



# 10 easy recipes

For boosting your energy levels and  
fighting fatigue



In cooperation  
with

**Umahro  
Cadogan**



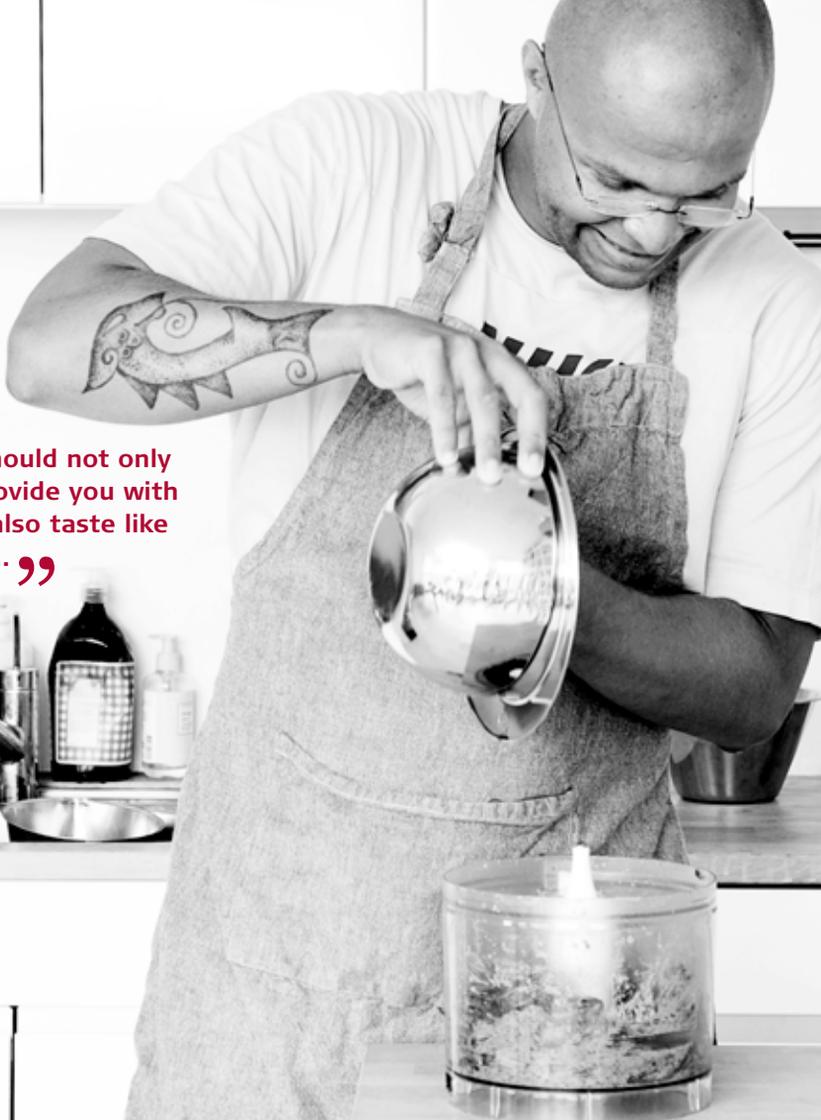
PFA Viden og Værktøjer

**PFA**

More for you

“

Your mouth is one of the most sensitive sensory organs of the human body, and therefore, food should not only be healthy and provide you with energy, it should also taste like a piece of heaven..”



# Make the most of your day with more energy-boosting food – morning, noon and night

Your diet is crucial for your energy levels. One of the most distinct signs that your diet does not provide you with what you need is fatigue during the workday. Fatigue which appears a long time before bedtime and which ruins both your concentration and your energy. If the reason is too little sleep, you need to sleep more, but besides a good night's sleep, you can also eat your way to more energy and less fatigue.

In spite of the existing knowledge about healthy food, we tend to eat too much, too fatty food and too much sugar. Our daily energy intake (food and drinks) has increased at the same time as our energy consumption (exercise) has decreased, which negatively affects our energy levels and resistance.

In general, the majority of adult people in Denmark want to eat healthy, but there is a significant contrast between the knowledge that we believe we have and our actual knowledge about diet.

Scientific documentation has shown that by eating the right things, you can reduce your risk of developing cardiac disorders and diabetes as well as prevent certain types of cancer, raised blood pressure and osteoporosis.

