



21 Stress Busting Recipes for Teens

Christine Moran

<https://harmonyhousewellness.ca>

It's not just adults that have to deal with stress!

The teenage years are among some of the hardest. There are various hormonal changes that we don't understand and life around other teenagers is hard. Kids are mean!

Teenagers can control their stress levels through their diet. While some will reach for the chocolate and chips, the types of foods aren't doing them any favours. These types of foods are increasing their blood sugar and causing an increase in stress hormones in the body.

It's time to encourage your teenagers to eat a good diet that helps them handle the stress they feel.

This collection of recipes include my most recommended foods to help combat stress with the seal of approval from my favourite teen, thanks Max!

Enjoy!

Christine





Chocolate Zucchini Bread Smoothie

1 serving
5 minutes

Ingredients

- 1 cup Unsweetened Almond Milk
- 1/2 Zucchini (chopped, frozen)
- 1/4 cup Chocolate Protein Powder
- 1/2 Banana (frozen)
- 1 tbsp Chia Seeds
- 1 tbsp Almond Butter
- 1 tbsp Cacao Powder
- 1 tsp Cacao Nibs (optional)

Directions

- 1 Add all ingredients except the cacao nibs into a high-speed blender and blend until smooth.
- 2 Pour into a glass and top with cacao nibs (optional). Enjoy!

Notes

Nut-Free, Use sunflower seed butter instead of almond butter and coconut milk or hemp seed milk instead of almond milk.

Protein Powder, This recipe was developed and tested using a plant-based protein powder.



Strawberry Almond Protein Smoothie

1 serving
5 minutes

Ingredients

- 1 1/2 cups Strawberries (frozen)
- 1 Banana (small, frozen)
- 1/4 cup Vanilla Protein Powder
- 1 1/2 tbsps Almond Butter
- 1 tbsp Ground Flax Seed
- 1 1/4 cups Unsweetened Almond Milk

Directions

- 1 Add all ingredients to a high speed blender and blend until smooth and creamy. Pour into a glass and enjoy!

Notes

Nut-Free, Use sunflower seed butter instead of almond butter and coconut milk instead of almond milk.

No Almond Milk, Use coconut milk or cashew milk instead.

Smoothie Consistency, If the smoothie is too thick, thin with more almond milk or water. If the smoothie is too thin, add some ice cubes and blend to thicken.

More Fiber, Add in some chopped leafy greens like spinach or kale.

Protein Powder, This recipe was developed and tested using a plant-based protein powder.



Berry & Greek Yogurt Smoothie

1 serving
5 minutes

Ingredients

1/2 cup Plain Greek Yogurt
1 tbsp Raw Honey
1 Banana (frozen)
1 cup Frozen Raspberries
1 tbsp Ground Flax Seed
1 cup Water

Directions

- 1 Add all ingredients to a high-speed blender and blend until very smooth.
- 2 Pour into a glass and serve immediately. Enjoy!

Notes

Ultra Creamy, Use milk instead of water.



Mango Oat Smoothie

2 servings

5 minutes

Ingredients

2 cups Frozen Mango
1 Banana
1/4 cup Oats
2 cups Unsweetened Almond Milk
2 tbsps Hemp Seeds
1/4 Lemon (juiced)

Directions

- 1 Throw all ingredients into a blender. Blend well until smooth.
- 2 Divide into glasses and enjoy!

Notes

No Banana, Sweeten with raw honey, maple syrup or soaked dates instead.

Storage, Refrigerate in a mason jar or other air-tight container up to 48 hours.

More Protein, Add more hemp seeds, a scoop of protein powder or spoonful of nut butter.

More Fibre, Add ground flax seed.

More Like Mango Lassi, Reduce almond milk and add greek yogurt.



