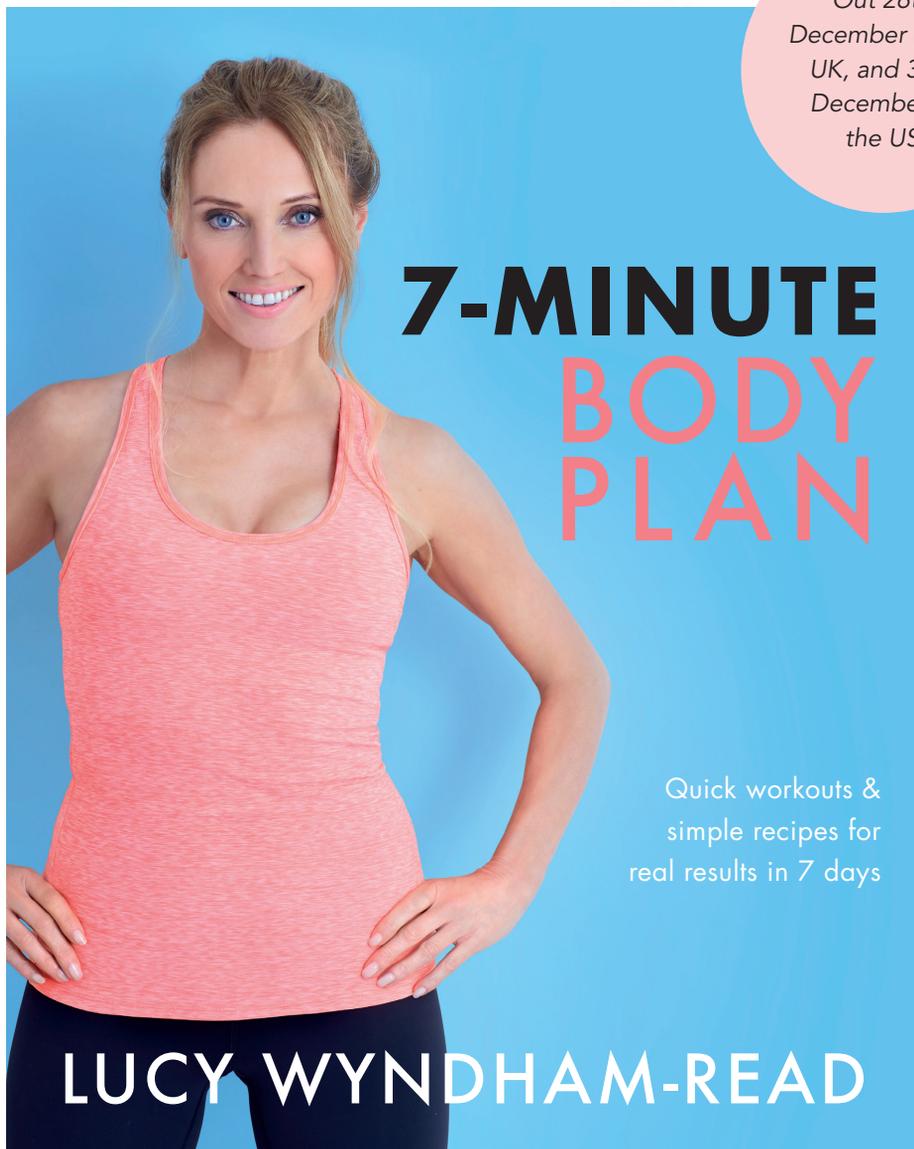


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*Lucy xx*

Out 26th  
December in the  
UK, and 31st  
December in  
the US



**LUCY WYNDHAM-READ**

## *Breakfast*

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# SWEET GREEN PANCAKE

The toppings used in this recipe are loaded with vitamin C, and are a great way to boost your immune system at the start of the day. You can also try different pancake toppings, such as strawberries and peanut butter, or orange segments and crushed walnuts.

### INGREDIENTS

#### **For the pancake**

1 large egg  
1 banana, peeled  
pinch of ground  
cinnamon

#### **For the topping**

1 tbsp Greek yogurt  
1 kiwi, peeled and sliced  
handful of green grapes,  
washed and halved

### METHOD

- 1** Crack the egg into a small bowl and whisk. In a separate bowl, mash the banana into a paste with a fork. Pour the whisked egg into the mashed banana and add the cinnamon. Beat together to form a smooth, creamy mixture.
- 2** Over a medium heat, pour the mixture into a non-stick frying pan and cook each side for around 2-3 minutes, or until both sides are golden brown. Once cooked, remove from the heat with a spatula and place on a plate.
- 3** Spread a layer of yogurt over half of the pancake. Top with the kiwi and grapes, then fold in half and enjoy.

