



ZenFitGourmet Recipes

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Breakfast





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Ayurvedic Crepe

You can decorate with fruit compote ([recipe here](#)) or honey or maple syrup, nut butters, yogurt or fresh fruits, all up to your creativity. You can also add cottage cheese and zahtar spice and make it a savory snack.



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Ayurvedic Crepe

Recipe from Laura Plumb, Ayurveda for Beginners

I Ingredients:

- 1 cup of rice
- 1/2 mung beans
- Pinch of pink salt
- 2 cups of water
- 1/2 teaspoon ground cinnamon
- 1/4 teaspoon ground cardamom
- 1 table spoon ghee

I Method:

- Soak mung beans and rice over night,
- The next day drain and blend them with salt and 2 cups of water
- Place the mixture into a bowl again to stand for another 10 hours
(Cover with a tea towel)
- Add the cardamom and cinnamon and mix well
- Melt the ghee in a pan and add a enough of the batter to cover the pan thinly
- Cook for 2-3 minutes and until it is golden and flip to other side to cook both sides



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Ayurvedic Porridge

You can decorate with fruit compote ([recipe here](#)) or honey or maple syrup, nut butters, yogurt or fresh fruits, all up to your creativity. You can also add cottage cheese and zahtar spice and make it a savory snack.



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Ayurvedic Porridge

Here is my recipe but you can play around with the ingredients at home!

I Ingredients:

- 1 teaspoon of ghee or coconut oil
- 1/2 cup quinoa or millet flakes or gluten free oats
- 1/3 cup coconut shreads
- 1-2 tablespoon of freshly grounded flax seeds and/or chia seeds
- 1 tablespoon of pumpkin or sunflower seeds or peacans
- 3/4 cup of plant based milk (I prefer almond) and maybe more
- 1/4 cup of water or juice of seasonal compote
- If you are not using the seasonal compote, then a pinch of cinnamon, cardamom and ginger

I Optional:

- 1 teaspoon of almond paste or any other nut paste
- Vegan protein Powder - 1 unit

I Method

- In a small pan melt the ghee and add the quinoa flakes, coconut shreds, pumpkin or other seeds and spices. - Toast them all 1 minute and just smell this divine taste already!
- Add the flax or chia seeds
- Add the milk and water (or compote juice), stir well, lower the heat and simmer for 10-15 minutes.
- Serve with your nutbutter or a drizzle of honey/maple syrup or add a few slices of cooked fruits from your seasonal compote.
- Garnish with coconut shreads



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Irresistible Granola

Morning or snack time, this granola is your best companion in the ZenFitGourmet living!



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Irreristible Granola

I Ingredients:

- 3-4 cups of gluten free or regular oats or buckwheat, millet or quinoa flakes
- 1/2 cup of coconut flakes
- 1/2 cup of each, raw: walnuts or peacans, almonds, hazelnuts (or cashews), roughly chopped
- 1/2 cup of each: pumpkin seeds or sunflower seeds, grounded flax seeds or chia seeds or all of them!
- 1/2 cup of each: dates, dried apricots or figs, mulberries or cranberries, roughly chopped
- 1 tablespoon of orange zest

I Options:

- 1 cup of almond milk (or any milk of your choice) and 1 cup of coconut milk
- Or: (Instead of or additional to milks) you can use apple or any fresh seasonal fruit puree, or juice of 1 orange
- 2-3 tbs of coconut oil
- 1 teaspoon cinnamon, 1/4 teaspoon of vanilla. 1/2 teaspoon of mix of ground ginger-clove-vanilla
- Pinch of salt
- Optional: 2 tbs of maple syrup or agave or jagery or sugar of you choice

I Optional:

- You can add 1/3 cups of pine nuts and 1/4 cups of sesame
- Adding chopped dark chocolate after baking might make it too inresistable!! Instead I sometimes add raw cacao pieces like this one. Your choice!
- Decorate with seasonal fruits, especially berries in spring and summer.
- If you'd like to try it with an autumn compote, check out my recipe in my blog.



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Different Ways to Enjoy Your Irresistible Granola

You can sprinkle your granola on top of yogurt and top with apple-pear compote / stew or baked pumpkin





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Vegan High Protein Fast Breakfast

Fast, delicious and supported with plant based protein!

Lunch





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Tofu / Chicken / Fish Sauté with Sweet Potato

If you have not tried tofu before, you will love it with this recipe!



