

## Festive Recipes for Longevity



### Golden Turmeric Winter Soup

**Ingredients:**

- Sweet potatoes
- Carrots
- Coconut milk
- Turmeric
- Ginger
- Garlic

**Macronutrient Breakdown (Per Serving - 1 of 4):**

- **Calories:** 160
- **Protein:** 3g

- **Carbohydrates:** 25g
- **Fat:** 6g
- **Fibre:** 4g

**Preparation:**

1. Peel and chop sweet potatoes and carrots.
  2. In a pot, sauté minced garlic and ginger in a little olive oil until fragrant.
  3. Add chopped sweet potatoes, carrots, turmeric, and a pinch of salt. Cover with water or vegetable stock.
  4. Simmer until vegetables are soft, then blend with coconut milk until smooth.
  5. Serve warm, garnished with fresh parsley or a sprinkle of turmeric.
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## Festive Pomegranate Salad

**Ingredients:**

- Baby spinach
- Watercress
- Rocket
- Pomegranate seeds
- Toasted walnuts
- Citrus dressing

**Macronutrient Breakdown (Per Serving - 1 of 4):**

- **Calories:** 190
- **Protein:** 4g
- **Carbohydrates:** 12g
- **Fat:** 15g
- **Fibre:** 4g

**Preparation:**

1. Wash and dry the greens (baby spinach, watercress, and rocket).
2. Toss the greens with a citrus dressing made of fresh orange juice, olive oil, and a dash of honey or Dijon mustard.
3. Sprinkle with pomegranate seeds and toasted walnuts just before serving for a crunchy, vibrant dish.

## Cranberry Quinoa Pilaf

### Ingredients:

- 1 cup quinoa
- 2 cups vegetable broth
- 1/4 cup dried cranberries
- 1/4 cup slivered almonds
- 2 tbsp fresh parsley, chopped
- Zest of 1 orange
- 1 tbsp olive oil
- Salt and pepper to taste

### Benefits:

This festive side dish is high in plant-based protein and fibre from quinoa, loaded with antioxidants from cranberries, and rich in healthy fats from almonds, making it both nutritious and delicious.

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### Macronutrient Breakdown (Per Serving - 1 of 4):

- **Calories:** 210
  - **Protein:** 6g
  - **Carbohydrates:** 28g
  - **Fat:** 8g
  - **Fibre:** 3g
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### Preparation:

1. Rinse quinoa under cold water and drain.
2. Heat olive oil in a saucepan over medium heat. Add quinoa and toast lightly for 2-3 minutes.
3. Add vegetable broth, bring to a boil, then reduce heat to low and cover. Cook for 15 minutes or until liquid is absorbed.
4. Fluff quinoa with a fork and stir in dried cranberries, slivered almonds, parsley, and orange zest. Season with salt and pepper.
5. Serve warm or at room temperature as a festive, healthy side.