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Maya's Most-Loved Recipes

15 of My Top Go-To Meals



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Introduction



Let's be real: Life is busy, and adulting is hard. Each of us has a list of responsibilities and sometimes putting together a nourishing, tasty meal feels next to impossible.

I'm right there with you balancing work and life. It's a juggle. That's why I came up with a collection of some of my super tasty and quick-to-make recipes to turn to on busy days.

From breakfasts, lunches, and dinners to appetizers, drinks, and desserts, these 15 recipes are ones you can turn to time and again. So, the next time you're running tight on time or just want to try something new, give one of these recipes a try.

Looking for suggestions? The 5-Minute Almond Butter Smoothie Bowl is a go-to for busy school mornings while the Whole Grain Pancakes are perfect for weekend family breakfasts or on days when you want to have breakfast for dinner.

Meanwhile, the Dutch Oven Apple Pork Chops are always a hit when we have people over and the whole family loves to make the Ginger Beer Lemon Spritzes and enjoy them outdoors during the summer. There really is something for almost every occasion in this cookbook!

I hope you enjoy these recipes as much as I do and make them a part of your regular meal rotation.

**Wishing you health and laughter,
Maya**

Breakfasts

5-Minute Almond Butter Smoothie Bowl

Breakfast Salmon Toast

Deconstructed Salmon Bowl

Whole Grain Pancakes

Breakfast
Salmon
Toast



5-Minute Almond Butter Smoothie Bowl

SERVES: 1-2

Ingredients

6 ounces vanilla almond yogurt
2 tbsp creamy almond butter
1 tbsp almond flour
1 cup frozen blueberries
½ cup frozen cauliflower
1 tbsp sliced almonds

Directions

1. Place all the ingredients, except the almonds, into a high-speed blender and blend on high.
2. Pour into a bowl and garnish with the sliced almonds and fruit of your choice.

Breakfast Salmon Toast

SERVES: 1-2

Ingredients

2 slices sourdough toast
9% plain yogurt
4 ounces smoked salmon
1 Persian cucumber, thinly sliced lengthwise
1 radish, cut into thin rounds
Red pepper flakes, to taste

Directions

1. Toast the bread to taste.
2. Evenly spread the yogurt onto the toast.
3. Top with the smoked salmon and cucumber.
4. Arrange the radish slices over the cucumbers and top with the red pepper flakes.

Whole
Grain
Pancake



Deconstructed Salmon Bowl

SERVES: 2

Ingredients

2¼ cups of water
1 tablespoon Miso paste
1 cup brown rice
8 ounces salmon
2 tablespoons sesame seeds
½ teaspoon red pepper flakes
½ teaspoon garlic powder
1 avocado, diced
1 cucumber diced
Juice of 1 lime
2 tablespoons pickled ginger
1 cup sauerkraut with caraway seeds
Aleppo pepper, to taste

Directions

1. Combine the water and miso paste in a medium pot and bring to a boil over medium-high heat and stir. Add the rice, reduce the heat to medium-low, cover, and cook for 40–45 minutes
2. Preheat the broiler.
3. Top the salmon with the sesame seeds, red pepper flakes, and garlic powder.
4. Place in the broiler and cook for 7 minutes.
5. Place avocado and cucumber into a bowl and dress with the lime juice. Set aside.
6. Put a spoonful of rice, the avocado mixture, and sauerkraut to a bowl along with salmon. Season with the aleppo pepper and serve.

Whole Grain Pancakes

SERVES: 2–3

Ingredients

¾ cup store-bought whole grain pancake mix
¼ cup almond flour
¼ cup chickpea flour
1 teaspoon hulled hemp seeds
1 egg
1 tablespoon avocado oil
¾ cup unsweetened almond milk
2 tablespoons plant based non-hydrogenated spread
Plain yogurt, for serving
Maple syrup, for serving

Directions

1. Combine the dry ingredients and create a well in the center. Add the egg and almond milk.
2. Whisk together until well-combined.
3. Heat a cast iron pan over medium heat and add a small amount of the plant-based spread.
4. Spoon in ¼ cup portions of the batter. When the edges start to curl, flip the pancake and cook for an additional 30–60 seconds. Remove from the pan and repeat until all of the batter is finished.
5. Top with plain yogurt and maple syrup.

