

Bee Well Health, Nutrition and Wellness

Healthy 5 Ingredient

Power Food Meal Recipes



beewell.com



Welcome!

I'm so happy that you downloaded my BeeWell 5 Ingredient Cookbook! I'm Sami Bee, or Coach Bee, and I'm a certified health and wellness coach..

This 5 ingredient healthy cookbook will provide you with easy, quick meals to aid you on your health journey.

PANTRY NOTE: Staples needed to make these recipes include Olive oil, coconut oil, apple cider vinegar, and salt and pepper.

Find out more about working with me on YOUR goals at BeeWell.com

OR, join us on the free Facebook group [BeeWell Healthy Hive](#) for daily tips, articles, inspiration, journal prompts, and personal weekly health challenges to keep your journey going!

Protein Pancakes

Ingredients

! cup (225g) cottage cheese
1 cup (80g) rolled oats
5 eggs
2 tsp. cinnamon
1 tbsp. maple syrup
*2 tbsp. coconut oil



Place all ingredients into a blender or food processor and blitz together until smooth.

Heat $\frac{1}{4}$ of the coconut oil in a large frying pan over low-medium heat, pour about $\frac{1}{4}$ cup of batter per pancake, and repeat until the pan is filled.

Cook until you start to see bubbles form on the surface of the pancakes, about 1-2 minutes. Then, flip and cook for another minute or until golden brown on both sides.

Repeat this process until all the batter has been used. Top the pancakes with your favorite toppings (see serving suggestions below).

Serving suggestion:

Fruit: banana, strawberries, raspberries, pear, figs, cherries, pineapple, watermelon

Nuts: almonds, hazelnuts, walnuts

Sweeteners: powdered sugar, maple syrup or honey

Serves: 4

Prep: 5 mins

Cook: 15 mins

Nutrition per serving:

298 kcal

17g Fats

20g Carbs

17g Protein

Cinnamon Granola

Ingredients

Serves: 16
Prep: 10 mins
Cook: 30 mins

2 cups (160g) rolled oats
1 cup (115g) walnuts, chopped
1 tbsp. cinnamon
4 tbsp. almond butter
½ cup maple syrup
*salt

Add Preheat the oven to 325°F (160°C) and line a baking tray with baking paper.

Mix the oats, walnuts and cinnamon in a large bowl, adding a pinch of salt.

Next, add the almond butter and maple syrup, mix until well combined and sticky.

Spread the mixture evenly over the baking tray and bake for 15 minutes on the middle shelf in the oven. Remove the tray, stir the mixture to break it up a little and place back in the oven to cook for a further 10-12 minutes until golden brown.

Remove the tray from the oven and place on a wire rack to cool. Once cooled down store in an airtight container for up to one week.



Nutrition per serving:
136 kcal
8g Fats
15g Carbs
3g Protein

Banana Walnut Porridge

Ingredients

- 2 cups (480ml) almond milk, unsweetened
- 1 cup (80g) oats
- 1 scoop (25g) vanilla whey
- 1 banana, sliced
- ¼ cup (30g) walnuts, chopped



In a small pot, bring the almond milk to the boil.

Stir in the oats and cooked over low heat for 5-7 minutes, stirring constantly to avoid sticking. Take the pot off the heat and stir in the protein powder until well combined.

Divide the porridge between 2 serving bowls and top with the sliced banana and walnuts. Serve immediately.

Serves: 2
Prep: 5 mins
Cook: 7 mins

Nutrition per serving:
375 kcal
15g Fats
44g Carbs
19g Protein

Chickpea Bruschetta

Ingredients

- 2 slices bread, toasted
- 1 cup (165g) chickpeas, drained
- 1 tbsp. tahini
- ½ cup (75g) cherry tomatoes, quartered
- 1 tbsp. parsley, chopped
- *1 tbsp. olive oil
- *1 tsp. apple cider vinegar
- *salt and pepper



Toast the bread on both sides.

Place the chickpeas in a small bowl with the vinegar and tahini.
Mash with a fork and, season with salt and pepper.

Combine the tomatoes, parsley and olive oil in a small bowl.
Spread the chickpea mixture over the toasted bread. Top with
the tomatoes and serve immediately.

Nutrition per serving:
357 kcal
15g Fats
44g Carbs
14g Protein

Serves: 2
Prep: 10 mins

Pesto Pasta Salad

Ingredients

11 oz. (320g) whole wheat pasta
13 oz. (360g) roasted peppers,
drained, sliced
6 tbsp. basil pesto
1 mozzarella ball, chopped (125g)
4 oz. (120g) arugula
*salt and pepper



Serves: 4

Prep: 10 mins

Cook: 20 mins

Nutrition per serving:

501 kcal

17g Fats

67g Carbs

19g Protein

Cook the pasta according to the instructions on the packaging. Once cooked, drain and rinse under cold running water until cooled.

