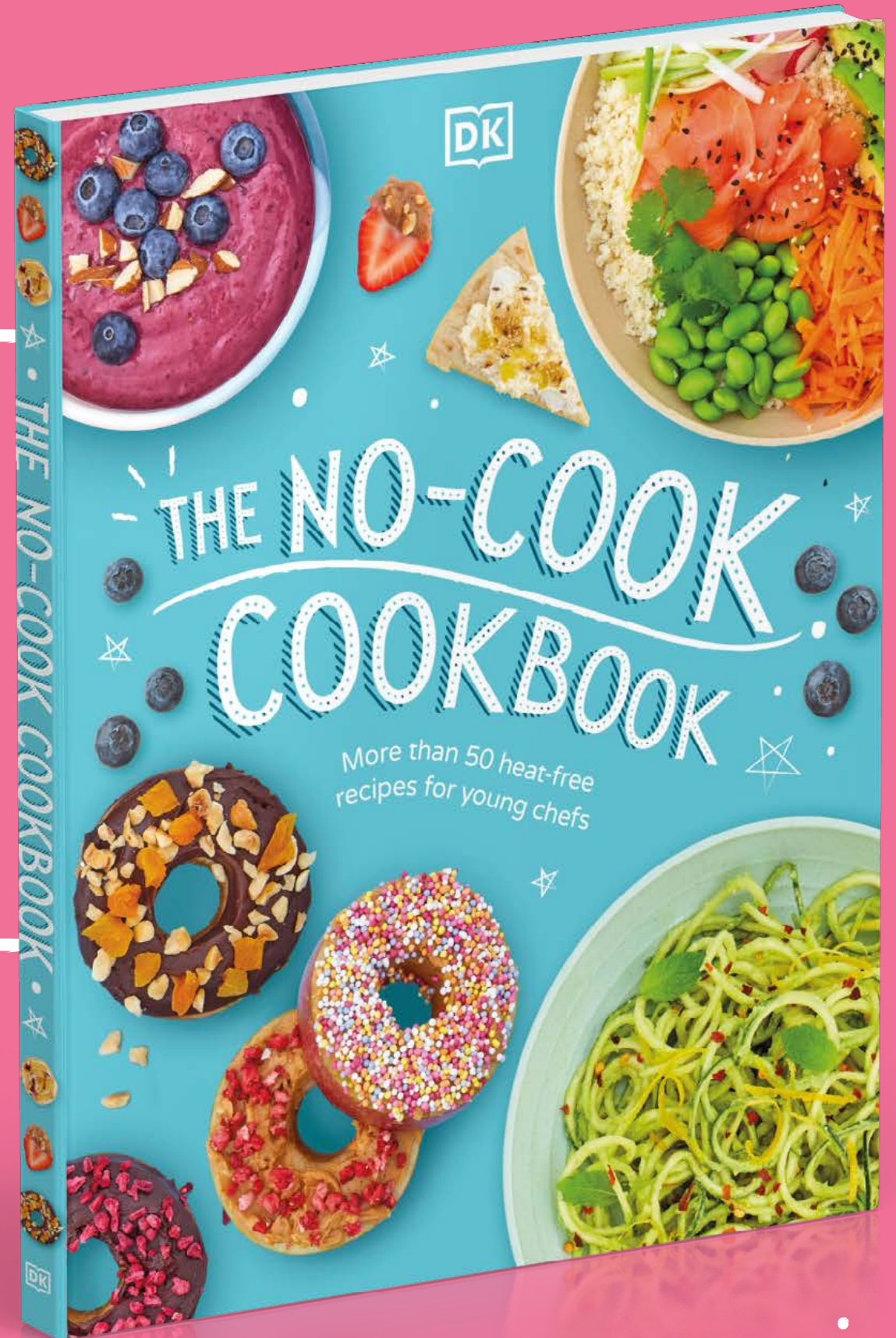


HEAT-FREE RECIPES



For the curious

OVERNIGHT OATMEAL

Creamy oatmeal is a filling breakfast. Make one of these toppings or choose your own!