Lunches

5-Ingredient Tostadas

Fresh Mozzarella Salad

Wilted Kale Salad

**5-Ingredient
Tacos**



5-Ingredient Tostadas

SERVES: 4

Ingredients

1 package of tortillas
1/2 cup shredded sharp cheddar cheese
1 package of riced broccoli and cauliflower
1 can (15 ounces) low-sodium black beans
1/2 cup Jalapa Salsa

Directions

1. Preheat the oven to 350 degrees F.
2. Place the tortilla on a sheet pan.
3. Top each tortilla with the cheese, riced broccoli and cauliflower, black beans, and additional cheese.
4. Bake for 15 minutes
5. Remove from the oven, top with the salsa, and enjoy.

Fresh Mozzarella Salad

SERVES: 2

Ingredients

4 ounces fresh mozzarella, sliced in half in thick rounds
6 leaves of basil, cut into thin strips
Fig balsamic vinegar, for drizzling
Extra virgin olive oil, for drizzling
Black pepper, to taste

Directions

1. Arrange the mozzarella on a platter and top with the basil.
2. Drizzle the vinegar and olive oil over the cheese.
3. Finish with black pepper.

Wilted Kale Salad

SERVES: 2

Ingredients

1 bunch of blanched kale, cut into thin ribbons

4 breakfast radishes, thinly sliced

¼ cup tamari sunflower seeds

1 cup canned chickpeas

White balsamic vinegar, for drizzling

Pumpkin seed oil, for drizzling

Directions

1. Place all the ingredients into a large salad bowl. Toss together until well combined.
2. Enjoy with a piece of fresh crusty bread!



Dinners

Barbecue Chicken

Dutch Oven Apple Pork Chops

Veggie Fried Rice

Barbecue Chicken

from The Southern Comfort Food Diabetes Cookbook

SERVES: 4

Ingredients

4 boneless, skinless chicken thighs
1 tablespoon smoked paprika
1 cup barbecue sauce of your choice
Freshly ground black pepper

Directions

1. Preheat the oven to 375 degrees F.
2. In a small mixing bowl, combine the chicken, paprika, and sauce, coating the chicken thoroughly. Set aside for 15 minutes.
3. Place the chicken in a cast iron skillet in a single layer.
4. Transfer the skillet to the oven and cook for 25 minutes, or until the juices from the chicken run clear.
5. Enjoy with a heaping plate of mustard greens and corn bread. Add black pepper.



**Dutch Oven
Apple Pork
Chops**



Dutch Oven Apple Pork Chops

from The Southern Comfort Food Diabetes Cookbook

SERVES: 4

Ingredients

4 bone-in pork loin chops, trimmed
¼ cup apple cider vinegar
1 teaspoon freshly ground black pepper
1 teaspoon ground cinnamon
1 teaspoon ground nutmeg
½ cup low-sodium chicken broth
3 celery stalks, cut into matchsticks
1 Candy Crisp apple, thinly sliced
1 small yellow onion, thinly sliced

Directions

1. Put the pork chops on a rimmed baking sheet. Season both sides with the vinegar, pepper, cinnamon, and nutmeg.
2. In a Dutch oven, bring the broth to a simmer over medium heat.
3. Add the pork chops and cook for 3 minutes, or until the exterior is browned. Transfer to a plate.
4. Add the celery, apple, and onion to the pot, making a bed.
5. Place the pork chops on top and cover. Cook for 10 to 15 minutes, taking care not to overcook.
6. Serve each pork chop with a generous spoonful of apple, celery, and onion on the side.

Tip: Not a meat eater? You can sub in portobello mushrooms!

Veggie Fried Rice

SERVES: 4

Ingredients

2 tablespoons coconut oil
1 onion, roughly chopped
2 garlic cloves, minced
1 rib of celery, thinly sliced
1 poblano, roughly chopped
2 carrots, shredded
1 bunch of kale chiffonade
1 cup cooked rice
1 teaspoon black and white sesame seeds
1 teaspoon nori flakes
1/8 teaspoon black pepper
1 teaspoon low-sodium coconut aminos

Directions

1. In a heavy bottomed pot, heat the oil, onion, garlic, celery, and peppers and cook for 3-5 minutes.
2. Add the carrots and kale and cook for an additional 5 minutes, stirring often. Add water as needed, 2 tablespoons at a time.
3. Add the rice, sesame seeds, nori flakes, black pepper, and coconut aminos. Cook for an additional 5 minutes.
4. Serve immediately.