Evidence exists that even a light dehydration affects both your mental and physical performance. Concentration and the ability to for instance remember can drop by up to 10 % before feeling thirsty, and the more dehydrated you are, the more your performance decreases.

It has been documented that the way we eat is decisive for our mental health and energy level.

In short, it is about putting together a meal that consists of complex carbs, essential fatty acids, amino acids, vitamins, minerals and water which in combination ensure that the brain's processes work in the most optimal way.

There is furthermore evidence that food allergies and intolerances can cause extreme fatigue and psychological reactions.

# Umahro's view on food and health

**PFA cooperates with Umahro Cadogan who is an expert in healthy food which optimises energy levels, improves concentration as well as lifts the spirits, stabilises blood sugar levels and tastes like a piece of heaven.**

“ We have collected 10 of Umahro's best recipes that provide energy from morning till night. Try them and experience on your own body how healthy food boosts your energy levels. At the same time, you will find recipes that can satisfy your craving for sweet things without feeling guilty.

Food is much more than just some calories, fibres and micro- and macronutrients. You can basically think about food as a type of information. So, every time you eat or drink something, you are talking to your body.

You say things with the food that you eat, and your body replies according to what you say and how you say it. Therefore, it naturally makes sense that what you “say with your food” should only involve the most loving and kind regards with large amounts of energy and

Vi har samlet 10 af Umahros bedste opskrifter, der giver god energi fra morgen til aften. Prøv dem, og oplev på egen krop, hvordan sund mad booster dit energiniveau. Det er samtidig opskrifter på mad, der kan tilfredsstille lækker-sulten helt uden dårlig samvittighed.

lots of joy. Then, your body will respond the same way.

Your mouth is one of the most sensitive sensory organs of the human body, and therefore, food should not only be healthy and provide you with energy, it should also taste like a piece of heaven. Otherwise, you will miss out on so many joyful tastes and sensory experiences. As a matter of fact, you can have it both ways. Get tastiness, energy and health all at the same time - and even without spending half of your day in the kitchen.

You have been given 10 of my favourite recipes that provide you with all the health, vitality and tastiness that you deserve. ”

Bon appetite, Umahro

# Recipes

## BREAKFAST

- 1. Scrambled eggs with spinach and turmeric**
- 2. Yoghurt or skyr with three different toppings**
- 3. Power porridge**

## IN-BETWEEN MEALS

- 4. Original juice**
- 5. Broccoli-almond-banana-greenie**

## SNACKS

- 6. Almonds and raisins in cocoa and cinnamon**
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- 8. Chicken curry with raisins, curry, apples and other goodies**
- 9. Baked salmon with tomatoes**

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- 10. Baked bananas with dark chocolate**

## BREAKFAST

# Scrambled eggs with spinach and turmeric

One of Umahro's favourites in the morning when in need of something green and filling from the early morning.

**Volume:** For 1 person

**Cooking time:** 10 – 15 minutes

### **Det skal du bruge:**

- 2 eggs
- 1 tsp. turmeric
- 100-200 grams of washed fresh spinach or baby spinach
- Sea salt or rock salt
- Freshly ground black pepper
- 2 – 3 tsp. coconut oil

**What to do:** Whisk the eggs with turmeric in a bowl and then add the spinach. Mix it with a spatula.

Turn on the pan at medium heat, add the coconut oil to the pan and add the egg-and-spinach mixture.

Fry 1 – 2 minutes while stirring the egg-mixture. Remove the pan from the heat when the spinach has collapsed.

Serve and enjoy!

**Storage:** Technically, scrambled eggs can keep until the next day, but they are obviously best when hot.

**Kitchen gear:** A non-stick pan



# Yoghurt or skyr with three different toppings

Three different types of toppings for one and the same breakfast may sound a little crazy, but you can prepare most of it the night before, and then you have the most amazing luxury breakfast.