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Tofu / Chicken / Fish Sauté with Sweet Potato

I Ingredients:

- 1-2 tbs oil
- 1 tbs garam masala spice mix or like me, make your own spice mixture (cumin-coriander-fennel seeds, ginger-turmeric-cinnamon powder, black pepper)
- 1-2 crushed garlic cloves and if you like a lot piece of grated ginger
- 150g of tofu or chicken/turkey/fish fillet
- 1 sweet potato
- 2 hands full of green vegetables like spinach, chard leaves, kale, etc
- Salt and pepper
- 2-3 tbs soy / shoyu sauce
- 1/2 cup coconut cream / milk

I Method:

- Add 1-2 tbs oil in the pan (ghee or sesame or olive oil) and add 1tbs garam masala and toss for a few minutes.
Add 1-2 crushed garlic cloves, toss for a few minutes more
- Press tofu with a paper towel to remove the excess water. Then chop it into cubes and add it to the pan. Make sure all the spice mix is nicely distributed on the tofu.
- If you are using chicken or turkey, cut it into small pieces, add to pan
- When the color of tofu or chicken/turkey/meat changes, add chopped vegetables (like mushrooms, leek, kale, cauliflower, broccoli, beetroot from winter vegetables).
- Check salt-pepper to taste

I could also add sweet potatoes, but this time I grilled in the toaster! Slice it thinly, brush coconut oil on both sides and grill in the toaster until they are tender. Add them last minute to pan or as a side dish. When the vegetables are cooked, for the last 5 minutes, add 1 handful of spinach-chard leaves and add 2-3 tbs soy / shoyu sauce with about 1/2 cup coconut cream / milk. Cook in low-medium heat until all is well blended. When serving, add fresh chopped parsley and a few drops of lemon or lime juice. Enjoy! (Bon Appetite)



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Kitchary

This meal will balance the Vata dosha, especially during autumn, when Vata imbalances are around. It is easy to digest and very nutritious with a balanced taste of sweetness from winter vegetables. Its soft and creamy texture feels like a cozy afternoon under blankets with a cup of tea!

Kitchary



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I Ingredients:

- 1/2 cup basmati rice
- 1 cup mung beans, soaked overnight
- 2 tablespoons of ghee
- 1-2 teaspoon of spice mix: Laura's Autumn Spice Mix is here: 1 tablespoon of each: ground ginger, fenugreek, cinnamon, cardamom, 1 teaspoon of freshly grated nutmeg. - You can keep the rest of the mix for many other dishes.
(As a vata type person, with a lot of need for digestive energy, I also use this mix: grounded seeds of cumin-coriander-fennel mix with groud ginger-turmeric-cinnamon).
- 4-5 cups of vegetable broth or water
- 1 cup coconut milk
- 2 cups of chopped seasonal vegetables (I had mushrooms, butternut squash, beets, pak choi and 1 leftover zucchini! You can add carrots, pumpkins, celery,etc)
- Tamari or lime for seasoning
- Fresh mint, parsley or basil to garnish

I Method:

- Rinse the rice and mungbeans very well under cool water and set aside
- Melt the ghee and add thre spice mix, stir 1 minute
- Add the rice and beans and coat the spice mix well by stirring
- Adding water/broth and coconut milk, salt and pepper and boil, reduce heat and simmer for 20minutes.
- Add vegetables and cook for another 15 minutes, checking in if all is cooked well and creams texture.
- Serve with a few drops of fresh lime juice or tamari, gransihing with fresh herbs.



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Quinoa Festival

I call this a festival because it really looks and tastes like a festival of delicious vegetables, nuts and even beans. My love of red quinoa is because of my love of bulgur. You can make delicious salads, warm or cold, mixing it with anything in the pantry and fridge. One of the key elements is the sauce, recipe below.



Quinoa Festival

I Method:

- After you wash several times and drain very well your quinoa (to get rid of the bitter taste), boil it in water like pasta, with some salt, for about 10 minutes
- Checking it frequently that it is not too soft and mushy or too hard to chew
- Drain and keep it aside.

I Sauce:

- Half lemon's juice
- 3-4 tablespoons of pomegranate molasses sauce (nar ekşisi in Turkish and you can find in Turkish or Middle Eastern shops / corners) or balsamic vinegar
- 4-5 tablespoons of extra virgin Olive oil
- Pink Himalayan or sea Salt

I Here are some ideas to add to this delicious and nutritious salad:

- Celery stalks, chopped thinly
- Avocado, sliced into little cubes
- Tomatoes, sliced into little cubes
- Herbs like fresh mint, parsley and green onions, again very finely chopped
- Toasted nuts and seeds, my favorites are: pine nuts and sunflower seeds. Just place them in a pan and toast 4-5 minutes until they gain color and some crispness.
- If you like strong tastes, you can also add half an onion, chopped
- Colorful peppers, chopped into little pieces
- Cooked mung or red beans or lentils



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Sesame Noodle Stir Fry | Ayurveda Style

Another delicious recipe from Laura Plumb's Ayurveda Cooking for Beginners Book! Here is a version of Laura's delicious recipe.



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Sesame Noodle Stir Fry Ayurveda Style

Optional: 100g of tofu cut into little squares or chicken if you want to increase the protein content of this dish and make it a "meal in a pan idea".

