



Mood-boosting Recipes

Sunnybrae Therapeutics
<https://sunnybraermt.com/>



Creamy Dill Salmon

2 servings
20 minutes

Ingredients

- 2 tbsps Mayonnaise
- 2 tbsps Fresh Dill
- 1/8 tsp Sea Salt
- 283 grams Salmon Fillet
- 2 tps Lemon Juice (optional)

Nutrition

| Amount per serving | |
|--------------------|-------|
| Calories | 281 |
| Fat | 17g |
| Carbs | 0g |
| Fiber | 0g |
| Sugar | 0g |
| Protein | 32g |
| Cholesterol | 78mg |
| Sodium | 346mg |
| Vitamin A | 282IU |
| Vitamin C | 2mg |
| Calcium | 15mg |
| Iron | 1mg |

Directions

- 1 Preheat the oven to 375°F (190°C) and line a baking sheet with parchment paper.
- 2 In a small bowl, combine the mayonnaise, dill and salt.
- 3 Arrange the salmon fillets on the prepared baking sheet and spread the creamy dill sauce evenly across the tops of the fish. Bake for 14 to 18 minutes or until the fish is cooked through and flakes easily.
- 4 Divide between plates and top with lemon juice, if using. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to two days.

Egg-Free: Use a vegan or egg-free mayonnaise instead.

More Flavor: Add garlic powder, onion powder or black pepper to the creamy dill sauce.

Serve it With: Cauliflower rice, quinoa, brown rice, roasted potatoes and veggies or salad.

Cooking Time: Cooking time will vary depending on the thickness of the salmon fillet.



Rice Cakes, Avocado & Hummus

1 serving
10 minutes

Ingredients

2 Plain Rice Cake
1/4 cup Hummus
1/2 Avocado (sliced)
Sea Salt & Black Pepper (to taste)

Nutrition

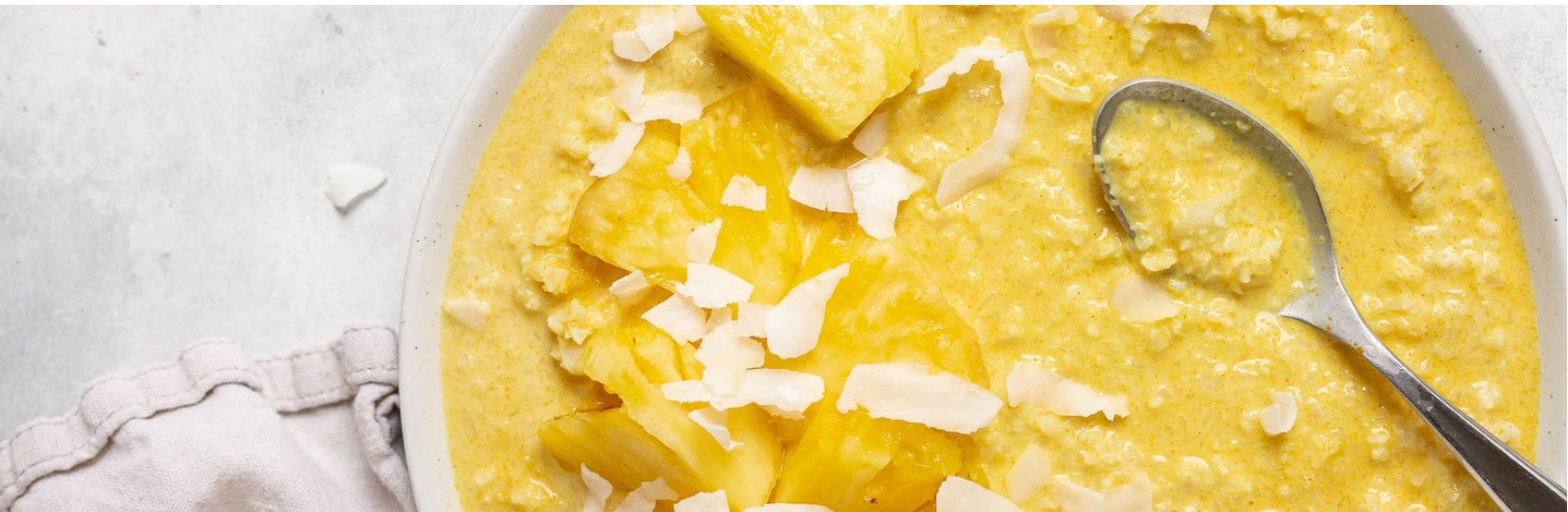
| Amount per serving | |
|--------------------|-------|
| Calories | 376 |
| Fat | 26g |
| Carbs | 32g |
| Fiber | 11g |
| Sugar | 1g |
| Protein | 8g |
| Cholesterol | 0mg |
| Sodium | 274mg |
| Vitamin A | 161IU |
| Vitamin C | 10mg |
| Calcium | 43mg |
| Iron | 2mg |

