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50+ RECIPES TO KICKSTART THE SCHOOL YEAR!

BOOST YOUR CHILD'S ENERGY AND BRAIN POWER BY INCLUDING OLIVE OIL IN YOUR DAILY MEALS.





1. OLIVE OIL BANANA MUFFINS

INGREDIENTS:

-2 RIPE BANANAS
-2 EGGS
-1/3 CUP AL WAZIR OLIVE OIL
-1 CUP WHOLE WHEAT FLOUR
-1 TSP BAKING POWDER

HOW-TO:

MASH BANANAS, WHISK WITH EGGS AND OLIVE OIL.
MIX IN FLOUR AND BAKING POWDER.
POUR INTO MUFFIN TINS AND BAKE AT 180°C
FOR 20 MINS.



2. OLIVE OIL GRANOLA BARS

INGREDIENTS:

- 2 CUPS OATS
- 1/4 CUP HONEY
- 1/4 CUP AL WAZIR OLIVE OIL
- 1/2 CUP DRIED FRUIT
- 1/2 CUP CHOPPED NUTS

HOW-TO:

MIX ALL INGREDIENTS.
PRESS INTO TRAY AND BAKE AT 180°C FOR 25 MINS.
COOL AND CUT INTO BARS.



3. HOME MADE PESTO HUMMUS

INGREDIENTS:

- 1 CAN CHICKPEAS
- A HANDFUL OF PINE NUTS
- A HANDFUL OF BASIL
- 2 TBSP TAHINI
- 1 GARLIC CLOVE
- JUICE OF 1 LEMON
- 1/4 CUP AL WAZIR OLIVE OIL

HOW-TO:

BLEND ALL INGREDIENTS UNTIL SMOOTH.
SERVE WITH VEGGIE STICKS OR PITA.



4. VEGGIE OLIVE OIL PASTA

INGREDIENTS:

- 2 CUPS COOKED PASTA
- 1 CUP STEAMED MIXED VEGGIES
- 2 TBSPAL WAZIR OLIVE OIL
- PINCH OF SALT

HOW-TO:

TOSS PASTA AND VEGGIES
WITH OLIVE OIL AND SALT.
SERVE WARM.



5. POPCORN POPPED IN OLIVE OIL

INGREDIENTS:

- 1/4 CUP POPCORN KERNELS
- 2 TBSP AL WAZIR OLIVE OIL
- PINCH OF SEA SALT

HOW-TO:

HEAT OLIVE OIL IN POT
ADD KERNELS,
THEN COVER AND POP.
SEASON WITH SALT.





6. BAKED ZUCCHINI FRIES

INGREDIENTS:
- 2 ZUCCHINIS (CUT INTO STICKS)
- 2 TBSP AL WAZIR OLIVE OIL
- 1/2 CUP BREADCRUMBS
- PINCH OF SALT

HOW-TO:
TOSS ZUCCHINI IN OLIVE OIL AND BREADCRUMBS.
BAKE AT 200°C FOR 20 MINS.



7. ROASTED SWEET POTATOES

INGREDIENTS:
- 2 SWEET POTATOES (CUBED)
- 2 TBSP AL WAZIR OLIVE OIL
- 1/2 TSP CINNAMON

HOW-TO:
TOSS WITH OLIVE OIL AND CINNAMON.
ROAST AT 200°C FOR 30 MINS.





8. HERB CRACKERS

INGREDIENTS:
- 1 CUP FLOUR
- 1/4 CUP AL WAZIR OLIVE OIL
- 1/4 CUP WATE
- 1 TSP MIXED HERBS

HOW-TO:
MIX ALL INGREDIENTS INTO DOUGH, ROLL THIN, CUT, AND BAKE AT 180°C FOR 12-15 MINS.



9. TOMATO BRUSCHETTA

INGREDIENTS:
- 4 SLICES BAGUETTE
- 2 TOMATOES (CHOPPED)
- 1 TBSP AL WAZIR OLIVE OIL
- 1 TSP BASIL

HOW-TO:
TOP TOASTED BREAD WITH TOMATO.
MIX AND DRIZZLE GENEROUSLY WITH OLIVE OIL.



