

The Nutrinut  
Recipe E-book

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4 easy, healthy, and delicious recipes

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

# A little food for thought...

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Healing



begins



in the



kitchen



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

*Paul Prudhomme*

# About Raisa, The Nutrinut

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Eat Well, Life Fully, Love Endlessly

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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

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Overnight Oats Gone Bananas

Zoodle Pesto Salad

Cauliflower Cheese Flatbread

Spirulina Energy Bites



# Ingredient Highlight

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**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

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**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

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## **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

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## **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

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### **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?

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Eat Well, Life Fully, Love Endlessly

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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](http://www.thenutrinut.com)**