Strawberry Banana Smoothie

2 servings

5 minutes

Ingredients

2 cups Strawberries
1 Banana
1/4 cup Oats (quick or rolled)
2 cups Unsweetened Almond Milk
2 tbsps Hemp Seeds

Directions

- 1 Throw all ingredients into a blender. Blend well until smooth.
- 2 Divide into glasses and enjoy!

Notes

No Banana, Sweeten with raw honey, maple syrup or soaked dates instead.

Storage, Refrigerate in a sealed mason jar up to 48 hours.

More Protein, Add more hemp seeds, a scoop of protein powder, or a spoonful of nut butter.

More Fibre, Add ground flax seeds.



Peach Cobbler Smoothie

2 servings

5 minutes

Ingredients

- 1 1/2 cups Unsweetened Cashew Milk
- 2 Peach (pitted)
- 1/4 cup Oats (quick or rolled)
- 1 cup Cottage Cheese
- 2 tbsps Pitted Dates
- 1 tsp Cinnamon

Directions

- 1 Throw all ingredients into a blender. Blend well until smooth.
- 2 Divide into glasses and enjoy!

Notes

Dairy-Free, Use coconut yogurt instead of cottage cheese.

No Cashew Milk, Use almond, rice, coconut or your choice of alternative milk instead.

No Dates, Sweeten with maple syrup, honey or banana instead.

Storage, Refrigerate in a sealed mason jar up to 24 hours. Shake well before drinking.

More Protein, Add hemp seeds, a scoop of protein powder or spoonful of nut butter.

More Fiber, Add ground flax seed.



Mango Green Smoothie Bowl

1 serving
5 minutes

Ingredients

- 1 Banana (frozen)
- 1 cup Frozen Mango
- 1 cup Baby Spinach
- 1/4 cup Vanilla Protein Powder
- 3/4 cup Unsweetened Almond Milk
- 1/2 Kiwi (peeled and sliced)
- 1/2 cup Blueberries (fresh or frozen)
- 1 tbsp Hemp Seeds

Directions

- 1 Throw the banana, frozen mango, baby spinach, protein powder and almond milk into a blender. Blend well until smooth.
- 2 Pour into a bowl and top with kiwi, blueberries, hemp seeds and any other favourite toppings. Enjoy!

Notes

Topping Ideas, Fruit, nuts, fresh herbs, coconut, hemp hearts, granola, ground flax or chia seeds.

Turn It Into a Smoothie, Add more almond milk for a thinner consistency.



Protein Packed Deviled Eggs

2 servings
20 minutes

Ingredients

4 Egg (hard boiled)
1 can Tuna (drained)
1/2 Avocado
1 stalk Green Onion (chopped)
Sea Salt & Black Pepper (to taste)
1/2 tsp Paprika
1/2 Cucumber (sliced)

Directions

- 1 Hard boil your eggs.
- 2 Once cool, peel the eggs and slice them in half. Remove the yolk and add it to a bowl. Add in the tuna, avocado and green onion. Season with sea salt and black pepper to taste. Mix and mash very well and then stuff the mixture back into the eggs. Sprinkle with paprika and enjoy with cucumber slices on the side.



Bacon & Eggs Breakfast Jar

4 servings
20 minutes

Ingredients

8 slices Organic Bacon
1 tbsp Coconut Oil (divided)
2 cups Mini Potatoes (quartered)
Sea Salt & Black Pepper (to taste)
8 Egg (whisked)
1 cup Organic Salsa
4 cups Arugula

Directions

- 1 Cook the bacon and wrap in paper towel while you prepare the rest.
- 2 Add half the coconut oil to a frying pan and heat over medium. Add the diced potato and cover with a lid. Saute periodically until browned (about 10 minutes). Transfer the potato to a dish, season with a bit of sea salt and black pepper and set aside.
- 3 Add the remaining coconut oil to the pan and scramble the eggs until cooked through (add a splash of almond milk for fluffier eggs). Transfer to a dish and set aside.
- 4 Add a few spoonfuls of salsa to the bottom of the jars (500 mL in size). Add in a layer of potato and top with a layer of scrambled eggs then chopped bacon. Finish off with a layer of arugula and seal the jar. When ready to eat, dump into a bowl, toss well and enjoy!

