



Nutrition Streak
for the Week



The Ultimate UTM Student Cookbook



PART 1:
Sweet





Strawberry and Cream Mug Cake

Ingredients:

- 4 tablespoons flour
- 3 tablespoons sugar
- ½ teaspoon baking powder
- 2 strawberries, diced
- 3 tablespoons milk
- 1 tablespoon oil
- 1 teaspoon vanilla extract
- 1 strawberry for topping (optional)
- Whipped topping for topping (optional)

Preparation/Cooking

*Time: ~10
minutes*

Serving Size: 1

*Yield: 1 medium
sized mug*

Instructions:

1. In a medium sized mug, combine all ingredients until you have a smooth consistency.
2. Microwave on high for approximately 90 seconds (depending on the size of the mug).
3. Set aside to cool before eating.
4. Top with whipped topping and a strawberry (optional) and enjoy!

*recipe submitted by:
Ellie Wan*



Almond/Peanut Butter Apple Slices

*Preparation time: 3
minutes*

*Assembling time: 5
minutes*

Serving Size: 1-2

Yield: 4-5 slices

Ingredients:

1 apple
3 tablespoon of almond or
peanut butter (your preference)

Toppings:

1-2 tablespoon walnuts, chopped
1-2 tablespoon cashews, chopped
1-2 tablespoon almonds, slivered
1-2 tablespoon dried cranberries
1-2 tablespoon raisins
1-2 tablespoon semi-sweet dark
chocolate chips

**Note: the toppings and
almond/peanut butter will be
enough for 4-5 apple slices.*

1 tablespoon (unsweetened)
coconut flakes
1 tablespoon flax seeds
1 tablespoon chia seeds
2 tablespoon honey
(continued on next slide)

*recipe submitted by:
Hamna Zubair*

Almond/Peanut Butter Apple Slices

Preparation time:

3 minutes

Assembling time:

5 minutes

Serving Size: 1-2

Yield: 4-5 slices

Instructions:

1. Cut off the top and bottom of the apple.
2. Remove the core of the apple.
3. Cut the apple into thick slices that resemble a ring-like shape.
4. Evenly spread the almond or peanut butter (whichever you prefer) onto the apple slices.
5. On the almond/peanut butter apple slices add the following toppings: chopped walnuts, chopped cashews, slivered almonds, dried cranberries, raisins, semi-sweet chocolate chips, coconut flakes, flax seeds, and chia seeds.
6. Drizzle honey on top of the apple slices and enjoy!

recipe submitted by:

Hamna Zubair



Berry Spinach Salad

Ingredients:

2 cups spinach, chopped

1 cup strawberries, sliced

1 and ½ cup blackberries

½ small banana

1 cup canned pineapple, chopped

1 tablespoon almonds, chopped

1 teaspoon flax seeds

Preparation time:

10 minutes

Assembling time:

2 minutes

Serving Size: 1-2

Yield: 1 large plate

or 1 medium bowl

Instructions:

1. Wash spinach, strawberries, and blackberries in cold water. Drain.
2. Using a can opener, carefully open canned pineapple and set 1 cup aside.
3. Using a knife, slice strawberries, bananas, and pineapple into small pieces on a cutting board and set aside.
4. On a dry cutting board, roughly chop almonds.
5. In a large bowl, toss spinach, strawberries, blackberries, pineapple, banana and almonds.
6. Garnish with flax seeds and enjoy!



Berry Yogurt Parfait

Ingredients:

- 1 banana
- 3-4 strawberries (or another berry of your choice)
- 1 cup plain Greek yogurt
- ¼ cup walnuts (or another nut of your choice)
- A dash of cinnamon (or to your preference)
- Swirl of honey (or to your preference)

Preparation Time:

5 minutes

Serving Size: 1

Yield: 1 small bowl

Instructions:

1. Slice banana into a bowl.
2. Slice strawberries and add to bowl (or add any other berry you want).
3. Add approximately 1 cup of plain Greek yogurt.
4. Add a swirl of honey and dash of cinnamon (to your taste preference).
5. Crush/break up walnuts in your bowl.
6. Add any additional optional toppings (granola, coconut flakes, etc.).
7. Eat right away – Enjoy!



Banana Berry Smoothie Bowl

Ingredients:

- 1 frozen banana*
- ¼ cup frozen strawberries
- ¼ cup frozen raspberries
- A handful of spinach
- Approx. ¾ cup almond milk
- 2 strawberries, sliced
- ¼ cup pomegranate seeds
- 1 teaspoon chia seeds
- 1 teaspoon cacao nibs

**Tip: peel and cut up banana, put in Ziploc bag or container in the freezer the night before for best results. If not, a normal un-frozen banana can be used!*

Preparation Time:

5 minutes

Serving Size: 1

Yield: 1 small bowl

Instructions:

1. Add frozen fruit, spinach, and almond milk into blender.
2. Blend until smooth. Add more milk if required to get preferred consistency – it should be thicker than a normal smoothie to get the smoothie bowl consistency.
3. Transfer to bowl.
4. Add toppings: strawberries, pomegranate seeds, chia seeds, cacao nibs.

Tip: You can substitute these toppings with any toppings you will enjoy! (such as granola, crushed nuts, different fruits etc.).