**Volume:** For 2 hungry persons – 3 toppings for each - or 6 small portions as part of a brunch  
Cooking time: 30 minutes

## You need:

6 decilitres plain yoghurt or skyr with the lowest fat content as possible

### Topping 1:

- 1 decilitre oats or rye flakes
- Finely grated peel and juice of 1/2 organic orange
- 3/4 decilitre dark raisins
- The seeds from 1/8 of a vanilla pod or 1 very small pinch of vanilla sugar
- 1/4 tsp. ground cardamom

### Topping 2:

- 1 tsp. almonds
- 1 tsp. raisins
- 1 – 2 tbsp. pure cocoa powder
- 1 – 2 tbsp. ground cinnamon

### Topping 3:

- 1/2 decilitre hazelnuts
- 100 grams of strawberry, fresh or frozen
- 1/2 – 1 banana

## What to do:

**Topping 1:** Mix the flakes, orange juice and peel, raisins, vanilla and cardamom in a small bowl. Mix it thoroughly and let the granola draw for at least a couple of minutes, but preferably overnight.

**Topping 2:** Mix almonds, raisins, cocoa and cinnamon in a small bowl.

**Topping 3:** Roast the hazelnuts for 15 – 20 minutes on baking paper in an oven at 150 degrees celcius. Let cool. Blend strawberries, hazelnuts and banana to a thick paste. Put the yoghurt/skyr in 6 glasses or bowls and decorate two of them with topping 1, two of them with topping 2 and the last two with topping 3.

**Storage:** Topping 1 and 2 can keep for around a week, while topping 3 must be eaten straight away.

**Kitchen gear:** A blender, an oven and a roasting pan.



## BREAKFAST

# Power porridge

Many consider breakfast to be the most important meal of the day, especially if you need energy for the entire day. The power-porridge is rich in dietary fibres, slow carbs and healthy fat.

**Volume:** 1 large portion for 1 person

**Cooking time:** 3 minutes in the morning and 5 – 10 minutes the night before

You need:

- 1 - 1.5 decilitre rolled oats
- 4 decilitres water
- 1/2 decilitre mixed almonds, nuts, seeds or kernels
- 1/2 decilitre raisins or other dried fruits
- 1/2 apple or pear cut into thin wedges
- A little ground cinnamon
- A little vanilla sugar
- A pinch of sea salt or rock salt
- A pinch of freshly ground black pepper
- Finely grated peel and the juice of 1/2 organic lemon or 1/4 organic orange

- 1 – 2 tbsp. linseed oil or virgin coconut oil
- Optional:** dark cane sugar or honey to sweeten the porridge

**What to do:** Mix all ingredients, except oil, into the pot and leave it overnight. The morning after, you place the pot on a hotplate at medium heat for a few minutes while stirring. This ensures that you end up with the most delicious and velvet-smooth porridge. After removing it from the heat, stir in the oil and enjoy. Add a little cane sugar or honey if necessary.

**Storage:** Must be enjoyed while hot.

**Kitchen gear:** A pot.

**Tips:** Leaving it with juice from citrus fruits makes the oats tender and thereby easily digestible, and it will be like velvet in your stomach.



## Original juice

A recipe for a juice that neither is too sweet nor too bitter, which vegetable juice has a tendency to become. Citrus fruit - with the peel and everything - contributes with both acidity and freshness from all the ethereal oils in the citrus peel. By buying organic vegetables and fruits, you avoid toxic pesticides and insecticides.

**Volume:** 2 large glasses

**Cooking time:** 5 – 10 minutes

**You need:**

- 100 – 120 grams of fruits (apple, pear, melon and grape)
- 1/2 – 1 organic citrus fruit (lemon, orange, grapefruit, lime)
- 100 – 125 grams of green vegetable (for instance cucumber, broccoli, spinach, parsley, curly kale, salad)
- 100 – 125 grams white, yellow, orange, red or purple vegetable (for instance red pepper, parsnip, Hamburg parsley, beet, pumpkin, sweet potato, kohlrabi)
- Optional: a small piece of fresh ginger

**What to do:** Extract the juice from all vegetables, fruit and any spices with your juicer. Bon appetite.

**Storage:** You can store the juice for up to 24h in the refrigerator, but the best taste is when it is freshly made.

**Tips:** You can for instance shake the juice with 1 tsp. cold pressed vegetable oil with a nutty taste such as for instance linseed oil, rape seed oil, walnut oil or almond oil if you want the juice to be more filling.

**Kitchen gear:** A good juicer or potentially a powerful blender and a kitchen knife.



# Broccoli-almond-banana-greenie

When (some) men stereotypically say "ew, I'm not going to have any of those broccoli and greens, it tastes horrible," I make them this drink. At first, they always resist, but when they taste it, they become all blissful and satisfied. It is delicious, creamy, sweet and as smooth as velvet... and it is blended broccoli!

