



# Alli's Cookbook





# OATMEAL PORRIDGE



## PREPARATION:



1. Add the oats to the milk and stir well.
2. Place over medium heat and stir constantly until the oats are soft and the mixture thickens.
3. Add the sweetener according to your taste preference.

## INGREDIENTS:



- 4 tablespoons oats
- 1 cup milk of your choice (dairy or plant-based)
- Sweetener to taste (honey, maple syrup, or brown sugar, etc.)





## CREAMY MUSHROOM SOUP

### PREPARATION:



1. Add the oil or butter to a large pot over medium heat.
2. Add the onion and garlic. Sauté until softened and fragrant.
3. Add the mushrooms and cook for 5–7 minutes until they release their moisture and become tender.

### INGREDIENTS:



- 2 tablespoons olive oil or butter
- 1 medium onion, chopped
- 2 cloves garlic, minced
- 450 g (16 oz) mushrooms, sliced
- 4 cups vegetable or chicken broth (low sodium)
- 1 cup heavy cream (or cooking cream)
- Salt and black pepper to taste
- 1 tablespoon fresh parsley, chopped (optional)





# TUTTI FRUITY SMOOTHIE



## PREPARATION:



1. Add all the ingredients to a blender.

## INGREDIENTS:



- 1 cup milk of your choice (dairy or plant-based)
- A handful of mixed nuts
- 1 small banana
- 1 cup yogurt
- 2 tablespoons tutti frutti (chopped)
- 2 teaspoons honey (or sweetener of choice)





## HIGH-PROTEIN VANILLA PUDDING



### PREPARATION:



1. Add the vanilla seeds to the milk and stir well.
2. Add the mixture to the saucepan.
3. Heat over medium heat, stirring continuously until it thickens.
4. Reduce the heat and keep stirring until the mixture becomes thick and creamy.
5. Remove from heat and add the sweetener according to taste.
6. Mix well and pour into serving bowls.
7. Refrigerate for at least 2 hours and serve chilled. Add extra topping if desired (optional).

### INGREDIENTS:



- 4 cups of milk
- Vanilla seeds from 1 pod (or 1 tablespoon vanilla extract)
- 2 tablespoons corn starch
- 1 small pinch of salt
- 1 tablespoon sweetener (of your choice)
- Ground cinnamon to taste (optional)
- Extra topping before serving (optional)



# CHOCOLATE MILKSHAKE



## PREPARATION:



1. Add the ingredients to the blender or shaker.
2. You can add ice or a little cold milk for a thicker shake.

## INGREDIENTS:



- 1 cup cold milk
- 2 scoops chocolate ice cream
- 1 teaspoon date syrup (or honey)
- Sugar to taste





## FLAT BELLY SMOOTHIE

### PREPARATION:



1. Add all the ingredients to the blender. Always add the liquid first, followed by the leafy greens, then the other ingredients, one at a time.
2. Blend until smooth and creamy.
3. Pour into a glass and enjoy.

### INGREDIENTS:



- 1 1/2 cups water
- 1 green apple, peeled and chopped
- 1/2 cucumber, peeled and chopped
- 1 cup fresh spinach
- 1 cup pineapple chunks
- 1 tablespoon fresh lemon juice
- 1 teaspoon grated ginger
- 1 cup fresh celery
- 1/8 teaspoon cayenne pepper (optional)



# HONEY JELLY

## PREPARATION:



1. Dissolve the jelly powder in the mixture. You may need to add a little less water for a firmer texture.
2. Stir the mixture until it completely dissolves.
3. Add the sweetener of your choice and stir until fully dissolved.
4. Add the orange juice and mix well.
5. Pour the mixture into a mold or serving dishes and let it cool slightly.
6. Refrigerate for at least 4 hours, or until the jelly is completely set.
7. Remove from the refrigerator and cut (if using a mold), or serve directly.
8. Garnish with mint leaves.
9. Serve chilled.

