

# The Morning After

BY ASHLEN LEONARD, RD AND KENDALL LEE, RD  
OF FOOD CRUSH



## ABOUT US



We met in 2015 on the first day of our internship at St. Michael's Hospital in Toronto. We instantly clicked over Ashlen's sense of humour and Kendall's style. As the year progressed, we bonded over tricky patients, coping with late night pizza and poutine, and drinking good wine while watching the Bachelor - a true friendship sparked. On a vacation in San Francisco while visiting Ashlen's sister, we brainstormed ways to stay connected after our internship, when we would be living in two different cities. We spent the flight home dreaming about our vision for this blog. Since then, we call each other daily, take planes, trains and automobiles to spend time together and dream about the next city to explore and food to try.

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# OUR PHILOSOPHY

Balance, balance, balance. As dietitians, we can appreciate a great leafy salad but we also say "yes!" to cupcakes. We try our best to provide our clients with the most up-to-date evidence-based information that makes up the foundation of a healthy and happy life. Food plays such a pivotal role in our lives, so we view it as one of the most prominent relationships we can have. Restricting and eliminating foods only leads to negative emotions and habits that stresses this relationship. Building the knowledge to become aware of the healthy options and choices that are available, we are confident that even the busiest person can enjoy what they eat and feel great doing so!

**Our goal is to help you incorporate nutritious ingredients into everyday recipes so that you fall in love with healthy food one bite at a time.**

# THE GRIND

As dietitians that are recently new to the field, we understand the hard work and struggle behind making your way in a career. “The Grind,” as we like to call it, is such a challenging time that is becoming more and more common due to the mere fact that there are so many of us fighting for similar “promising” jobs. Throwing ourselves into the work that we create to fill our already busy schedules seems necessary yet draining. We see our goals in the near future but the road to success is not as smooth as we would hope.

With all of our focus and energy surrounding the end goal of landing the promise of a successful future, we can lose the personal motivation to take care of ourselves.

Busy mornings of rushing out the door, lunches spent in front of our computers hammering out deadlines and late night dinners that are scarfed down before moving on to the next project until our eyes flutter shut.

Does this sound familiar?

When and how are you supposed to find the time to ensure that you are getting the nutrients you require to keep chugging along? Your time is money. We understand that and this is why we have created this eBook for you to have wherever you go. We hope that it will help with those busy times when you need something nutritious to get you through the chaos.

# Breakfast

BY ASHLEN LEONARD, RD AND KENDALL LEE, RD

# LEMON BLUEBERRY PARFAIT

## BREAKFAST

*We have a serious love for ricotta cheese and Greek yogurt. Pair them with the fresh tastes of lemon and blueberry and you won't want to make another breakfast recipe again!*



### Ingredients

Serves 3

### Instructions

#### Yogurt

- 1 ½ cup plain Greek yogurt
- ½ cup ricotta cheese
- 2 tbsp maple syrup
- 1 tbsp lemon juice
- 1 tsp lemon zest

#### Blueberry Compote

- 1 ½ cup wild frozen blueberries
- 2 tbsp maple syrup
- 1 tbsp lemon juice
- 2 tsp cornstarch

Granola of your choice

1. In a large mixing bowl combine yogurt, ricotta cheese, maple syrup, lemon juice and lemon zest. Set aside.

2. In a small saucepan, combine all ingredients for the blueberry compote and bring to a low boil. Mix well and then set aside to cool.

3. In a container of your choice layer the granola, yogurt, and blueberry compote. Top with fresh blueberries and lemon zest (optional).

# RASPBERRY CHIA OVERNIGHT OATS

## BREAKFAST



*Start your day with an energizing and filling meal. The tartness of lime and raspberries mixed with the sweet maple syrup is a gift to your taste buds.*

Serves 2

## Ingredients

½ cup oats  
¼ cup chia seeds  
½ plain Greek yogurt  
1 cup milk  
1 cup frozen raspberries  
4 tsp lime zest  
2 tbsp maple syrup

## Instructions

1. In a small bowl or mason jar, combine oats, chia seeds, yogurt, milk, lime zest and maple syrup. Stir well.
2. Top with frozen raspberries and store in the fridge for a minimum of 1 hour. We prefer to make it the night before and leave it in the fridge overnight.
3. Feel free to adjust the sweetness by adding a little extra maple syrup or enjoy as is!