**Volume:** 2 large glasses

**Cooking time:** 5 - 10 minutes

**You need:**

- 1/2 - 1 banana
- 1/2 - 1 decilitre almonds
- 3 decilitres raw frozen broccoli
- 1/2 unsprayed/organic lemon
- 4 - 5 decilitres water
- A little vanilla sugar
- 1/4 - 1/2 tsp. ground cinnamon

**What to do:** Add all the ingredients to a powerful blender and blend it to bits and pieces until you have a nice, even, velvet smooth green greenie.

**Storage:** Should be consumed right away, however, the greenie can be stored for a few hours in the refrigerator.

**Kitchen gear:** A (powerful) blender. If your blender lacks a bit of horsepower, you should start by blending banana, almonds and 1 - 2 decilitres of water, ensuring that the almonds are blended properly to a nice and smooth banana-almond milk. Then add the broccoli and blend again. Add the rest of the water gradually. This way, the blender gets a hold of all the harder ingredients ensuring that they are finely blended.



# Almonds and raisins in cocoa and cinnamon

This is so simple and so good. This recipe will make you forget all about those chocolate-covered almonds and raisins.

**Volume:** Enough for all those times you feel a craving for something sweet  
Cooking time: 2 – 3 minutes

**You need:**

- 3 decilitres dark raisins
- 3 decilitres almonds
- 3 – 4 tbsp. pure cocoa powder
- 3 – 4 tbsp. ground cinnamon

**What to do:**

Mix almonds, raisins, cocoa and cinnamon thoroughly with a spoon. Bon appetite!

**Storage:** Many months in a clean container in your refrigerator.

**Kitchen gear:** Nothing



## Fruit with “salty liquorice powder”

Now you are able to satisfy your hunger for candy or salty liquorice without eating sugar, gelatine, modified starch and other unhealthy additives. And it is even healthy, so you can eat as you please.

**Volume:** It completely depends on how much fruit you cut and how much ginger and liquorice root powder you mix.

**Cooking time:** 2 minutes to mix the “salty liquorice powder”. Other than that, it depends on how much you prepare.

**You need:**

- 2 parts English liquorice powder
- 1 part ground ginger
- Fresh fruit cut into suitable sizes

**What to do:**

Thoroughly mix the liquorice powder and ground ginger in a glass.

Put a piece of fruit on for instance a tooth pick and dip it into the mixture of liquorice and ground ginger whenever you want a liquorice bomb.

**Storage:** The salty liquorice powder can keep for practically infinite amounts of time if you keep it in a container with a lid such as a small glass jar with a screw top or a plug lid.

**Tips:** Make a larger portion than what you need now. This way, you have more of the “salty liquorice” for later.

There are two types of liquorice powder: Ground liquorice root and English liquorice powder. The latter is more powerful, but also has a cleaner taste.

**Kitchen gear:** Kitchen knife and a jar for the powder.



# Chicken curry with raisins, apples and other goodies

The Danish dish meatballs in curry sauce is amazing. That is just how it is. Here is a counterpart with chicken in curry sauce with cubed apples, raisins and lot of vegetables. It is the same sweetness, the same creamy sauce and the same sharp taste of curry. Enjoy with brown rice.

**Volume:** 2 persons

**Cooking time:** 15 – 20 minutes

**You need:**

- 400 grams of deboned and deskinnd chicken breast in coarse cubes
- 2 tsp. curry powder
- 5 drops of fish sauce
- Sea salt or rock salt
- Freshly ground black pepper
- 2 – 3 tsp. coconut oil
- 2 cloves of chopped garlic
- 5 grams of chopped ginger
- 1 pinch of vanilla sugar
- 2 sliced red onions
- 1 apple cut into cubes
- 1/2 decilitre dark raisins
- 1/2 decilitre pepitas

- 1 carrot cut into cubes
- 1 Hamburg parsley cut into cubes
- 1 celeriac cut into cubes
- 3 - 4 decilitres water
- 5 – 6 tbsp. apple purée with no added sugar
- 1 tbsp. of tahini (can be bought in all larger super markets)

**Optional:** 1 large handful of fresh, coarsely chopped coriander

**What to do:** Mix the pieces of chicken with curry, fish sauce, salt and pepper. Brown it for 2 – 3 minutes at high heat in the coconut oil in a pot. Remember to stir so that the chicken does not burn. Add water and apple purée, and let all that good stuff simmer for 4 - 5 minutes at reduced heat. Add tahini and let simmer for another 2 - 3 minutes until the tahini has been completely dissolved and have formed a thick and creamy sauce that covers the chicken and all the vegetables. Stir in coriander if you want it, and serve the dish while smoking hot.