Directions

- 1 Spread rice cakes with hummus. Top with sliced avocado and a sprinkle of salt and pepper. Enjoy!

Notes

No Rice Cakes: Use crackers or tortillas instead.



Pineapple Turmeric Cauliflower Porridge

4 servings
10 minutes

Ingredients

2 cups Canned Coconut Milk (full fat)
4 cups Cauliflower Rice
1 1/2 tsps Turmeric (to taste)
2 cups Pineapple (cored, chopped)
1/2 cup Unsweetened Coconut Flakes (optional)

Nutrition

| Amount per serving | |
|--------------------|------|
| Calories | 354 |
| Fat | 28g |
| Carbs | 21g |
| Fiber | 5g |
| Sugar | 12g |
| Protein | 5g |
| Cholesterol | 0mg |
| Sodium | 60mg |
| Vitamin A | 48IU |
| Vitamin C | 81mg |
| Calcium | 38mg |
| Iron | 1mg |

Directions

- 1 In a large pan, combine the coconut milk and cauliflower rice over medium heat. Cook until the cauliflower is tender, about five to eight minutes, or longer until your desired consistency is reached.
- 2 Stir the turmeric into the cauliflower porridge. Divide into bowls and top with the pineapple and coconut flakes (optional). Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days.

Serving Size: One serving equals approximately one cup of cauliflower porridge and 1/2 cup of pineapple.

More Flavor: Add coconut butter, coconut cream, cinnamon, sea salt, lemon juice, pineapple juice, or vanilla extract.

Additional Toppings: Add almond slices, hemp seeds, or your choice of sweetener.



Peanut Butter Banana Oat Smoothie

2 servings

5 minutes

Ingredients

1/2 cup Oats (quick or traditional)
1/4 cup All Natural Peanut Butter
2 Banana
1 cup Unsweetened Almond Milk

Nutrition

| Amount per serving | |
|--------------------|-------|
| Calories | 389 |
| Fat | 20g |
| Carbs | 48g |
| Fiber | 7g |
| Sugar | 18g |
| Protein | 12g |
| Cholesterol | 0mg |
| Sodium | 88mg |
| Vitamin A | 325IU |
| Vitamin C | 10mg |
| Calcium | 258mg |
| Iron | 2mg |

Directions

- 1 Place all ingredients into a blender and blend well until smooth. Divide into glasses and enjoy! (Note: This smoothie will thicken if not had right away. Just add a splash of almond milk until you reach your desired consistency.)

Notes

No Banana: Sweeten with raw honey, maple syrup or a few soaked dates.

No Peanut Butter: Use any nut or seed butter.

Storage: Store in a mason jar with lid in the fridge up to 48 hours.

More Protein: Add hemp seeds or a scoop of protein powder.

More Fibre: Add ground flax seed.



