



BANANA, NUT AND ZUCCHINI BREAD

<u>Ingredients</u>	<u>Steps</u>
<ul style="list-style-type: none"> • 1 cup whole wheat flour • 1 cup quick-cooking rolled oats • 1/4 cup ground flaxseed • 1 tbsp baking powder • 1 pinch of salt • 3/4 cup brown sugar • 2 eggs, lightly beaten • 1/3 canola oil • 2 ripe bananas, mashed • 1 cup grated zucchini • 3/4 walnuts • 1/2 cup chocolate, in small pieces 	<ol style="list-style-type: none"> 1. Preheat oven to 350 °F. 2. In a bowl, blend together flour, oats, flaxseed, baking powder and salt. Set aside. 3. In another bowl, whisk together the brown sugar, eggs and oil. 4. Add bananas and zucchini. 5. Incorporate liquid ingredients into dry ingredients and stir until batter is smooth and blended. Add nuts and chocolate and mix. 6. Pour batter into greased loaf pan. Bake in the oven for 50 minutes, or until a toothpick inserted comes out clean.

Source : https://www.iga.net/en/inspiring_recipes/recipes/banana_nut_and_squash_bread

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PEARL COUSCOUS SALAD WITH SMOKED SALMON, ARUGULA AND GOAT CHEESE

<u>Ingredients</u>	<u>Steps</u>
<ul style="list-style-type: none"> • 30 ml (2 tbsp) butter • 250 ml (1 cup) pearl couscous • 500 ml (2 cups) vegetable broth • 60 ml (1/4 cup) pink grapefruit juice • 45 ml (3 tbsp.) olive oil • 60 ml (1/4 cup) chopped fresh parsley • 15 ml (1 tbsp) chopped fresh dill • Salt and pepper to taste • 2 cups arugula or lettuce • 100 g crumble goat cheese • 1 small chopped red onion • 2 packets of smoked salmon, 120g each, cut into pieces • 1/4 english cucumber cut in half-rings 	<ol style="list-style-type: none"> 1. In a sauce pan, melt the butter over medium heat. Brown the pearl couscous for 1 minute. 2. Add the vegetable broth and bring to a boil. Cover and cook over low heat for 8-10 minutes, stirring occasionally, until the liquid is completely absorbed. Transfer the couscous to a plate and let cool. 3. In a bowl, mix the grapefruit juice with the oil, parsley and dill. Salt and pepper. 4. Add the couscous, arugula, goat cheese, onion, salmon and cucumber to the bowl. Stir.

Source : <http://www.lesrecettesdecaty.com/fr/recettes/salades-et-vinaigrettes/salade-de-couscous-perle-au-saumon-fume-roquette-et-fromage-de-chevre/>

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