## INGREDIENTS:



- 2 cups water
- 2 tablespoons honey jelly powder
- 1 teaspoon sweetener (sugar or any sugar substitute)
- Fresh orange juice (as desired)



## MINTY WATERMELON JUICE

### PREPARATION:



1. Add the chopped watermelon, mint leaves, and ginger to a blender.
2. Blend all the ingredients until the mixture is smooth and well combined without any chunks.
3. Strain the mixture through a fine sieve into a pitcher to remove the pulp.
4. Add an equal amount of cold water and stir well until well combined.
5. Chill in the refrigerator and serve cold. Stir well before serving.

### INGREDIENTS:



- 5 cups watermelon, cut into cubes
- 2 mint leaves
- 1 teaspoon grated ginger



# HEALTHY COLESLAW

## PREPARATION:



1. Place all the ingredients in a bowl and mix well.



## INGREDIENTS:



- 4 cups red and green cabbage, shredded
- 1 cup grated carrot
- 1/4 cup mayonnaise (light)
- 2 tablespoons plain Greek yogurt
- 1 tablespoon lemon juice
- Salt – to taste
- Black pepper – to taste
- 1 teaspoon sugar



## MINI EGG SLIDERS



### PREPARATION:



1. Cut the eggs in half and remove the yolks.
2. Place the yolks in a bowl and mash with a fork or egg masher.
3. Add mayonnaise and chopped chives, then mix well.

### INGREDIENTS:



- Hard-boiled eggs
- Chopped chives
- Mayonnaise  
(or Greek yogurt or mustard)





## WHAT IS WHEY PROTEIN?

Whey protein is a complete, high-quality protein found in milk. It is derived from milk during the cheese-making process.



## WHY DO YOU NEED IT?

After strength training, your muscles need essential nutrients to help repair muscle tissue, which damages during exercise.

Protein is rich in amino acids, which your body needs to build new muscle fibers. In the first month after training and especially within the first 30–60 minutes, your body is in an ideal state to absorb protein.

Consuming whey protein daily in addition to a balanced diet helps maintain and build muscle, reduce body fat, and keep your metabolism running efficiently.



## HOW TO PREPARE WHEY PROTEIN

Add whey protein to water or any liquid such as milk or plant-based milk (almond, oat, or soy milk). It can also be blended with fruits to make a delicious and nutritious smoothie.

You can add a scoop of whey protein to a small amount of your favorite caffeine-free beverage (such as cocoa or green tea) or a small piece of fruit (banana or berry) if desired (not too much fruit).

Make a smoothie by adding a scoop of protein along with the smoothie ingredients, and a small amount of liquid.

You can also mix protein powder into baked goods.





## Egg Omelette with Spinach

### Preparation:



1. Whisk the eggs with salt and pepper in a bowl.
2. Add the spinach and grated cheese and mix well.
3. Heat a non-stick pan over medium heat and add the oil. Pour in the egg mixture.
4. Cook for about 5 minutes until the bottom is set, then fold or cook until fully done.

### Ingredients:



- 2 eggs
- 1 cup fresh spinach, chopped
- 1/4 cup grated cheese
- 1 tablespoon oil





## **PUFFED FRIED BREAD**

**AISH  
AL-SAHAB**



### **PREPARATION:**

1. Sift the flour in a bowl.
2. Add the yeast and sugar to the flour.
3. Mix the flour and sugar with the baking powder and salt until well combined.
4. Add the yeast mixture to the flour and knead until you get a soft and smooth dough.
5. Cover the dough with a clean cloth and let it rest in a warm place until it doubles in size.
6. Roll out the dough to a thickness of about 0.5 cm (1/4 inch) and cut into round shapes (about 10 cm (4 inches) in diameter).



### **INGREDIENTS:**


- 3 cups all-purpose flour
- 1 tablespoon sugar
- 3 teaspoons baking powder
- 1 teaspoon salt
- 1 tablespoon instant yeast
- Warm water (as needed)
- Vegetable oil for frying



## STRAWBERRY CHEESECAKE

### PREPARATION:

1. Place two tablespoons of the biscuit mixture and press it firmly into the bottom of the springform pan.
2. Then spoon the strawberry mixture evenly over the first layer.
3. Finally, place the strawberry slices on top of the cheesecake mixture.
4. Refrigerate the cheesecake for at least half an hour, or until fully set.