Dark Chocolate Love Bites

15 servings
20 minutes

Ingredients

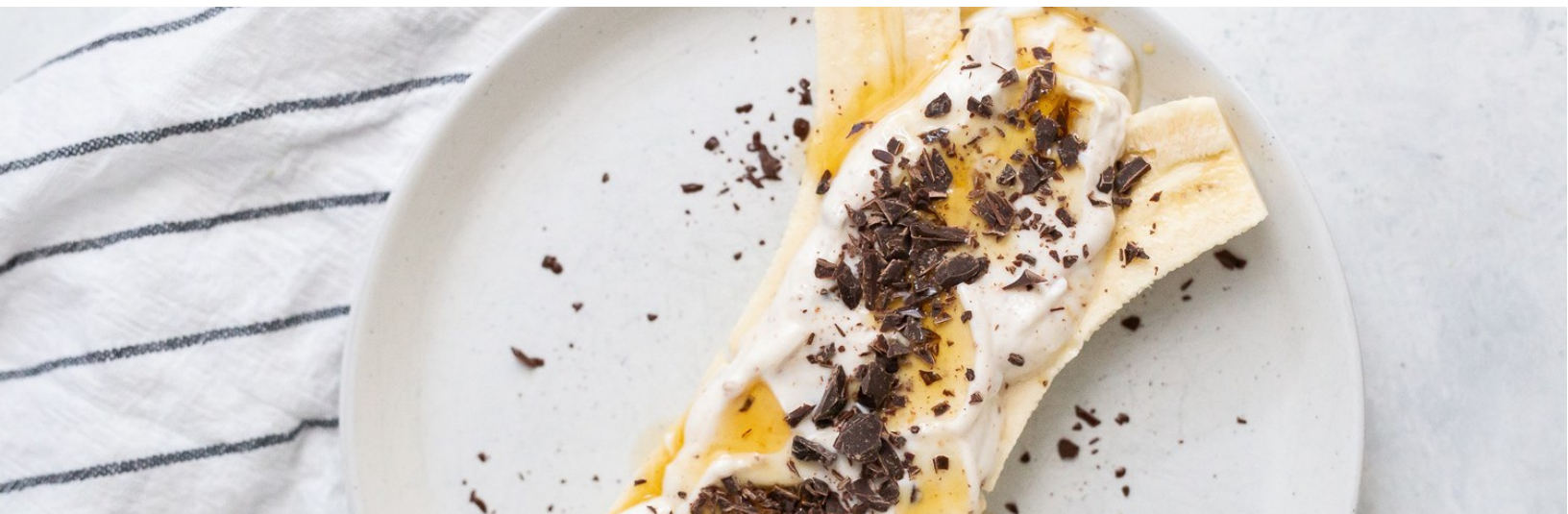
100 grams Dark Chocolate (at least 70% cacao)
1/4 cup Pomegranate Seeds
1/4 cup Slivered Almonds

Nutrition

| Amount per serving | |
|--------------------|------|
| Calories | 56 |
| Fat | 4g |
| Carbs | 4g |
| Fiber | 1g |
| Sugar | 2g |
| Protein | 1g |
| Cholesterol | 0mg |
| Sodium | 1mg |
| Vitamin A | 3IU |
| Vitamin C | 0mg |
| Calcium | 11mg |
| Iron | 1mg |

Directions

- 1 Fill one large pot with water and place a smaller pot inside. Bring to a boil then reduce to a simmer. Ensure no water is able to get in the smaller pot.
- 2 Add the dark chocolate into the smaller pot and stir continuously until melted.
- 3 Spread a large piece of wax paper across your counter. Dollop a heaping teaspoon of melted chocolate onto the wax paper so it forms a circle. Repeat until all chocolate has been used up. Immediately place 4 or 5 pomegranate seeds in the centre of each chocolate and then surround with slivered almonds.
- 4 Let chocolate cool for 1 hour before peeling off of the wax paper. Arrange on a decorative plate or store in a mason jar. Enjoy!



Yogurt Banana Split

1 serving
5 minutes

Ingredients

1/2 cup Plain Greek Yogurt
1 tbsp All Natural Peanut Butter
1 Banana (sliced in half lengthwise)
1 1/2 tsps Maple Syrup
14 grams Dark Chocolate (at least 70% cacao, chopped)

Nutrition

| Amount per serving | |
|--------------------|-------|
| Calories | 403 |
| Fat | 17g |
| Carbs | 50g |
| Fiber | 5g |
| Sugar | 29g |
| Protein | 17g |
| Cholesterol | 17mg |
| Sodium | 78mg |
| Vitamin A | 706IU |
| Vitamin C | 18mg |
| Calcium | 284mg |
| Iron | 3mg |

Directions

- 1 Stir together the yogurt and peanut butter in a small bowl.
- 2 Place the banana halves onto a plate. Top with the yogurt mixture, maple syrup, and dark chocolate. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Dairy-Free: Use coconut yogurt.

Nut-Free: Use tahini, sunflower seed butter or pumpkin seed butter, or omit the peanut butter.

Additional Toppings: Add fresh fruit, chopped nuts, shredded coconut, or sprinkles.