10 mins, plus chilling



Each recipe serves 4

INGREDIENTS

- 1 cup rolled oats
- $\frac{2}{3}$ cup apple juice
- $\frac{2}{3}$ cup plain yogurt
- $\frac{1}{2}$ cup water

TOOLS

- Sharp knife
- Liquid measuring cup
- Cutting board
- Spoons
- Mixing bowl
- Airtight containers
- Serving bowls

1 Mix all of the ingredients together in an airtight container—reserve about 2 tbsp water at this stage. Chill in the fridge overnight.

2 The next day, stir the oats well. If they feel very thick, add the remaining water or a splash of apple juice.

3 When the overnight oatmeal is ready to eat, prepare one of these tasty toppings.

JEWEL OATMEAL



INGREDIENTS

- 2 mangoes
- 10oz (300g) pomegranate seeds ($1\frac{1}{4}$ cups)
- Handful of shredded, unsweetened coconut
- Drizzle of honey, to serve

1 Carefully cut down the sides of a mango, avoiding the pit. Lay the mango skin-side down, then use a spoon to scoop the flesh out of the skin. Repeat for the second mango.

2 Finely chop the mango flesh into chunks. Put most of the mango pieces and pomegranate seeds into the oatmeal mixture and stir well.

3 Divide the oatmeal into 4 bowls. Scatter the remaining fruit and some shredded, unsweetened coconut on top. Drizzle honey over the top and enjoy.

FALL OATMEAL



INGREDIENTS

- 2 pears
- 5½oz (150g) blueberries
- Pinch of ground cinnamon, plus extra to top

1 Finely chop 1 pear. Mix the chopped pear with the oatmeal, then stir in some of the blueberries and the cinnamon.

2 Carefully cut the second pear into quarters. Slice each piece of pear lengthwise 5 times and arrange the slices in a fan shape.

3 Divide the oatmeal into 4 bowls, then top with a pear fan, the rest of the blueberries, and an extra dusting of cinnamon.

BERRY AND CHERRY OATMEAL



INGREDIENTS

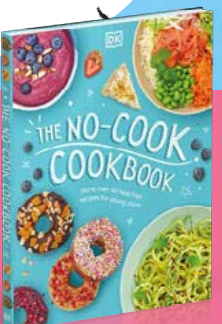
- 8 strawberries
- 24 raspberries
- Dash of pure vanilla extract
- 12 cherries, pits removed
- Handful of sliced almonds

1 Finely chop the strawberries. Put all of the chopped strawberries, the raspberries, and the pure vanilla extract into the oatmeal and stir thoroughly.

2 Divide the oatmeal among 4 bowls, then top with the cherries and the sliced almonds.

CHANGE IT UP!

To make an **apple crumble flavor**, try adding some finely chopped apple, a drizzle of maple syrup, a pinch of nutmeg, golden raisins, and hazelnuts to the oatmeal.



CAULIFLOWER RICE BOWL



30 mins



Serves 4

Rice bowls are usually made with sticky sushi rice. This version uses finely chopped cauliflower instead, which means you don't have to do any cooking!

TOOLS

- Mixing bowls
- Food processor
- Cutting board
- Sharp knife
- Dinner knife
- Vegetable peeler
- Spoons

INGREDIENTS

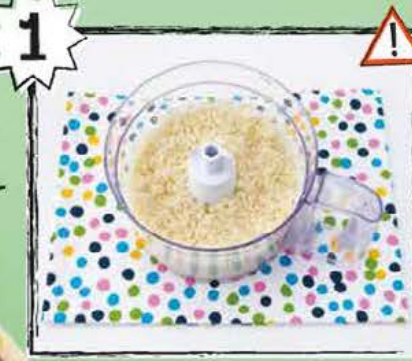
- 1 medium head of cauliflower
 - ¼ cup rice vinegar
 - 2 tsp sugar
 - 2 avocados
 - Juice of ½ a lime
- 4oz (120g) frozen edamame beans, defrosted
- 2 carrots, peeled and grated
- 8 radishes, thinly sliced
 - 2 scallions, halved and thinly sliced
- 3½oz (100g) smoked salmon slices
- 2 nori (seaweed) sheets, torn into large pieces

TO SERVE

- 2 tsp sesame seeds
- Cilantro
- Lime wedges
- Soy sauce

TIP

See p. 14 for how to cut open an avocado and remove the pit safely.



To make the cauliflower rice, pull the leaves off the cauliflower. Carefully cut off the florets and throw away the thick stem. Put the florets in the food processor and pulse until they are a ricelike texture.