Notes

Vegetarian, Replace the bacon with roasted chickpeas.

Leftovers, Store covered in the fridge up to 4 days.

The Best Bacon, Read the label. Look for quality bacon with no sugar added. Check out your local butcher.



Potato & Egg Salad

4 servings
25 minutes

Ingredients

3 cups Mini Potatoes (chopped)
2 Egg
1/4 cup Extra Virgin Olive Oil
1 1/2 tbsps Apple Cider Vinegar
1 1/2 tsps Dijon Mustard
1/2 tsp Sea Salt
1/2 cup Parsley (finely chopped)
2 stalks Green Onion (green part only, chopped)

Directions

- 1 Bring a pot of salted water to a boil. Add the potatoes and cook for about 8 minutes until tender. Drain and let them cool slightly.
- 2 Meanwhile, bring a second pot of water to a boil. Hard boil the eggs. Cool, peel and separate the yolks from the egg whites. Finely chop the cooked egg whites.
- 3 In a large mixing bowl whisk together olive oil, vinegar, dijon mustard, salt, and cooked egg yolk. Fold in parsley, cooked potatoes, chopped egg whites, and green onion. Season with additional salt if needed. Serve chilled and enjoy!

Notes

Leftovers, Refrigerate in an airtight container for up to 3 days.

More Flavor, Add garlic, lemon juice, freshly ground black pepper, mint, basil or cilantro.

Additional Toppings, Top the salad with arugula, diced avocado, sunflower seeds or hemp seeds.

Make it Vegan, Omit the egg.



Mango Avocado Chicken Salad

4 servings
55 minutes

Ingredients

8 ozs Chicken Breast (boneless, skinless)
1 Avocado (large)
2 tbsps Lemon Juice
2 tbsps Extra Virgin Olive Oil
1/4 tsp Sea Salt
1 Red Bell Pepper (small, finely chopped)
1/4 Cucumber (deseeded and finely chopped)
4 stalks Green Onion (sliced)
1/2 Mango (finely chopped)
4 cups Baby Spinach

Directions

- 1 Bring a pot of water to a boil. Reduce to a gentle simmer, add the chicken and cover. Let it simmer until the chicken is cooked through, about 15 to 20 minutes. Remove the chicken from the pot and cut it into small cubes. Let it cool completely.
- 2 While the chicken cools, in a large mixing bowl, mash the avocado until only a few small chunks remain. Stir in the lemon juice, olive oil and salt.
- 3 Fold the red pepper, cucumber, green onion, mango and chicken into the avocado mixture until well combined. Season with additional salt or lemon juice if needed.
- 4 Divide spinach onto plates and top with chicken salad. Enjoy!

Notes

Leftovers, Keep refrigerated in an airtight container for up to two days.

Meal Prep Option, Cook the chicken ahead of time or use leftover cooked chicken from another meal. Mash the avocado and assemble just before serving to prevent the salad from turning brown.

More Flavor, Add minced garlic, fresh parsley, cilantro, black pepper or sunflower seeds.

Make it Vegan, Use chickpeas instead of chicken.



Potatoes & Prosciutto on Arugula

3 servings
15 minutes

Ingredients

- 1 Yellow Potato (large, peeled and chopped)
- 1 tsp Dijon Mustard
- 1 tsp Apple Cider Vinegar
- 2 tbsps Mayonnaise
- 3 tbsps Extra Virgin Olive Oil
- 1/2 cup Chives (chopped)
- 4 cups Arugula
- 3 1/2 ozs Prosciutto (chopped)

Directions

- 1 Bring a large pot of water to a boil. Add the potatoes to the pot and boil for 15 minutes or until soft. Drain the water and set aside.
- 2 Meanwhile, in a small bowl, whisk together the mustard, apple cider vinegar, mayonnaise, olive oil, and chives.
- 3 Divide the arugula, prosciutto, and boiled potatoes onto plates. Drizzle the dressing over top and enjoy!

