

The Nutrinut
Recipe E-book

4 easy, healthy, and delicious recipes



Overnight Oats Gone Bananas / Zoodle Pesto Salad /
Cauliflower Cheese Flatbread/ Spirulina Energy Bites

A little food for thought...



Healing



begins



in the



kitchen



You don't need a silver fork to eat good food.

Paul Prudhomme

About Raisa, The Nutrinut

Eat Well, Life Fully, Love Endlessly



Hey there!

I am Raisa, founder of The Nutrinut, a nutrition and lifestyle coaching practice.

My mission is to help clients break up with the diet and be in their best relationship with food and self!

I'm a true believer that healthy eating should be fun, delicious, simple, and stress-free.

Because I enjoy keeping things exciting and fresh in the kitchen, I take a simple and creative approach to teach my clients about foods as a way to nourish the body. Because for this Nutrinut, healing begins in the kitchen.

On my free time, I love being outdoors, spending time with my loved ones (and diva pup), and dancing like nobody's watching.

I invite you to join The Nutrinut community on Instagram and Facebook and become part of the Diet Culture Rebellion!



Recipes

Overnight Oats Gone Bananas

Zoodle Pesto Salad

Cauliflower Cheese Flatbread

Spirulina Energy Bites



Ingredient Highlight

Bananas:

Rich in vitamins + minerals, great for an energy boost and healthy digestion.

Oats:

Rich in fiber and antioxidants.

Cinnamon:

Potent anti-inflammatory and adds great flavor to recipes.

Zucchini (Zoodles):

Supports healthy digestion and great pasta substitute.

Cauliflower:

Rich in vitamins + minerals, supports body's natural detox, great rice and pizza dough substitute.

Flaxseed:

Rich in fiber, source of omega-3, provides heart health support.

Almond:

Rich in fiber, healthy fats, protein, and vitamin E.

Spirulina:

Powerful antioxidant and anti-inflammatory, source of protein and healthy fats.

Cacao:

Rich in polyphenols, provides heart health support, makes for a nice mood booster!



Overnight Oats Gone Bananas

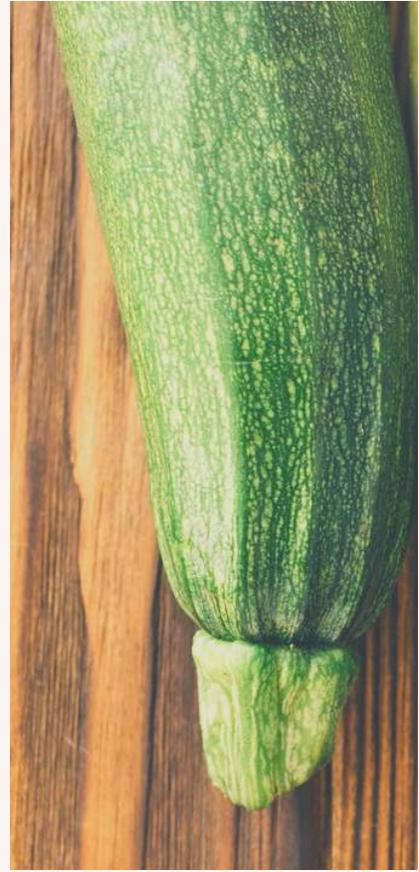
Ingredients: Serves 4

- 2 cups oats
- 2 cups milk (I use almond milk)
- 2 small bananas (mashed)
- 1 tsp cinnamon

Instructions:

Mix all the ingredients together and store in mason jars in the fridge overnight. Breakfast will be ready to eat first thing in the morning.

Note: Summon your inner chef and top with your favorite fruits, nuts, and superfoods. And for the chocolate lovers out there, a teaspoon of cacao powder will turn this into magic!



Zoodle Pesto Salad

Ingredients: Serves 4

4 medium spiralized zucchinis

4 TBSP of pesto

Optional

2 tomato sliced (organic if possible)

4 TBSP of diced heart of palms

For a protein boost, pick one:

4 TBSP cooked edamame

4 TBSP cooked chickpeas

4 boiled egg

4 TBSP hemp seeds

Instructions:

Short on time?

Get spiralized zucchinis and premade pesto. Mix all the ingredients together and enjoy!

Feeling adventurous?

Make your own pesto: pulse all pesto ingredients in food processor.

2 cups fresh basil

1/2 cup grated Parmesan cheese

1/2 cup extra virgin olive oil

2 TBSP pine nuts

2 garlic cloves

Salt and black pepper to taste



Cauliflower Cheese Flatbread

Ingredients: Serves 2-3

- 2 cups of riced cauliflower
- 2 organic eggs
- 1 cup shredded cheese of choice
- 1/2 cup of flaxseed (hello healthy fats!)
- Salt, garlic, and black pepper to taste.

Instructions:

- Preheat oven to 425 degrees F.
- Mix all ingredients in a bowl until evenly combined.
- Spread mix in a pizza tray.
- Bake for 20 minutes.
- Top with extra cheese and topics of choice.
- Return to oven for 5 extra minutes.
- Enjoy!



Spirulina Energy Bites

Ingredients: Yields 10-12

- 1/2 cup almonds
- 1/2 cup rolled oats
- 1 cup pitted Medjool dates
- 1 tsp spirulina
- 1 tsp cacao powder
- 1 tbsp peanut butter

Instructions:

Add all ingredients in food processor and process until it forms a sticky mix. Roll into balls. Store in fridge. Enjoy!

Want More?

Eat Well, Life Fully, Love Endlessly



Are you tired of dieting but don't know how to make HEALTHY + EATING work together?

I'm here to make wellness and healthy eating for busy on-the-goers such as yourself easy breezy and most importantly in a way that works for you!

"Because you deserve to be in a happy and healthy relationship with food and your body"

Let's work together!

Enroll now in the program

Meal Prep Like A Boss

to master everything you've always wanted to learn about how to successfully meal prep with ease!

Start today your journey to a healthier you right here:

www.thenutrinut.com