**Storage:** 2 days in the refrigerator.

**Tips:** The chicken can be replaced by turkey. Apples can be replaced by pears or plums.

**Kitchen gear:** A large pot and a large sharp knife.



## DINNER

# Baked salmon with tomatoes

Delicious salmon that literally is swamped in sweetness from the tomatoes, acidity and a bit of umami.

**Volume:** 2 - 3 persons.

**Cooking time:** 20 - 25 minutes as well a little time for the oven to heat and for cutting the vegetables.

### You need:

- 4 carrots cut into thin sticks
- 1 squash cut into coarse cubes
- 1 onion or red onion in very thin wedges
- 1 - 2 tbsp. extra virgin olive oil
- 1 tbsp. curry powder
- 1 clove of finely chopped garlic
- 300 grams of salmon fillet without skin and bones cut into large chunks
- 3 decilitres mashed tomatoes
- Sea salt or rock salt and freshly ground black pepper

### What to do:

Mix the vegetables with olive oil, curry powder, garlic and a little bit of salt a pepper, and place it in an ovenproof dish. Place the salmon pieces on a roasting pan with baking paper and generously add mashed tomatoes to each piece

of salmon. Sprinkle the pieces with salt and pepper. Bake the salmon pieces for 8 minutes at 175 degrees Celsius in a hot-air oven. Check whether the salmon is done. It is done when it no longer is raw in the middle, the meat opens up in flakes and there is liquid on top that looks like milky white bubbles.

If the salmon is not done, simply give it a few more minutes in the oven. Leave the vegetables in the oven for another 10 minutes, as they take a little longer to finish and tenderise.

**Storage:** The salmon also tastes excellent when cold and can last for up to 2 days in the refrigerator.

**Tips:** It is important that you use mashed tomatoes, also known as passata di pomodori. Chopped and skinned tomatoes are not exactly the same, as they contain more water. You can however still use these. Then, you just need to drain them in a small-meshed strainer so the amount of water is reduced, leaving a more concentrated tomato pulp. I can recommend the canned tomatoes "Mutti". You can also use many other types of fish besides salmon. And think about all those spices that you can experiment with.

**Kitchen gear:** Hot-air oven, a roasting pan, an ovenproof dish and a sharp knife.



# Baked bananas with dark chocolate

The Aztecs considered cocoa beans to be divine food. Along with the sweet, warm bananas, we get a mouthful of heaven that is almost out of this world.

**Volume:** It depends on how many bananas and how much chocolate you have at home.

**Cooking time:** 25 minutes

**You need:**

- Bananas
- Dark, finely grated chocolate (at least 70 % cocoa)

**What to do:**

Bake the bananas for approximately 15 minutes in an oven at 200 degrees Celsius until the peel is dark and maybe a little cracked. Let the bananas cool for about 5 minutes, so you can work with them with your bare hands. Take off the peel on the side of the banana that points upwards and sprinkle the chocolate on it. Serve the bananas immediately while the chocolate melts.

**Storage:** Eat it right away

**Kitchen gear:** Hot-air oven, a roasting pan and a sharp knife.







## Would you like even more inspiration?

If you would like even more recipes and tips for cooking, we have created an online universe that includes more recipes, cooking tips and videos from Umahro's kitchen. Here, you will also find Umahro's 10 cooking commands, which are 10 good pieces of advice on how you get both healthy and tasty food at the same time.

**Use the QR code to get to the health universe, which you can enrol without any charges.**



**I denne serie af pixibøger med viden og værktøjer findes også:**

- Your sleep is the way to good energy levels
- Mindfulness – good advice to find inner peace and strength
- Interruptions during your working day
- Nudging & inspiration – healthier habits at work
- Exercises during your workday
- Method & effect - how to strategically work with health at the workplace

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