2

Pour into a mixing bowl and stir in the rice vinegar, sugar, and a pinch of salt. Put the cauliflower rice into 4 bowls.

3

Carefully cut open the avocados. Use a dinner knife to cut vertical lines into the flesh of each half—stop when you get to the peel.

4

Use a spoon to scoop out the avocado slices. Squeeze the lime juice over them—this will stop the avocado from going brown.

5

Arrange the edamame beans, avocado slices, grated carrot, radish slices, scallions, and smoked salmon on top of the rice in each bowl.

6

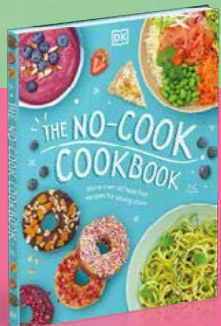
Tuck in some pieces of nori, then scatter the sesame seeds and cilantro over the top to serve.

Serve immediately with lime wedges for squeezing and soy sauce for drizzling.



For the curious

Content taken from *The No-Cook Cookbook*





15 mins



Serves 6

GAZPACHO

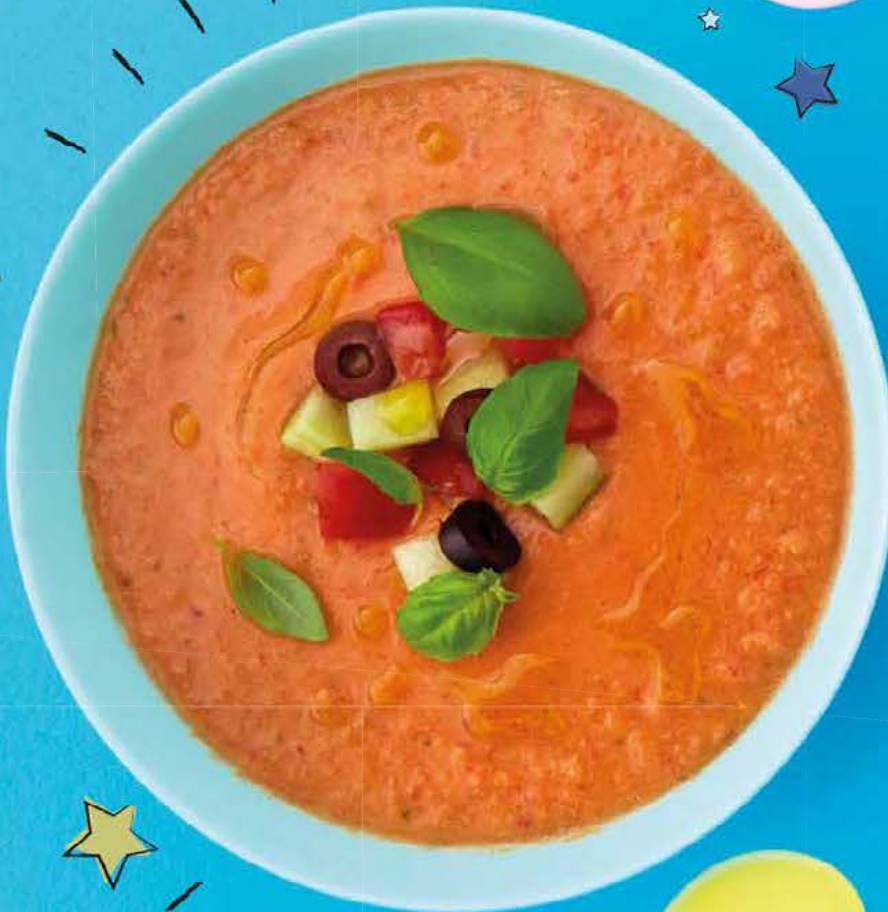
This colorful, cold vegetable soup comes from Spain. Grab some crusty bread to dip in it and cool down on a hot day!

