



THE
HEALTHY
LIVER
PANTRY

BLUEBERRY BANANA BREAD OAT BAKE

RICH IN FIBRE & HEALTHY FATS

Serves: 4-6 **Time:** 1 hour, 15 minutes

INGREDIENTS

- 1 ripe banana, mashed (approx. ½ cup)
- 1 cup milk
- ¼ cup natural almond butter (no sugar added)
- ¼ cup maple syrup
- ¼ cup coconut oil, melted
- 1 teaspoon baking powder
- 1 teaspoon ground cinnamon
- 1 tablespoon milled flax
- ½ teaspoon allspice
- 1 teaspoon vanilla extract
- ¼ teaspoon sea salt
- 2 cups old-fashioned oats
- 1 cup pecans, chopped
- ¾ cup blueberries, fresh or frozen

Optional: 2 tablespoons unsweetened shredded coconut, for topping

Fun Fact: Think of fibre as one of your liver's best motivators and cleaning crew. Fibre helps to support digestion, balance blood sugar, and keeps things moving so your liver can do its job a little smoother. Load up on veggies, fruit, beans, whole grains, nuts, and seeds to get your daily dose!

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it's made? Scan
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DIRECTIONS

1. Preheat the oven to 350°F. Lightly grease an 8x8-inch baking dish with butter, olive oil, or avocado oil.
2. In a mixing bowl, whisk together the mashed banana, milk, almond butter, maple syrup, and melted coconut oil.
3. Add the baking powder, cinnamon, flax, allspice, vanilla, and sea salt, then whisk again until combined.
4. Fold in the oats, ¾ cup of the pecans, and ½ cup of the blueberries using a wooden spoon or spatula.
5. Pour the mixture into the prepared baking dish and smooth into an even layer. Top with the remaining blueberries, pecans, and shredded coconut, if using.
6. Bake for 40–50 minutes, or until the topping is golden and crisp and the centre is set.
7. Remove from the oven and let cool for 10 minutes before serving.

NOTES

- You can use a similar-sized baking dish if needed; the final thickness may vary slightly.
- To check for doneness, insert a toothpick into the centre. If it comes out clean, the oat bake is ready. If there is batter or residue on the toothpick, continue baking for a few more minutes.
- You can always use gluten-free oats if that is your dietary preference.





THE
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HONEY HEAT CRISPY CHICKEN

HIGH IN PROTEIN

Serves: 2-4 **Time:** 45 minutes

INGREDIENTS

- 5 cups cornflakes
- ½ cup grated parmesan cheese
- 3 tablespoons unsweetened shredded coconut
- 1 teaspoon smoked paprika
- 1 teaspoon garlic powder
- 2 large eggs, beaten
- 2 tablespoons hot sauce
- 1.5 pounds chicken breasts
- Extra-virgin olive oil, for drizzling
- Fresh thyme or basil, for serving

Optional: Rice or roasted potatoes, for serving

HONEY HEAT SAUCE

- ½ cup mild hot sauce
- 2 tablespoons salted butter
- ½ teaspoon chili powder
- ½ teaspoon cayenne pepper
- ½ teaspoon garlic powder
- 3 tablespoons raw honey

Fun Fact: Your liver works hard all day, every day, and protein provides the building blocks (amino acids) needed to help support repair, regeneration, and healthy liver function. From eggs and fish to tofu, legumes, yogurt, and lean meats, protein helps support overall liver function and keeps you feeling fuller longer.

DIRECTIONS

1. Preheat the oven to 425°F and line a baking sheet with parchment paper.
2. In a food processor, combine the cornflakes, parmesan, shredded coconut, smoked paprika, and garlic powder. Blend for 1–2 minutes until a fine crumb forms, then transfer to a mixing bowl.
3. In a separate bowl, whisk together the eggs and hot sauce. Add the chicken and toss until fully coated.
4. Dredge each piece of chicken in the crumb mixture, coating both sides evenly. Place on the prepared baking sheet and lightly drizzle with extra-virgin olive oil.
5. Bake for 20–25 minutes, or until golden and crisp.
6. Meanwhile, prepare the honey heat sauce. In a small saucepan over medium heat, combine the hot sauce, butter, chili powder, cayenne, and garlic powder. Whisk until melted and smooth. Remove from the heat and whisk in the honey.
7. Drizzle the sauce over the baked chicken and garnish with fresh thyme or basil. Serve with rice or roasted potatoes, if desired.

