

**RECIPES**

**NUTRITION**

**> CONSTIPATION**



# Constipation

#1

## Oven-roasted cauliflower with spices

4 people | fibre/person | calories/person | protein/person  
**20 min.** | **5 g** | **167 kcal** | **10.5 g**

A roast that you can keep making with various combinations of vegetables. Choose colourful vegetables and various legumes to make an attractive dish every time. For example, red, yellow and even green peppers, tomatoes, pumpkin, Brussels sprouts and broccoli.

At the end, you can also sprinkle over some nuts or oleaginous fruits, which will give you a fibre bonus!



### Preparation

Start by placing the cauliflower on an oven tray and season with paprika, rosemary, pepper and olive oil. Add the garlic bulb and the sunflower seeds and bake in the oven at 200°C for about 25 minutes.



### Ingredients

- 1 cauliflower (200 g per person)
- 400 g pumpkin
- 4 tbsp sunflower seeds (14 g x 4)
- 1 coffee spoon paprika
- Rosemary and pepper to taste
- 1 tbsp olive oil (7 g)
- ½ garlic bulb

# YUM

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## #2 Lentil, pear and walnut salad

4 people | fibre/person | calories/person | protein/person  
**30 min.** | **7 g** | **198 kcal** | **11 g**

For a change, we do not suggest the traditional salad with lettuce, onion and tomato. Those salads contain very little fibre. Why not go for richer combinations? Bet on vegetables such as corn, chickpeas and cowpeas, fresh vegetables such as baby spinach, watercress, lamb's lettuce and rocket. Try also the flavours of seeds, dried fruits such as raisins, figs, prunes, and oleaginous fruits, such as walnuts, almonds and hazelnuts.

Remember that fruit peels are rich in fibre, so you should eat them whenever possible.



### Preparation

Start by cooking the lentils in a pot of water. After bringing to a boil, let them cook for 15 minutes. Drain and let them cool down. Separately, chop the onion and parsley, and cut the pepper and pear into small cubes. Season with olive oil, vinegar, lemon juice and zest, and a touch of pepper. Mix this with the lentils, add the walnuts and serve.



### Ingredients

- 400 g cooked lentils
- 30 g walnuts
- 30 g parsley
- 1 red onion
- 1 pear
- 1 red pepper
- 1 tbsp olive oil (7 g)
- 1 tbsp vinegar
- 1 lemon zest and juice
- Pepper to taste

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## #3 Pumpkin and walnut shake

1 person    fibre/person    calories/person    protein/person  
**15 min.**    **6,5 g**    **404 kcal**    **14 g**

A nutritious drink with rich, autumnal flavours. Ideal for breakfast, as an afternoon snack or even a mid-morning snack.



### Ingredients

- 80 g pumpkin
- 1 tsp honey (8 g)
- 24 g walnuts (6 pieces)
- 2 tbsp ground flaxseed (26 g)
- 100 ml milk/plant-based milk
- 1 orange zest and juice
- Cinnamon powder to taste

### Preparation

Start by sautéing the pumpkin with the honey, the orange zest and juice and the cinnamon powder until the texture becomes smooth. Next, blend the pumpkin with the milk or plant-based milk, walnuts and ground flaxseed. Mix well until the texture of the shake is smooth.

YUM

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## #4 Prune, grape and ginger shake

1 person    fibre/person    calories/person    protein/person  
**15 min.**    **13,6 g**    **265 kcal**    **8 g**

A refreshing, but also nutritious option!  
 To avoid sediments or lumps, try grinding the oats beforehand to get a finer and more even flour.



### Preparation

Blend the prunes together with the grapes, honey, oats, milk or plant-based milk, and cinnamon until the texture of the shake is smooth. Serve with some cinnamon powder on top.



### Ingredients

- 6–8 prunes (60 to 80 g)
- 5 grapes (35 g)
- 2 tbsp oats (18 g)
- Ginger
- 100 ml milk/plant-based milk
- Cinnamon powder to taste

YUM

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## #5 Carob and carrot milkshake

1 person    fibre/person    calories/person    protein/person  
**15 min.**    **6 g**    **254 kcal**    **9 g**

The mild flavours of carrot, honey and cinnamon have never been so refreshing! Brighten up your mornings with this delicious and nutritious shake. The source of fibre may vary between almond flour, psyllium, oats or flaxseed.



### Preparation

Blend the carrot, honey, carob, milk or plant-based milk, almond flour and cinnamon until the texture of the shake is smooth. Serve with some cinnamon powder on top.



### Ingredients

- 1 tbsp carob flour (12 g)
- 1 tsp honey (8 g)
- 1 spoonful almond flour (14 g)
- 1 raw carrot (147 g)
- 150 ml milk/plant-based milk
- Cinnamon powder to taste

YUM

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## #6 Chickpea, beetroot and saffron puree

4 people | fibre/person | calories/person | protein/person  
**15 min.** | **7 g** | **143 kcal** | **9 g**

A creamy, aromatic and very colourful side dish. Because every meal should include bright and cheerful colours.



### Preparation

Start by blending the chickpea with the beetroot. Add the saffron, pepper, chopped onion, coriander and olive oil. Blend everything to an even puree. In the end, check the seasoning if necessary.



### Ingredients

- 400 g cooked chickpeas
- 1 beetroot (50 g per person)
- 1 tbsp saffron
- Pepper to taste
- ½ onion
- 30 g coriander
- 1 tsp olive oil (5 ml)

YUM

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## #7 Eggplant puree with spices

4 people | fibre/person | calories/person | protein/person  
**30 min.** | **4 g** | **42 kcal** | **2 g**

This puree promises to transport you immediately to an authentic Mediterranean setting. Fresh, aromatic and lightly smoked. A creamy delicacy.



### Preparation

Start by roasting the eggplants beforehand in the oven, or traditionally on a charcoal grill. After roasting, remove the inside with a fork, crush the pulp and add the remaining chopped ingredients. Season with the lemon juice and zest and add pepper to taste.



### Ingredients

- 600 g eggplant
- 40 g garlic
- 1 tsp olive oil (5 ml)
- 20 g parsley/coriander
- 1 lemon zest and juice
- Pepper to taste



# YUM

These recipes were created in partnership with Dr Diana Miranda, nutritionist specialised in neurodegenerative disorders, Dr Rita Cardoso, speech and language therapist specialised in problems related to Parkinson's disease and other movement disorders and the chef. Fábio Bernardino.