 **TIP:** We recommend chilling the cheesecake after preparation to enhance the texture and achieve optimal results. Enjoy with your favorite healthy toppings.

### INGREDIENTS:

- 1 cup whipped cream
- 1 packet whipped topping mix
- 3 tablespoons powdered sugar
- 1 teaspoon vanilla extract
- 1 (8 oz) package cream cheese, softened
- 1 (9-inch) graham cracker crust (or ginger snap crust)
- 1/2 cup strawberry jam
- Fresh strawberries, sliced
- Strawberry sauce (or syrup), for drizzling
- A few drops of red food coloring (optional)



# TUNA SALAD

## PREPARATION:



1. To prepare the dressing:  
In a bowl, mix all the ingredients together until smooth.
2. In a large bowl, add the lettuce and tuna, then add the dressing and toss until well combined.

## INGREDIENTS:



- 1 can light tuna in water, drained
- 1/2 cup mayonnaise
- 1 tablespoon Dijon mustard
- 1 tablespoon lemon juice
- 1 garlic clove, minced
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper
- 1 tablespoon chopped onion
- 1/2 cup chopped celery
- 2 tablespoons sweet corn (canned or cooked)
- Lettuce leaves





## CRAB LOUIS SALAD



### PREPARATION:



1. To prepare the dressing:  
In a bowl, mix all the ingredients for the dressing until smooth.
2. In a large bowl, combine the crab, celery, and the first amount of dressing. Gently mix.

### INGREDIENTS:



- 1/2 cup light mayonnaise
- 1 tsp Dijon mustard
- Juice of 1/2 lemon
- A pinch of garlic powder
- Salt and pepper to taste
- 1 tablespoon chopped chives
- 1 cup cooked crab meat, picked into pieces
- 1 stalk celery, chopped
- 1/4 cup red bell pepper, finely chopped
- 1/4 cup green onion, finely chopped
- 1 large tomato, chopped into medium pieces
- 1 cup lettuce, torn into bite-sized pieces
- 2 slices bread, toasted and cut into croutons
- 2 eggs, hard-boiled, sliced
- 2 slices cooked bacon, crisped and crumbled



## CAESAR SALAD

### PREPARATION:



1. To prepare the dressing: In a bowl, mix all the ingredients until the chicken, anchovies, Parmesan, and seasoning are well combined.
2. Place the lettuce in a large bowl and add the cooked chicken. Toss well, then add the dressing and Parmesan cheese.
3. You can add lemon juice if desired.

### INGREDIENTS:



- 1 small tablespoon olive oil
- Salt and pepper
- 1 clove garlic, minced
- 1 small teaspoon anchovy paste
- 1 large tablespoon Dijon mustard
- 1 large tablespoon lemon juice
- 1/2 cup mayonnaise
- 2 cups shredded cooked chicken
- Parmesan cheese
- 2 fillets smoked salmon
- 5 slices bread, toasted and cut into cubes





## SHRIMP COCONUT SOUP



### PREPARATION:



1. In a large pot over medium heat, add 2 tbsp of oil. Sauté the shallots, garlic, galangal, and lemongrass until fragrant.
2. Add the tomatoes, mushrooms, and chicken broth. Bring to a boil, then reduce the heat and simmer for 5–10 minutes until the temperature drops slightly.
3. Stir in the coconut cream, chili paste, fish sauce, shrimp, and mushrooms. Cook for 10–15 minutes.
4. Once the shrimp are cooked and turn pink, add the tomatoes and kaffir lime leaves. Stir well and turn off the heat.
5. Add the lime juice and mix well. Adjust the seasoning to taste. Serve hot.
6. Garnish with fresh coriander leaves.
7. Serve with steamed rice.