NOTES

Feel free to use your favourite hot sauce of choice, we used Frank's for this recipe!

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MINT FRESH PISTACHIO CHOP SALAD

RICH IN FIBRE AND HEALTHY FATS



Serves: 4-6 **Time:** 25 minutes

INGREDIENTS

- 1 cup cooked quinoa
- 1 cup cucumber, chopped
- ½ cup fresh parsley, chopped
- ½ cup fresh mint, chopped
- ⅓ cup red onion, finely chopped
- ½ cup roasted unsalted pistachios, chopped
- ½ cup crumbled feta cheese
- 1 can chickpeas, drained and rinsed (540ml)
- 4 tablespoons fresh lemon juice
- ¼ cup extra virgin olive oil

DIRECTIONS

1. In a medium bowl, combine the quinoa, cucumber, parsley, mint, red onion, pistachios, feta, and chickpeas.
2. Drizzle with the lemon juice and olive oil, then toss until well combined.
3. Serve immediately or refrigerate for a couple of hours before serving to allow the flavours to develop.

NOTES

If you have a dairy intolerance, removing the feta from this salad will still be delicious, fresh, and flavourful!

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Fun Fact: Healthy fats help support liver health by fighting inflammation and reducing fat buildup in the liver. Find them in extra-virgin olive oil, fresh salmon, nuts like pistachios and walnuts, flax, chia seeds, and avocado.



THE
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GOLDEN GLOW CHICKEN SOUP

RICH IN ANTIOXIDANTS & HIGH IN PROTEIN

Serves: 6

Time: 1 hour 20 minutes

INGREDIENTS

- 2 tablespoons extra virgin olive oil
- 1 yellow onion, diced
- 3 medium carrots, sliced into rounds
- 3 celery stalks, chopped
- 6 cloves garlic, minced
- ½ tablespoon ground turmeric
- 1 tablespoon fresh ginger, grated
- 1 teaspoon ground cumin
- 1 teaspoon fresh rosemary, chopped
- 1 teaspoon fresh thyme, chopped
- ½ teaspoon black pepper
- 1 pound chicken thighs or chicken breasts
- 6 cups chicken broth
- 1 can coconut milk (400 ml)
- 1–2 tablespoons fresh lemon juice

Optional: 1 cup pearl couscous or cooked quinoa

Fun Fact: Give your liver a little extra love with antioxidant-rich foods. Colourful foods like berries, leafy greens, veggies, and green tea help protect liver cells from everyday stress while supporting your liver's biggest job—filtering out the toxins and helping your body absorb the goods.

DIRECTIONS

1. Heat the olive oil in a large soup pot over medium heat. Add the diced onion and cook for 4–5 minutes, stirring occasionally, until softened.
2. Add the carrots and celery and cook for another 3–4 minutes, until the vegetables begin to soften and their colour brightens.
3. Stir in the garlic, turmeric, ginger, cumin, rosemary, thyme, and black pepper. Cook for 30 seconds, stirring constantly, until fragrant.
4. Add the chicken, chicken broth, and coconut milk, ensuring the chicken is fully submerged in the broth. Bring the soup to a gentle boil.
5. Reduce the heat to low and simmer partially covered for 45–60 minutes, or until the chicken is tender and easily shreds with a fork.
6. Remove the chicken from the pot and let cool slightly. Shred the chicken using two forks, then return it to the soup.
7. Stir in the lemon juice and season with salt and pepper to taste.
8. Serve warm, optionally garnished with fresh herbs and a swirl of coconut milk. Add cooked pearl couscous or quinoa if desired.

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