I Ingredients:

- 1 pack noodles (gluten-free), Laura used soba noodles, I used quinoa & garlic & parsley noodles
- 2 tablespoons ghee
- 1 teaspoon of a mix of spices like cumin-coriander-fennel-cinnamon-ginger-cardamom
- 2 carrots shredded
- 1 tbsp grated fresh ginger and I added 1 teaspoon on minced garlic
- 1 head of pak choi, chopped thinly
- 1 handful of sliced mushrooms
- 1/2 cup sesame seeds
- 1 handful of sliced mushrooms lime juice (optional) and parsley for garnishing at the end

I For the sauce:

- 1 tablespoon almond butter
- 1 tablespoon soya, tamari (or soya sauce)
- 1 / 8 teaspoon of garlic powder
- 1 tablespoon hot water (or more for some consistency)
- Pink salt, freshly grounded black pepper
- Extra virgin olive oil, half of lime juice (optional) and parsley for garnishing at the end

I Method:

- Cook your noodles as per the instructions on its package
- Melt the ghee on medium heat. Add the spice mix and stir 1 min
- Add garlic and ginger and cook for another 2 minutes
- Add the carrots and keep stirring for a few minutes until they start to get softer
- If you are adding tofu, stir it in and toss for a few minutes
- Stir in the mushrooms, pak choi and sesame seeds, reduce heat and cook about 5 minutes or until the vegetables are soft for your taste (not too soft!)
- For the sauce, in a small bowl mix together almond butter, soya, garlic powder and hot water
- Drain your noodles and add them to vegetables, mix well. Adding your sauce, with the help of 2 spoons mix and combine well
- Season with salt, pepper, drizzle olive oil and lime juice and garnish with parsley

Sesame Noodle Stir Fry Ayurveda Style

Variations with black rice noodle and different seasonal veggie toppings



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Baked Sweet Potatoes with Garlic, Cumin Sauce & Almonds

Sweet potato is one of most favorite food these days! However if you're concerned about the impact of these root vegetables on your blood sugar, go for boiled over baked potatoes. Also, if you pair potatoes with foods that have fewer carbs, like lean proteins and non-starchy vegetables, it can also limit their effect on blood sugar.



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Baked Sweet Potatoes with Garlic, Cumin Sauce & Almonds

We tend to think that sweet potatoes are more nutritious than white potatoes but in fact they have the same calories and carbs but may have lower glycemic index (and so less effect on blood sugar) depending on how you cook it! If you boil it is less, if you fry it is much more!

In fact, both types of potatoes are rich in fiber, carbs, and vitamins B6 and C. And actually white potatoes are higher in potassium, whereas sweet potatoes contain more vitamin A. So there is a need for both!

I Sauce:

- 2 tbs of Coconut Oil
- Cumin
- Red Pepper Flakes
- 2 Mashed Garlic
- Thyme
- 1 lemon juice and zest

I Method:

- Mixed together until they are combined well
- Then pour this over sliced potatoes and bake at 180 degree celcius
- Then add the toasted almond flakes and that's it!



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Mung Bean Flatbread with Tofu & Mushroom Wraps

These wraps are made with mung beans, so gluten free, full of nutrients and super yummy! You can combine with tofu, veggies, salads or if you prefer chicken or meatballs as well!



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Mung Bean Flatbread with Tofu & Mushroom Wraps

I Ingredients:

For the flatbread:

- 1 cup soaked mung beans (at least 8 hours, ideally overnight)
- Spice mix: grounded mix of 1/4 teaspoon of each cumin-coriander-fennel-ginger-black pepper-cinnamon-turmeric
- 6-7 tablespoon of water

Tofu-Mushroom:

- 100g of tofu
- A handful of chopped mushrooms
- A handful of spinach

Optional:

- A handful of celery stalks
- 1 tablespoon soya or tamarin sauce
- 1 tablespoon of ghee

I Method:

- Take 1 glass of mung beans, and add 6-7 tablespoons of water, plus spices-salt to it and mixed them all in a blender. You can add more water if consistency is not enough, it should be like a thicker crepe mixture
- Then pour this mixture into a pan, smoothen with spoon and cook like a crepe
- On the other hand, put some ghee and spice mixture in the pan and cook for 1 minute. Stirr in the finely chopped celery stalks and the sliced tofu and made sure they are all covered nicely with the spicy oil mixture
- When celeries start to soften, I added the mushrooms and just before they were all cooked, added a handful of spinach. Finally, I sprinkled some tamari (soya) sauce, salt and pepper and blended them all well. You can squeeze a few drops of lime as well
- For my handsome looking wraps, first, I laid a mushroom-spinach base and put tofu on top. With a dash of green lemon, it was one of the yummiest lunch I had for a while!!



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Lemony Rice

Enjoy savoury with your lunch or sweet with your fruit compotes or even as a porridge in the morning mixing it with nuts-seeds-almond milk-vegan protein powder and maple or carob syrup

Lemony Rice

I Ingredients:

- Melt the oil and add rice, water/broth in a pot and bring to a boil
- Cover, reduce heat to low and cook for 15 minutes at a low simmer

I Method:

- Melt the oil and add rice, water/broth in a pot and bring to a boil
- Cover, reduce heat to low and cook for 15 minutes at a low simmer
- Stir in the coconut milk and cook another 5 minutes
- Remove from heat and steam for 10 minutes
- Stir in lemon juice to taste and grated lemon peel
- Fluff the rice with two forks/spoons and serve
- Season with herbs and mineral salt to taste





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SNACKS & DESSERTS





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Pistachio and Orange Truffles

Another delicious recipe from Laura Plumb's Ayurveda Cooking for Beginners Book. Here is a version of Laura's delicious recipe. This delicious truffle is no sugar-gluten, and it is vegan. It is full of healthy fats, protein, a balanced sweetness, softness and crunchiness! It is good for Vata Dosha in autumn. And you can replace pistachios with soaked almonds or pumpkin seeds for Pitta dosha.