### INGREDIENTS:



- 200 g shrimp, peeled and deveined
- 1/4 cup sliced galangal
- 2–3 stalks lemongrass, cut into pieces
- 2 cloves garlic, minced
- 1/4 cup sliced shallots
- 4 cups chicken broth
- 1 cup coconut cream
- 2 tbsp red chili paste
- 1 cup mushrooms, sliced
- 1/2 cup cherry tomatoes, halved
- 2 kaffir lime leaves
- Salt and pepper to taste
- 1 tbsp fish sauce
- 1 tbsp lime juice
- Fresh coriander leaves for garnish



## CHICKEN VEGETABLE SOUP (MINISTRONE)

### PREPARATION:



1. Heat olive oil in a large pot over medium heat.
2. Add onion, carrots, celery, and garlic. Sauté for 3–4 minutes until softened.
3. Add chicken broth, tomatoes (with juice), beans, and chicken. Bring to a boil, then reduce heat and simmer for 15 minutes.
4. Add zucchini, green beans, and pasta. Simmer for another 10–12 minutes, until the pasta is cooked and the vegetables are tender.
5. Stir in spinach and cook for 2 minutes until wilted.
6. Season with salt, pepper, and Italian herbs. Simmer uncovered for 20–25 minutes, stirring occasionally, until the flavors are well combined.

### INGREDIENTS:



- 1 tbsp olive oil
- 1 clove garlic, minced
- 1/2 onion, finely chopped
- 2 carrots, sliced
- 1 celery stalk, chopped
- 4 cups chicken broth
- 1 can (14 oz) diced tomatoes with juice
- 1 can (15 oz) white beans, drained and rinsed
- 1 cup shredded cooked chicken
- 1/2 zucchini, diced
- 1 cup green beans, chopped
- 1/4 cup small pasta (orzo or ditalini)
- 2 cups fresh spinach
- Salt and black pepper to taste
- 1/2 tsp dried Italian herbs
- Parmesan cheese, grated (optional)



## GRILLED CHICKEN



### PREPARATION:



1. Wash and pat the chicken dry. Cut the chicken in half lengthwise to make 4 pieces.
2. In a bowl, add the minced garlic, lemon juice, yogurt, all the spices, and oil. Mix well to combine.
3. Heat a grill pan over medium heat to 200°C (400°F).
4. Add the marinade to the chicken and rub well to coat all pieces. Marinate for at least 1 hour.
5. Place the chicken on the grill pan and cook for 6–7 minutes per side, or until fully cooked and nicely charred.
6. Let the chicken rest for 5 minutes before serving.

### INGREDIENTS:



- 1 whole chicken (about 1.2 kg)
- 1 tsp minced garlic
- 1 tsp ground cumin
- 1 tsp paprika
- 2 tbsp olive oil
- 2 tbsp yogurt
- 1 tsp lemon juice
- 1 tsp chili powder
- 1 tsp garlic powder
- Salt and black pepper to taste
- 5 garlic cloves



# Calamari Rings



## Instructions:

1. Preheat the oven to 180°C (350°F).
2. In a bowl, mix the flour with salt, olive oil, lemon juice, and garlic until smooth.
3. Add the calamari rings and let them marinate in the mixture.
4. Add the breadcrumbs, salt, pepper, and cumin to the marinade and mix until well coated.
5. Reduce the heat and let it rest to absorb the flavors.
6. Place the calamari rings on a baking tray and add a mixture of tomatoes.
7. Sprinkle with Parmesan cheese and bake in the oven for 30 minutes.
8. Serve hot.



## Ingredients:

- 250 g calamari rings, cleaned and sliced
- 1 small onion, sliced
- 2 cloves garlic, minced
- 2 medium tomatoes, diced
- 1 medium green pepper, sliced
- 1 teaspoon salt
- 1 lemon, juice
- 2 tablespoons olive oil
- 1/2 teaspoon ground cumin
- 1/2 teaspoon black pepper
- 1/2 cup breadcrumbs
- Parmesan cheese, to taste



## Italian Shrimp in Oven



### Instructions:

1. In a large bowl, mix the shrimp with lemon, garlic, oregano, salt, black pepper, chili flakes, and olive oil. Toss well to coat and let it marinate for 1 hour.
2. Preheat the oven to 180°C (350°F).
3. Arrange the shrimp in a single layer on a baking sheet.
4. Drizzle the shrimp with white wine.
5. Sprinkle with chopped parsley.
6. Bake in the oven until the shrimp turns pink and cooked through, about 6 minutes (3 minutes on each side).
7. Remove from the oven and squeeze fresh lemon juice over the shrimp.

