



Nutritious & Delicious Recipes

A collection of easy and healthy recipes to nourish your body and soul



MARSHA
FENWICK
NUTRITION



Cinnamon Bircher Muesli



Ingredients

- ½ - 1 cup unsweetened vanilla almond milk
- ¼ cup gluten free oats
- ½ tbsp pumpkin seeds
- ½ tbsp sunflower seeds
- ½ tbsp chia seeds
- 1 tbsp hemp hearts
- ¼ tsp cinnamon
- ¼ apple, diced

Preparation

Combine all ingredients in a bowl and mix until well combined. Store in the fridge overnight or until the oats, seeds, and fruit have soaked up more of the liquid. Stir occasionally.

Serves 1

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Avocado & Lox on Sweet Potato 'Toast'



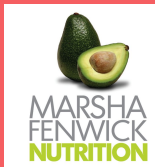
Ingredients

- 1 large sweet potato
- 1 large egg
- ½ avocado
- 2 slices wild-caught smoked salmon
- Optional: veggies

Preparation

Slice the sweet potato lengthwise into 2 ¼ inch thick slices. Place the sweet potato slices in the toaster on high. Toast for about 15 minutes or until cooked entirely. Toast a couple of times if needed. While the sweet potato is toasting, cook the eggs to your preference. Cut the avocado into slices. Top the sweet potato toast with egg, lox, and avocado.

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Oat & Seed Breakfast Cookie



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Ingredients

- 2 ¼ cups quick oats
- 1 ¼ cups whole spelt flour
- ½ cup chocolate protein powder
- 1 cup sunflower seeds
- ¾ cup pumpkin seeds
- ½ cup shredded unsweetened coconut
- ¼ cup whole flax seeds
- ½ cup coconut palm sugar
- 1 tbsp ground cinnamon
- ¼ cup water
- 2 tbsp almond butter
- ⅓ cup grapeseed oil
- 1 cup unsweetened almond milk
- 1 cup dark chocolate chips

Preparation

Preheat oven to 350. Line baking trays with parchment paper. In a large bowl, combine all dry ingredients. In a separate bowl, combine wet ingredients. Add wet ingredients to dry, and mix until combined. Do not overmix. Portion cookie dough using a ¼ cup measure and place onto lined baking tray. Gently flatten cookies before baking. Bake for 20 minutes or until lightly browned.

Chocolate Cherry Smoothie



Ingredients

- ½ cup frozen cherries
- ¼ avocado (each)
- 1 scoop chocolate protein powder (plant-based preferred such as Vega or Sunwarrior) or 3 tbsp hemp hearts
- ½ cup spinach
- 1 tbsp cocoa powder
- 1 tbsp almond butter
- 1 tbsp flax or chia seeds
- 1 cup unsweetened almond milk
- 1 cup water
- 1 cup ice

Preparation

Add all ingredients to blender. Pour into cup. Makes 2 servings.

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Marsha's Famous Granola

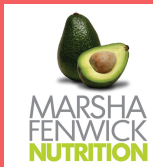
Ingredients

- 2 cups rolled oats
- 1 cup each of almonds and walnuts, chopped small
- 1 cup each: sesame, pumpkin, and sunflower seeds
- $\frac{3}{4}$ cup raw unpasteurized honey
- Any other goodies you like

Preparation

Place all the nuts, seeds, and oats in 1 large bowl and mix together. Pour $\frac{3}{4}$ cup honey into bowl of mixed ingredients and mix well with gloves on. Spread over 1 baking sheet and bake at 400 degrees for 20-30 minutes, mixing every 5 minutes until golden brown. The granola burns easily so be careful to watch it. Makes 1 full cookie sheet of granola.

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