In a large bowl, toss the pasta and the remaining ingredients together until combined. Season to taste with salt and pepper and serve immediately. Alternatively, place in a sealed container and refrigerate for up to 3 days.

Quinoa, Beef, Zucchini Burgers

Ingredients

1 zucchini, grated
14 oz. (400g) lean, ground beef
1 cup (185g) quinoa, cooked
2 cloves garlic, minced
1 egg, beaten
*1 tsp. salt and pepper
*2 tbsp. olive oil

Grate the zucchini and squeeze out any excess moisture using some clean kitchen towel. Transfer the zucchini into a bowl. Add the beef, quinoa, garlic, egg, 1 teaspoon of salt, and ¼ teaspoon of pepper. Combine all the ingredients together using clean hands.

Form the mixture into 8 patties. Heat a part of the oil in a grill pan over medium-high heat, and cook the burgers 5-6 minutes each side.

The burgers can be stored in an airtight container in the refrigerator for 3-4 days.

Makes: 8

Prep: 25 mins

Cook: 30 mins

Nutrition per serving:

160 kcal

10g Fats

6g Carbs

12g Protein



Cajun Salmon w/Corn Salsa

Ingredients

- 2 corn cobs, cooked
- 10.5 oz. (350g) cherry tomatoes, quartered
- 1 cup (60g) coriander, leaves
- 4 salmon fillets (6oz./170g each)
- 2 tbsp. Cajun seasoning
- *2 tbsp. olive oil



Heat the oven to 425°F (220°C). Mix the Cajun seasoning with the olive oil and rub all over the salmon. Place the salmon on a baking tray or on an oven proof dish. Bake in the oven for 12-15 minutes, until cooked through.

Use a small knife to cut down the side of the corn cobs to remove the kernels and place them in a large bowl. Add the tomato and coriander and toss to combine.

To serve, divide the salsa between 4 serving plates. Top with the salmon and serve immediately.

Serves: 4
Prep: 10 mins
Cook: 10 mins

**Nutrition per
serving:**
407 kcal
21g Fats
21g Carbs
38g Protein

Curried Cauliflower Soup



Ingredients

- 1 yellow onion, chopped
- 1 cauliflower head
- 2 tsp. fennel seeds
- 1 cup. (190g) red lentils, dry
- 3 tbsp. yellow curry paste
- *salt and pepper
- *2 tbsp. olive oil

Heat the oven to 400°F (200°C).

Separate the cauliflower head into small florets. Drizzle $\frac{1}{4}$ of the cauliflower with 1 tablespoon of olive oil, and season with 1 teaspoon of the fennel seeds and salt and pepper, place into the oven and roast for 20 minutes, until browned.

Heat the remaining 1 tablespoon of oil in a large pot, adding the chopped onion and the remaining 1 teaspoon of fennel seeds.

Cook for 3-4 minutes until onion has softened. Add in the remaining cauliflower and lentils to the pan. Stir in the curry paste and add in 4 cups of water. Bring to a boil, then reduce the heat and simmer gently for 25 minutes, until cauliflower is tender and lentils are cooked.

Once soup is cooked blitz it with a hand blender until smooth and creamy. To serve, divide the soup between bowls and top with the roasted cauliflower.

Nutrition per serving:

296 kcal
8g Fats
44g Carbs
15g Protein

Serves: 4

Prep: 10 mins

Cook: 25 mins

Veggie Chili Salad

Ingredients

1 x 14 oz. (400g) can black beans,
rinsed, drained

1 x 7 oz. (200g) can sweet corn,
rinsed, drained

1 red bell pepper, sliced

bunch coriander, chopped

5 oz. (150g) hot salsa



Serves: 4

Prep: 10
mins

Nutrition per serving:

144 kcal

2g Fats

28g Carbs

8g Protein

Rinse the black beans and corn under cold running water, rinse thoroughly and drain well. Slice the pepper into small strips. Chop the coriander coarsely.

Mix the beans, corn, pepper and coriander with the salsa in a medium bowl. This salad can be stored in an airtight container in the refrigerator for up to 3 days.

Serving suggestions:

Guacamole

Tortilla chips

Slowcooked Chicken Fajita

Ingredients

1.5 lb. (680g) chicken breast
1 large onion, sliced
2 bell pepper, sliced
1 x 16 oz. (450g) jar salsa
juice of 1 lime
*salt and pepper

Add the chicken, onions, peppers, salsa, and salt to a slow cooker. Stir well to combine.

