

Easy and Delicious Recipes

put together by the astudia team to help make your lives easier :)

Hey everyone! Welcome to our handy recipe section, full of delicious recipes! Our recipe book will be updated regularly, so stay tuned for more recipes! If you have any recipe suggestions you'd like us to consider, please contact us through our website!

*Some of our recipes don't have measurements. This is so you can make as much or as little as you like, or so you can experiment and find a combination you like best!

**Some recipes (the ones with links provided) were found and loved (not created) by our team. We didn't change them because they were already perfected!

Berry Smoothie:

An amazing, easy smoothie that's healthier than most smoothies out there.

Can double as breakfast if you like!

What you need:

Berries, any kind

Milk

Yogurt

Honey/chocolate syrup/sugar (any one of these works)

Blend all ingredients together and enjoy!



Low-Fat Berry Smoothie:

This smoothie is a lower-fat version of the one above. Don't be fooled, though- it's still delicious!

What you need:

Ripe berries

Low-fat milk

Honey (optional)

Blend all ingredients together and enjoy!

Iced Coffee:

If you love coffee, read on!

What you need:

Instant or brewed coffee (add water if you're using instant)

Milk (whole, skim, almond, any kind)

Sugar or honey, to sweeten

Ice

Blend all ingredients together and enjoy!

Hot Chocolate:

The most comforting, classic drink there is.

What you need:

1 cup of whole milk

1 tbsp of cocoa powder

1 tbsp of sugar

Heat the milk in a small pot. Once it's hot, add the cocoa powder and sugar and whisk until smooth. Serve with marshmallows or whipped cream!



Super Easy Milkshake:

Delicious and easy.

What you need:

¾ cup ice cream of your choice

½ cup milk

Blend the ice cream and milk together. Serve with whipped cream and a cherry, if that's what you're into.

Simple Mocha Frappuccino:

For when you're broke or Starbucks is too far away.

What you need:

½ cup instant or brewed coffee (add water if you're using instant)

1 cup whole milk

1-2 tbsp chocolate syrup

1 tsp cocoa powder

1 tsp sugar

Ice

Blend all ingredients together, top with whipped cream and more chocolate syrup and enjoy!



Easy Lemonade:

Cool and refreshing, especially in summer.

What you need:

1/3 cup sugar

1 1/2 cups water

1/4 cup (and 2 teaspoons) lemon juice

5 mint leaves (optional, but they make it so much better!)

Ice

Blend the ingredients together. Pour into a tall glass and add ice to serve.



Chocolate and Banana Smoothie

It has chocolate. What more could you want?

What you need:

1 Banana

1 cup of Milk

1 tbsp Chocolate syrup

Handful of ice

Blend all ingredients together and enjoy!

Half-Bagel Breakfast Sandwich:

A quick yet delicious staple, filled with protein and healthy fats.

What you need:

1 bagel (mini or regular)

1 egg

1 tbsp of butter

2 slices of a meat of your choice (ham, pastrami, etc)

Place your bagel in the toaster. Turn your stove on to medium heat and put the butter in a non-stick frying pan. Crack the egg into the pan and let it cook for 3 minutes. During that time, remove the bagel from the toaster and place the meat inside of it. Flip the egg and cook it for 4-5 more minutes before removing it from the pan. Place it inside of the bagel, and your breakfast is complete!

Nut-Butter Toast:

The fastest recipe in this entire book! Simple and scrumptious!

What you need:

1 slice of bread

1 tbsp of peanut butter (almond and sunflower butter are alternatives)

¼ cup of berries

Place the bread in the toaster. Once it is finished, coat it in nut butter before topping it off with berries. Then, you're done!



Breakfast Protein Bars:

6 ingredients, 6 minutes!

What you need:

Peanut butter (or almond/sunflower butter)

Oats

Honey

Coconut oil

Cinnamon

Chocolate chips

Blend all ingredients into a bowl and stir until they are mixed consistently. Spoon out the mixture onto a pan, place it in the fridge, and wait an hour for them to set in place. You can store these either at room temperature, in the fridge, or the freezer, depending on your personal preference

<https://www.wellplated.com/peanut-butter-protein-bars/>

Berry Smoothie Bowl:

Taking a simple drink to the next level!