### Ingredients:

- 250 g medium shrimp, peeled and deveined
- 1 teaspoon crushed garlic
- 1 teaspoon dried oregano
- 1/2 teaspoon chili flakes
- 1/2 teaspoon black pepper
- 1/2 teaspoon salt
- 2 tablespoons olive oil
- 1 tablespoon dry white wine
- Fresh parsley, chopped
- Juice of 1 lemon
- 2 tablespoons chopped fresh parsley for garnish (optional)



## Delicious Baked



### Method:



1. Preheat the oven to 180°C.
2. Grease a baking dish with a little oil. Then layer the eggplant slices, seasoned with salt and pepper, and the bell pepper in the dish. Bake for 20 minutes.
3. In a bowl, mix the grated cheese, add the olive oil, garlic, and spices. Stir well.
4. Add a layer of tomato slices and bell pepper, then pour the cheese mixture over the top.
5. Add another layer of the eggplant mixture.
6. Cover with aluminum foil.
7. Bake in the oven for 30 minutes.

### Ingredients:



- 2 medium eggplants, sliced and salted
- 2 green bell peppers, sliced
- 1 medium tomato, sliced
- 2 cloves garlic, minced
- 1 teaspoon ground black pepper
- Salt, to taste
- A pinch of ground cumin
- 1/2 teaspoon olive oil



# CHICKEN SHAWARMA



## PREPARATION:



1. In a bowl, mix the lemon juice with all the spices and garlic, then add the chicken strips and mix well to coat.
2. Cover and marinate in the refrigerator for at least 1 hour.
3. Heat a large skillet over medium-high heat. Add a little oil and add the chicken. Cook, stirring occasionally, until the chicken is cooked through and slightly browned.
4. Add the chicken to a serving plate and keep warm.
5. Continue to cook until all the pieces are done.

## INGREDIENTS:



- 500 g chicken breast, sliced into thin strips
- 1 tbsp vinegar
- 1 tsp garlic paste
- 1 tsp salt
- 1 tbsp yogurt
- ½ tbsp ground cumin
- ½ tsp ground coriander
- ½ tsp paprika
- ½ tsp black pepper
- ½ tsp cinnamon
- ½ tsp turmeric
- ½ tsp lemon pepper (optional)
- ½ cup onion, sliced
- ½ cup tomato, sliced
- ½ cup pickles, sliced
- ½ cup tahini sauce



## CHICKEN KOFTA STUFFED WITH CHEESE



### PREPARATION:



1. In a bowl, mix the ground chicken, onion, a large clove of garlic, breadcrumbs, salt, pepper, paprika, and half of the parsley. Mix well.
2. Divide the mixture into 12 equal portions. Flatten each portion in your palm, place a piece of cheese in the center, and shape it into an oval kofta, sealing the cheese inside.
3. Heat the oil in a pan over medium heat. Add the koftas and cook until golden on all sides.
4. In a small bowl, mix together the yogurt, lemon juice, a pinch of salt, and half of the dried mint.
5. Preheat the oven to 180°C (350°F). Place the koftas in a baking dish.
6. Pour the tomato sauce over the koftas, then drizzle the yogurt mixture on top.
7. Bake in the preheated oven for 30 minutes, until fully cooked and tender.

### INGREDIENTS



- 200 g ground chicken
- 1 onion, finely chopped
- 2 cloves garlic, minced
- 2 tbsp breadcrumbs
- 1 tsp salt
- 1/2 tsp black pepper
- 1/2 tsp paprika
- 1/2 cup fresh parsley, chopped
- 1/2 cup mozzarella cheese, cut into small cubes
- 2 tbsp olive oil

#### For the sauce:

- 1 cup tomato sauce
- 1/2 cup plain yogurt
- 1 tbsp lemon juice
- 1/2 tsp dried mint
- Salt, to taste



