



## Healthy breakfasts and school meals

Two of Jamie Oliver's Food Revolution Ambassadors in Israel, naturopath Maya Harish and chef Itai Ferkas, have teamed up to create a delicious and healthy recipe book for meals that are fun to prepare, eat and send off with your kids to school.

Further information can be found by clicking on the logos at the bottom of each page.

<http://www.facebook.com/FoodRevlsrael>



Parents always tell their children that breakfast is the most important meal of the day, but why is that? Well, first of all, as the name implies - it's the meal that breaks the fast that has lasted all night long. When we skip breakfast and rush off to school or work, we're forcing our body to work without energy – it's like trying to drive a car with no petrol. Obviously, it is impossible for our body to function at its best this way! Breakfast is the fuel allowing our bodies to work.

While breakfast is indeed important for grownups to achieve optimal function, for children it is even more important. Their bodies are still growing, and there are brains developing and so they need "filling up" with food more often. By feeding our mind and body with healthy food, we are contributing to greater efficiency in all our activities throughout the day. Healthy breakfasts improve concentration at school (and at the office!), giving us more energy and resilience to physical activity. Eating a healthy breakfast decreases hunger throughout the day, helping us make better food choices all day long. Studies have shown children who skip breakfast tend to more tardiness and absences from school than those who regularly eat breakfast. Studies have also found that children who eat a healthy breakfast also function better in classrooms and playing with their peers, have improved concentration, and have an advantage in problem solving and coordination.

A healthy diet is one that provides all the ingredients which act as building blocks and give energy, feeding the chemical processes in the body and contributing to general health. When the body is fed properly, it will build properly and correct itself properly, which is why our diet must include water, minerals, protein, fats and carbohydrates.

So what does a healthy breakfast entail?

First of all, we recommend eating breakfast within two hours of waking up. Ideally, it's best eaten together, as a family, whenever that can be managed. Not only does it allow more quality time, it ensures that the grownups eat as well (setting a good example), and it reinforces the importance of breakfast. Breakfasts should include several of the major food groups: we recommend using a variety of fibre-containing foods such as fruit and vegetables, whole grains, and a small amount of protein. Choose complex carbohydrates, which

break down more slowly in the body, allowing for slower absorption of sugars into the bloodstream.

The perfect breakfast includes complex carbs, fibre and protein: the carbs supply immediate energy for the body to use; the energy from the protein kicks in when the energy from the carbs runs low; and the fibre contributes to the feeling of fullness, preventing over-eating. When you drink enough water, fibre assists digestion, prevents constipation, and, among other benefits, helps lower cholesterol.

But what foods contain these complex carbs and other food groups?

Complex carbs- whole grains, whole rice, fruit, vegetables.

Protein - nuts, seeds, legumes, dairy products and eggs.

Fibre - fruit and vegetables, whole grains, wheat bran.

There are two types of fibre:  
Soluble fibre - found in oats, nuts, seeds, legumes, and most fruit and veg.  
Insoluble fibre - found in whole grains, vegetables, and wheat bran.

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Before we start, just to help you find your way around, at the beginning of each recipe you'll find a few symbols:



Can be frozen and defrosted when needed



Needs some advance preparation



Prepared in minutes to prepare, suitable for stressful mornings



Suitable for vegetarians



Suitable for vegans



Suitable for people with gluten intolerance

Also, there is an estimation of the number of portions in each recipe, although naturally this varies for different age groups.

Many of the recipes are very easy to prepare with kids, and we recommend and encourage you to let the children join you in the kitchen, let them see, taste and feel the food. In this way you're encouraging them to try new flavours, to spend quality time with you, and to make the cooking experience fun, all the time helping them create healthier future habits.



## Whole Wheat Banana Buttermilk Cupcakes



Makes 12 cupcakes

These are perfect to prepare when you've got time, and defrost when you don't!

- 2 tablespoons butter, melted and cooled
- 1 cup whole wheat flour
- 1 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1/2 teaspoon sea salt
- 1 teaspoon ground cinnamon
- 1 ripe banana, mashed
- 1/4 cup buttermilk, room temperature
- 1 free range egg, room temperature
- 1/3 cup brown sugar
- 1/4 cup chocolate chips (optional)

Over-ripe bananas can be peeled, sliced, and kept in the freezer – makes a delicious frozen treat!

Preheat oven to 175°C. Line cupcake pan, and set aside.

Melt the butter and set it aside to cool.

In a large bowl, combine the flour, baking powder, baking soda, and salt.

In a small bowl, mash the banana, and use a fork to stir in the buttermilk, egg, and brown sugar. Fold in the butter.

Fold the wet ingredients into the dry, and stir just until combined, and add chocolate chips if used.

Spoon batter into prepared cupcake tray.

Bake for 12-13 minutes, or until the tops are golden and a toothpick inserted in the centre comes out with just a few crumbs.

