



Hampshire Neuro Rehab Recipes

Give Yourself Time – when you need to take extra time, take a step back, breathe and re-Cookfulness yourself

Key steps marked for when something really important is needed

Hints & Tips to help you throughout and after

Cookfulness Playlists get your best tracks going!

Cranberry, Lime & Coconut Balls

Difficult rating 1 2 3 4 5

Cooking time: 0 mins

Makes – 12

Preparation time: 15 mins

Give Yourself Time: 30 mins

You Will Need

Food processor/mixer

Tablespoon

Knife

Medium sized bowl

Cup

Small plate

Zester/juicer

Plate/dish to store

Ingredients

1 cup porridge oats

$\frac{3}{4}$ cup dried cranberries

Zest & juice of 1 lime

1 cup desiccated coconut

1½ tbsps maple syrup or honey

Method

Add all of the ingredients to your processor

Pulse slowly until all well combined and slightly sticky

Roll into balls, keep in the fridge for when you need them

Hints & Tips

These will keep in the fridge, covered, for a week

They freeze beautifully so make a little extra if you can

Ways To Change

As long as you have the proportions right, just replace with your favoured options, eg cranberries to other dried fruit, coconut to ground almonds

Add some stem ginger pieces for a spicy kick!

Jewelled Rice

Difficult rating 1 2 3 4 5

Cooking time: 2 mins

You Will Need

Knife
Juicer or fork
Large mixing bowl
Platter or large bowl to serve rice

Makes – 1 large serving bowl full

Preparation time: 15 mins

Give Yourself Time: 25 mins

Chopping board
Zester
Mixing spoon

Ingredients

Microwave packet of wholegrain rice
Handful pomegranate seeds
Handful mixed nuts & seeds
Handful fresh mint leaves (ripped)
Handful fresh coriander (ripped)
Splash olive oil

1 sprig fresh chives
Handful almond flakes
1 fresh mango chopped
Handful sweetcorn (frozen or tin)
Juice & zest of 1 lemon

Method

Cook the rice as per the packet instructions
Combine the cooked rice with all other ingredients and mix carefully to combine well
Serve & enjoy!

Hints & Tips

Always taste as you go so you can get a good balance of the flavours you like
It is best to use all of this in one day as storing/reheating cooked rice is potentially damaging for health

Ways To Change

Always use the flavours you like! Use orange or lime juice and zest instead of lemon
Watermelon cubes go beautifully in a hot/cold salad

Congratulate yourself and be proud!

Email Cookfulness@gmail.com

website www.cookfulness.co.uk

Instagram, TikTok, Facebook, X, Blue Sky, all - @Cookfulness

YouTube - Cookfulness

The Cookfulness Cookbook is available in hard copy & e-book on Amazon / BookshopUK / Waterstones

