

Age NI Good Vibrations

Video One Recipe Sheet: 'Growing Old Gracefully' Overnight Oats

Your body's nutritional needs change with age. Discover what foods can help you feel young at any age!



Ingredients

- 6 handfuls porridge oats
- Handful each of mixed seeds – sunflower, pumpkin, sesame, linseed
- Big handful of nuts – any you like (toasted hazelnuts are good!)
- 1 apple, coarsely grated
- Fresh milk/natural yoghurt – to cover (or rice milk if lactose intolerant)
- Handful fresh berries blueberries/ raspberries/strawberries/redcurrants
- Honey or agave syrup (optional)

Method

1. Combine the porridge oats, nuts & seeds in an airtight container – this will keep for ages
2. The night before, put a portion of the muesli mix into a bowl with half a grated apple. Cover with the milk and leave overnight in the fridge
3. Next morning, add a dollop of natural yoghurt, a drizzle of honey or agave syrup and some berries for a nutritious and delicious breakfast



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Video Two Recipe Sheet: 'Eating for Energy' Carrot Cake Energy Bites

Has your get-up-and-go got up and gone?
Find out what to eat to help you get your bounce back.



Ingredients

- 1 small carrot, finely grated
- 100g dates (without stones)
- 150g cashew nuts
- 40g oats
- Zest of 1 large orange
- 1 tsp ground cinnamon
- 1/2 tsp ground ginger
- Grated nutmeg

Method

1. Place all the ingredients in a food processor or NutriBullet until well mixed and the ingredients start to stick together slightly.
2. Roll the mixture into bite-size balls – about a teaspoonful for each ball.



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Video Three Recipe Sheet: 'Good Gut Guide' Carrot and Ginger Soup

Gut health is not something we usually discuss in polite conversation, so how do you know what is normal, and what is not?



Ingredients

- 1 dsp olive oil
- 1 large onion, chopped
- 6 medium carrots, chopped
- 100g red lentils
- 1 litre vegetable or chicken stock
- 2 in root ginger, peeled and grated (about 1 tsp)
- Juice and zest of 1/2 orange

Method

1. Heat the oil in a heavy based pan.
2. Add the onion and cook until translucent.
3. Add the carrots, lentils and stock.
4. Simmer for 15 minutes, until the lentils are cooked. Remove from the heat.
5. Grate in the root ginger and add the orange juice and zest.
6. Blitz in your blender until smooth.



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Video Four Recipe Sheet: 'Good Mood Foods' Smoked Mackerel Pate

Give your mood a boost. The right nutrition can help support the production of neurotransmitter that help us feel calm, happy, and uplifted.



Ingredients

- 1 pack of smoked, peppered mackerel fillets
- 3-4 tblsp of cottage cheese
- 2 tsp horseradish sauce
- Zest and juice of ½ lemon

Method

1. Remove the skin from the mackerel. Place in a large bowl or food processor.
2. Add the cottage cheese, horseradish sauce and lemon juice and zest and mash with a fork or blitz in your food processor until you have your preferred consistency.
3. Serve on oatcakes for a tasty snack or quick lunch.



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Video Five Recipe Sheet: 'Sleep Well' Cherry Bakewell Yoghurt

A good night's sleep means waking up feeling refreshed, revived and ready to start the day with a spring in your step.
Find out how to eat your way to a better night's sleep!



Ingredients

- 150g natural yoghurt
- 1/2 tsp vanilla extract
- drizzle of honey or maple syrup
- 2 dsp frozen cherries (defrosted)
- 1 dsp flaked almonds

Method

1. Mix the yoghurt in a bowl with the vanilla extract.
2. Put the flaked almonds in a dry frying pan and toast lightly until golden.
3. Layer the yoghurt and the cherries in a glass jar and top with a drizzle of honey and the toasted almonds.



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Video Six Recipe Sheet: 'Fitness Foods' Recovery Smoothie

Nutrition and exercise are essential ingredients for well-being. The right food choices can help you get the most out of your exercise and fuel recovery.



Ingredients

- 1/2 banana
- 4 dsp blueberries
- 2 dsp natural yoghurt
- 150 ml milk of your choice
- 1 tsp cocoa or cacao powder
- 1/2 tsp ground cinnamon

Method

1. Pop everything into your blender and blitz until smooth.