Cool for 5 minutes, and serve.

# Muesli



Serves 2

5 minutes prep, easy to vary with seasonal fruit!

- Handful of grapes (or raisins soaked in water)
- Handful of mixed hazelnuts, almonds, pecans and walnuts
- 1 small sliced banana
- 1 small sliced apple
- If you're feeling fancy, add the juice of 1 passionfruit
- Handful of oats
- 1 tbsp. silan (optional)
- 1 serving plain yogurt (150 – 200 ml)

Mix all the fruit and nuts with the oats in a bowl, then add yoghurt, and silan if you choose.



## Energy bars I



Makes 22 small squares or balls

- 15 Medjool dates, pitted and roughly chopped
- 1/2 cup almonds
- 1/2 cup cashews
- 3/4 cup shredded unsweetened coconut
- 2 tbsp. coconut oil
- 2 tbsp. water

Mix the almonds, coconut and cashews in a food processor until fine.

Then add the dates, oil and water, and pulse until a dough forms.

Line a 21 x 21 cm container with parchment paper, leaving enough room for some to come over the sides, so that it is easy to take out.

Press the dough onto the parchment paper so that it is packed well, and place in the fridge to set. After an hour or two, you will be able to slice and eat.

Alternatively - roll into balls and place in the fridge to set, on greased paper.

Will keep in the fridge for a couple of weeks.



## Energy bars II



Makes 22 small squares or balls

- 1/2 cup walnuts
- 1/2 cup oats
- 8 Medjool dates, pitted and roughly chopped
- 2 tbsp. coconut oil
- 1 tsp. vanilla extract
- 1/2 cup dried cranberries or goji berries
- 1/4 cup white chocolate chips

Oats don't contain gluten, but are often processed in facilities that also process wheat, and so they don't count as gluten free unless specifically labeled as such.

Combine the walnuts, oats, and dates in a food processor. Process for about 1 minute until all the ingredients come together like a dough, and are similar in size, with no large chunks remaining.

Add the coconut oil and vanilla, and process to incorporate.

Add the cranberries and chocolate chips and pulse until just incorporated; not so much that the cranberries and white chocolate lose their chunkiness in the mixture.

Line a 21 x 21 cm container with parchment paper, leaving enough room for some to come over the sides, so that it is easy to take out.

Press the dough onto the parchment paper so that it is packed well, and place in the fridge to set. After an hour or two, you will be able to slice and eat.

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## Salmon Kedgeree



Serves 3 adults and 3 children

Itai says: this may sound surprising, but wait until you taste it!

- 400 grams diced salmon (skinless and boneless)
- 2 tbsp. olive oil
- 2 cups cooked rice (any leftover rice works, seasoned to your taste),
- 3 free range eggs
- 3 tbsp. cooking cream
- 2 tbsp. fresh chopped dill
- Salt, pepper to taste.

Heat a large frying pan and add the oil and salmon. Stir until the salmon turns pink, then add the rice, stirring until it's heated through. In a small bowl mix the cream and eggs, seasoning with salt and pepper. Add eggs to the frying pan and mix thoroughly.

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## Fruit kebabs



Serves 4

A perfect treat to send the kids to school with

- 1 sprig rosemary, finely chopped (easy to find in any public garden)
- 1/2 kg. fruit (mango, banana, strawberry, plums etc.) roughly chopped
- 2 tsp. icing sugar
- 125 g. silan
- 2 tbsp. water

### The night before:

Heat silan with rosemary and water on a low light for 2 minutes. While it is heating up, soak wooden skewers in water and put them in the fridge. Take the syrup off the stove, and while it cools, cut the fruit roughly into pieces the size of strawberries. Soak the fruit in the syrup, cover, and place in the fridge till morning.

### In the morning:

Heat up a frying pan (regular heavy pan or griddle) until very hot and smoking. As it heats up, thread the fruit on the skewers, sprinkle with some icing sugar, then place in the pan for 2-3 minutes until they become slightly pan-seared.

Can also be prepared under a hot grill (250°C, on top shelf). It requires less work, but you'll miss out on the seared stripes.



## Breakfast crepes



Makes 8 crepes

For relaxed mornings

- 1 cup whole wheat flour
- 1 tbsp. brown sugar
- 1/2 tsp. salt
- 1 free range egg
- 1 cup + 1 tbsp. milk
- 1 tbsp. olive oil

Stir all the ingredients apart from the oil together to make a smooth batter. Oil a frying pan, put on a medium heat, pour in a small amount of batter, and swirl around. Don't worry if you mess the first one up, everyone does... But with experience you'll learn to make perfect crepes.

You can prepare crepes ahead of time, cool and layer with baking paper, place in a zip lock bag, and refrigerate or freeze. The crepes will keep up to 3 day in the fridge, or 3 months in the freezer.