Notes

Leftovers, Refrigerate in an airtight container for up to five days. For best results, store the dressing separately.

Make it Vegan, Use coconut bacon instead of prosciutto and vegan mayonnaise.

No Prosciutto, Use bacon, ham, turkey breast, sardines, smoked salmon, smoked herring or smoked mackerel.



Smoked Salmon & Veggie Nori Rolls

2 servings
10 minutes

Ingredients

- 2 Nori Sheets (large, cut in half down the middle)
- 1 Avocado (small, sliced)
- 1/2 Cucumber (medium, sliced into strips)
- 1/2 Red Bell Pepper (sliced into strips)
- 6 ozs Smoked Salmon
- 2 tbsps Mayonnaise (optional)

Directions

- 1 Place the nori sheets on a flat surface. Add the avocado, cucumber, pepper, smoked salmon and mayonnaise. Wrap and enjoy!

Notes

No Smoked Salmon, Use another protein source instead such as tuna or chicken.

More Veggies, Add microgreens or sprouts to the nori wrap.

No Mayonnaise, Omit or use another condiment such as hot sauce instead.

Leftovers, Leftovers aren't recommended as the nori sheet will get soggy. This recipe is best served right away.



Cucumber Tuna Bites

2 servings

5 minutes

Ingredients

- 1 can Tuna (flaked and drained)
- 2 tbsps Mayonnaise
- 1 Cucumber (large, sliced into rounds)

Directions

- 1 Add the tuna to a small bowl with the mayonnaise and mix together.
- 2 Top each cucumber round with a spoonful of the tuna mixture. Enjoy!

Notes

Leftovers, Refrigerate leftovers separately in a sealed container up to three days.

More Flavor, Add spices or herbs to the tuna mixture such as chili flakes, cayenne, dill or parsley.

Additional Toppings, Top with some sprouts or microgreens.



Socca with Tomatoes & Zucchini

2 servings
1 hour 20 minutes

Ingredients

- 1 cup Chickpea Flour
- 1 cup Water
- 2 tbsps Avocado Oil
- 1/4 tsp Sea Salt
- 1 Zucchini (medium, sliced into ribbons)
- 1 Tomato (medium, diced)
- 1/4 cup Pitted Kalamata Olives (chopped)
- 1/4 cup Goat Cheese (crumbled)
- 1/4 cup Basil Leaves (sliced)
- 1/4 tsp Red Pepper Flakes ((optional))

Directions

- 1 Add the chickpea flour, water, avocado oil and sea salt to a medium bowl and whisk together. Allow this to sit for about an hour at room temperature.
- 2 Turn on your oven to broil, and put your cast iron pan in the oven while it preheats to make sure it is really hot.
- 3 Pour the chickpea mixture into your hot cast iron pan and swirl it around if necessary to ensure it coats the pan. Broil for 5 to 7 minutes, keeping a close eye to avoid burning.
- 4 Remove the pan from the oven and then turn the oven to 425°F (218°C).
- 5 Top the socca with zucchini, tomato, olives and goat cheese and bake for 8 to 10 minutes.
- 6 Remove the pan from the oven. Garnish the socca with sliced basil. Let cool slightly before sliding it off the pan and onto a plate. Slice into quarters and top with red pepper flakes. Enjoy!

Notes

Additional Topping Ideas, Pesto, herbs, a drizzle of olive oil or your favourite vegetables.

No Avocado Oil, Use olive oil instead.

Leftovers, Best enjoyed warm or at room temperature. Store in the fridge up to 3 to 4 days. Reheat in the oven.

No Cast Iron Pan, Use any flat, shallow oven-safe baking dish.

