HEALTHY TIPS

6 Healthy Plant-Based Recipes that Will Boost Your Mood

By bestfolkmedicine · 28/09/2018 · 3 min read



According to One Green Planet, omega-3 fatty acids are crucial for optimal mood and fish are not the only food you can acquire them through. Namely, chia seeds are also an exceptional source of omega-3s, as well fiber and protein.

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If you are interested in how to improve your overall diet and lead a healthier lifestyle, continue reading this article to learn 6 plant-based delicious and healthy recipes seen on One Green Planet.

6 Healthy & Plant-Based Recipes

1. **Chia Ginger Fresca**

Needed:

4 cups of water

Juice from one lemon

3 tbsp of chia seeds

Half a tbsp of ginger, peeled and grated

Preparation: Put all of the ingredients in a mason jar and close it. Shake it well and then leave it for two hours. Afterwards, serve in a glass and enjoy.

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2. **Raw hemp chia seed bars**

You will need:

3 ½ cups of oats, organic

Half a cup of hemp seeds, organic

Half a cup of chia seeds, organic

¼ cup of flaxseed, organic

¾ cups of almonds, organic

Half a cup of coconut nectar

Half a cup of applesauce

¾ cups of almond butter

Half a cup of coconut oil, melted

1 ½ tsp of vanilla extract

Preparation: Grind the flaxseed and process the almonds and set them aside. Then, in a bowl, mix the dry ingredients and in a separate one the wet ones. Then, pour the wet ingredients into the bowl with the dry ones and mix until you get a homogeneous mixture. Place it in a baking dish and press it firmly and then put in the fridge to become firm. Once it becomes firm enough, cut it into bars or squares. Keep them in the fridge and take them out when ready for serving.

3. **Chia pudding with blueberries**

You will need:

Half a cup of chia seeds, white

One and a half cup of almond milk

A tsp of agave nectar

A tsp of vanilla essence

A tsp of cinnamon powder

¼ cup of berries, frozen

Preparation: Stir the ingredients in a bowl and leave the mixture in the fridge overnight to soak and so that the chia seeds become gel-like. Garnish with berries and serve in smaller bowls.

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4. **Mango sorbet with pineapple and banana**

You will need:

A cup of pineapple, frozen

A cup of mango, frozen

2 bananas

Preparation: Blend the ingredients in a blender until you get a thick and smooth texture. Transfer it a bowl and enjoy!

5. **Banana and peanut butter flapjacks**

Needed:

3 bananas, ripe

A cup of peanut butter

¼ cup of maple syrup

A tsp of cinnamon

Half a tsp of nutmeg

2 ¼ cups of oats, gluten-free

Preparation: Pre-heat the oven to 320 degrees Fahrenheit and in the meantime, blend the bananas, maple syrup, and peanut butter in a blender and put the mixture in a bowl. Add the oats and mix well. Next, pour the content in a baking tray and press it down until it evens. Put it in the oven and baked for 30 minutes or until it becomes golden brown. Take it out of the stove and wait until it cools down to slice it and serve.

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6. **Edamame seaweed salad**

Needed:

3 cups of edamame

Half a cup of dried seaweed

2 green onions, sliced

A tbsp of ginger, minced

2 tbsp of rice vinegar

2 tbsp of maple syrup

2 tbsp of tamari

A tbsp of sesame seeds

Preparation: Boil the edamame for 3 minutes and then drain it. Leave the seaweed to soak in cold water for 15 minutes and then strain it. For the dressing, mix the ginger, green onion, rice vinegar, maple, and soy sauce. Put the edamame and seaweed in a bowl and pour the dressing. Sprinkle the sesame seeds on top. Enjoy.

Source:

ONE GREEN PLANET

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