

No-Fuss Quick and Easy Recipes

Fluffy Pancakes

How about delicious and very fluffy pancakes for breakfast? All of the ingredients you'll need are in the kitchen pantry, so grab them and enjoy these delicious pancakes!

Serves 6 | Prep time 5 minutes | Cooking time 15 minutes

Ingredients

- 1 cup all-purpose flour
- $\frac{3}{4}$ cup whole milk
- 1 teaspoon vanilla extract
- 2 tablespoons sugar
- 1 large egg
- Pinch of salt
- 2 teaspoons baking powder
- Zest of 1 lemon
- 1 tablespoon butter for greasing the pan
- 3 tablespoons maple syrup for drizzling

Directions

1. Add the flour, milk, vanilla extract, sugar, egg to a large mixing bowl and mix until combined.
2. Stir in the salt, baking powder, and lemon zest and stir until smooth—but be careful not to overmix the batter.
3. Warm the butter in a nonstick frying pan over medium heat and add spoonfuls of the batter to the center of the pan.
4. Cook on each side for about 2 minutes. When bubbles appear on the edges, flip the pancake. Serve on a plate with a drizzle of maple syrup.

Nutrition (per serving)

Calories 172, fat 4 g, carbs 30.2 g, sugar 12.1 g, Protein 4.4 g, sodium 48 mg

Meatballs in Tomato Sauce

This is going to be probably the fastest recipe you have ever tried for meatballs in tomato sauce.

Serves 4 | Prep time 10 minutes | Cooking time 25 minutes

Ingredients

- 1 pound ground pork
- Salt and pepper to taste
- 1 large egg
- 1 teaspoon Dijon mustard
- 1 spring onion, finely chopped
- 1 clove garlic, minced
- 1 teaspoon dried oregano
- ½ cup breadcrumbs
- 3 tablespoons butter
- 2 cups tomato sauce
- 2 tablespoons freshly chopped basil
- ¼ cup crushed pineapple

Directions

1. Use your hands to mix the ground meat, salt, and pepper, egg, mustard, spring onion, garlic, oregano and breadcrumbs in a large mixing bowl.
2. Form small meatballs and place them on a plate.
3. Heat the butter in a nonstick frying pan and add the meatballs.
4. When they turn golden brown, add the tomato sauce and cook for 10 minutes.
5. Add the basil and pineapple and cook for 10 more minutes.

Nutrition (per serving)

Calories 488, fat 35 g, carbs 18.4 g, sugar 7.3 g, Protein 24.4 g, sodium 905 mg

Stuffed Cannelloni

An Italian inspired dish that will tickle your taste buds. Fast, fresh, and very simple to make.

Serves 4 | Prep time 30 minutes | Cooking time 30 minutes

Ingredients

- 3 tablespoons olive oil
- 1 pound lean ground beef
- Salt and pepper to taste
- 2 medium carrots, shredded
- 1 teaspoon garlic powder
- 1 teaspoon dried oregano
- ½ teaspoon chili flakes
- 2 cups tomato sauce (divided)
- 1 pound cannelloni pasta
- 2 cups grated cheddar cheese

Directions

1. Warm the olive oil in a nonstick frying pan over medium heat.
2. Add the ground beef and season with salt and pepper.
3. Add the carrots, garlic powder, oregano, chili flakes, and 1 cup of the tomato sauce.
4. Cook for about 10 minutes and set aside.
5. Let the meat cool at room temperature and then stuff the cannelloni.
6. Place them in a 9x13 casserole pan and pour in the second cup of tomato sauce.
7. Arrange the grated cheese on top.
8. Preheat the oven to 350°F (180°C) and bake for about 30 minutes, or until the cheese becomes bubbly and golden-brown.

Nutrition (per serving)

Calories 730, fat 40.1 g, carbs 37.8 g, sugar 7.2 g, Protein 55.2 g, sodium 1205 mg

Beetroot Hummus

If you want your snack to be healthy and delicious at the same time, then this is something you are going to enjoy.

Serves 2 | Prep time 5 minutes | Cooking time 0 minutes

Ingredients

- 2 fresh medium beetroots
- Salt and pepper to taste
- 1 cup drained chickpeas
- 1 small carrot, diced
- 2 cloves garlic
- ¼ cup olive oil
- 2 tablespoons tahini
- 1 teaspoon dried dill
- Juice of 1 lemon
- Crackers for serving

Directions

1. Place all of the ingredients except for the crackers in a high-speed blender or food processor and blitz until creamy.
2. Transfer the hummus to a serving bowl and serve with crackers.

Nutrition (per serving)

Calories 498, fat 34.9 g, carbs 40.2 g, sugar 16.6 g, Protein 11.1 g, sodium 346 mg

Delicious Blondies

This white version of brownies is something you are going to love! Every bite of it will be a huge pleasure.

Serves 12 | Prep time 10 minutes | Cooking time 25 minutes

Ingredients

- 1 cup melted butter
- 1 cup light brown sugar
- ½ cup sugar
- 1 teaspoon vanilla extract
- 2 large eggs
- 2 cups all-purpose flour
- ½ teaspoon baking powder
- Pinch of salt
- 1 cup white chocolate chips

Directions

1. Add the melted butter, brown sugar, white sugar, and vanilla extract to a bowl.
2. Stir in the eggs and mix until combined.
3. Add the flour, baking powder, and salt and mix until smooth and well incorporated.
4. Stir in the white chocolate chips.
5. Transfer the mixture into a 9-inch brownie pan lined with parchment paper.
6. Bake for about 25 minutes in a preheated oven at 350°F (180°C).
7. Let cool for 20 minutes.
8. Slice and serve.

Nutrition (per serving)

Calories 377, fat 20.9 g, carbs 44.4 g, sugar 28.3 g, Protein 4.2 g, sodium 149 mg

***These recipes and more are found in Louise Davidson's *Quick and Easy Everyday Recipes From Breakfast to Dessert*. To get your copy, click on the cover below or click [here](#).