10. AVOCADO AND SESAME TOAST

INGREDIENTS:
- 1 AVOCADO
- 2 SLICES BREA
- 1 TBSP AL WAZIR OLIVE OIL
- 1 TSP OF SESAME

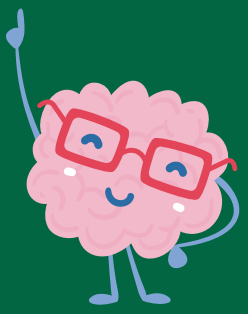
HOW-TO:
MASH AVOCADO,
SPREAD ON TOAST,
DRIZZLE WITH OLIVE OIL,
AND SPRINKLE WITH SESAME.



11. MINI OLIVE OIL PANCAKES

INGREDIENTS:
-1 CUP FLOUR
-1 EGG
-3/4 CUP MILK
-2 TBSP AL WAZIR OLIVE OIL
-1 TSP BAKING POWDER

HOW-TO:
MIX ALL INGREDIENTS AND COOK SMALL PANCAKES ON A NONSTICK SKILLET.





12. OLIVE OIL MASHED POTATOES

INGREDIENTS:
-2 POTATOES
-2 TBSP AL WAZIR OLIVE OIL
-1/4 CUP MILK

HOW-TO:
BOIL THEN MASH POTATOES.
MIX IN OLIVE OIL AND MILK.



13. FRUIT AND CHEESE SKEWERS

INGREDIENTS:
-GRAPES
-APPLE CHUNKS
-CHEDDAR CHEESE
GOUDA OR HAVARTI CHEESE
-1 TBSP AL WAZIR OLIVE OIL

HOW-TO:
THREAD FRUITS AND CHEESE ONTO SKEWERS.
LIGHTLY DRIZZLE WITH OLIVE OIL FOR A SHINY FINISH.



14. OLIVE OIL ROASTED CHICKPEAS

INGREDIENTS:
-1 CAN CHICKPEAS
-2 TBSP AL WAZIR OLIVE OIL
-1/2 TSP PAPRIKA

HOW-TO:
RINSE AND DRY CHICKPEAS,
MIX WITH OLIVE OIL AND SPICE,
AND ROAST AT 200°C FOR 25 MINS.



15. APPLE OLIVE OIL CAKE BITES

INGREDIENTS:
-1 APPLE (GRATED)
-1 EGG
- 1/4 CUP AL WAZIR OLIVE OIL
-1/2 CUP FLOUR
-1/4 CUP SUGAR

HOW-TO:
MIX THE INGREDIENTS IN A BOWL.
BAKE IN A MINI MUFFIN TIN
AT 180°C FOR 15 MINS.



16. CUCUMBER OLIVE OIL BOATS

INGREDIENTS:
-1 CUCUMBER
-1/2 CUP HUMMUS
-1 TSP AL WAZIR OLIVE OIL

HOW-TO:
HALVE CUCUMBER LENGTHWISE,
SCOOP SEEDS,
FILL WITH HUMMUS,
AND DRIZZLE WITH OLIVE OIL.



17. TUNA OLIVE SANDWICH

INGREDIENTS:
-1 CAN TUNA
-HANDFUL OF PITTED OLIVES
-1 TBSP OLIVE OIL
-1 SQUEEZE OF LEMON JUICE
-2 SLICES BREAD

HOW-TO:
CHOP OLIVES AND MIX WITH OLIVE OIL,
SPREAD ON THE BREAD,
THEN TOP WITH TUNA
AND A SQUEEZE OF LEMON.



18. OLIVE OIL APPLE CHIPS

INGREDIENTS:
-1 APPLE
-1 TSP AL WAZIR OLIVE OIL
-CINNAMON

HOW-TO:
THINLY SLICE APPLES,
TOSS WITH OIL AND CINNAMON,
AND BAKE AT 120°C FOR 1 HOUR.





19. BOILED EGG MAYO WITH OLIVE OIL

INGREDIENTS:
-3 BOILED EGGS
-125ML (1/2 CUP) AL WAZIR OLIVE OIL
-1 1/2 TBSP FRESH LEMON JUICE
-1 TBSP DIJON MUSTARD

HOW-TO:
PLACE ALL INGREDIENTS IN A HIGH POWERED BLENDER, BLEND TILL SMOOTH, SCRAPING THE SIDES OF THE BLENDER.



20. ZAATAR OLIVE OIL ROLLS

INGREDIENTS:
-PIZZA DOUGH
-2 TBSP ZAATAR
-2 TBSP AL WAZIR OLIVE OIL

HOW-TO:
MIX ZAATAR WITH OLIVE OIL,
SPREAD ON DOUGH,
ROLL UP AND SLICE,
THEN BAKE AT 180°C FOR 15 MINS.