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Pistachio and Orange Truffles

I Ingredients:

- 1/2 and 1/3 cup raw unsalted pistachios
- 3 tablespoons orange zest
- 1/2 cup coconut shreds (She suggests basil leaves, I did not have it so skipped, next time I will add mint leaves)
- 1 tbs freshly squeezed almond juice and some more if needed.
- 4 medjool dates, pitted and chopped
- 2 teaspoon coconut oil and some more for rolling (you can also use some water for rolling)
- Pinch of spice blend: ground ginger, fenugreek (I skipped this one and used ground cumin and coriander seeds), cinnamon, cardamom, nutmeg
- Pinch of pink salt

I Method:

- Soak half cup of pistachios in water for 10m in
- Meanwhile toast the 1/3 cup pistachios in pan, stir occasionally for about 5 minutes
- I made a different version from her book here and placed the toasted pistachios, 1 tbs orange zest, soaked and drained pistachios, coconut oil, orange juice, dates, salt altogether in blender and pureed until smooth. Taste and adjust the seasoning, sweetness, etc
- You can add a drizzle of honey or maple syrup but dates were already pretty enough for me
- Lightly oil or wet your hands to make little balls of the mixture
- Mix 2 tablespoons of orange zest with coconut shreds and place them in a little bowl
- Roll the pistachio balls in this mix, cover well and set aside
- Serve immediately or if you can wait, better keeping in fridge for about an hour
- Serve with a cup of delicious Ayurvedic tea mixture, like mine: pouring boiling water over a few cardamom, cloves, 1-2 star anise, a cinnamon stick, pinch of vanilla powder and sometimes a little piece of ginger



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Chocodates

Chocolate covered-nut filled dates, a delicious & nutritious & yummy treat! It is without sugar-sweetener as the dates are already very sweet. You can make this recipe by melting about 1/3 cup cacao butter and adding 1/3 cup cacao powder - like the homemade chocolate recipe in previous blog posts.

Chocodates



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I Ingredients

- 100% or %70-90 cacao chocolate
- 100% nuts or nut butters (I used unsweetened almond and peanut butters and crashed pistachios)
- Orange peel or oil (I used Doterra wild orange just a few drops)
- Coconut shreds
- Good music while you make it

I Method:

- Melt the chocolate in a pot over another pot with simmering water (bain marie). Add orange peel or oil and mix well.
- Take out the pit from dates and fill with nuts or butters, close with a toothpick and dip into melted chocolate and then to coconut shreds (or not).
- Sing and dance as you make it!
- Keep it in fridge for an hour so and enjoy during day time!



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Fruit Compote

This easy delight will give warmth to your heart and ease to your tummy!

Fruit Compote



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I Ingredients:

- Seasonal fresh fruits like apple, pear or in summer peach, apricots, plums. Also pumpkins go great
- Dried fruits like raisins, dates, figs, apricots
- Walnuts, almonds or peacans- optional
- 1 tablespoon of orange zest
- Ghee or coconut oil -optional, I rarely add this
- Spices of your choice like cinnamon (powder and stick), star anise, clove, ground ginger, cardamom
- Water

I Method:

- Chop the fruits, deseed and clean. I keep the skins
- If you are using ghee add it to pan, melt and add spices, saute for 1 minute
- If you are not using the ghee just add the fruits, orange zest, spices, dried fruits and nuts
- Add a little water not covering the fruits and even less. Stir them all well
- Bring to boil and reduce heat to low, simmer for 5-10 minutes checking the fruits
- Serve warm, add coconut cream or almond butter with it. Use the remaining for your morning porridges or crepes

A Quick Fix Snack: Yogurt, Fruit Compote and Nuts





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Baked Apple in Coconut Sauce

Enjoy with a cup of ginger-lemon-honey tea!



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Baked Apples in Coconut Sauce

I Ingredients:

- 1 medium apple, skin shaved and chopped in to slices or pieces
- 1/2 cup coconut milk
- 1/2 teaspoon ground cinnamon
- Pinch of salt
- 1 teaspoon Coconut oil

Optional:

- 1 teaspoon of Almond shaves

I Method:

- Warm your oven to 180degrees celsius
- Add coconut oil to your heat-baking proof plate and add the apples
- Sprinkle your cinnamon, salt and add the almonds shaves
- Mix Coconut milk with a few spoons of cold water and pour over your apples. The water-milk mixture should cover up to half the height of the apples (do not cover them completely with the liquid)
- Cover your plate with another heat proof cover/tray and bake for about 20 minutes
- Uncover the plate and bake for another 5-10 minutes, checking to see if apples are soft enough



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No Gluten / Dairy Pancakes

Enjoy your fluffy, yummy, spicy pancakes! Sometimes I add a bit of almond and carob butter and make it a real bomb!!



