



# Healthy, Delicious Energy Boosting Recipes

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## 5 Power House Energy Boosting Foods

I know you want to break through the fatigue and experience more energy. And let's face it, you want it to be easy, because you don't have a lot of energy to spare.

One of the quickest and easiest ways to increase your energy is to incorporate these 5 Power House Energy Boosting Foods into your diet.

### #1 Green and Orange Fruits and Vegetables

These provide good amounts of potassium and magnesium, which will naturally boost your energy.

### #2 Nuts and Seeds

These foods have iron and healthy fats – as well as potassium and magnesium - which will give you steady energy.

### #3 Beans

These are complex carbohydrates. They contain fiber and nutrients, so they're broken down slowly by your body, and therefore give you good, stable energy.

### #4 Whole Grains

Like beans, whole grains are complex carbohydrates and contain fiber and nutrients which help fill your energy tank.

### #5 Animal Protein

Animal protein is broken down slowly and helps to stabilize energy and blood sugar levels, so you don't get that sudden crash.

If you're vegetarian, and you're able to eat eggs, those are a great source of protein.

If you're vegan and you don't eat animal protein, that's totally OK and you can focus more on the nuts, seeds, and beans for protein.

To make it easy (and fun) to incorporate these Power House foods into your diet, try out these simple, healthy and delicious recipes.

## Tropical Fruit Smoothie

Prepare this smoothie for breakfast to boost your morning energy with green & orange fruits and veggies.

**[Serves 1]**

### INGREDIENTS

½ cup unsweetened cranberry juice  
½ cup fresh chopped mango  
1 kiwi, skin removed  
2 sprigs of mint  
½ cucumber  
½ cup ice

Blend and enjoy!



## Salmon & Endive Salad

A quick and easy lunch option that contains animal protein, green fruits & veggies, and seeds.

**[Serves 2]**

### INGREDIENTS

1 can of sustainably caught salmon, drained  
½ stalk celery, diced  
½ green apple, diced  
1 teaspoon capers  
1 tablespoon hemp seeds  
2 tablespoons parsley, chopped  
1 tablespoon extra virgin olive oil  
salt and pepper to taste  
4 -6 Endive leaves

Mix all the ingredients, except endive together. Serve in endive leaves.



# Butternut Squash and Sweet Potato Soup

This soup packs tons of orange veggies as well as seeds and is a great option if you follow a vegetarian or vegan diet.

**[Serves 4]**

## INGREDIENTS

1 butternut squash, peeled, deseeded and diced  
1 sweet potato, peeled and diced  
2 carrots, trimmed, peeled and sliced  
1 fennel bulb, trimmed and chopped  
6 shallots, peeled and finely sliced  
1 gluten-free vegetable stock cube  
1 garlic clove, peeled and chopped  
4 tbsp chopped fresh parsley  
1 bunch of radishes, trimmed and chopped  
4-6 tbsp pumpkin seeds

Bring a large pan half-filled with water to the boil. Add the squash, sweet potato, carrots, fennel, shallots and stock cube. Bring to the boil, then lower the heat and simmer for 10-12 minutes.

Remove from heat and add the garlic. Allow to cool, and then strain the vegetables into a large bowl to keep the stock.

Add half the stock to the vegetables and blend in a food processor or with a hand-held blend to desired consistency.

Reheat the soup gently, adding more reserved stock if necessary.

Divide between warmed soup bowls and serve garnished with the parsley, radishes and pumpkin seeds if desired.



## Lemony Quinoa

With whole grains, green veggies, beans and nuts, this recipe is an energy power house.

**[Serves 4]**

### INGREDIENTS

1 cup quinoa, rinsed and soaked for 20 minutes  
2 cups vegetable broth  
4 cloves of garlic minced  
1 small red onion, sliced  
1lb baby roquette  
1 15oz can of Chickpeas  
1 small bunch of radishes, sliced  
½ cup fresh peas (can also use frozen but defrost them first)  
1 carrot, grated  
1 bunch of mint, cut into ribbons  
½ cup pistachios  
zest and juice of one lemon  
¼ cup extra virgin olive oil



In a pot, combine quinoa, vegetable broth, garlic and red onion. Cook on medium heat for 15 – 20 minutes until liquid is absorbed. Stir in the rest of the ingredients and season with salt and pepper.



## Mango Sticky Rice

Satisfy your sweet tooth with this recipe, which contains whole grains and orange fruit.

**[Serves 2]**

### INGREDIENTS

¾ cup brown rice  
1 15oz can of full fat coconut milk  
2-3 drops stevia  
1 mango, cut into slices

Cook rice and coconut milk together in a pan over medium low heat until liquid is absorbed, about 15 – 20 minutes. Stir in stevia and top with mango.