## Lunch

# CARROT AND GINGER SOUP WITH TOASTED PARMESAN PUMPKIN SEEDS

This soup is perfect for helping to fight off colds. Pumpkin seeds are high in zinc, which can help to boost your immune system, and they also pack a satisfying crunch. Serve this soup piping hot.

### INGREDIENTS

1 tbsp olive oil  
1 small red onion, finely chopped  
450ml vegetable stock  
pinch of ground ginger  
2 large carrots, peeled and chopped  
2 tbsp pumpkin seeds  
1 tbsp grated Parmesan cheese

### METHOD

- 1** Preheat the oven to 180°C (350°F/Gas 4). Heat the oil in a saucepan over a medium heat, then add the onion and cook until soft.
- 2** Pour the vegetable stock into the saucepan and add a pinch of ground ginger. Add the carrots to the saucepan, bring to the boil, and cook for 20 minutes.
- 3** Scatter the pumpkin seeds on a baking tray and bake for 10 minutes, or until they start to turn a golden brown. Take the seeds out of the oven and, while still hot, sprinkle over the Parmesan.
- 4** Blend the vegetables and stock until smooth. If the soup has cooled, pour back into the pan and reheat for 5 minutes.
- 5** Pour into a bowl and top with the toasted Parmesan pumpkin seeds.

## Snack

# DIVINE CHOCOLATE AND WALNUT CRUNCH MOUSSE

This heavenly snack is packed full of omega-3 as it contains walnuts and avocado, helping to promote heart health. If you don't have time to roast the walnuts, simply crush and layer them as in the recipe. You can refrigerate this for up to two days, if you can resist!

### INGREDIENTS

handful of walnuts  
2 tsp honey  
1 ripe banana, peeled  
1 ripe avocado, peeled  
and stoned  
1 tbsp Greek yogurt  
1 tbsp raw cacao powder  
1 clementine, peeled

### METHOD

- 1** Preheat the oven to 180°C (350°F/Gas 4).
- 2** Break up the walnuts into small pieces, spread over a baking tray, and drizzle over 1 teaspoon of honey. Roast in the oven for 15–20 minutes, turning halfway through. Take out of the oven and set aside to cool for 15 minutes.
- 3** Put the banana, avocado, yogurt, cacao powder, and 1 teaspoon of honey in a blender and blend until creamy.
- 4** Decant a tablespoon of the blended mousse mixture into a glass and add a couple of clementine segments. Spoon a few of the walnuts on top and continue to layer the mousse, clementine, and walnuts until you have used all of the mousse.

## Dinner

# OVEN-ROASTED VEGETABLE "GLOW" GRATIN

This is a nourishing and tasty dish, full of beta-carotene, vitamin C, and vitamin E, which is why it earns the title of "glow" gratin; it will help to boost your skin's glow. You could double or triple the quantities of vegetables, roast them, and store in an airtight container in the fridge, ready for your next quick meal!

### INGREDIENTS

1 small sweet potato,  
peeled and chopped  
1 carrot, peeled and  
chopped  
1 small parsnip, peeled  
and chopped  
1 beetroot (beet),  
chopped  
1 garlic clove, finely  
chopped  
1 tbsp olive oil  
2 tsp dried mixed herbs  
1 slice wholemeal  
(wholewheat) bread  
handful of finely grated  
Parmesan cheese

### METHOD

- 1** Preheat the oven to 200°C (400°F/Gas 6).
- 2** Put the vegetables and garlic in a bowl and drizzle over the olive oil. Add 1 teaspoon of mixed herbs and toss together, ensuring the vegetables are evenly coated.
- 3** Spread out the vegetables onto a baking tray and roast in the oven for 40 minutes, turning them halfway through.
- 4** Meanwhile, toast the bread, then use your hands to break the toast into tiny breadcrumbs over a small bowl. Add the Parmesan and remaining herbs and mix thoroughly.
- 5** Turn the grill to a medium heat. Once the vegetables are roasted, remove from the oven and transfer them to an ovenproof dish. Cover the vegetables with an even layer of the breadcrumb mixture. Place under the grill for 5 minutes or until the Parmesan has melted and the breadcrumbs are golden.