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)

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!

Preparation/Cooking:
Time: ~10 minutes
Serving Size: 1
Yield: 1 medium sized mug

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.*

**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)

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!

Preparation Time: 5 minutes
Serving Size: 1
Yield: 1 small bowl
**Banana Berry Smoothie Bowl**

**Ingredients:**
- 1 frozen banana
- \( \frac{1}{4} \) cup frozen strawberries
- \( \frac{1}{4} \) cup frozen raspberries
- A handful of spinach
- Approx. \( \frac{3}{4} \) cup almond milk
- 2 strawberries, sliced
- \( \frac{1}{4} \) 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.).