To defrost simply heat the oven to 180°C with a glass of water inside, and heat the crepes for 5 minutes.

### Recommended fillings:

Itai's daughter loves hers with cottage cheese, tomatoes and cucumbers.

We suggest a variety of vegetables: mushrooms, spinach, sprouts, peppers, cucumbers, corn etc., and you could also grate some cheese over it.

Alternatively, go sweet with fresh fruit, home-made jam, or cinnamon and maple syrup.

## Perfect morning shake



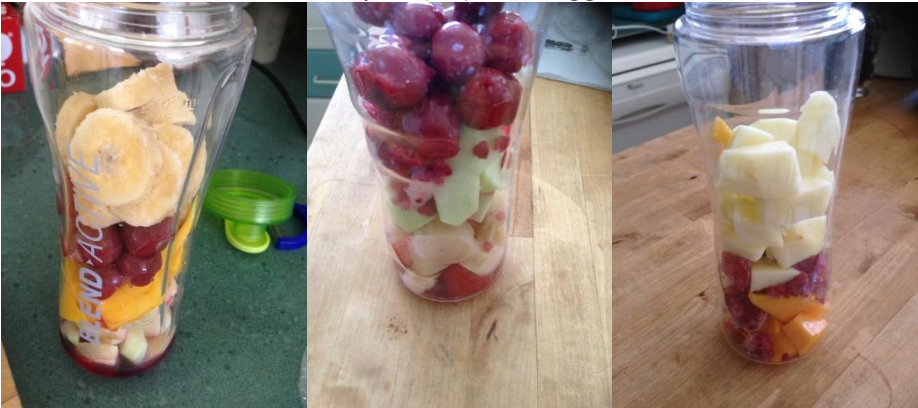
Makes 2

- Apple, quartered
- Banana, chopped
- Raspberries (fresh or frozen)
- Pear, quartered
- Salad leaves to taste (optional)
- Oats, a handful
- Water, non-dairy milk or yoghurt to taste

You can substitute whatever fruit is in season, whatever you like, or the softest fruit in your fridge...

To prepare: simply place all the roughly chopped fruit in the blender with the oats, adding a little of the liquid. Continue adding liquid until you reach a consistency to your liking.

The best thing about this recipe is while you are cutting the fruit you can prepare extra, putting the mixed fruits into small zip-lock bags or small boxes, and freeze ready for use. On stressful mornings, simply pull a bag out of the freezer, add liquid and blend! Just keep in mind that salad greens don't freeze too well, so don't add them to your prepared baggies.



## Salad jars



5 portions

Salad jars are perfect to prepare when you have one morning that is more relaxed, and then you're set for the week.

They're built like this:

Start by lining up 5 jars

First the **dressing**, whichever you like - we recommend vinaigrette on the first day, but tahini for the rest of the week. Put 1-3 tbsp. in each jar.

**Hard vegetables** - carrots, kohlrabi, fennel, cucumber, peppers, cooked beets... anything you like, chop, mix together, then add a handful to each jar.

**Grains and legumes** - add different cooked or sprouted legumes: mung beans, chickpeas, black beans, puy lentils etc., and/or grains such pasta, wheat, rice, couscous, etc. Anything you've got prepared or leftover will do, a handful in each jar - but if you like quinoa or spelt, hold off with them.

**Soft vegetables** or fruit - avocado, tomatoes, apples etc. should be added now, a handful each.

**Nuts and seeds** - almonds, walnuts, mixed seeds etc. Add a handful each. Also, if you want quinoa or spelt, add them now.

**Salad leaves** - fill the jar up with lettuce and any other salad greens you love. Now close the lid, and keep in the fridge.

Every morning you can simply pull out a jar, and you've got yourself a perfect salad. It will keep in the fridge for up to 5 days.

When you're ready to eat, simply shake the salad out into a bowl. This should dress your salad, but if necessary, mix it up a little with a fork before digging in.



## Granola



Enough for 14 portions or more, depending on portion size...

- 1/2 cup silan
- 1/2 cup canola oil
- 600 g oats
- Seeds – a handful each of pumpkin and sunflower seeds, flax...
- Dried fruit – a handful of each, to taste: coconut, raisins, cranberries...
- Nuts – a handful each of walnuts, cashews, hazelnuts...
- Cinnamon to taste

Granola is an excellent breakfast. Vary it by using a non-dairy option such as rice milk, or add some chopped fresh fruit and eat with yogurt!

Heat the oven to 200°C.

Put the oil and silan in a small pan and heat until almost boiling.

Meanwhile mix all the other ingredients together, apart from the nuts, in a large bowl and then pour the hot oil/silan mixture over and stir well until everything is completely coated.

Spread out in an even layer in a large oven tray and put into the oven for 25 minutes.