# COTTAGE CHEESE PANCAKES

## BREAKFAST

*These protein pancakes are not your typical whey-packed breakfast discs. Instead, the surprising scoop of cottage cheese adds a boost of protein without any change in flavour or digestive distress, which can sometimes be accompanied with protein powder. This quick and comforting recipe can be whipped up in an individual or batch amount and topped with a variety of on-hand ingredients.*



Serves 1-2

### Ingredients

1/3 cup quick oats  
1/3 cup of 1 or 2% cottage cheese  
2 eggs  
1/3 cup blueberries (fresh or frozen)  
1 tsp ground flax seed  
1/2 tsp vanilla extract  
1/2 tsp cinnamon  
1 tsp vegetable or coconut oil

Toppings (optional): Greek yogurt,  
banana, shredded coconut, maple  
syrup

### Instructions

1. Over medium heat, melt the oil in a frying pan.
2. In a small bowl, mix all ingredients together until combined.
3. Scoop pancake mixture onto pan, making each disc about the size of a hockey puck.
4. Cook for 4-5 minutes, flip pancake discs and cook for another 3-4 minutes (or until golden brown on both sides).
5. Remove from heat and finish with your choice of topping(s).

# GREEN SMOOTHIE

## BREAKFAST



*Start your morning with this smoothie for an extra serving of vegetables. It is quick, delicious and easy to make. Each produce ingredient can be frozen or fresh, making it cheap and convenient.*

Serves 1

## Ingredients

2 cups kale and/or spinach  
½ - 1 banana  
1/8 avocado  
2 tbsp. flax seed  
1 cup milk or almond milk  
½ scoop protein powder  
Dash of cinnamon

## Instructions

1. If not prewashed, rinse kale or spinach thoroughly. Tear off stem.
2. In a blender, add the kale or spinach, banana, avocado, milk or almond milk, protein powder, cinnamon and flax seed.
3. Pour in a resealable container for an easy breakfast or lunch.

Note: If making the night before, skip the flax seed and add in the morning.

# COCONUT CHIA SEED PUDDING

## BREAKFAST



*Chia seed pudding does not need to be limited to a breakfast meal. This delicious and filling recipe can double as a dessert that will 'wow' all your guests.*

Serves 2

## Ingredients

1 cup coconut Greek yogurt  
½ cup milk or milk alternative  
¼ cup chia seeds  
2 tbsp. cocoa powder

## Instructions

1. Place all of the ingredients in a bowl or preferred container and mix well, ensuring all the chia seeds are evenly coated with the liquid and the cocoa is well incorporated.
2. Cover the bowl or container and store in the fridge for 1-2 hours or overnight until you are ready to enjoy.

# Snacks

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# DILL DIP

## SNACKS

*A fresh and flavourful condiment that is incredibly simple! Use it as a way to get in more of your raw vegetables or whole grain crackers. You could even slather some of it on to a pita or sandwich to amp up the recipe and boost the protein content.*



Serves 4

### Ingredients

1 cup plain Greek yogurt  
¼ cup fresh dill  
¼ cup green onion  
¼ tsp salt  
½ tsp garlic powder

### Instructions

1. Mix ingredients in a bowl.
2. Serve with vegetables

# CANDIED PECANS

## SNACKS

*Nuts are a great food to snack on, but many products have a large amount of added salt. Skip the sodium and enhance the taste with these ingredients. You will practically have to hide these away to stop yourself from munching on them 24/7.*

Serves 6

### Ingredients

1/3 cup brown sugar  
1 tsp cinnamon  
1/8 tsp cayenne pepper  
1 1/2 cups pecans  
2 tbsp water



### Instructions

1. In a non-stick frying pan, add pecans and cook till toasted (turning occasionally).
2. While the pecans are browning, mix together cinnamon, cayenne pepper, brown sugar and water in a small bowl.
3. Once the pecans have toasted, add the liquid mixture to the pan until pecans are evenly coated.
4. Let the pecans set on a baking sheet until cooled.

