

Raspberry Breakfast Bars / Healthy Breakfast Bars



[Pin it](#)

Don't have time to make morning breakfast ? Prepare this breakfast bars ahead of time and take your breakfast on the go. These easy to make raspberry bars are a perfect healthy snack and are packed with all nutrients. Here I used raspberries, you can use any berries like strawberry or blueberries or blackberries to make this breakfast bars. These bars also make a great trail snack.

Ingredients

Raspberry Filling

3/4 Cup of Raspberries
3 Tbsp of Sugar
1 Tbsp of Corn Starch
1 Tbsp of Lemon Juice

Breakfast Bars

3/4 Cup of Quick Cooking Oats or Multigrain Cereal
1/4 cup Whole Wheat Flour
1/4 cup Packed Brown Sugar
2 Tbsp of Walnut Pieces
1/2 teaspoon Ground Cinnamon
3 Tbsp of Vegetable oil
1 Tbsp of Ground Flax Seed

Method

Raspberry Filling

- Preheat the oven to 350°F.
- In a pan, add raspberries, sugar, cornstarch and lemon juice. Stir over medium heat until the mixture comes to a boil. Simmer and stir it for 2 minutes until the sauce gets thick. Turn off the flame.

Breakfast Bars

- In a blender or food processor, add oats, wheat flour, sugar, flax seed powder, walnuts and cinnamon. Grind it to a fine powder. Transfer this to a bowl, add oil to the mixture and mix it with spoon.

Assembling the bars in a baking pan.

- Take a baking pan, place half of the crumb mixture evenly on bottom of the pan.
- Spread raspberry filling evenly over crumbs. Again top it with remaining crumbs and pat down gently.
- Bake it for 25 minutes.
- Take out the pan from oven. Let it cool completely for 10 mins. Then cut into bars and serve.

Tips

- If you don't have flax seed powder, add 1 egg instead.
- Add any nuts of your choice in place of walnuts.
- You can also try any fruits like blackberry or blueberry instead of raspberries.

Health Benefits of Raspberries

- Helps to lose weight.
- Reduces cancer risk.
- Maintains the cardiovascular health.
- Enhances fertility.
- Slow aging process.
- Strengthens the immune system.

Raspberry Breakfast Bars



CABBAGE SOUP FOR WEIGHT WATCHERS



It's getting cold in my place. So I made this soup and it came out so creamy and yummy. Vegetable soups are a healthy and comforting food to include in our diet. Here I used cabbage to make this soup. This brilliant winter soup really is a complete main course in a bowl and it is rich with onion, tomato and spices like cumin powder and cinnamon, makes the soup fragrant. Cabbage soup are very good for weight loss and you can add any vegetables like potatoes, carrots or mushrooms along with cabbage. Try this weight loss soup and let me know how it turned out.

Ingredients

200 gms(7 Ounce) of Cabbage, Finely Chopped
1/4 Cup of Red Onion, Finely Chopped
1 Small Tomato, Finely Chopped
1 Big Garlic Clove, Finely Chopped
1/2 Tsp of Cumin Powder
1/4 Tsp of White Pepper Powder
1/4 Tsp of Black Pepper Powder
1 Tsp of Salt or to taste
2 Tsp of Olive Oil
1 Small Cinnamon Stick
2 Cups of Water
1 Sprig of Coriander Leaves(Cilantro)

Method

- Heat oil in a pan, when it is hot, add cinnamon stick, onion, garlic and salt, saute this for 2 mins until it turns golden brown.
- Add cabbage, saute this for 2 mins. Add tomato, saute this for few mins. Add cumin powder, white and black pepper powder, mix well. Add 2 cups of water, bring it to a boil, simmer it for 10 – 12 mins until the cabbage turns soft and cooked. Turn off the flame. Let it cool down for 5 mins.
- Transfer the sauteed cabbage and water to a blender (mixie), blend it to a smooth puree.
- Serve this in a soup bowl, garnish with cilantro (coriander leaves) and serve immediately.



foody-buddy.blogspot.com

Tips

- You can use butter in place of olive oil.
- You can throw the cinnamon stick, if you don't want to grind. Adjust the amount of spiciness according to your taste.
- If you want little more tangy taste to your soup, add lemon juice in the end.
- If you don't have white pepper, just add black pepper.

Health Benefits of Cabbage

- Cabbage has cholesterol lowering benefits when you cook it by steaming.
- It has antioxidant and anti-inflammatory properties.
- Good source of vitamin C, K, potassium and fiber.
- Good for weight loss, thereby reduces the bad cholesterol in the blood.
- Prevents cancer and heart disease.
- Good for eyes, bones, cardiovascular, digestive tract and brain health.



SINGLE SERVING EGGLESS CHOCOLATE CAKE | MICROWAVE NO BUTTER CHOCOLATE CAKE



Woohooo...It has been "1 year" since I started [foody-buddy](#) and it has been an amazing experience ... I sincerely thank all my fellow bloggers, enthusiasts , friends, foodies, casual visitors, family members and critiques as I progress in this virtual world of blogging ...This certainly has enriched my life, added color and has certainly given me something useful to share back with the community . Besides sharing my recipes , I have also learnt a lot in cooking techniques and has enriched my knowledge in food photography and presentation skills ...Finally it is

certainly a feeling of joy and comfort to learn that the recipes you share is appreciated by folks from the far corners of the world and I do want to thank my husband and my family for their constant support and appreciation ...

To enjoy this beautiful day I have posted a fast and simple dessert , which is so tasty and delicious. I thought of making big chocolate cake, but I 'm not feeling good. So I did some google search for single serving eggless cake. Finally I got a recipe from [here](#). I love this site and her recipes, also I bookmarked some of her recipes. Try this amazing 1 min chocolate cake, it is so soft and a melting cake with no butter and no eggs added. If you are chocolate lover like me, then I bet you fall in love with the taste and soft texture of the cake.

Single Serving
Chocolate Cake

Happy Birthday
to
"Foody-Buddy"

foody-buddy.blogspot.com





Recipe Source : you can find the original recipe [here](#).

Ingredients

3 Tbsp of All Purpose Flour / Maida
1 Tbsp and 2 Tsp of Cocoa Powder / Hot Cocoa Mix
1 Tbsp and 2 Tsp of Sugar
1/8 Tsp of Salt
1/2 Tsp of Baking Powder
1/2 Tsp of Vanilla Extract

3 Tbsp of Milk
3 Tsp of Coconut Oil
Instant Chocolate Pudding for Frosting

To Garnish

Chopped Almonds
Cherry



Method

- In a mixing bowl, combine all the dry ingredients, stir well. Then add vanilla extract, milk and oil, mix well with a fork without any lumps. Transfer this mixture to

a microwave (safe bowl or mug), here I used ramekin. Before pouring the mixture to a bowl, grease it well with oil.



- Microwave for 40 secs. Single serving microwaved chocolate cake is ready. Let it cool down for 5-10 mins.
- Invert it to a plate, for frosting, use chocolate pudding to the outer layer of the cake and sprinkle some chopped almonds to the top. Finally garnish with cherry.



Tips

- If you don't have cocoa powder, then use hot cocoa mix. I tried with hot cocoa mix and it tastes good.
- Keep an eye on microwave after 30 secs, if it exceeds 40 secs, there are chances for overflowing.
- You can also eat cake as such without frosting.
- You can also frost the cake with cream cheese or peanut butter or almond butter. Or else enjoy with vanilla ice cream.
- Use vegetable oil in place of coconut oil
- Add any nuts of your choice for toppings.

