

Cook in Colour - Summer Orange

Sacral Chakra | Hazel (Coll) | Series 2 Week 2

Breakfast: Apricot, Orange & Ginger Overnight Oats

Recipe: thehealthfulideas.com

Ingredients:

- 1/2 cup rolled oats
- 1/2 tsp ground ginger
- 1/2 tsp coconut sugar
- 1 tbsp chia seeds
- 1 cup almond milk
- 1-2 fresh apricots, chopped
- Optional: nut butter, goji berries, vanilla

Method:

Combine oats, ginger, coconut sugar and chia seeds in a jar. Pour in almond milk and stir. Add chopped apricots. Refrigerate overnight or at least 3 hours. Serve with favourite toppings.

Lunch: Roasted Butternut Squash & Chickpea Salad

Recipe: smittenkitchen.com

Ingredients:

- 1 butternut squash, cubed
- 1 can chickpeas, drained
- 1 red onion, wedged
- 2 tbsp olive oil
- 1 tsp allspice
- 2 cloves garlic, minced
- Tahini dressing: tahini, lemon juice, garlic, water

Method:

Toss squash with olive oil, allspice and salt. Roast at 220C for 25 mins. Add chickpeas and onion, roast 15 mins more. Serve warm with tahini dressing.

Dinner: Sweet Potato & Red Lentil Curry

Recipe: sweetpotatosoul.com

Ingredients:

- 2 medium sweet potatoes, diced
- 1 cup red split lentils
- 1 can coconut milk
- 1 can diced tomatoes
- 1 onion, diced
- 3 cloves garlic
- 1 tbsp fresh ginger
- Curry spices: turmeric, cumin, curry powder
- 2 cups vegetable broth

- Fresh coriander

Method:

Saute onion, garlic and ginger with spices. Add sweet potato, lentils, coconut milk, tomatoes and broth. Simmer 20-25 mins until lentils are soft. Serve with coriander.

Treat: Spiced Peach & Apricot Crumble

Recipe: bakingforfriends.com

Ingredients:

- 3 peaches, sliced
- 4 apricots, halved
- 1/4 cup brown sugar
- 1 tsp cinnamon
- 1/2 tsp ginger
- 1 tbsp lemon juice
- Topping: 1 cup oats, 1/2 cup flour, 1/3 cup butter, 1/4 cup brown sugar

Method:

Toss fruit with sugar, spices and lemon juice. Place in baking dish. Mix oats, flour, butter and sugar for topping. Sprinkle over fruit. Bake at 180C for 30-35 mins until golden.

Recipes selected each week by Sharon for [thenofussgourmet](http://thenofussgourmet.com)

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