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Recipes to Support Brain Health

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Quinoa & Roasted Chickpea Rainbow Salad

6 servings

30 minutes

Ingredients

- 2 cups Chickpeas (cooked)
- 1 1/2 tsps Coconut Oil (melted)
- 1/2 tsp Sea Salt
- 1 cup Quinoa (dry)
- 1 3/4 cups Water
- 2 tbsps Extra Virgin Olive Oil
- 1/4 cup Balsamic Vinegar
- Sea Salt & Black Pepper (to taste)
- 6 cups Mixed Greens
- 1 Cucumber (diced)
- 1 Nectarine (pitted and thinly sliced)
- 1 cup Raspberries
- 1/4 cup Pumpkin Seeds
- 1/4 cup Basil Leaves (finely sliced)

Nutrition

Amount per serving	
Calories	319
Fat	12g
Carbs	43g
Fiber	9g
Protein	12g
Calcium	90mg

Directions

- 1 Preheat the oven to 425°F (218°C) and line a baking sheet with parchment paper.
- 2 Pat the chickpeas dry and toss them with the melted coconut oil and sea salt. Spread them across the baking sheet and roast for 25 minutes, or until golden brown. Stir at the halfway mark.
- 3 While the chickpeas roast, cook the quinoa by combining the quinoa and water in a pot. Bring to a boil over high heat, then reduce to a simmer and cover. Simmer for 12 to 15 minutes, or until all water is absorbed. Fluff with a fork, and set aside.
- 4 Prepare the dressing by combining the olive oil and balsamic vinegar in a jar. Add a pinch of sea salt and black pepper to taste, and mix well.
- 5 Add the mixed greens to a large bowl. Top with quinoa, roasted chickpeas, cucumber, nectarine, raspberries, pumpkin seeds and basil. Drizzle with dressing and toss well. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days.

Serving Size: One serving is approximately 1 1/2 cups.

Serve it With: Grilled chicken, pork chops or fish.

No Nectarine: Use sliced pear, plum, apple or peach instead.



Orzo Salad with Mackerel

4 servings

15 minutes

Ingredients

- 1 cup Orzo (dry)
- 3 tbsps Extra Virgin Olive Oil
- 1/2 Lemon (juiced, zested)
- 1 tsp Dijon Mustard
- Sea Salt & Black Pepper (to taste)
- 113 grams Canned Mackerel (skinless, boneless)
- 1/3 cup Pitted Kalamata Olives
- 2 cups Arugula
- 2 cups Cherry Tomatoes (halved)
- 1/4 cup Parsley (chopped)

Nutrition

Amount per serving	
Calories	272
Fat	14g
Carbs	25g
Fiber	2g
Protein	11g
Calcium	125mg

Directions

- 1 Cook the orzo according to package directions. Drain and add to a large bowl.
- 2 In a small bowl, whisk together the olive oil, lemon juice, lemon zest, mustard, salt and pepper.
- 3 Add the mackerel, olives, arugula, and tomatoes to the orzo and toss well to combine. Pour the dressing over top and stir to combine. Top with parsley. Divide onto plates and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is about 3/4 cup orzo salad.

Gluten-Free: Use gluten-free pasta or rice instead and adjust cook time and instructions as needed.

No Olives: Use capers instead.

No Mackerel: Use canned tuna or sardines instead.



Blueberry Chia Pancakes

3 servings

20 minutes

Ingredients

- 1 cup Oats
- 1/2 cup Oat Milk (unsweetened, plain)
- 1 Banana (medium)
- 1 Egg (large)
- 1 tsp Baking Powder
- 1 cup Frozen Blueberries
- 1 1/2 tbsps Chia Seeds
- 1 tbsp Extra Virgin Olive Oil

Nutrition

Amount per serving	
Calories	278
Fat	11g
Carbs	39g
Fiber	7g
Protein	8g
Calcium	212mg

Directions

- 1 Add the oats to a blender and blend into a flour consistency, about 30 seconds. Add the milk, banana, egg, and baking powder. Blend until smooth, scraping down the sides as needed. Gently stir in the frozen blueberries and chia seeds.
- 2 Heat the oil in a non-stick pan over medium heat. Pour 1/4 cup of the batter at a time and cook for two to three minutes per side, or until cooked through. Transfer to a plate. Repeat until all the batter is used.
- 3 Divide onto plates and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days, or freeze for up to two months.

Serving Size: One serving equals two to three 4-inch pancakes.

More Flavor: Add cinnamon, vanilla extract, salt, flax seeds, or hemp hearts.

Additional Toppings: Top with maple syrup, honey, cottage cheese, nut or seed butter.

No Banana: Use applesauce instead.

No Oat Milk: Use dairy or any alternative milk.

Batter Consistency: Add more milk if the batter is too thick, and more oats if the batter is too thin.



Orange Turmeric Overnight Oats

2 servings

2 hours

Ingredients

- 1 cup Oats (rolled)
- 1 1/4 cups Oat Milk (unsweetened)
- 3/4 tsp Turmeric
- 1/4 tsp Cinnamon
- 1 tbsp Chia Seeds
- 1 Navel Orange (divided)

Nutrition

Amount per serving	
Calories	297
Fat	8g
Carbs	50g
Fiber	9g
Protein	9g
Calcium	309mg

Directions

- 1 Add the oats, oat milk, turmeric, cinnamon, and chia seeds in a large container. Zest and squeeze the juice of half the orange. Stir well to combine. Seal and place in the fridge overnight or for at least six hours.
- 2 Peel and chop the remaining orange. Divide the overnight oats into bowls and top with the chopped orange. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days.

More Flavor: Add maple syrup, honey or a pinch of sea salt.

Additional Toppings: Crushed nuts, hemp seeds, coconut flakes, or nut butter.



Chickpea Patties

8 servings

50 minutes

Ingredients

- 2 cups Chickpeas (cooked, rinsed)
- 1 Orange Bell Pepper
- 4 Garlic (clove)
- 1/2 cup Oats
- 1/2 cup Parsley
- 1 tbsp Nutritional Yeast
- 1/2 tsp Cumin
- 1/2 tsp Sea Salt

Nutrition

Amount per serving	
Calories	101
Fat	2g
Carbs	17g
Fiber	4g
Protein	5g
Calcium	35mg

Directions

- 1 Preheat the oven to 375°F (190°C) and line a baking sheet with parchment paper.
- 2 In a food processor, combine all the ingredients. Pulse until evenly mixed, but not smooth.
- 3 Using a 1/4 cup measuring cup, scoop the mixture directly onto the baking sheet into patties. Press down and shape edges with your fingers.
- 4 Bake patties for 35 minutes. Remove from the oven and let cool for 10 minutes on the baking sheet. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to five days. Freeze for up to two months.

Serving Size: One serving is equal to approximately one patty.

More Flavor: Add in extra herbs and spices for more flavor.

Helpful Tip: Grease parchment paper with oil for easy removal. Alternatively, use a butter knife and slide underneath to lift from the parchment paper.