



*Three simple
recipes*

JULIA MARIA WELLNESS

Banana pancakes and home made jam

I love pancakes. Over the years I have tried several recipes, but these ones have a special place in my heart. So, bring out your saucepan and your spatula: Let's make banana pancakes!

Prep & cooking time: 15 minutes

Banana pancakes

2 port.

- 2 eggs
- 1 banana
- 1 tbsp flour of choice
- Fat for frying (I use coconut oil)

Queen's jam

- 2 cups of frozen raspberries
- 2 cups of frozen blubberies
- 0,5 cups of water
- 1 tbsp chia seeds
- Sweetener (too taste)

Directions

Banana pancakes

Mash the banana until not completely smooth. Whisk the two eggs in a bowl and add the banana. Stir in the flour. Melt the coconut oil in a saucepan on medium heat, lower the heat to low and gently fry the pancakes. A good measurement for one pancake is 3 tbsp of batter. Wait until almost dry on the surface before carefully flipping the pancake.

Queens jam

Slowly cook the frozen berries with the chia seeds and the sweetener. Bring to a boil and cook down until thickened. Taste and add more sweetener if needed.

Sweet potato with salmon asparagus mash and fried

Look at this gorgeous plate. Am I allowed to say this about my own dish? YES. Fresh salmon covered in herbs and garlic, sweet potato mash, grilled asparagus... Just perfect!

Prep & cooking time: 30 minutes

Sweet potato mash

1 port.

- 0,5 big sweet potato
- 0,5 dl milk of choice
- 1 tbsp of olive oil
- Salt
- Pepper

Salmon

- 125 g of salmon (one filét)
- 1 tbsp olive oil
- 1 clove of garlic
- Chopped dill

Asparagus

- 5-6 sticks of asparagus

Directions

Salmon

Set oven for 350F/175C

Place the salmon in an oven safe dish (defrost if frozen). Chop/grate the garlic and mix with the olive oil, and chopped dill. Cover the salmon with the mix and let bake in the oven for 25 minutes. The salmon should be flaky and warm pink when done.

Sweet potato mash

Peel and chop the sweet potato into small pieces, place in cold water in a pot and bring to a boil. Cook until softened.

Rinse and use a fork to mash the potatoes with the olive oil.

Season to taste.

Fried asparagus

Cut the ends of the asparagus, heat the oil in a saucepan and fry the asparagus on high heat for a few minutes. They should be soft, but still have some crunch.

Plate and enjoy!

Blueberry almond smoothie

I never really thought I liked smoothies until one day I skipped the raspberries and the yoghurt. Turns out more milkshakey I think.



Prep & cooking time: 30 minutes

Smoothie

1 port.

- One handful of frozen blackberries
- One handful of frozen blueberries
- 1/3 banana
- 2 dl of oat milk
- 1 tbsp almond butter
- 1 tsp of honey

Directions

Mix in a blender and enjoy!