What you need:

The berry smoothie from page #_ (can be the regular or low-fat version)

1 sliced banana

5 sliced strawberries

Coconut flakes

Granola

Nutella

Pour your smoothie into a bowl. Slice up a banana and some strawberries, then place them on top of the smoothie. Sprinkle in some coconut flakes and granola to add some healthy fats. Finally, drizzle Nutella on top. Enjoy!

Best Avocado Toast

For when you're lazy, but trying to be fancy ;)

1 slice of bread

1/2 avocado
1 fried egg
1 tbsp of butter
Lemon juice
Salt and pepper

Toast a slice of bread. Turn your stove on to medium heat and put the butter in a non-stick frying pan. Crack the egg into the pan and let it cook for 3 minutes. During that time, peel and core your avocado. Place it in a bowl with the lemon juice (use sparingly!) and mash it carefully. Grab your toast and gently spread the avocado on top. Flip the egg and cook it for 4-5 more minutes before removing it from the pan. Place it on top of the toast, and season with salt and pepper. Feel free to add your own toppings too!

Adapted From:

<https://www.cookinglight.com/recipes/avocado-toast-recipe>



The Best Guacamole:

This simple recipe puts all others to shame! It's healthy and takes no more than five minutes to make.

<https://joyfoodsunshine.com/easy-homemade-guacamole/#wprm-recipe-container-8782>

Avocado Snack:

Works great when you're out of clean dishes!

What you need:

1 avocado, cut in half

Salad dressing of your choice. If you'd like to make your own, check out our salad recipe!

Slice the avocado into two halves. Take the seed out, pour dressing into the central hole of the avocado, and enjoy! It doesn't get any easier than this. This avocado snack is incredibly easy, delicious, filling, and healthy!

Popcorn 2.0:

Perfect for movie night!

What you need:

3 cups of popped popcorn

1 tbsp of butter

1 cup of mini marshmallows

Handful of sprinkles

Pop the popcorn. While you are doing that, put the butter and marshmallows in a pan and turn on the stove. Let them cook until they are melted. Grab another pan, lay on a cooking sheet, and spread out the popcorn on top. Drizzle the melted butter-marshmallow mixture over the popcorn, and add sprinkles for the finishing touch!

Elevated PB&J

A twist on the classic sandwich!

What you need:

2 slices of bread

2 tbsp of peanut butter ((almond and sunflower butter are alternatives)

1 tbsp of strawberry jam

Handful of mixed berries

Spread the nut butter on the bread. Then, spread the jam on top. Place the berries on both slices of bread, and make sure that they are stuck in place by the nut butter and jam. Finally, put the two slices of bread together and enjoy!

Grilled Cheese and Tomato Soup

The perfect combination.

What you need:

2 slices of bread, any kind.

Butter (optional)

2 slices of cheddar cheese

1 can of tomatoes (you can use tomato sauce or stewed tomatoes)

1/2 of a yellow onion

1/2 a stick of butter (you can use olive oil too)

Salt and pepper, to taste

1 cup of water (or chicken/vegetable broth)

For the sandwich: butter both slices of the bread, if you'd like. Put the slices of cheddar cheese in between the buttered slices of bread. Heat a pan on the stove, on medium high heat. Add a small amount of olive oil into the pan, and place the sandwich on the heated pan. Cook the sandwich for about two minutes on each side. If needed after the first four minutes, put the pan on low heat and let the sandwich cook slowly to let the cheese melt.

For the soup: chop the half onion. Put the butter (or olive oil) into a pot and set the stove to medium high heat. Add the chopped onions and saute them until they are golden brown. Pour the canned tomato into the pot and stir to combine. Add the water or broth to the pot as well. Once the mixture is warmed through, you can season it to your heart's content and serve it with the grilled cheese. If you want to make the soup more smooth, you can turn off the heat, cool it down, blend the mixture, and then pour it back into the pot and heat it up once more. Enjoy!

Easy Mac and Cheese

Simple, comforting, and delicious.

What you need:

2 tablespoons of butter

1 cup of milk

1 cup of shredded cheddar cheese

Around $\frac{2}{3}$ of a box of elbow macaroni pasta
A sprinkling of flour (around 1 tablespoon)
Salt and pepper, to taste.