Cook on a high heat setting for 4 hours or low heat setting for 6 hours, until the chicken and vegetables are tender.

Once cooked, remove the chicken and place on a cutting board. Shred the chicken, with two forks and place back into the slow cooker. Add in the lime juice and mix everything well to combine.

Season to taste, with salt and pepper.

Serving suggestion:

Tortilla chips
Avocado
Salsa

Serves: 6

Prep: 5 mins

Cook: 4-6 hrs

Nutrition per serving:

177 kcal

3g Fats

10g Carbs

27g Protein



Chicken Picatta

Ingredients

- 1 lb. (450g) chicken breast
- 3.5 oz. (100g) butter
- ¼ cup (50g) capers, drained
- 3 lemons, zested, juiced
- ½ cup (30g) parsley, chopped
- *salt and pepper



Place a chicken breast between 2 sheets of cling wrap
Use a meat mallet, or rolling pin, to gently pound the
chicken until it is approximately 1.5cm thick. Season
well with salt and pepper.

Heat ¼ of the butter in a large pan over a medium-high
heat and cook the chicken. Cook for 4 minutes each
side or until golden brown. Transfer to a plate and set
aside.

Add the remaining butter to the pan. Cook, stirring, for
2-3 minutes or until the butter melts and turns a golden
brown color.

Add the capers to the butter and cook for 1 minute.
Add the lemon juice and half the lemon zest, and mix
through. Now place the chicken and any juices back in
the pan. Cook, turning occasionally, for 2-3 minutes or
until chicken is cooked through and the sauce has
thickened slightly.

To serve, sprinkle with parsley and remaining lemon
zest.

Serves: 4

Prep: 10 mins

Cook: 20 mins

Nutrition per

servicing:

328 kcal

23g Fats

4g Carbs

26g Protei

Chickpea & Broccoli Curry

Ingredients

- 14 fl. oz. (400ml) can coconut milk
- 2 tbsp. red curry paste
- 2 broccoli heads, florets
- 14 oz. (400g) can chickpeas, rinsed and drained
- 1 tbsp. cornstarch
- *1 tbsp. coconut oil



Heat the oil in a large pan over a medium-high heat. Sauté the broccoli for 3-4 minutes, then add the curry paste and cook for further 2 minutes. Now add coconut milk and simmer gently for 5-8 minutes.

Next, add in the chickpeas and mix well to combine, bring to a gentle simmer.

Mix the cornstarch with 2 tablespoon of cold water and add to the pan, simmer for about a minute, then reduce heat and let it cool slightly before serving. Can be served over rice.

Serves: 4
Prep: 5 mins
Cook: 10 mins

Nutrition per
serving:
399 kcal
21g Fats
43g Carbs
15g Protein

Stuffed Mexican Peppers



Ingredients

- 4 bell peppers
- 14 oz. (400g) lean ground beef
- 14 oz. (400g) can chopped tomatoes
- 1 cup (160g) cooked rice
- 2 tbsp. Mexican spice blend

Preheat the oven to 375°F (190°C). Heat a large pan over a medium-high heat and cook the beef for 5-7 minutes until browned. Add in the tomatoes and, rice and bring to the boil, then reduce the heat and simmer gently, covered, for around 6-8 minutes.

Cut off the tops from peppers and remove the seeds from the inside. Place the peppers on a baking dish and fill the peppers with the beef mixture.

Cover the dish with foil and bake in the oven for 35 minutes, or until the peppers are tender.

Serves: 4
Prep: 10 mins
Cook: 50 mins

Nutrition per serving:

281 kcal
10g Fats
23g Carbs
23g Protein

Sweet Potato Hummus

Ingredients

1 ½ cup (250g) chickpeas, drained
1 cup (255g) sweet potato, mashed
4 tbsp. tahini
½ tsp. smoked paprika
1 garlic clove, minced

Place all the ingredients to a high speed blender or food processor and blitz smooth.

Serves: 8

Prep: 10 mins

Cook: 0 mins

Nutrition per serving:

182 kcal

12g Fats

16g Carbs

5g Protein

Serve as a dip.



Peanut Butter Cranberry Cookies

Ingredients

1 cup (280g) peanut butter, crunchy
1 cup (180g) coconut sugar
1 egg
1 tsp. baking powder
¼ cup (35g) cranberries, dried



Preheat the oven to 360°F (180°C). Line 2 baking trays with baking paper.

Place the peanut butter and sugar in a bowl and using a hand mixer beat together until well combined. Add the egg and baking powder and beat again. Finally, add the cranberries and stir to combine.

