



Kreative Kooking

with Kimmy

5 Quick Recipes For You To Enjoy!

Kimberley Irons



Ruby Roots & Otaheite Glow Juice

This vibrant juice is rich in **antioxidants**, supports digestion thanks to the **ginger**, and gives a natural energy lift from the **beetroot and citrus combo**. Perfect for a refreshing morning start or post-workout glow-up.

Serving: 2 glasses | **Prep time:** 10 minutes | **Blend time:** 2–3 minutes

Ingredients:

- 1 medium **Beetroot**, peeled and chopped
- 1 medium **Orange**, halved and peeled
- 1 small **Apple**, cored and chopped
- 1–2 small **Otaheite Apples** (Jamaican Apple or Malay Rose Apple), halved and seeds removed
- 1 thumb-sized piece of **Fresh Ginger**, peeled
- 4 cups **Cold Water** (adjust for thickness)
- **Ice** (optional)

Instructions:

1. **Prep All Ingredients:**
Wash, peel, and chop all fruits and roots into manageable chunks. Remove seeds from the apples and otaheite apple.
2. **Load the Blender:**
Add the chopped beetroot, apple, otaheite apple, orange, and ginger to your blender. Pour in ½ cup of cold water to help it blend smoothly.
3. **Blend It Up:**
Blend on high speed for 2–3 minutes until everything is smooth. If needed, add a bit more water to adjust the thickness.
4. **Strain (Optional):**
For a smoother juice, strain the mixture using a fine mesh sieve or cheesecloth. If you love a pulpier juice with more fiber, skip this step.
5. **Serve Chilled:**
Pour into two glasses. Add ice if desired and serve immediately.

Kimmy's Kreative Tips & Substitutions:

- **No Otaheite Apple?**
Use more regular apple or a wedge of pineapple for a sweet-tangy swap.
- **Boost Your Energy:**
Add a teaspoon of chia seeds or a tablespoon of soaked oats for extra fiber and energy.

- **Spice It Up:**
Add a dash of cinnamon or a splash of lime juice for a zingy twist.
- **Chill Without Ice:**
Freeze your beet and fruit chunks ahead of time for a cold blend without watering it down.
- **Make It a Smoothie:**
Replace water with coconut water or almond milk and add a banana for a creamy, smoothie-style drink.



Kimmy's "Sunshine Power Bowl": Vanilla Greek Yogurt Parfait

This vibrant and energizing "Sunshine Power Bowl" layers creamy vanilla Greek yogurt with sweet slices of banana, dollops of rich peanut butter, and a delightful medley of crunchy nuts and seeds. It's a quick, healthy, and satisfying snack to fuel your day with a burst of flavour and texture.

Servings: 1 | **Prep Time:** 5 minutes | **Cook Time:** 0 minutes
(no cooking required)

Ingredients:

1 cup non-fat vanilla Greek yogurt (Member's Selection or your preferred brand)
 1 medium ripe banana, sliced
 2 tablespoons natural peanut butter (creamy or crunchy)
 ½ tsp pumpkin seeds
 1 tsp almonds
 1 tsp cashews,
 ½ tsp sunflower seeds
 ½ teaspoon red peanuts (skin on)

Instructions:

1. **Layer the Yogurt:** Spoon half of the vanilla Greek yogurt into a bowl.
2. **Add Banana:** Arrange half of the sliced banana over the yogurt.
3. **Add Peanut Butter:** Add a dollop of peanut butter
4. **Sprinkle Nuts and Seeds:** Sprinkle half of the pumpkin seeds, almonds, cashews, sunflower seeds, and red peanuts over the peanut butter.
5. **Repeat Layers:** Add the remaining vanilla Greek yogurt, followed by the remaining banana slices, peanut butter, and the rest of the nuts and seeds.
6. **Enjoy Immediately:** Serve immediately and savor the creamy, sweet, and crunchy goodness of your Sunshine Power Bowl!

Enjoy this customizable and nutritious Sunshine Power Bowl! It's a fantastic way to start your day or refuel with a balanced mix of protein, healthy fats, and carbohydrates.