Add water to a pot and set it to boil. Once the water is bubbling, add the pasta and cook it according to the timings on the box. Once the pasta is done, strain out the water and put the noodles into a separate bowl. Add the butter and flour to the pot and whisk to combine. Then, add the milk and whisk some more. Once that mixture is combined, add the cheddar cheese, half a teaspoon of salt, and as much pepper as you'd like. Stir the mixture until it's creamy, then add the pasta back into the sauce and stir to combine. Enjoy!



Quesadillas

Yummy and super easy.

What you need:

1 flour tortilla (or more, depending on how many you're making.)

Shredded cheese (any kind works but the Mexican blend tastes the best)

Any other veggies/toppings you'd like!

Heat the stove to medium high heat, and add some olive oil to a pan. Place the tortilla on the pan and add the shredded cheese and any other toppings you like (I like mushrooms and green peppers on mine). Fold the tortilla over and cook the quesadilla thoroughly on both sides. Enjoy!

Salad

Healthy and delicious.

What you need:

Lettuce

Tomato

1 baby cucumber

Half an avocado

1 handful of spinach

Any other vegetables you add to your salad

Balsamic vinegar

Olive oil

Oregano

1 clove garlic

Salt and pepper

Chop the vegetables and toss them to combine. Put $\frac{2}{3}$ cup of olive oil and $\frac{1}{3}$ cup of balsamic vinegar into a blender along with 1 clove of garlic, $\frac{3}{4}$ teaspoon of oregano, a pinch of salt, and $\frac{1}{2}$ teaspoon of pepper. Blend these ingredients for a creamy balsamic vinaigrette dressing and add as much as you like to the salad. You may be left with too much dressing; not to worry, it can be easily stored in the fridge for a number of days. Enjoy!

Peanut Butter Chocolate Bars:

Need I say more?

What you need:

$\frac{1}{2}$ cup (and 2 tbsp) peanut butter

$\frac{3}{4}$ cup chocolate chips

$\frac{1}{3}$ cup powdered sugar

½ cup graham cracker crumbs

Melt the chocolate chips in a (microwave safe) bowl with the 2 tablespoons of peanut butter in the microwave in 30 second increments. In a separate bowl, mix the graham cracker crumbs, the rest of the peanut butter, and the sugar together. Spread the peanut butter mixture at the bottom of a square dish. Pour the chocolate mixture on top, and put the dish in the refrigerator for 2-3 hours to let it harden. Finally, take it out, cut it into squares, and enjoy! You'll thank me later.

Recipe credit: <https://chefsavvy.com/peanut-butter-chocolate-bars/>



Easy Fudge:

One of the few cases where taking shortcuts works very well.

What you need:

1 can condensed milk.

1 cup chocolate chips (semi sweet work best)

Heat the condensed milk at medium high heat in a small pot. Gently stir in the chocolate chips until they are melted in and everything is smooth. Pour the mixture into a glass dish and refrigerate for 2-3 hours. Once it hardens, take it out and cut it into squares.

Breakfast for Dessert:

Easy, fun, and delicious!

What you need:

2 eggo waffles

Ice cream

Whipped cream

Hot fudge, sprinkles, etc.

Toast the eggo waffles and place them on a plate. If you're hungry or planning to share, use more than two. Then, pile on the ice cream and toppings. Get creative and treat yourself! That's the idea, after all.

Chocolate Mug Cake:

Chocolate cake in less than 10 minutes. What more could one ask for?

What you need:

1/4 cup all purpose flour

1/4 cup sugar

2 tbsp cocoa powder

1/8 cup chocolate chips (or more if you want)

2 1/2 tbsp of milk

1/4 tsp baking powder

1 tbsp water

2 tbsp canola oil

Combine your ingredients in a microwave safe mug, then microwave for a minute to a minute and a half, in 30 second increments. Make sure you don't overcook it! Once it's done, let it cool off (it WILL be hot!) and enjoy with whatever toppings you like.

The Best Pumpkin Bread:

Perfect for any season, but especially for fall. This recipe is so delicious, we didn't even try to create our own to rival it because nothing can. Find this unbeatable recipe here. Trust us, you won't regret it!

<https://www.delish.com/best-pumpkin-bread-recipe/>