

# Deliciously nutritious

Who doesn't like to have some guilt-free snack options at home? Here are five fabulously delicious recipes from founder and director of MAYYA+ Movement, Nealy Fischer, for you to enjoy when you next have a snack attack.

## The best guacamole ever

In my humble opinion, a good guacamole is one the greatest dishes on the planet – a dip, a side, a garnish and, I confess, sometimes even a snack on its own with a spoon! Of course, as you'll know by now, it's never just about the ingredients, so here are some crucial tips in the creation process: First, start with a really good, ripe avocado; second, be liberal with garlic, lemon and salt to pack a punch with flavour; and finally – and crucially – never, ever over-mush your guacamole. Keep it chunky. It kills me when a perfectly good avocado is wasted on a mushy tasteless guac. I like it hot, so I spice up my guacamole with jalapeño peppers or crushed red pepper chilli flakes, but if you're sensitive to too much heat you can always hold back.

So here is my contribution to avocado lovers: the best guacamole ever.

### Ingredients

- 2 large avocados
- Juice of 1-2 medium limes
- 2 cloves garlic, crushed
- 1 small tomato, seeded and chopped
- 1-2 tbsp chopped coriander
- Salt and pepper, to taste
- Jalapeño pepper, to taste (optional)

### Method

1. Cut avocados in half and scoop out the flesh into a small bowl.
2. Use a knife to slice through the avocado to create small chunks.
3. Add lime juice, garlic, tomato, coriander and seasonings.
4. Use a fork to create the consistency you desire. Do not over-mush! Serve immediately.

## Raw spring rolls with herbed almond sauce

I created this recipe over Passover when I was craving the creaminess of a tahini dressing, but as traditionally sesame is not eaten during the holiday, I came up with this alternative. I must admit, I almost prefer this almond version now, but the rolls are also divine with tahini. For a more decadent version of the almond sauce, you could replace half the water with coconut milk.

These spring rolls make a great snack or you can serve them as an appetizer plated with a small salad with the leftover sauce drizzled all over. The recipe below does require a dehydrator to make the wraps, but if you don't have one, you could always wrap the spring roll filling in nori sheets or lettuce leaves.

Makes: 12 spring rolls

### Ingredients

#### Raw wraps:

- 3 mangos
- 4 avocados
- 1 cup fresh coriander
- Pinch of salt

#### Almond sauce

- ½ cup almond butter
- ¼ cup water (or coconut water if available)
- 1 tbsp minced ginger
- 2 tbsp lemon juice
- 3-4 cloves of garlic, crushed
- 3 tbsp grated red onion
- 1 tbsp maple syrup
- 1 tsp crushed red pepper flakes
- ½ cup mixed herbs: coriander, parsley and mint

#### Filling

- 1 carrot
- ½ cup mushrooms
- ½ red pepper
- ½ yellow pepper
- 1 cucumber
- ¼ cup thinly sliced red onion
- ½ cup chopped parsley, mint and coriander to taste
- Juice of ½ lemon
- 1 tbsp olive oil



- Salt and pepper, to taste

### Method

#### To make the wraps:

1. Blend mango, avocado, coriander and salt in a Vitamix or other blender.
2. Spread on Teflex sheets of a dehydrator, and dehydrate at 125 degrees for about 2 hours.
3. Remove sheets and, using a sharp knife, score the wraps to your desired shape. Squares work best. You should get 12 wraps. You can make the wraps ahead and store in a refrigerated airtight container.

#### To make the almond sauce:

1. Blend all of the listed ingredients in a blender.
2. Check consistency and add water if necessary. (You can make this a day

ahead – just leave out the herbs, and add them in when you are ready to use.)

#### To make the filling:

1. Julienne the vegetables and mix with herbs in a medium size bowl.
2. Lightly season with lemon juice, olive oil, salt and pepper. Marinate for 1 hour.

When you are ready to serve: Bring wraps to room temperature, spread filling in wraps and serve with almond sauce on the side.