Kimmy's Kreative Tips & Variations:

- **Yogurt Alternatives:** You can substitute the non-fat vanilla Greek yogurt with plain Greek yogurt and add a drizzle of honey, maple syrup, or a few drops of stevia for sweetness. For a dairy-free option, use plain or vanilla coconut yogurt, almond yogurt, or soy yogurt.
- **Fruit Fiesta:** Get creative with your fruit! Add other sliced fruits like strawberries, blueberries, mango, or papaya for extra vitamins, antioxidants, and flavor. A sprinkle of shredded unsweetened coconut would also be delicious.
- **Nut Butter Swaps:** Experiment with other healthy nut butters like almond butter, cashew butter, or sunflower seed butter for a different taste and nutritional profile. Tahini (sesame seed butter) offers a unique, slightly savory note.
- **Seed Sensations:** Chia seeds, flax seeds (ground for better absorption), or hemp seeds can be added for an extra boost of fiber, omega-3 fatty acids, and protein.
- **Spice it Up:** A pinch of cinnamon, nutmeg, or cardamom sprinkled over the yogurt or banana can add a warm and comforting flavor.
- **Crunchy Add-ins:** Instead of or in addition to the nuts and seeds, consider adding a sprinkle of low-sugar granola, toasted oats, or puffed

quinoa for extra crunch and fiber.

- **Natural Sweeteners:** If you prefer more sweetness, opt for natural sweeteners like a drizzle of honey, maple syrup, or a few drops of liquid stevia.
- **Protein Power:** For an extra protein boost, stir in a scoop of your favorite protein powder (vanilla or unflavored works well) into the Greek yogurt before layering.
- **Freezer Treat:** For a refreshing and healthy frozen treat, layer the ingredients in a freezer-safe container and freeze for a few hours. Enjoy it as a frozen yogurt parfait.
- **On-the-Go Parfait:** Layer the ingredients in a jar or container with a tight-fitting lid for a healthy and portable breakfast or snack.



The Kingston Firecracker Guacamole: A Tropical Heatwave Dip

This vibrant and explosive "Kingston Firecracker Guacamole" captures the essence of Jamaican flavor with its creamy texture, zesty lime kick, and fiery Scotch Bonnet heat. Made with ripe, buttery avocados, fresh aromatics, and a touch of sweetness from ripe tomato, it's a dip that's as bold and exciting as the island itself. Perfect for adding a tropical punch to any gathering or a zesty accompaniment to your favorite dishes.

Servings: 4-6 | **Prep Time:** 15 minutes | **Cook Time:** 0 minutes (no cooking required)

Ingredients:

- 2 large, ripe avocados (Hass or Jamaican variety preferred)
- 1/4 cup red onion, finely diced
- 1/2 - 1 whole Scotch Bonnet pepper, deseeded and minced (adjust to your spice preference)
- 2 tablespoons fresh lime juice (from 1-2 limes)

- 1/2 teaspoon all-purpose seasoning (or your preferred blend)
- 1/4 teaspoon black pepper, freshly ground
- 1/4 cup ripe tomato, deseeded and finely diced
- Salt to taste (optional, after tasting)

Instructions:

1. **Prepare the Avocados:** Halve the avocados lengthwise, remove the pits, and scoop the flesh into a medium-sized bowl.
2. **Mash the Avocados:** Using a fork or a potato masher, mash the avocado flesh to your desired consistency. Some prefer it smooth, others a bit chunky.
3. **Add Aromatics and Spice:** Stir in the finely diced red onion and minced Scotch Bonnet pepper. Remember to wear gloves when handling Scotch Bonnet peppers to avoid irritation.
4. **Incorporate Liquids and Seasonings:** Pour in the fresh lime juice, add the all-purpose seasoning, and black pepper. Mix thoroughly until all ingredients are well combined.
5. **Fold in Tomato:** Gently fold in the deseeded and finely diced tomato.
6. **Taste and Adjust:** Taste the guacamole and adjust the seasoning as needed. Add a pinch of salt if desired.
7. **Serve Immediately:** Serve your Kingston Firecracker Guacamole immediately with tortilla chips, vegetable sticks, or as a vibrant topping for tacos, burgers, or grilled fish.

Enjoy this fiery and flavorful Kingston Firecracker Guacamole! It's a fantastic way to bring a taste of the Caribbean to your table, offering a unique blend of creamy texture, citrusy brightness, and a satisfying kick of heat.

Kimmy's Kreative Tips & Variations:

- **Avocado Alternatives:** While the recipe specifies two large avocados, you can easily scale up or down depending on the desired yield. For a creamier texture, ensure the avocados are very ripe.
- **Onion Options:** If red onion is too strong, finely minced white onion, yellow onion, or even a few chopped scallions (green onions) can be used as a milder alternative.
- **Pepper Power:** For less heat, use only a tiny sliver of the Scotch Bonnet, or substitute with a milder pepper like a jalapeño (deseeded for less heat),

serrano pepper, or even a pinch of cayenne pepper powder. For more heat, leave some seeds in the Scotch Bonnet, but be cautious!