Appetizers & Drinks

Ginger Beer Lemon Spritz

Loaded Bagel

Pholourie

Loaded
Bagel



Ginger Beer Lemon Spritz

SERVES: 1

Ingredients

6 ounces ginger beer
4 ounces plain sparkling water of your choice
2 tablespoons lemon juice
3 dashes of bitters
Thinly sliced lemon wedges, for garnish
Ice

Directions

1. Fill each glass half full with ice.
2. Pour 6 ounces of ginger beer into each glass. Stir in the sparkling water and lemon juice.
3. Finish with bitters and lemon wedges.

Loaded bagel

SERVES: 1

Ingredients

1 whole wheat poppyseed bagel sliced in half
¼ avocado, sliced
2 tomato slices
2 ounces cracked black pepper
Smoked trout
1 pinch of broccoli sprouts

Directions

1. Top each half of the bagel with the avocado, tomato, trout, and broccoli sprouts.
2. Serve and enjoy.

Phlourie

SERVES: 4-6

Ingredients

1 cup split pea flour
½ cup cassava flour
½ cup chickpea flour
2 tbsp curry powder
1 teaspoon cumin
1 teaspoon turmeric
1 packet dry yeast
1 teaspoon baking powder
2 tablespoons green seasoning
2 grated zucchini
Garlic and onion, to taste
2 cups avocado oil
Maango cutney, for serving

Directions

1. Combine all the ingredients, except the oil and chutney, in a bowl and mix well.
2. Set aside for 60 to 90 min to rise.
3. Heat the oil in a heavy-bottomed pan over medium heat.
4. Carefully add golf ball-sized balls of dough into the pan and fry until golden brown. (Alternatively, add balls to an air fryer, lightly spritz with oil, and air fry for 10 minutes.)
5. Remove and drain any excess oil on a dish towel.
6. Serve with the chutney!



Desserts

Almond Nice Cream
The Ultimate Banana Pudding

Almond Nice Cream

SERVES: 2-4

Ingredients

4 frozen bananas
1 cup cashew yogurt
¼ cup almond milk
3 tablespoons almond butter
1 teaspoon almond extract
Mixed berries, for garnish
Spiced roasted almonds and cashews,
for garnish
Drizzle of date syrup, for garnish

Directions

1. Blend all the ingredients together in a blender until smooth, scraping down the sides as needed.
2. Place in a parchment-lined container in the freezer for 2 hours.
3. Serve in your desired dish and top with garnishes of your choosing.



The Ultimate Banana Pudding



The Ultimate Banana Pudding

from The Southern Comfort Food Diabetes Cookbook

SERVES: 10

Ingredients

For the pudding:

- ¼ cup erythritol or other sugar replacement
- 5 teaspoons almond flour
- ¼ teaspoon salt
- 2½ cups fat-free milk
- 6 tablespoons prepared egg replacement
- ½ teaspoon vanilla extract
- 2 (8-ounce) containers sugar-free spelt hazelnut biscuits, crushed
- 5 medium bananas, sliced

For the merengue:

- 5 medium egg whites (1 cup)
- ¼ cup erythritol or other sugar replacement
- ½ teaspoon vanilla extract

Directions

To make the pudding:

1. In a saucepan, whisk the erythritol, almond flour, salt, and milk together. Cook over medium heat until the sugar is dissolved.
2. Whisk in the egg replacement and cook for about 10 minutes, or until thickened.
3. Remove from the heat and stir in the vanilla.
4. Spread the thickened pudding onto the bottom of a 3 x 6-inch casserole dish.
5. Arrange a layer of crushed biscuits on top of the pudding.
6. Place a layer of sliced bananas on top of the biscuits.

To make the merengue:

1. Preheat the oven to 350 degrees F.
2. In a medium bowl, beat the egg whites for about 5 minutes, or until stiff.
3. Add the erythritol and vanilla while continuing to beat for about 3 more minutes.
4. Spread the merengue on top of the banana pudding.
5. Transfer the casserole dish to the oven, and bake for 7 to 10 minutes, or until the top is lightly browned.

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