



## Hampshire Neuro Rehab Recipes February 2026 Session

**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!

### Mango Healthy Bites

**Difficult rating** 1 2 3 4 5

**Cooking time:** 0 mins

**Give Yourself Time:** 20 mins

**Makes:** 10-12

**Preparation time:** 10-15 mins

#### **You Will Need**

Food processor

Teaspoon

Cup (for measuring)

Spatula

#### **Ingredients**

2 cups dates

1 cup dried mango

1 cup cashew nuts

½ teaspoon salt

#### **Method**

Add all ingredients to your processor and blitz until starts to clump together

Carefully remove the blade

Form into squash ball size balls and enjoy!

#### **Hints & Tips**

These freeze brilliantly

#### **Ways To Change**

Spice them up with some stem ginger, even chilli

Add dark chocolate drops or dried cranberries

## **Roasted Pepper Pesto**

**Difficult rating** 1 2 3 4 5

**Makes – more than enough!**

**Preparation time: 15 mins**

**Cooking time: 0 mins**

**Give Yourself Time: 25 mins**

### **You Will Need**

Food processor

Spatula

Bowl/jar for storage

Tablespoon

### **Ingredients**

1 jar roasted mixed peppers

1 teaspoon garlic paste

Drizzle oil (from pepper jar)

2 tablespoons pine nuts

1 bunch fresh basil

Salt & pepper

### **Method**

Add all the ingredients to the processor and whizz to combine well

Carefully remove the blade and set aside

Using the spatula remove all of the pesto into a bowl/jar

### **Hints & Tips**

This freezes very well, just add a little olive oil on top before freezing

You can use fresh peas if you want to

If you think it needs more liquid, add a little more olive oil

### **Ways To Change**

Add a little ginger paste and/or chilli paste

**Congratulate yourself and be proud!**

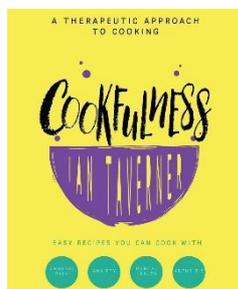
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## Peach & Plum, Honey & Black Pepper Caprese Salad

Difficult rating 1 2 **3** 4 5

**Makes: for 4**

**Preparation time: 20 mins**

**Cooking time: 3 mins**

**Give Yourself Time: 30 mins**

### **You Will Need**

Cup

Knife

Small saucepan

Serving Bowl or Plate

Teaspoon

Chopping board

Metal spoon

### **Ingredients**

3-4 medium sized ripe peaches

Handful fresh Basil leaves

Teaspoon ground black pepper

½ cup honey

3 ripe plums

1 round fresh mozzarella ball

5 fresh mint leaves – torn into pieces

### **Method**

Pour the honey into your saucepan & add the black pepper & onto a low/medium heat

Once you see a few small bubbles, add the mint leaf pieces and then turn up the heat until it starts to bubble hard

Stir with the metal spoon and let bubble for **Key 2 mins** then turn off the heat and set aside

Cut the peaches and plums into quarters, making sure to remove any stones

Cut the mozzarella into thin slices

Arrange the peaches, plums and mozzarella how you like in a bowl or on a plate but try and keep the same colour patterns as much as possible

Tuck a fresh basil leaf in between as many of the layered peaches, plums and mozzarella

Just before serving, gently warm the honey mix until it goes runny, then carefully, using the spoon, drizzle all over the salad, making sure to pick up all the mint leaves and pepper too

**Serve & enjoy!**

### **Hints & Tips**

When arranging the salad, try going in a circle with overlaid ingredients in order and then repeat

If you are arranging in a large circle, pile a handful of fresh rocket in the centre for a showpiece dish

Don't let the honey boil more than the 2 mins as it can burn and spoil the taste

### **Ways To Change**

Some lemon zest on top adds another layer of taste

Use watermelon instead of plums

## Courgette, Cabbage, Green Bean & Butter Bean Minestrone Soup

Difficult rating 1 2 3 4 5

**Makes – for 4-6**

**Preparation time: 15 mins**

**Cooking time: 15 mins each**

**Give Yourself Time: 40 mins**

### **You Will Need**

Large saucepan

Knife

Can opener

Teaspoon

Measuring jug

Chopping Board

Large mixing spoon

### **Ingredients**

140g spaghetti – broken in half & cooked

1 can butter beans

1 small courgette - sliced

Tablespoon Italian mixed herbs

700ml vegetable stock

Handful green beans

¼ cabbage – shredded

Pinch salt & pepper

### **Method**

Add the stock to your pan and heat over a medium high heat

Add the mixed herbs, salt, pepper, green beans & cabbage and cook for **key** 10 mins

Add all of the other ingredients and leave to cook for **key** 5 mins

Serve & enjoy

### **Hints & Tips**

Break the raw spaghetti before you cook it, then it is already in pieces for the soup

### **Ways to Change**

You can use different pasta & shapes

Add some garlic and/or ginger paste

Finish with some fresh herbs like basil, thyme leaves for an extra flavour

**Congratulate yourself and be proud**

Email [Cookfulness@gmail.com](mailto:Cookfulness@gmail.com)

website [www.cookfulness.co.uk](http://www.cookfulness.co.uk)

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