Dairy-Free, Omit the cheese.



Steak with Creamy Chimichurri Sauce

2 servings
20 minutes

Ingredients

1/2 Avocado
1/2 cup Parsley
1/4 cup Cilantro
2 tbsps Lemon Juice
1 Garlic (clove)
1/2 tsp Sea Salt (divided)
2 tbsps Extra Virgin Olive Oil
1/2 tsp Avocado Oil
8 ozs NY Striploin Steak

Directions

- 1 In a blender, add the avocado flesh, parsley, cilantro, lemon juice, garlic and half of the sea salt. Blend together while slowly adding the extra virgin olive oil. Blend until smooth and creamy. Set aside.
- 2 Heat a cast iron pan over medium heat and add the avocado oil. Meanwhile, season the steak with the remaining sea salt.
- 3 Add the steak to the pan once it is hot. Cook for 3 to 4 minutes per side.
- 4 Let the steak rest for about 10 minutes on a plate. Serve with chimichurri sauce on top. Enjoy!

Notes

Cook Time, Time will vary depending on the temperature of your cast iron pan and the thickness of the steak. In our tests, three minutes per side created a medium-rare steak.

Leftovers, Store the sauce and steak separately. Refrigerate in an airtight container for up to three days.

More Flavor, Season the steak ahead of time with tamari, coconut aminos or red wine vinegar.

Grill Lover, Grill the steak over medium heat for approximately three to five minutes per side for medium-rare.



Cuban Beef Picadillo

4 servings

45 minutes

Ingredients

- 1 cup Brown Rice (uncooked)
- 1 1/2 tsps Extra Virgin Olive Oil
- 1 lb Extra Lean Ground Beef
- 1 Red Bell Pepper (chopped)
- 1 1/2 cups Diced Tomatoes (from the can with juices)
- 4 stalks Green Onion (chopped, green part only)
- 1/2 cup Cilantro (chopped)
- 1/2 cup Green Olives (sliced)
- 1 1/2 tsps Cumin
- 1/2 tsp Sea Salt

Directions

- 1 Cook the brown rice according to package directions.
- 2 Meanwhile, in a large skillet over medium-high heat, warm the olive oil. Add the beef, breaking it up with a wooden spoon as it cooks. Once it is cooked through and no longer pink, drain any excess drippings.
- 3 Add the bell pepper, tomatoes with juices, green onion, cilantro, green olives, cumin and salt to the pan. Stir to combine. Reduce the heat to medium and let it simmer for 15 to 20 minutes until the red pepper is tender.
- 4 Divide the rice and beef mixture between plates and serve immediately. Enjoy!

Notes

Leftovers, Refrigerate in an airtight container for up to three days.

More Flavor, Stir in a couple of tablespoons of olive brine or add minced garlic.

Additional Toppings, Serve with extra chopped cilantro, green onions or lime juice on top.

Grain-Free, Use roasted potatoes or cauliflower rice instead of rice.



Red Curry Salmon & Veggie Foil Packets

2 servings
30 minutes

Ingredients

2 cups Bok Choy (baby, halved)
1 Red Bell Pepper (sliced)
8 ozs Salmon Fillet
1/4 cup Organic Coconut Milk (from the can)
1 tbsp Lime Juice
1 tbsp Thai Red Curry Paste
Sea Salt & Black Pepper (optional)

Directions

- 1 Preheat the oven to 375°F (190°C).
- 2 Cut large pieces of aluminum foil big enough to form a packet. You'll need one per serving. Divide the bok choy, bell peppers and salmon fillets equally between the foil pieces.
- 3 In a small mixing bowl, whisk together the coconut milk, lime juice and red curry paste. Spoon the curry sauce over top of the fish and vegetables. Fold the foil to tightly seal each packet. Carefully transfer the packets to a baking sheet.
- 4 Bake for 20 to 25 minutes, or until fish flakes easily and is cooked through.
- 5 To serve, transfer the contents of the packets to a plate and season with salt and pepper. Enjoy!