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No Gluten / Dairy Pancakes

I Ingredients:

- 2 medium soft-ripe bananas
- 2 eggs
- 1/2 cup milk or plant milk
- 1 teaspoon vanilla extract
- 1 1/2 cups millet/quiona flakes or flour or gluten free oats
- 2 teaspoons baking powder
- 1/2 teaspoon ground cinnamon and 1/2 teaspoon spice mix: ginger, clove, cardamom
- 1/4 teaspoon salt
- Coconut oil (or ghee, butter, olive oil) for cooking

I Instructions:

- Chop the banana and simply add all of the ingredients to a blender and blend on high until completely smooth, about 30 seconds to 1 minute. As the batter rests in your blender, you heat your pan up (start with medium heat and increase if necessary). Lightly coat it with coconut oil and place over medium heat
- Once pan is hot, add 1/3 cup of the batter for each pancake and cook for 2-4 minutes until pancakes slightly puff up and you see a few bubbles along the edges
- Turn your pan cakes and cook until golden brown on each side
- Repeat with more oil if needed for the remaining batter. Makes about 9 pancakes total



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Banana Chocolate No Flour No Sugar Cake

A no sugar cake? Yes! Some say that this is even more delicious than the ones with sugar. Enjoy!



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Banana Chocolate No Flour No Sugar Cake

I Ingredients:

- 2 eggs
- 1 / 2 cup almond or other milk
- 4 table spoons of any oil (I added melted coconut oil)
- 4-5 pitted medjool dates
- 3 mashed ripe bananas
- Flour mix: 3/4 cup of almond flour, 1/4 cup cacao and 1/5 cup coconut shreds
- Pinched of each: cinnamon, salt, vanilla, clove-ginger, etc spices
- 1 pack of sodium bicarbonate
- 1 / 2 cup of walnuts-grounded

I Method:

- Beat 2 eggs
- Add 1 / 2 cup any milk
- Add 4 table spoons of any oil (I added melted coconut oil)
- Keep 4-5 pitted medjool dates in hot water for 5 minutes and then drain and puree in a food processor
- Add 3 mashed ripe bananas and combine all
- Add these dates-bananas to egg mixture
- Add the flour mix: 3/4 cup of almond flour, 1/4 cup cacao and 1/5 cup coconut shreds
- Add cinnamon, vanilla, clove-ginger, etc spices, pinch of salt and 1 pack of sodium bicarbonate
- Add 1 / 2 cup of walnuts-grounded
- Mix well with spoon
- Pour into your cake tin and sprinkle more walnuts and coconut shreds if you like
- You can add halved bananas on top as well
- Bake 170 degrees for 50 min



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Chocolate Cookies No Flour-Sugar

Chocolate chip cookies for the boys, healthy cookies for adults :) You can play around with this recipe by adding different dried fruits like apricots, raisins and instead of milk/oil, you can add tahini, almond butter, peanut butter etc. You can add your softened bananas that are about to go bad and in that case add less of dried fruits.



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Chocolate Cookies

No Flour-Sugar

I Ingredients:

- 1 cup of grounded nuts (almonds, hazelnuts, pecan nuts or a mix)
- 1 cup of dry mulberry powder (you can make your own by grounding dried mulberries in a food processor) or 1/2 cup date powder or 3 dates pitted and soaked in hot water for about 5 minutes and then chopped
- 1 tbsp raw cocoa, you can use any cocoa you want.
- 1 egg
- 1/4 tbsp milk (almond milk or any liquid of your choice)

Optional:

- 1 teaspoon coconut oil and 1/2 teaspoon orange zest and/or 1/4 teaspoon of pure vanilla (power or liquid)
- 1/4 teaspoon cinnamon
- Pinch of salt

I Method:

- Mix all the dry ingredients in a bowl
- Add the egg, milk and (if using) the coconut oil, mix them all well with your hands and knead the dough
- If the ingredients do not mix well, you can increase the milk or grounded nuts slightly.
- Then wet your hands and shape them into little cookies
- You can add hazelnuts or pecans to decorate
- Bake them in an oven at 160 degrees for 30 minutes
- Let them cool a little before you enjoy!



Sweet Potato Toast

This sweet potato treat is simple, sweet and full of happy vibrations - nutritious. Just toasted raw sweet potato on a toaster with a few drops of coconut oil on top. When it gets soft inside and grilled outside, top it with:

- Bananas, berries
- Almond butter
- Sprinkle some magic coconut and cinnamon



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Homemade Chocolate

An easier and faster recipe to make your own artisanal chocolate without any sugar!



