

EMMA BORNES

EDITION FALL-WINTER

COOKBOOK

COOSY



**17 COMFORTING
AND ANTI-INFLAMMATORY
RECIPES**

& OTHER TIPS





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PREPARATION TIME
5 MIN



COOKING TIME
6 MIN



SERVING
6/8 PANCAKES

Ingredients

- 100 g rolled oats (gluten-free for a 100% gluten-free version), ground into a powder in a blender
- 2 tablespoons plant-based milk
- 2 ripe bananas
- 1 large egg
- ½ packet baking powder
- ½ teaspoon ground cardamom
- ½ teaspoon vanilla extract
- Vegetable oil (coconut, olive, ghee...)

BANANA, OAT & CARDAMOM PANCAKES

These quick pancakes are perfect for starting the day !

*Bananas provides **potassium and magnesium** to support the body, while oats, rich in fiber, promote digestion and offer long-lasting satiety. Cardamom helps soothe the digestive system and awaken the senses.*

For a vegan version, simply replace the egg with 3 tablespoons of plant-based yogurt.

As for toppings, treat yourself: yogurt, almond butter, homemade compote, maple syrup, honey, melted dark chocolate, flaked almonds, crushed hazelnuts, fresh fruit...

Instruction

1. Mash the bananas as finely as possible, then mix them with the egg, plant-based milk, and vanilla.
2. Add the ground oats, baking powder, and cardamom, and mix briefly by hand. Don't worry if there are some lumps, the goal isn't to have a perfectly smooth batter.
3. When the pan is hot, drop 2 tablespoons of batter for each pancake and cook on each side until lightly golden. Repeat until all the batter is used.
4. Serve hot with your favorite toppings.





PREPARATION TIME
35 MIN



COOKING TIME
25 MIN



SERVING
4 PEOPLE

CREAMY BEETROOT SOUP

This velvety soup will brighten up your winter evenings with its vibrant color.

If you're using raw beets, don't throw away the leaves, they're packed with nutrients that help fight inflammation ! You can sauté them with garlic or incorporate them into a pesto.

Ingredients

- 4 large raw beets
- 2 large potatoes
- 750 ml vegetable broth
- 1 large garlic clove, minced
- 1 onion, sliced
- A splash of plant-based cream
- Salt, pepper
- Olive oil

Instruction

1. Peel and dice the beets and potatoes.
2. In a pot or casserole, sauté the onions and garlic in olive oil for 5 minutes. Add the beets and potatoes, season with salt and pepper, and cook for a few minutes.
3. Add the broth, bring to a boil, then simmer for about 25 minutes, until the vegetables are tender.
4. Blend with a regular blender or immersion blender until smooth and silky. Serve with a little plant-based cream.





PREPARATION TIME
10 MIN



COOKING TIME
10 MIN



SERVING
2 CUPS

GOLDEN MILK

*A true anti-inflammatory elixir, Golden Milk helps **strengthen the immune system** and ward off those pesky winter bugs. For a soothing nighttime version that promotes deep sleep, add ½ teaspoon of ashwagandha powder, an adaptogenic herb known to reduce stress and support overall balance.*

Ingredients

- 2 cups unsweetened plant milk (almond, rice, oat...)
- ½ tsp ground cardamom
- ½ tsp ground turmeric
- ¼ tsp ground cinnamon
- ¼ tsp ground ginger
- A pinch of black pepper
- 1 tbsp honey or maple syrup

Instruction

1. Pour the plant milk into a small saucepan. Add all the spices and whisk well.
2. Heat gently for 5–10 minutes, without boiling, until warm and slightly frothy.
3. Remove from heat and stir in the honey or maple syrup, and enjoy warm, with a sprinkle of cinnamon on the top.



SELF-REFLECTION QUIZ: AM I IN INFLAMMATION?

Inflammation isn't always visible:

it can be silent, chronic, and expressed through small everyday signs.

This questionnaire is not intended as a medical tool - it simply helps you get to know yourself better and observe your body with curiosity and kindness.

Answer spontaneously:

Never (0) • Sometimes (1) • Often (2)

ENERGY & SLEEP :

- ☐ I often feel tired without any clear reason.
- ☐ I wake up tired, even after a full night's sleep.
- ☐ My sleep is light, restless, or not very restorative.
- ☐ I struggle to concentrate or maintain stable energy throughout the day.
- ☐ I'm prone to low mood or feeling down.

DIGESTION :

- ☐ I regularly experience bloating, heartburn, or digestive discomfort.
- ☐ I often crave sugar or coffee.
- ☐ My bowel movements are irregular (constipation, diarrhea...).
- ☐ I have several food intolerances or allergies, and I find certain foods hard to digest.

SKIN, JOINTS & IMMUNITY :

- ☐ My skin tends to redness, breakouts, eczema, or dryness.
- ☐ I sometimes have joint pain or stiffness, especially in the morning.
- ☐ I injure easily or bruise quickly (sprains, pains, marks...).
- ☐ I often get sick or catch whatever is going around.