## MEATBALLS IN TOMATO SAUCE

### PREPARATION:



1. In a bowl, mix the ground meat with the breadcrumbs, salt, pepper, garlic, onion, eggs, and parsley until well combined.
2. Shape the mixture into meatballs and place them on a plate. Let them rest for 30 minutes.
3. In a large skillet, heat the olive oil over medium heat. Add the meatballs and cook until browned on all sides.
4. In the same skillet, add the onion and garlic and sauté until fragrant. Add the chopped tomatoes and tomato paste, then stir well.
5. Add the water, tomato sauce, salt, pepper, and any other spices you like.
6. Bring the mixture to a boil, then reduce the heat to low and simmer for 30 minutes, until the meatballs are cooked and the sauce thickens.
7. Add the meatballs back to the sauce.
8. Cover and simmer for another 30 minutes, until fully cooked.

### INGREDIENTS:



- 200 g ground meat
- 1 egg
- 1 finely chopped onion
- 1 minced garlic clove
- 1 cup breadcrumbs
- 1/2 cup fresh parsley, chopped
- 1 small tomato, finely chopped
- 1 cup tomato sauce
- 2 tbsp tomato paste
- 1/2 cup water
- Salt and black pepper to taste
- 1/2 tsp dried oregano
- Olive oil for cooking



# GARLIC SHRIMP

## PREPARATION:



1. In a bowl, mix together half of the lemon juice, garlic, salt, pepper, and paprika. Add the shrimp and toss to coat. Marinate for 2 hours.
2. In another bowl, mix the remaining lemon juice, olive oil, and herbs (cilantro and parsley). Set aside.
3. Heat the olive oil in a large skillet over medium-high heat. Add the shrimp in a single layer and cook for 2–3 minutes per side until pink and cooked through.
4. Add the minced garlic to the skillet and sauté for 1 minute, until fragrant.
5. Add the green onion and the reserved lemon-herb mixture. Stir well to coat the shrimp.
6. Reduce the heat and cook for another 1–2 minutes until all the flavors are well combined.
7. Serve hot.

## INGREDIENTS



- 200 g (about 1/2 lb) large shrimp, peeled and deveined
- 3 tbsp lemon juice (divided)
- 1/2 tsp salt
- 1/2 tsp black pepper
- 1/2 tsp paprika
- 3 tbsp olive oil
- 4 cloves garlic, minced
- 1 green onion, sliced
- 1 tbsp fresh cilantro, chopped
- 1 tbsp fresh parsley, chopped



## CANNELLINI BEAN SALAD MEXICAN STYLE

### PREPARATION:



1. To make the dressing: In a small bowl, whisk together the olive oil, lemon juice, red onion, lime juice, salt, pepper, and cumin until well combined.
2. Rinse and drain the cannellini beans.
3. Add all the remaining ingredients to a large bowl and mix well.
4. Pour the dressing over the salad and toss to coat everything evenly.



### INGREDIENTS



- 1 can cannellini beans, rinsed and drained
- 1 can kidney beans, rinsed and drained
- 1 cup cherry tomatoes, halved
- 1 cup green bell pepper, diced
- 1/4 cup red onion, finely chopped
- 1/4 cup fresh cilantro, chopped
- 2 tbsp extra virgin olive oil
- 1 tbsp lime juice
- 1 tbsp lemon juice
- 1/2 tsp salt
- 1/2 tsp black pepper
- 1/2 tsp ground cumin



## ARUGULA SALAD



### PREPARATION



1. To make the dressing: In a small bowl, whisk together the olive oil, lemon juice, vinegar, salt, and pepper until well combined.
2. Add all the remaining ingredients to a large bowl and toss to combine.
3. Pour the dressing over the salad and toss again until everything is well coated.

