

## 5 Hydrating Pre DOA Recipes

It is very important to prepare your body for the nation's mandatory fast to ensure that the body is well hydrated and nourished to help you get through this fast. We are happy to share 5 hydrating recipes that you can try with your family. Enjoy!

Please note these are the measurements for one person, please double per person.

### **1. Carobnut Smoothie**

#### **Ingredients**

- 500ml Coconut Water (or any nut milk)
- 2 Tbsp Carob Powder/Cacao/Cocoa Powder
- 2 Frozen Banana
- ½ teaspoon of Himalayan pink salt
- 1 tbsp Sea Moss



#### **Method**

Add the coconut water, carob powder, bananas and salt to your blender and blend until smooth. Serve and become hydrated.

#### **Information on Carob**

Carob is an alternative to Cacao and Cocoa, it is high in calcium and much more nutritious than Cacao and Cocoa. It is naturally sweet, so you don't need to add any sweetener as you've had to, to Cacao and Cocoa. It is naturally low in fat, a good source of antioxidants and amino acids.

## **2. Overnight Benji Oats**

### **Ingredients**

- ½ a cup of jumbo oats
- 1 ½ teaspoon of honey/maple syrup
- Any nut/oat milk
- ½ Chopped Ripe Mangoes
- 1 Passionfruit



### **Method**

1. Add your oats to a jar or bowl with the nut milk and cover to soak overnight.
2. Next day chop the mangoes and chop passion fruit in half. Add the mangoes into the oats and mix. Then add the passionfruit on top of the oats. It is ready to serve.

### **Information on Oats**

Oats are gluten-free containing many vitamins, minerals, antioxidants and fiber. It is very filling and helps to control blood sugars.

## **3. Super Hydrating Salad**

- 3 cups of Spinach/Kale
- ½ cup of Strawberries
- ½ cup of Blackberries
- Any other berries

### **Optional Dressing**

- |                 |                 |                    |
|-----------------|-----------------|--------------------|
| 1 Banana        | Dash of Thyme   | 1/8 Cayenne Pepper |
| ¼ tsp pink salt | Dahs of Oregano | ½ Lemon Juice      |



## Method

1. Wash and prepare all the fresh produce how you desire them to be in your salad and mix.
2. Blend the banana with all the dried herbs, lemon juice and salt.
3. Mix in your salad or serve on top of your salad.

## Information on Spinach and Kale

Both Spinach and Kale are rich in minerals, vitamins especially Vitamin C and Vitamin K. They both are very rich in antioxidants helping to remove stress from the body. Although they are both from different plant families and different types of nutrient concentration. They are both very hydrating for the body.

## 4. Nourishing Quinoa Salad

- 1 cup of quinoa (you can use rice if you prefer)
  - 1 cup of spinach
  - ½ cucumber
  - 1 red pepper
  - ½ cup of parsley
  - ½ cup of coriander
  - 1 cup of sweet corn
  - ¼ teaspoon pink salt
  - ½ of red onion
  - ½ of avocado
- (all fresh produce to be chopped to your liking except sweetcorn)

## Optional Dressing

- ½ a lemon squeezed
- ½ ginger powder
- 1 tbsp honey
- 1 tbsp of water
- ½ tsp of paprika
- ½ tsp of cumin



### **Method**

1. Wash and cook quinoa with 1 ½ cup of water with MSG free Vegetable Bouillon.
2. While the quinoa is cooking, wash and prepare all produce. Put aside.
3. Squeeze lemon juice, add the honey, paprika, cumin, ginger powder and water. Mix very well and set aside.
3. Once quinoa is cooked, add into a large bowl and add all the fresh chopped produce, mix all ingredients together. You can add the dressing to be mixed in or add it on top when the nourishing quinoa salad is ready to be served.

### **Information on Quinoa**

Quinoa is an alternative to rice and couscous, it is very high in minerals, iron, gluten-free and it is a complete protein.

### **5. Grilled Lemon and Herb Fish**

#### **Ingredients**

Trout/Salmon/Sea Bass

#### **Ingredients**

Your desired amount of your desired lawful fish

3 cloves of minced Garlic

A bunch of parsley

A bunch of finely minced oregano

A bunch of finely minced coriander

¼ cup of lemon juice

½ cup of finely minced thyme

1 tsp of maple syrup/agave

2 tsp cumin

2 tsp coriander

2 tsp of Extra Virgin Olive Oil/Coconut Oil

½ tsp of pink salt



### **Method**

1. Combine all the minced produce, maple syrup/agave with the lemon juice together.
2. Marinate the fish with the combination of herbs, lemon and sweetener for 30 minutes to overnight.
3. Set oven 450 F (230 C) and prepare a parchment lined dish or add oil to the bottom of a glass dish to cook the fish. Cook for 10 - 15 minutes. Serve and enjoy with Quinoa and/or Bitter greens such as Spinach, Kale and/or Rocket.

### **Information on Lawful Fish:**

Lawful fish are filled with Omega- 3 Fatty acids and vitamins such as D and B2. They are rich in calcium and phosphorus, they are very hydrating and include great sources of minerals such as iron, zinc, iodine, magnesium and potassium.