indulge in the desserts. I came across the recipe online and modified it somewhat to my preferences. I found the recipe at this website:

<https://www.deliciousobsessions.com/2015/05/death-by-chocolate-blender-brownies/> .