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Homemade Chocolate

I Ingredients:

- 1/3 cup cocoa butter
- 1 teaspoon maple syrup (or agave syrup or raw unprocessed sugar) -adjust if you like sweeter
- 1.5 tablespoon unsweetened cocoa powder (raw or regular)
- 1 tsp vanilla extract and little pinch of cinnamon (optional)
- 1 pinch sea salt (optional // plus more to taste)
- 1/2 teaspoon Orange peel (optional)
- 1 tablespoon of toasted pistachios (Turkish ones are the best!) or 1 tablespoon of granola or cacao nibs
- Silicon spatula, porcelain or glass bowl
- silicon moulds or paper liners

I Method:

- Arrange your mould or paper muffin liners or just a baking sheet
- Add about 4 cm of water to a saucepan and bring to a boil over medium high heat. Then set a medium glass or ceramic mixing bowl on top, making sure it fully covers the top and it's not touching the water
- To the mixing bowl, add cocoa butter and let melt - 2-3 minutes
- Once melted, add the cacao and stir until cacao dissolves, meanwhile turn off the heat
- Take the bowl aside and set on a flat surface. Add the maple syrup and use a silicone spatula or silicon whisk or wooden spoon to mix until fluid
- Add vanilla, cinnamon (optional), and sea salt, orange zest and whisk to combine until there are no clumps
- Taste and adjust flavor as needed. It's completely up to how sweet you prefer your chocolate
- Add pistachios or cacao nibs (or both?) or granola on your mould or paper cupcake liners, spreading evenly with a spoon
- Carefully pour chocolate to cover them and top with more sea salt (yes salt makes a big difference) or more pistachios / cacao nibs (optional)
- Transfer chocolate to the refrigerator to set - about 10-20 minutes
- Enjoy straight from the refrigerator. Store leftovers in a well-sealed container in the refrigerator for 1 week, or in the freezer up to 1 month



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Homemade Chocolate - 2

Another easy and delicious recipe to make your own artisanal chocolate without any sugar!

Homemade Chocolate - 2



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I Ingredients:

- 100g of 100% dark no sugar chocolate
- 1 teaspoon maple syrup (or agave syrup or raw unprocessed sugar or dried date powder)
- Adjust if you like sweeter
- 1 tsp vanilla extract and little pinch of cinnamon (optional)
- 1 pinch sea salt (optional // plus more to taste)
- 1/2 teaspoon Orange peel or a few drops of orange essential oil (optional)
- 2 tablespoons of toasted mix of: coconut, sesame, pumpkin or sunflower seeds, pecans or walnuts, coconut shaves, dried mulberry,
- Silicon spatula, porcelain or glass bowl
- Silicon moulds or paper liners

I Method:

- Arrange your mould or paper muffin liners or just a baking sheet
- Place your nuts and seeds into a nonstick pan and toast them about 5 minutes making sure they do not burn but just brown slightly. Set them aside and let them cool
- Add about 4cm of water to a saucepan and boil. Then set a medium glass or ceramic mixing bowl on top, making sure it fully covers the top and it's not touching the water
- To the mixing bowl, add chocolate and let melt - 2-3 minutes
- Once melted, add the sweetener and mix until it dissolves, use a silicone spatula or wooden spoon to mix until combined, turn off the heat
- Take the bowl aside on a flat surface. Add vanilla, cinnamon (optional), and sea salt, orange zest and whisk to combine until there are no clumps
- Adjust the flavor as needed. It's up to how you prefer your chocolate
- Pour chocolate to cover them and top with more sea salt (yes salt makes a big difference to taste) or more pistachios/cacao nibs (optional)
- Carefully, with your tip of fingers!, add the nuts, seeds and berries on your melted chocolate, spreading them evenly
- Transfer chocolate to the refrigerator to set - about 10-20 minutes
- Enjoy straight from the refrigerator. Store leftovers in a well-sealed container in the refrigerator for 1 week, or in the freezer up to 1 month



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Almond Crackers

A crispy savoury snack without flour and gluten!

Almond Crackers



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I Ingredients:

- 2 cups almond flour (Grounded almond)
- 2 eggs
- ½ teaspoon himalayan salt
- ½ teaspoon ground black pepper
- 2-3 tablespoons of sesame and black cumin

I Instructions:

- Place almond flour, egg, sesame-black cumin, salt, and pepper in a bowl or food processor
- Mix well with your hands or pulse the processor until dough forms
- Separate dough into two halves
- Place each half of dough between two pieces of baking paper
- Roll out dough as thin as possible, then remove top piece of baking paper
- Cut into squares using a pizza cutter or a knife
- Sprinkle with extra salt and pepper if desired
- Bake at 160°F for 10-12 minutes



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Hummus & Variations

Have you tried hummus before? It is one of the most popular side dishes across the middle east. And there is a reason to that! It is one of the easiest and satisfying side dishes ever.