- **Lime Love:** Freshly squeezed lime juice is essential for the best flavor. Lemon juice can be used in a pinch, but the flavor profile will be slightly different. For an extra citrusy punch, add a tiny bit of lime zest.
- **Seasoning Swaps:** Any all-purpose seasoning blend can work. Alternatively, you can create your own by using a blend of garlic powder, onion powder, cumin, and a touch of paprika. A dash of Worcestershire sauce or a few drops of hot sauce (like Tabasco) can also add depth.
- **Tomato Twists:** Cherry tomatoes, cut into quarters, or even sun-dried tomatoes (rehydrated and finely chopped) can be used for a different tomato flavor and texture. If fresh tomatoes aren't ideal, a tablespoon of tomato paste diluted with a little water can offer a concentrated tomato essence.
- **Herbal Heaven:** Fresh cilantro (coriander) is a classic addition to guacamole. Finely chopped parsley or even a few sprigs of fresh thyme (minced very finely) could offer an interesting twist.
- **Sweet Surprises:** For a hint of sweetness that balances the spice, consider adding a tiny pinch of sugar or a very small amount of finely diced mango or pineapple.
- **Crunch Factor:** For added texture, consider adding a tablespoon of finely chopped bell peppers (any color) or even a few finely crushed tortilla chips right before serving.
- **Smoky Notes:** A tiny pinch of smoked paprika can add a subtle smoky depth to the guacamole.
- **Storage Savvy:** To prevent browning, press plastic wrap directly onto the surface of the guacamole, ensuring no air pockets. You can also place an avocado pit in the center of the guacamole before covering. Consume within 1-2 days for best quality.



Sunshine Scramble Bites: Wholesome & Zesty Egg Muffins

These "Sunshine Scramble Bites" are a delightful and low-calorie way to kickstart your day! Packed with protein, vibrant vegetables, and customizable spice, these individual egg muffins are quick to prepare, perfect for meal prepping, and incredibly satisfying. They offer a burst of flavor in every bite, making healthy eating both easy and delicious.

Servings: 6-8 muffins | **Prep Time:** 15 minutes | **Cook Time:** 20-25 minutes

Ingredients:

- 6 large eggs
- 1/4 cup unsweetened almond milk (or milk of choice)
- 1/4 cup finely diced red onion
- 1/4 cup finely diced sweet pepper (bell pepper, any color)
- 1/4 cup finely diced ripe tomato (deseeded for less moisture)
- 1/2 teaspoon black pepper, freshly ground
- 1/4 teaspoon salt (or to taste)
- Optional: 1/4 - 1/2 small Scotch Bonnet pepper, deseeded and minced (for spicy version)
- Cooking spray or muffin liners

Enjoy these versatile and nutritious Sunshine Scramble Bites! They are an excellent make-ahead option for busy mornings, offering a balanced and flavorful start to your day.

Kimmy's Kreative Tips & Variations:

- **Egg-cellent Alternatives:** For a lower cholesterol option, you can use a combination of whole eggs and egg whites (e.g., 3 whole eggs + 4 egg whites). For a completely vegan version, use a plant-based egg substitute like a chickpea flour mixture or a commercial vegan egg product, adjusting quantities as per package instructions.
- **Milk Matters:** Any milk can be used – dairy milk (skim, 1%, 2%), oat milk, soy milk, or even a splash of cream for a richer texture. Water can also work in a pinch for an even lower calorie option.
- **Onion & Allium Twists:** Besides red onion, finely diced yellow onion, white onion, or chopped scallions (green onions) can be used. A clove of minced garlic can also be added for extra flavor.
- **Pepper Play:** Beyond bell peppers, consider adding finely diced pimiento peppers for a unique Caribbean flavor, or roasted red peppers for a sweeter, smoky note. For different levels of spice, use finely diced jalapeños, serrano peppers, or a tiny pinch of cayenne pepper powder.
- **Tomato Tales:** Instead of fresh tomato, you can use sun-dried tomatoes (rehydrated and chopped) for a more intense, sweet-tart flavor, or a tablespoon of finely diced roasted tomatoes.
- **Herbaceous Additions:** Fresh herbs are fantastic in egg muffins! Consider adding 1-2 tablespoons of finely chopped fresh parsley, chives, cilantro (coriander), or even a pinch of dried oregano or thyme.
- **Cheese Please:** For those not counting every calorie, a sprinkle of grated cheese (cheddar, mozzarella, feta, or a blend) can be added to the egg mixture or sprinkled on top before baking for extra flavor and richness.
- **Protein Power-Ups:** Boost the protein further by adding finely diced cooked lean ham, turkey bacon, chicken sausage, or even crumbled cooked black beans.
- **Veggie Variety:** Get creative with your vegetables! Spinach (sautéed and squeezed dry), mushrooms (sautéed), zucchini (grated and squeezed dry), or even finely chopped broccoli florets can be wonderful additions.
- **Spice It Up (Beyond Fresh Pepper):** A dash of hot sauce (like Scotch Bonnet hot sauce or peri-peri sauce) in the egg mixture, or a pinch of chili flakes, can elevate the heat level.
- **Flavor Boosters:** A tiny drizzle of olive oil, a splash of Worcestershire sauce, or a teaspoon of nutritional yeast (for a cheesy, savory flavor without dairy) can enhance the overall taste.