Notes

No Foil, Use parchment paper instead.
Serve it With, Enjoy on its own or with brown rice, quinoa or cauliflower rice.
Likes it Spicy, Add extra curry paste, red pepper flakes or hot sauce.
More Flavor, Add chopped basil or cilantro as a garnish.
No Salmon, Use cod or haddock fillets instead.
Make it Vegan, Use tofu instead of fish.
Leftovers, Refrigerate in an airtight container for 2 days.



Chocolate Peanut Butter Energy Bites

16 servings

15 minutes

Ingredients

1 cup Quick Oats
1/2 cup Ground Flax Seed
3 tbsps Cacao Powder
1/4 tsp Sea Salt
1/2 cup All Natural Peanut Butter
1/3 cup Maple Syrup
1 tbsp Unsweetened Almond Milk
(optional)

Directions

- 1 In a large mixing bowl combine oats, flax, cacao powder, sea salt, peanut butter and maple syrup. Add almond milk if the dough is too thick and sticky.
- 2 Roll the dough into balls about 1-inch in diameter. Chill in the fridge for at least 20 minutes before serving. Enjoy!

Notes

Storage, Store in an airtight container in the fridge for seven days or in the freezer for longer. Always serve chilled.

Serving Size, One serving is equal to one ball.

Gluten-Free, Use certified gluten-free oats.

Nut-Free, Use sunflower seed butter instead.

More Flavor, Add vanilla extract.

No Maple Syrup, Use honey instead.

No Quick Oats, For best results, these balls need a smaller oat-texture. If you substitute with rolled oats, pulse a few times in a food processor to chop them up into a quick oats texture.



Lemon Blueberry Muffins

12 servings
30 minutes

Ingredients

2 cups Almond Flour
1/2 tsp Baking Soda
1/4 tsp Sea Salt
1 Lemon (zest and juice)
3 Egg
1 Banana (medium, mashed)
1/4 cup Maple Syrup
1 cup Blueberries

Directions

- 1 Preheat the oven to 350F (177°C). Line a muffin tin with liners.
- 2 In a medium sized bowl whisk together the almond flour, baking soda, sea salt and lemon zest.
- 3 In a large bowl, whisk together the lemon juice, eggs, banana and maple syrup. Add the dry ingredients to the wet and stir to combine. Fold in the blueberries.
- 4 Spoon the batter into the muffin liners and bake for 20 to 24 minutes or until cooked through.
- 5 Remove from oven and let cool. Enjoy!

Notes

Serving Size, One serving is equal to one muffin.

Leftovers, Refrigerate in an airtight container for up to four days. Freeze for up to three months.

Almond Flour, This recipe was tested using almond flour. Please note that if using another type of flour, results will vary.

Banana, One medium banana is equal to 1/2 cup mashed banana.



Chocolate Coconut Fat Bombs

8 servings
30 minutes

Ingredients

3/4 cup Coconut Oil
1/3 cup Cacao Powder
2 tbsps Monk Fruit Sweetener
1/8 tsp Sea Salt

Directions

- 1 Melt the coconut oil in a pot over low heat. Add the cacao powder and sweetener. Stir very well to combine or mix in a blender.
- 2 Ladle the mix into a mini square silicone mold and sprinkle sea salt on top. Place in the freezer to set for about 30 minutes. Remove from the mold and enjoy!

Notes

No Monk Fruit Sweetener, Sweeten with stevia, honey or coconut sugar instead.

No Coconut Oil, Use coconut butter instead.

Likes it Sweet, Add more sweetener as desired.

No Silicone Mold, Use parchment-lined mini muffin molds.

Serving Size, One serving is equal to one fat bomb, or approximately 35 grams (1.2 ounces).

Storage, Refrigerate in an air-tight container for up to 7 days. Freeze for up to 3 months.