# LENTIL COOKIES

## SNACKS

*We know what you might be thinking - lentils...in a cookie? But give this recipe a chance because it will surprise your taste buds in the best way possible! Crunchy, chewy and sweet all in one bite, no wonder it's one of our most popular recipes ever!*



Serves 18

## Ingredients

- ½ cup canola oil
- ½ cup plain Greek yogurt
- ½ cup brown sugar
- 1 egg
- 1 tsp vanilla extract
- 1 cup green lentils, cooked\*
- 1 cup whole wheat flour or 1-to-1 gluten free flour\*\*
- 1 tsp baking soda
- 1 tsp cinnamon
- 1 cup large flake oats
- ⅓ cup sliced almonds
- ⅓ cup dried cranberries
- ⅓ cup pumpkin seeds (unsalted)
- ½ cup semi sweet or dark chocolate chips\*\*\*

# LENTIL COOKIES

## SNACKS

### Instructions

1. Preheat oven to 375 F and line a cookie sheet with parchment paper.
2. In a large bowl, mix together wet ingredients. Stir in lentils.
3. In medium sized bowl, mix all dry ingredients together. Add the dry ingredients to wet ingredients and mix well.
4. Place a spoonful of cookie batter onto the lined cookie sheet and flatten slightly.
5. Bake for 13-15 minutes. Let cookies cool before enjoying.

*\*If you are cooking your own lentils, boil them in water for 30 minutes and let them cool before adding to remaining ingredients.*

*\*\*This is our favourite gluten free flour from Bulk Barn.*

*\*\*\*If you're not a fan of chocolate and prefer coconut, substitute the chocolate chips for 1/2 cup of shredded coconut.*

# GRANOLA BAR

## SNACKS

*This has become one of our favourite recipes we have created. Whether you bring it as a snack, sprinkle it on yogurt, or share with friends - it never disappoints us.*



Serves 12

## Ingredients

1 cup oats  
1 cup all bran flakes  
½ cup sliced almonds  
¼ cup hemp seeds  
¼ cup pumpkin seeds  
¼ cup unsweetened coconut  
¼ cup chia seeds

1 tsp. Ground cinnamon  
⅛ tsp. Salt  
½ cup maple syrup  
¼ cup nut butter (peanut, almond, cashew)  
1 egg white (whisked)  
1 tsp. Vanilla extract

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# GRANOLA BAR

## SNACKS

### Instructions

1. Line an 8x8 pyrex dish with parchment paper.
2. In a small bowl, whisk egg white together.
3. In a sauce pan on medium heat, combine nut butter, egg white and maple syrup together. Bring it to a low boil, stirring often so that it doesn't burn.
4. Remove from heat, add the vanilla extract and stir.
5. In a medium bowl, combine all other ingredients together.
6. Add in the nut butter mixture and stir until the dry ingredients are evenly coated.
7. Press the granola into the pyrex dish and flatten with the back of a spoon or spatula until it is packed in.
8. Freeze granola for 2-3 hours or until solid.
9. Remove from the pyrex dish and slice into 16 bars. Place the granola bars in a freezer bag and store in the fridge or freezer.

# ZUCCHINI MUFFINS

## SNACK



*Packing vegetables into baked goods is a guaranteed way to boost fibre and nutrients. With the addition of chocolate chips, you get the sweet satisfaction at the same time as you eat your greens!*

Serves 12

## Ingredients

- $\frac{3}{4}$  cup plain Greek yogurt
- $\frac{1}{3}$  cup brown sugar
- $\frac{1}{2}$  cup unsweetened apple sauce
- 2 eggs
- 2 tbsp. vegetable oil
- 1 tsp. vanilla
- 1 cup grated zucchini (pat dry between two paper towels or tea towels)
- $\frac{3}{4}$  cup all purpose flour
- $\frac{1}{2}$  cup whole wheat flour
- 1  $\frac{1}{2}$  tsp. baking powder
- $\frac{1}{2}$  tsp. baking soda
- $\frac{1}{2}$  cup mini chocolate chips

## Instructions

1. Preheat the oven to 350F.
2. In a medium bowl, mix the wet ingredients together (yogurt, sugar, applesauce, eggs, oil and vanilla) until combined. Stir in zucchini.
3. In a large bowl, mix together the flours, baking powder and baking soda. Stir in chocolate chips.
4. Add wet ingredients to dry ingredients.
5. Spoon mixture into a sprayed muffin tin and bake for 20 minutes.

# Thank you!

Thank you for supporting us in pursuing our passion project and helping us bring healthy recipes, ideas and a balanced lifestyle to your finger tips! For any feedback, questions or concerns, please contact us via email at [foodcrsh@gmail.com](mailto:foodcrsh@gmail.com).

Happy cooking!

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