- **Batch Baking & Freezing:** These muffins are excellent for meal prep. Once cooled, store them in an airtight container in the refrigerator for up to 3-4 days. For longer storage, freeze them individually and then transfer to a freezer-safe bag for up to 1 month. Reheat in the microwave or oven.



"Tropical Jade Zest": The Pak Choi & Fruit Power Blend

This vibrant "Tropical Jade Zest Smoothie" is a refreshing and nutrient-packed blend that highlights the delicate, earthy notes of pak choi, beautifully balanced by the natural sweetness and tang of tropical pineapple and crisp apple. Using a blender with water, this smoothie retains more beneficial fiber, offering a wholesome way to incorporate a powerhouse of vitamins, minerals, and antioxidants into your daily routine. It's perfect for a revitalizing start to your morning or a natural energy boost any time of day.



Servings: 2 | **Prep Time:** 10 minutes | **Cook Time:** 0 minutes
(no cooking required)

Ingredients:

- 1/2 medium-sized pineapple, peeled and roughly chopped
- 1 medium apple, cored and quartered (e.g., Gala or Fuji)
- 2 stalks celery, washed and roughly chopped

- 1-inch piece of fresh ginger, peeled
- 1 medium cucumber, washed and roughly chopped
- 4-5 large leaves of pak choi, washed (stalks included)
- 4 cups of filtered water

1. **Prepare Ingredients:** Wash all fruits and vegetables thoroughly. Peel the pineapple and ginger. Core the apple. Roughly chop all ingredients into smaller pieces, suitable for your blender to ensure smooth blending.
2. **Add to Blender:** Place the chopped pak choi, celery, cucumber, apple, pineapple, and peeled ginger into a high-speed blender.
3. **Add Water:** Pour in the 4 cups of filtered water.
4. **Blend Until Smooth:** Secure the lid and blend on high speed for 1-2 minutes, or until the mixture is completely smooth and no large chunks remain. You may need to stop and scrape down the sides or add a tiny bit more water if your blender is struggling.
5. **Serve Immediately:** Pour into two glasses and serve immediately to enjoy the freshest taste and maximum nutrient content. You can add a few ice cubes if desired for a colder drink.

Enjoy this nourishing and delicious Tropical Jade Zest Smoothie! It's a fantastic way to support your body's natural well-being and infuse your day with vitality, while also benefiting from the added fiber.

Kimmy's Kreative Tips & Variations:

- **Fruit Sweeteners:** While pineapple and apple provide natural sweetness, you can adjust the ratio of these fruits for a sweeter or less sweet smoothie. Other sweet fruits like a small ripe mango (as seen in the background of the image) or a handful of grapes can be added. For extra sweetness, a drizzle of local honey or a few drops of stevia can be used.
- **Green Power-Ups:** Enhance the green content by adding other leafy greens such as spinach, kale (remove tough stems), romaine lettuce, or Swiss chard. Start with small amounts and increase to your preference.
- **Citrus Zing:** A squeeze of fresh lime juice or lemon juice can brighten the flavor and add extra Vitamin C.

- **Spice & Warmth:** Increase the amount of ginger for a stronger, more pungent kick. A tiny pinch of local Scotch Bonnet pepper (use with caution, starting with a tiny sliver) or a pinch of cayenne pepper can also add a metabolic boost and a touch of heat.
- **Liquid Alternatives:** Instead of plain water, you can use coconut water for added electrolytes and a tropical flavor, or unsweetened almond milk for a creamier texture.
- **Herbal Infusion:** Fresh mint leaves or a few sprigs of parsley can add a refreshing, herbaceous note and additional antioxidants.
- **Creamy Texture:** For a thicker, creamier smoothie, you can add half a ripe banana or a quarter of an avocado.
- **Protein Boost:** For an extra protein kick, blend in a scoop of your favorite unflavored or vanilla protein powder, or a tablespoon of chia seeds or flax seeds (which will also thicken the smoothie as they sit).
- **Superfood Sprinkles:** For an extra nutritional boost, stir in a teaspoon of spirulina powder, chlorella powder, or a scoop of your favorite green superfood blend after blending.
- **On-the-Go Smoothie:** Prepare this smoothie in advance and store it in an airtight container or a portable blender bottle in the refrigerator for up to 24 hours. Shake well before consuming.
- **Frozen Option:** If you prefer a colder, thicker smoothie, use frozen pineapple or apple chunks, and reduce the amount of ice if adding.

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