Hummus and Variations

I Ingredients:

- ½ cup tahini
- 1.5cup boiled chickpeas
- 2 clove garlic, minced
- 2-3 tbs extra virgin olive oil
- ½ cup water less or more according to the consistency you like
- Juice of 1 lemon
- ½ tsp cumin
- 2 tbs of pine nuts
- Salt and black pepper to taste

Optional:

- 2 tbsp dried mint finely chopped, and ½ tsp red pepper flakes, 2 tbs os olive oil

I Method:

- Just blend them all together in a food processor or with a hand blender and check consistency and spice. Add more water or spice accordingly.
- Place pine nuts on a small non-stick pan and toast for about 5 minutes until they are nicely colored. Add on top of your hummus
- In a small pan, put olive oil and mint and red pepper flakes, cook on medium heat for 2 minutes or so, just to get the aroma boost. Drizzle it over your hummus

I Variations: You can add the following for colorful and different hummus dishes

- 3-4 Grilled red peppers (you can make yourself or find them in jars in the supermarkets)
- 4-5 Dried tomatoes
- Pumpkins: Bake a slice of pumpkin in the oven, with only a drizzle of olive oil and salt for about 50 minutes at 180 degrees celsius. Mash with a fork (it should be around 1 cup). Mix pumpkin puree, 1/2 cup of yogurt to hummus! Delicious!
- Beetroots: Add 1 boiled or oven baked mashed one to your hummus



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Dinner





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Green Rescue Soup

This pure green vegetable soup will rescue your digestive system, making you feeling lighter and happier!

Green Rescue Soup



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I Ingredients:

- 1 teaspoons of garam masala or your own mix with: cumin-coriander-fennel-cardamom seeds pounded to powder and mixed with some cinnamon (up to you taste)
- 1 teaspoon of fresh ginger and 1 teaspoon of turmeric (optional), grated
- 1 small carrot, 1 small sweet potato or pumpkin, chopped
- 1 cup of chopped spinach or kale
- 2 cups of any other non-starchy seasonal vegetables at home, like zucchinis, mushrooms, asparagus, etc chopped in pieces
- 2 tablespoon of ghee or sesame oil or olive oil
- Salt & Pepper to taste
- Juice of a half lemon/lime
- Water, to top the vegetables and a bit more

I Method:

- Add your oil to pot, melt in medium heat and stir in the spices, saute for 1 minute. Add the ginger and saute another minute
- Add the chopped vegetables (except spinach) and add your water depending on how dense you like the consistency. Add salt and pepper to taste
- Bring to boil and then simmer on low heat about 10 minutes. When veggies are almost cooked, add spinach and cook for another 3-5 minutes
- Turn off the heat and add lemon or lime juice, blend them in a blender



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Sprouted Mung Beans with Veggies

Sprouting has so many benefits like easier digestion, more enzymes and rich taste. You can eat raw or steam a little with your veggies and combine with a yummy sauce in the recipe.

Sprouted Mung Beans with Veggies



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I Ingredients:

- 1 cup of mung beans
- 1 zucchini or 1 cup of spinach
- 2 tablespoons of Olive oil, half a lemon or lime juice, 1/1 tablespoon of mustard salt, pepper, dried mint

I Method:

- For Sprouting see the link here: [**Instagram**](#)
- Steam your sprouted mung beans and vegetables
- Meanwhile prepare the sauce adding all ingredients
- Add the sauce while the beans and veggies are warm
- Enjoy with the protein of your choice



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Sole with Kale & Mushrooms

White fish combined with my lemon sauce and some mushrooms/kale/spinach will make your dinners light and delicious!



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Sole with Kale & Mushrooms

I Ingredients:

- 1200g of sole fillet
- 1 zcup kale and 1 cup mushrooms cleaned and chopped
- 1 teaspoon ginger (optional)
- 1/2 teaspoon lemon zest
- 2 cloves of garlic - crushed
- 1/2 lemon juice and 2 tablespoons soya or tamari
- 2 tablespoons of Olive oil
- Salt, pepper to taste

I Method:

- Add your olive oil into a pan and add garlic and ginger, sauté a few minutes
- Add kale and cover the lid and let it soften for about 5 minutes at medium heat
- Add mushrooms and keep on stirring a few minutes
- Add the sole fillets and cook about 5 minutes
- Add the lemon zest and soya sauce, salt and pepper and cook a few more minutes
- Serve with salad and a grain of your choice like quinoa or rice



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The Prettiest Cauliflower Recipe

The Prettiest Cauliflower Recipe! We can even call it a cauliflower Birthday cake!!
This cauliflower taste will blow your mind and be a feast for the eyes! 😍 The tangy tahini sauce, colourful decoration and sweetness of pomegranate, crispy smoky pine nuts are the best combination.



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The Prettiest Cauliflower Recipe

I Ingredients:

- 1 Cauliflower
- Olive Oil
- 1/2 cup tahini
- Spices: mint, pepper(red and black), cumin
- Half a lemon juice
- 1 clove of garlic
- 1/cup of finely chopped parsley
- Optional; 1/cups toasted pine nuts and pomegranates to decorate
- Salt and black pepper

I Method:

- Put the oven to 180degree centigrades
- Cover your cauliflower with olive oil and sprinkle your spices and salt
- Bake it in the oven around 40-50minute, watch out the color towards the end, don't over brown
- Meanwhile, mix tahini with lemon juice, stir well and then add some water to make the consistency as you wish
- Add mashed garlic into this and mix well
- When cauliflower is baked, take it out of the oven and pour over the sauce and then decorate with parsley, pine nuts and pomegranates



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Cauliflower Pizza

OK, sure this is not a real pizza of course but it is a delicious treat for my weekends!
The recipe is super easy and adaptable to your ingredients at home. The base of the pizza can be made with cauliflower in winter, zucchini in summer.