TOOLS

- Mixing bowl
- Blender
- Spoons
- Vegetable peeler
- Liquid measuring cup
- Cutting board
- Sharp knife
- Serving bowls

INGREDIENTS

- 6oz (160g) stale baguette
- 1 cucumber, peeled and diced into cubes
- 2¼lb (1kg) ripe tomatoes, coarsely chopped
- 1 red bell pepper, coarsely chopped and seeded
- 1 green bell pepper, coarsely chopped and seeded
- 2 small garlic cloves
- 2 tbsp sherry vinegar
 - ½ cup extra virgin olive oil, plus extra to drizzle
- 8 pitted black olives, to serve
- Handful of basil leaves, to serve



TIP

This is a great soup for a picnic. Chill it for a few hours in the fridge, then transfer to a thermos to take with you.

1

Tear the bread into coarse pieces. Fill the mixing bowl with cold water and briefly dunk each chunk of bread into it, just long enough so that it absorbs some water.

2

Lift the bread out and gently squeeze it to remove any excess water, then put into the blender.

3

Add most of the cucumber and chopped tomatoes, all of the bell peppers, the garlic cloves, sherry vinegar, and olive oil to the blender.

4

Season with some salt and freshly ground black pepper, then puree until the soup is completely smooth. Divide the gazpacho into 6 bowls.

5

Carefully slice the olives. Top the soup with the remaining cucumber and tomatoes, the olives, and the basil leaves. Finish with a drizzle of olive oil.

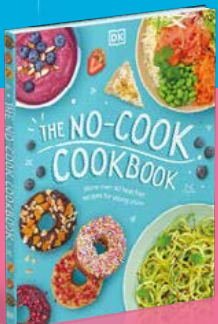
6

Eat right away, or don't add the toppings and store the soup in an airtight container in the fridge for up to 2 days.



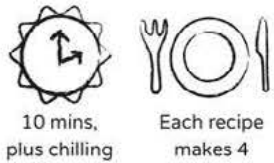
For the curious

Content taken from *The No-Cook Cookbook*



MINI TRIFLES

The best thing about a trifle is the tasty filling—layers and layers of it. Choose your favorite flavor or mix-and-match.



TOOLS

- Mixing bowls
- Spoons
- Freezer bag
- Rolling pin
- Sharp knife
- Cutting board
- Serving glasses
- Can opener

TO SERVE

If eating right away, top each trifle with canned whipped cream, then sprinkle on the toppings. Or, don't add the toppings, and cover and refrigerate for up to 12 hours.

INGREDIENTS

- 1 cup vanilla yogurt
- ¼ cup chocolate spread
- 8 graham crackers
- 7oz (200g) raspberries
- Canned whipped cream, to serve
- 4 tbsp mini marshmallows, to top

- 1 Put the yogurt in a mixing bowl and add in the chocolate spread. Swirl it into the yogurt using a spoon, then set aside.
- 2 Crumble the graham crackers into large pieces, then divide half of the pieces among 4 glasses.
- 3 Crush the raspberries with your fingers and divide half of them among the glasses. Top with the yogurt mix, then add the rest of the cracker pieces and berries.



S'mores are snacks filled with melted chocolate and marshmallows. They are usually eaten around a campfire—this trifle has the flavor, but none of the fire!

S'MORES

INGREDIENTS

- 8 ginger cookies, plus crumbs to top
- 4 bananas, peeled and sliced
- 6 tbsp caramel sauce
- 1 cup vanilla yogurt
- Canned whipped cream, to serve

- 1 Put the cookies in the freezer bag. Close the bag, then bash gently with the rolling pin until the cookies are coarsely crushed.
- 2 Divide half of the crushed cookies among 4 glasses, then put half of the banana slices in each glass.
- 3 Pour the caramel sauce into each glass. Put a dollop of the yogurt on top, then add the rest of the cookies and bananas.



Make sure your bananas are nice and ripe, with speckled peels.

BANOFFEE

INGREDIENTS

- 4oz (120g) sponge cake, crumbled into small pieces
- 12 peach slices from a can, coarsely chopped, plus the juice
- ½ cup strawberry jelly
- ¾ cup ready-made custard
- Canned whipped cream, to serve
- Sweet popcorn, to top
- Sprinkles, to top

- 1 Divide the cake pieces among 4 glasses and press down on them with your fingers. Pour 1 tbsp of the peach juice into each glass for the cake to soak up.
- 2 Divide the chopped peaches among the glasses. Top with the jelly and custard.



This trifle is full of fruit, jelly, and custard. We've topped it with crunchy popcorn and sprinkles!

PEACHES AND CREAM