During the baking period, take out a couple of times and mix well to ensure that all the granola gets well baked.

After 25 minutes, take out of the oven, add the nuts, and mix well. Leave to cool in the baking tray, mixing from time to time to ensure it does not stick to the tray.

When cold, transfer to a well-sealed container, ready for breakfast.

## Get creative with sandwich fillings for school!

### Just before we begin – what's the difference between wholemeal and processed flours?

Processed grains do not contain bran or wheat germ - in other words, they do not contain fibre, and have significantly less vitamins and minerals than whole grains. Whole grains contain the outer shell and kernel of the wheat, as well as energy-rich starch.

Our bodies do not digest whole grains as fast as processed grains such as white flour. The slow digestion of whole grains prevents our blood sugar levels from rising rapidly (and then crashing). Maintaining sugar and insulin levels can stave off hunger and prevent the development of type 2 diabetes.

Researchers recommend eating a diet rich in whole grains, which also helps protect against heart disease.

Additionally, whole grains are a source of B vitamins, folic acid, iron, magnesium and selenium.

So when buying or making bread, choose bread made of wholemeal rather than white flour.

If you are gluten-intolerant, or simply want to make a change, try gluten-free grains such as quinoa, rice, amaranth, buckwheat, spelt, millet, and teff.

And when making up a school lunch – don't put the sandwich in the box on its own! We recommend adding some vegetables, whole or cut up (and if you see that the vegetables come home from school with the child, try putting them inside the sandwich. There aren't many sandwiches that won't be improved by a few lettuce leaves or sliced carrot to add a little freshness and crunch).

Below are some creative ways for adding fruit, vegetables and interest to your child's regular sandwich...

### Avocado spread

- Ripe avocado, peeled
- Spring onion
- Salt and pepper
- Lemon juice

### Egg salad

- 2-3 hard-boiled eggs
- 2 tbsp. mayonnaise
- Pickled cucumber, diced
- Salt and pepper

### Walnut and garlic spread

- Handful of shelled walnuts
- 4 cloves garlic
- 2 tbsp. honey
- Handful of fresh za'atar or oregano leaves
- Salt and pepper

### Tuna spread

- 100 g tuna in water, drained
- 2 hard-boiled eggs
- 1/2 small onion
- 1/2 red pepper
- 2 tbsp. mayonnaise
- Salt and pepper

### Bean spread

- 300 g white beans (soaked and cooked in advance)
- 1 clove garlic
- 1 tbsp. raw tehina
- Parsley, chopped
- 2-5 tbsp. of the liquid from the beans

The ideas for spreads don't specify how to prepare them. The preparation method is: mash everything together.

With the exception of recipes containing eggs, a hand-held blender will do the job perfectly.

We suggest soaking dried beans overnight, draining and cooking them in fresh salted water for 1-2 hours until soft. The cooked beans can then be put into 300 g containers and frozen until needed!



Process everything in a food processor, adding the liquid as necessary until the required consistency is achieved.

You can do the same thing with chickpeas, black beans, or almost any other kind of bean. Add variety and colour by adding some cooked beetroot, add spice by adding a little chili pepper to taste!

### Antipasti spread

Pre-heat the oven to 200°C. Arrange on a baking tray: aubergine (eggplant) cut into 1.5 cm slices, different coloured peppers, halved and deseeded, quartered tomato and onion, and 2 peeled cloves of garlic. Drizzle with olive oil, salt, pepper, and balsamic vinegar.

Roast until the vegetables begin to take on colour, and then leave to cool.

When the vegetables are cold, set half aside and process the other half into a paste in the food processor.

Spread the sandwich with the paste, and arrange the other vegetables on top.

You could also add a little raw tehina and some green leaves...

### Potato salad

- 5 medium potatoes
- 2 carrots (or you can use the frozen pea and carrot mix)
- 3 pickled cucumbers
- 4 tbsp. mayonnaise
- 1 tsp. prepared mustard
- 3 spring onions
- Parsley (optional)

Cook the potatoes in their skins together with the carrots until they are soft.

Peel the potatoes and dice them together with the carrots and the pickled cucumbers. Chop the spring onions and parsley if used. Mix the mayonnaise with the mustard and add about 3 tbsp. of the liquid from the cucumbers. Mix together with the vegetables.

### Interesting tehina

Regular tehina is prepared by taking raw tehina, adding cold water, seasoning and freshly-squeezed lemon juice.

If you are bored with the same old tehina, try replacing some of the liquids by adding a fresh tomato, squeezed by hand, some chopped roasted pepper, or pickled lemon.

### Home-made halva

1/2 cup raw tehina

1/4 cup silan or honey (Itai says silan, Maya says honey... take your pick!)

If you are feeling adventurous, add some chopped rosemary, ground star anise powder, or coarsely chopped sunflower seeds.

Just mix everything together.



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