



## Module 2: Obesity, Weight management & Portion Control

### Group 1

### Lemon Coconut Energy Balls

*Adapted from: [aseasyasapplepie.com](http://aseasyasapplepie.com)*

Prep time: 10 minutes  
Cook time: 0 minutes  
Total Time: 10 minutes  
Yield: 23 energy bites

**Packed with raw cashew nuts, unsweetened shredded coconut, dates, chia seeds, and lemon, they are the perfect no-bake snack or treat!**



*\*If Medjool dates are not available, any other date will work, just soak them in warm water for 30 minutes before putting them in the food processor.*

*\*When rolling balls, work with slightly damp hands to prevent the mixture from sticking to your fingers!*

#### EQUIPMENT

- ☐ Measuring cups
- ☐ Measuring spoons
- ☐ Food processor
- ☐ Zester/grater/peeler
- ☐ Plate

#### INGREDIENTS

- 1 cup raw unsalted cashew nuts (any other nuts or combination of nuts will work too)
- 1 cup Medjool dates pitted (any other date will work too)
- 3/4 cup unsweetened shredded coconut divided

- 1/4 cup chia seeds
- Zest from 1 lemon
- 1 ½ tablespoon lemon juice

## INSTRUCTIONS

1. Add the cashew nuts to a food processor and pulse a few times until chopped.
2. Add the dates, 1/2 cup of shredded coconut, chia seeds and process until well combined.
3. Add the lemon zest + juice and mix until all the ingredients come together to form a dough.
4. With slightly damp hands, roll a half tablespoon of the mixture into balls, then roll each ball in the remaining shredded coconut.
5. Store the energy bites in an airtight container in the refrigerator for up to 1 week, or in the freezer for up to 3 months.

## Nutrition Information per Serving:

Nutrient	1 serving = 3 balls
Calories	266
Total Fat	16 g
Saturated Fat	6.4 g
Polyunsaturated Fat	0 g
Monounsaturated Fat	3.4 g
Cholesterol	0 mg
Sodium	7 mg
Carbohydrates	29 mg
Dietary Fiber	6.5 mg
Sugar	18 g
Added Sugars	0 g
Protein	6 g
Vitamin D	0%
Calcium	58%
Iron	3%
Potassium	331 mg
Vitamin A	0%
Vitamin C	6%



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### Creamy Cauliflower Soup With Rosemary Olive Oil

*Adapted from: [cooking.nytimes.com](https://cooking.nytimes.com)*

Prep Time: 10 minutes  
Cook Time: 30 minutes  
Total Time: 40 minutes  
Servings: 6 servings



This soup turns a short list of vegan ingredients into a sublimely silky soup. Infusing olive oil with fresh rosemary is a trick you'll want to keep up your sleeve: The results are delicious brushed on roast chicken, drizzled over roasted winter vegetables or even just sopped up with a nice piece of bread. The croutons here are optional, but they transform an elegant and delicate first-course soup into a satisfying lunch.

#### EQUIPMENT

- ☐ Knife
- ☐ Cutting board
- ☐ Measuring cups and spoons
- ☐ Bowl
- ☐ Skillet
- ☐ Large pot with lid
- ☐ Cooking spoon
- ☐ Fork
- ☐ Zester/cheese grater/vegetable peeler
- ☐ Blender or immersion blender

## INGREDIENTS

For Rosemary oil:

- 1 cup olive oil
- 4 (4-inch) sprigs fresh rosemary

For Soup:

- 2 tablespoons olive oil
- 1 medium yellow onion, chopped (about 1 cup)
- 2 garlic cloves, minced (about 1 tablespoon)
- 1 quart low-sodium vegetable stock, plus more as needed for reheating
- 1 medium head cauliflower, cored and broken into 1 1/2-inch florets (about 2 1/2 pounds)
- 2 teaspoons kosher salt, plus more to taste
- 1 teaspoon black pepper, plus more to taste
- Freshly grated zest of 1 lemon, for serving

For Croutons:

- 3 cups diced rustic country bread (3/4-inch pieces)

## INSTRUCTIONS

1. In a heavy pot, heat 2 tablespoons of olive oil over medium-low heat. Add the onion and cook, stirring occasionally, until tender and translucent, 6 to 8 minutes. Add the garlic and cook until fragrant, about 30 seconds.
2. Make the rosemary oil: In a skillet, combine the olive oil and rosemary sprigs. Simmer over low heat for 5 minutes. Carefully pour the oil and rosemary into a small bowl, leaving a slick of oil in the pan to make croutons. Allow the rosemary to cool completely in the oil while you make the soup.
3. To the pot, add the stock, cauliflower, salt and pepper, and bring to a boil.. Lower the heat, cover, and simmer until the cauliflower is tender when pierced with a fork, about 10 minutes.
4. Meanwhile, make the croutons: Heat the skillet with the residual rosemary oil over medium heat. Add the bread cubes, sprinkle with salt and pepper, and cook, tossing often, until toasted all over, 4 to 5 minutes. Transfer the croutons to the cutting board to cool.
5. Strain and discard the rosemary stems from the rosemary oil. Working in batches if necessary, transfer the vegetables, stock and 1/4 cup rosemary oil to a blender and blend on high until creamy. Add more rosemary oil to taste, and blend to combine.
6. Return the soup to the pot and bring to a simmer. If the soup seems thin, let it simmer for 5 to 10 minutes to reduce slightly (the soup will continue to thicken as it cools). Season to taste with salt and pepper.
7. Serve hot. Garnish each serving with a swirl of rosemary oil, a few croutons, and a sprinkle of lemon zest. The soup will thicken as it sits; add more stock as necessary when reheating. Leftover rosemary oil will keep in a sealed container at room temperature for up to 1 week.

*\* Roasting cauliflower: Instead of step 3, you can roast the cauliflower to add a caramelized note and greater depth of flavor to the soup. Roast by preheating the oven to 425° F, toss cauliflower florets in olive oil and a little salt, spread onto a baking sheet in a single layer and bake for 25-35min, tossing halfway, until tender and caramelized on the edges. Add stock as usual in step 5.*

Nutrition Information per Serving:

Nutrient	Without Croutons	With Croutons
Calories	147	212
Total Fat	14.3 g	14.3 g
Saturated Fat	1.9 g	2.4 g
Polyunsaturated Fat	1.5 g	1.5 g
Monounsaturated Fat	9.9 g	9.9 g
Cholesterol	0 mg	0 mg
Sodium	827 mg	827 mg
Carbohydrates	10 g	23 g
Dietary Fiber	3.6 g	3.6
Sugar	4.1 g	4.1 g
Added Sugars	0 g	0 g
Protein	3 g	5 g
Vitamin D	0%	0%
Calcium	12%	12%
Iron	6%	6%
Potassium	404 mg	404 mg
Vitamin A	26%	0%
Vitamin C	81%	0%