Cauliflower Pizza



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I Ingredients:

- 1 small cauliflower
- 2 eggs
- 6 tbs of flavour of your choice
- Spices like salt, pepper, red pepper, oregano, thyme

Toppings:

- 2-3 spoons of tomato paste-sauce, mushrooms, peppers, tofu or spicy meats, corn, cheese of your choice: mozzarella, goat cheese, cottage cheese, etc

I Method:

- Grate it or chop it in a food processor to make small pieces like rice, about 2 cups, mix it with 2 eggs
- 6tbs of any flour of your choice like corn, flaxseed, oat, almond, etc (I used only flaxseed flour and it worked great)
- Add spices like salt&peppers&red pepper flakes
- Mix them all well and then place it into a baking tray and bake for 30min at 160degrees celcius
- Meanwhile prepare toppings, mozerella, parmesan, tomatoes, mushrooms, tofu, peppers, spices like black-red pepper, oregano, etc...
- When the base is cooked, first add a few spoons of tomato-pepper paste (I also added a touch of thyme into this), then add the toppings
- Bake again until the cheese melt and veggies cook, about 10min



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Beverages





Golden Milk

This healing drink has so many benefits for your digestion, immune system and most of all for your soul!

Golden Milk



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I Ingredients:

- 1/4 teaspoon of fresh grated ginger or powder
- 1/2 teaspoon of fresh curcuma or powder
- 1/4 teaspoons of cinnamon
- 1/4 spoon of black pepper
- A pinch of vanilla and salt
- If you like a pinch of orange peel powder
- 1 teaspoon of any sweetener (agave, maple syrup or coconut sugar or honey)
- 1/2 teaspoon of coconut oil
- 1 Mug of almond or any preferred milk

I Method:

- Put your coconut oil into a small pot and let it melt at medium heat
- Add the milk and spices, stir well and bring to gentle boil, stirring occasionally
- Turn off the heat and add your sweetener, mix well
- Serve and drink warm



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Spicy Hot Chocolate

I make this delicious treat from 100% pure cacao chocolate and some spices, froth it like soft clouds. A drink that warms and smoothens your heart, as it wakes up your senses. A cup of healing spices, magic of cacao and plant power of nuts. A drink that can easily compete with your daily coffee. Make it slow, enjoy every moment of it! Drink with a metal straw to enjoy the liquid part and play with the foam as your day dream being on a mountain cabin in front of fire and.....(fill in the blanks)



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Spicy Hot Chocolate

I Ingredients:

- 3/4 glass of plant based milk (or any milk of your choice, I use almond milk)
- 2 squares of 100% cacao sugar free chocolate (or any dark chocolate but is there his sugar in it, skip the sugar part next)
- 1 teaspoon of any good quality sugar (like organic pure whole sugar cane or coconut sugar, I use jagery sugar found in Indian stores which has caramel taste and lower glisemic index) or maple syrup. If you prefer honey or molasses, add after cooking.
- a tiny pinch of each (or whatever you have at hand but cinnamon is a must!): cinnamon, vanilla, ginger, clove, cardamom, black pepper, salt, turmeric, orange peel powder or a drop of orange oil

Optional:

- For a creamer taste, 1 teaspoon of cacao butter or coconut oil
- You can also make it with 100% raw cacao power, replacing the chocolate with 1-2 teaspoon depending on how strong you like the taste.

I Method:

- Add everything in a small pot and start stirring
- When chocolate melted and it starts to get warmer get a whisk or frother (I bought these little ones that work with battery and it changed my life!) and stir with that a few minutes
- Once you have the foam thick enough for your taste get over from the heat and pour slowly to your mug



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Ayurvedic Tea

Enjoy your tea when you need some tummy relief or the calming spicy smell of this tea.

Ayurvedic Tea



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I Ingredients:

- 2-3 star anise
- 2-3 pods cardamom
- 1 cinnamon stick
- 7-10 cloves

Optional:

- Small piece of ginger, about 1-2 cm

I Method:

- Boil your water and pour over your spices
- Wait for 10 minutes
- Service to cups with a strainer



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Ayurvedic Digestive Comfort Tea

This is a classic Ayurvedic remedy for relief to digestion and calming the Vata dosha imbalances.



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Ayurvedic Digestive Comfort Tea

I Ingredients:

- 1/2 tbs cumin seeds
- 1/2 tbs fennel seeds
- 1/2 tbs coriander seeds

I Method:

- Boil your water and pour over your spices
- Wait for 10 minutes
- Service to cups with a strainer



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