### Sprouted raw hummus

I can't say I always sprout my hummus but when I do have the time it's a good way to make chickpeas more nutritious

and digestible. The consistency and flavour of sprouted hummus feels more real, raw and earthy, and if you've never tried sprouting, it's kind of fun to watch your chickpeas come alive. I often sprout a larger quantity of chickpeas and have them ready in the fridge for sprinkling on salads or making fresh hummus – they last about a week in the fridge. You could add fresh parsley for a green hummus, or play around with your own spices and flavours to make this creamy delight your own.

#### Ingredients

- 1 cup dried chickpeas
- ¼ cup tahini
- ¼ cup water
- 2 tbsp lemon juice
- 2 cloves garlic

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- 1 tsp cumin
- 1 tsp coriander powder
- Salt and pepper, to taste

### Method

1. To sprout chickpeas: soak in water overnight or up for 24 hours, then drain, rinse and spread on a cookie sheet or Pyrex dish. Rinse every few hours. Sprouting time depends on humidity.
2. When ready it will be pretty obvious and you will see sprouts emerge! (If you don't want to use the sprouted chickpeas straightaway, you can store in airtight container in the fridge – they will last about a week.)
3. Now blend all ingredients in Vitamix or blender, adding water to thin to desired consistency. The hummus will keep in the fridge for 2 days.



### Maple cayenne spiced pecans

Homemade spiced pecans are such a great staple to keep in the fridge. Nibble on them, add them to salads, or add them to my all-time favourite dessert, Chunky Monkey ice cream. They are wonderfully addictive, and it's a good thing because they are also good for you! They keep beautifully for a couple of months refrigerated, or a couple more tightly

sealed in the freezer.

### Ingredients

- 2 cups raw pecans
- 3 tbsp maple syrup
- ¼ tsp cayenne pepper
- ½ tsp sea salt
- ¼ tsp cinnamon
- 1 tsp melted coconut oil

### Method

1. Soak pecans in water for 3 hours, then drain and pat dry.
2. In a large bowl, mix pecans with all other ingredients.
3. If you have a dehydrator, spread nuts in a single layer on a dehydrator sheet and dehydrate for 24-36 hours. Alternatively, you could roast the pecans in the oven (in which case you can omit the soaking stage). Preheat the oven to 150°C / 300°F, spread the nuts on a baking sheet, put in the oven and set a timer for 5-minute intervals to check and mix so none of the sides burn. You'll start to smell a nutty aroma when they are ready. They should take anywhere from 5-15 minutes.



### No-mayo tuna salad

Did you grow up eating tuna sandwiches? I did, and the memories of that creamy, salty taste wedged

between two crusty slices of bread are so strong that some days I crave the familiarity of a good ol' sandwich! Here I'm sharing my updated, grown-up version of the tuna sandwich. I've used avocado in place of mayo to achieve that luxurious, creamy taste –avocado has the added benefits of vitamin K, C and folate, and is also rich in oleic acid, which is shown to reduce inflammation. When it comes to the tuna, I recommend sourcing a good quality tuna that's wild caught and limiting your tuna consumption to one serving a week to avoid high volumes of mercury. I'm a big fan of the Italian flaked tuna in olive oil. It's a splurge and it has more calories, but it is full of flavour and since I do not use mayonnaise this recipe requires some fat. If you use tuna in water, I suggest adding about a tablespoon of olive oil to this recipe for moisture.

### Ingredients

- 2 cans tuna in olive oil
- 2 tbsp chopped red onion
- ¼ cup finely shredded carrot
- ¼ cup finely chopped celery
- ½ avocado, mashed
- 1 tsp Dijon mustard
- Salt and pepper, to taste

### Method

1. Drain tuna and transfer to a medium size bowl.
2. Mix the vegetables and seasonings to tuna. Mash to achieve desired consistency.
3. Refrigerate before serving to blend flavours. 🍷