Roll tablespoonfuls of the cookie dough into balls. Place the balls on lined trays, allowing room between each ball for spreading in the oven.

Flatten slightly. Bake, swapping trays halfway through cooking, for 10-12 minutes or until light golden. Set aside to cool.

Once cooled, store in an airtight container.

Makes: 20
Prep: 10 mins
Cook: 12 min

**Nutrition per
serving:**
123 kcal
7g Fats
13g Carbs
3g Protein

Sweet Potato and Black Bean Brownies

Ingredients

9 oz. (250g) sweet potato
14oz. (400g) can black beans, drained
½ cup (60g) walnuts
3.5 oz. (100g) coconut sugar
1 bar dark chocolate, chopped
*3 tbsp. olive oil



Peel, chop and boil the sweet potatoes until they are soft. Set aside to cool.

Heat the oven to 360°F (180°C) and prepare an 11x7-inches (28x18cm) baking tin lined with baking paper.

Place the cooled sweet potatoes, black beans, walnuts, sugar and chocolate into a food processor and blitz until smooth. Next add in the olive oil and blitz again.

Transfer the batter into the baking tin and bake for 50 minutes. Remove from the oven and allow to cool completely on a wire rack, before cutting into 12 squares. Store in an airtight container.

Serves: 12
Prep: 15 mins
Cook: 50 mins

Nutrition per serving:
183 kcal
10g Fats
22g Carbs
3g Protein

Pumpkin Cake

Ingredients

3 eggs
¾ cup (150g) coconut sugar
1 cup (230g) pumpkin puree
2 tsp. cinnamon
1 cup (125g) self-rising flour

Serves: 8

Prep: 10 mins

Cook: 50 mins

Nutrition per
serving:

154 kcal

2g Fats

34g Carbs

3g Protein



Preheat the oven to 375°F (190°C).

In a large bowl, combine the eggs and sugar. Beat with a hand mixer for 5 minutes until the mixture is fluffy and has tripled in volume. Add the pumpkin puree and cinnamon and beat until everything is well-combined.

Sift the flour into the egg mixture and very gently fold, making sure that you do not deflate the eggs.

Grease an 8-inch (20cm) diameter cake pan and pour the batter into it. Bake for about 50 minutes or until a toothpick inserted into the middle of the cake comes out clean.

Remove the cake from the oven, let it cool, then slice and serve. Store this cake in an airtight container.

Blueberry Protein Ice Cream

Ingredients

1 cup (145g) cottage cheese

1 banana

½ cup vanilla whey powder

4 tbsp. dried blueberries

¼ cup (75g) fresh blueberries

Place the cottage cheese, banana and whey powder in a food processor and blend everything together.

Transfer the mixture into a plastic container and mix in the dried berries. Cover with a lid and freeze for 45 minutes, then take out of the freezer and mix again. Return the dish to the freezer and chill for a further 45 minutes.

Take the dish out of the freezer, mix again and serve with fresh berries.

NOTE: If you keep it in the freezer for longer, thaw for 10-15 minutes before serving.



Serves: 2
Prep: 10 mins
Chill: 90 mins

**Nutrition per
serving:**
243 kcal
4g Fats
26g Carbs
28g Protein

Tropical Carrot Smoothie

Ingredients

1 cup (240ml) carrot juice

1 mango, peeled, chopped

1 cup (165g) pineapple, chopped

1 tsp. ginger, grated

¼ cup (60ml) coconut water



Place all ingredients into a high-speed blender and blitz until smooth. Serve over ice.

Serves: 4

Prep: 5 mins

Cook: 5 mins

Nutrition
per serving:

95 kcal

0g Fats

24g Carbs

1g Protein

Notes

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Food brings people
together on many
different levels. It's
nourishment of the
soul and body; it's
truly love.

~Glada DeLaurentiis

Let's continue
the journey
together!!!



Let's stay in touch

I'm looking forward to hearing from
you!

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Ready to take the next step?

I hope you have enjoyed these awesome, healthy, superfood recipes and have had a chance to incorporate them into your daily meal planning. Whole superfoods help you lead a happier, healthier, more fulfilled life!

Your health journey may be just beginning, and I hope that I can be of further assistance to you as you embrace your journey! My job as a health coach is to educate, inspire, motivate, guide, and cheer you as you reach optimum health and wellness!! I've included some additional trackers and printouts to make your journey easier.

Please feel free to reach out to me to continue with this awesome path of self love, self care, and purposeful healthy living. I encourage your questions and I would love to work with you on a one on one personal level!

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You can also follow me on Instagram

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