### INGREDIENTS



- 2 cups arugula
- 1 cup cherry tomatoes, halved
- ½ cup cucumber, sliced
- ½ cup red onion, thinly sliced
- ¼ cup crumbled feta cheese
- 2 tbsp extra virgin olive oil
- 1 tbsp lemon juice
- 1 tsp balsamic vinegar
- Salt and pepper to taste





## PAN-SEARED SALMON WITH HONEY MUSTARD SAUCE



### PREPARATION



1. Preheat the oven to 180°C (350°F).
2. In a small bowl, whisk together all the ingredients for the sauce.
3. Pat the salmon fillets dry with a paper towel and season with salt and pepper.
4. Heat the olive oil in a skillet over medium-high heat. Add the salmon, skin-side down, and sear for 3–4 minutes.
5. Flip the salmon and cook for another 2–3 minutes, until cooked through. Transfer to a plate.
6. Pour the honey mustard sauce over the salmon.
7. Serve warm and enjoy! (Serves 1)

### INGREDIENTS



- 1 salmon fillet
- 1 tbsp olive oil
- 1 tsp salt
- ½ tsp black pepper
- 1 tbsp honey
- 1 tbsp Dijon mustard
- 2 tbsp fresh lemon juice
- 1 tsp olive oil
- 1 tsp minced garlic
- ½ tsp dried thyme (optional)
- Salt and pepper to taste



## GREEN SOUP



### PREPARATION



1. In a large pot, melt the butter over medium heat. Add the onion, garlic, and leek, and sauté for 3–4 minutes until soft.
2. Add the peas and zucchini, stir, then cook for another 5 minutes.
3. Pour in the vegetable broth, bring to a boil, then reduce the heat and simmer for 15 minutes.
4. Using a hand blender, blend the soup until smooth. Leave some texture if you prefer.
5. Stir in the cream, season with salt and pepper, and heat for 2 more minutes.
6. Add lemon juice and mix well.
7. Serve hot and enjoy!

### INGREDIENTS



- 2 cups frozen peas
- ¼ cup chopped onion
- 2 cloves garlic, minced
- ½ cup sliced leek
- 1 cup chopped zucchini
- 1 clove garlic, minced
- 4 cups vegetable broth
- ¼ cup cooking cream
- 1 tbsp olive oil
- 1 tbsp lemon juice (optional)
- Salt and black pepper to taste



## ALI'S PROTEIN POWER COOKIES

### PREPARATION



1. Mix all the ingredients in a bowl and stir well to combine.
2. Shape into balls and refrigerate for 1 hour.



### INGREDIENTS



- 1 scoop whey protein (30g)
- ¼ cup (60g) vanilla or unflavored protein powder
- 2 tbsp coconut flour
- 2 tbsp unsweetened shredded coconut
- 1 tbsp honey or maple syrup
- 1 tbsp coconut oil
- 2 tbsp almond milk



## Sea Bass Baked with Oven



### Instructions:

1. In a bowl, mix all the ingredients well to prepare the marinade.
2. Preheat the oven to 180°C (356°F).
3. Place the sea bass in the oven dish and pour the marinade inside and over the fish.
4. Cover the oven dish with aluminum foil.
5. Put the sea bass in the oven and bake for 30 minutes.
6. Serve hot.



### Ingredients:

- 1 sea bass (about 500 g)
- 2 cloves garlic, minced
- 1 tomato, sliced
- 1 onion, sliced
- 1 bell pepper, sliced
- 1 carrot, sliced
- 1 tsp ground cumin
- 1 tsp paprika
- 1/2 cup chopped coriander leaves
- 1/2 cup tomato juice
- 1 tbsp olive oil
- 1/2 tsp salt
- 1/2 tsp black pepper to taste



## Egyptian Liver



### Instructions:

1. In a bowl, add the liver slices, lemon juice, garlic, salt, pepper, and spices. Mix well and let it marinate for at least one hour.
2. In a pan, heat the oil over medium heat and add the chopped onion. Sauté until soft and translucent.
3. Add the liver and stir continuously until it changes color.
4. Add the chopped bell pepper and continue stirring for a few minutes.
5. Reduce the heat and cook until the liver is fully done.
6. Serve hot with fresh green salad.



### Ingredients:

- 200 g liver, sliced
- ½ chopped onion
- ½ chopped green bell pepper
- ½ chopped red bell pepper
- 1 minced garlic clove
- 1 tsp ground cumin
- ½ tsp ground coriander
- 1 tsp paprika
- 1 tbsp vinegar or lemon juice
- 1 tbsp oil
- 1 tsp salt
- ½ tsp black pepper to taste