21. SPINACH OLIVE OIL PASTA

INGREDIENTS:
-2 CUPS COOKED PASTA
-1/2 CUP COOKED SPINACH
-3 TBSP AL WAZIR OLIVE OIL
-1TSP GARLIC POWDER AND BLACK PEPPER TO TASTE

HOW-TO:
TOSS WARM PASTA WITH SPINACH, GARLIC POWDER, AND OLIVE OIL.



22. SWEET OLIVE OIL TOAST

INGREDIENTS:
-2 SLICES OF BREAD
-1 TBSP AL WAZIR OLIVE OIL
-1 TSP HONEY

HOW-TO:
TOAST BREAD.
DRIZZLE WITH OLIVE OIL AND HONEY.



23. OLIVE OIL TRAIL MIX BITES

INGREDIENTS:
-1/2 CUP OATS
-1/4 CUP DRIED FRUITS
-1 TBSP AL WAZIR OLIVE OIL
-1 TBSP HONEY

HOW-TO:
MIX ALL MIX ALL THE INGREDIENTS,
FORM SMALL BALLS,
THEN CHILL BEFORE SERVING.



24. OLIVE OIL BANANA SMOOTHIE

INGREDIENTS:
-1 BANANA
-1 CUP MILK
-1 TSP AL WAZIR OLIVE OIL

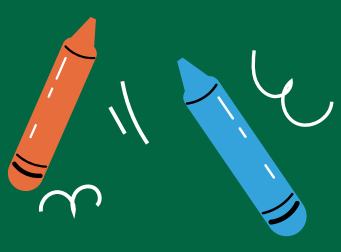
HOW-TO:
BLEND EVERYTHING UNTIL SMOOTH.



25. MINI OLIVE OIL WAFFLES

INGREDIENTS:
-1 CUP FLOUR
-1 EGG
-3/4 CUP MILK
-2 TBSP AL WAZIR OLIVE OIL

HOW-TO:
MIX AND COOK IN WAFFLE MAKER.





26. OLIVE OIL AND HERB RICE

INGREDIENTS:
-1 CUP COOKED RICE,
-1 TBSP AL WAZIR OLIVE OIL
-1/2 TSP DRIED HERBS

HOW-TO:
STIR HERBS AND OLIVE OIL
INTO WARM RICE.



27. CRISPY OLIVE OIL PITA CHIPS

INGREDIENTS:
-2 PITA BREADS
-2 TBSP AL WAZIR OLIVE OIL
-PINCH OF SALT
-SPICES OR HERBS

HOW-TO:
CUT PITAS INTO TRIANGLES.
BRUSH WITH OLIVE OIL.
BAKE AT 200°C FOR 10 MINS.
SPRINKLE SPICES OR DRIED HERBS.



28. CARROT & APPLE OLIVE OIL MUFFINS

INGREDIENTS:
-1 GRATED APPLE
-1 GRATED CARROT
-1/2 CUP FLOUR
-1 EGG
-2 TBSP AL WAZIR OLIVE OIL

HOW-TO:
MIX AND BAKE IN MUFFIN TIN
AT 180°C FOR 18 MINS.



29. MINI QUICHES

INGREDIENTS:
-2 EGGS
-1/2 CUP DICED VEGGIES
-2 TBSP AL WAZIR OLIVE OIL
-OPTIONAL - CHEESE

HOW-TO:
MIX AND POUR INTO MUFFIN TIN.
BAKE AT 180°C FOR 15-18 MINS.



30. HOMEMADE HERB AND OLIVE OIL CROUTONS

INGREDIENTS:
-2 SLICES BREAD (CUBED)
-2 TBSP AL WAZIR OLIVE OIL
-DRIED BASIL, MARJORAM
AND OREGANO

HOW-TO:
TOSS BREAD WITH OLIVE OIL AND HERBS.
BAKE AT 180°C FOR 10-12 MINS.



31. BAKED APPLE OLIVE OIL CRISP

INGREDIENTS:
-2 APPLES (SLICED)
-1/4 CUP OATS
-1 TBSP AL WAZIR OLIVE OIL
-1 TBSP HONEY

HOW-TO:
MIX OATS, OLIVE OIL, AND HONEY.
SPRINKLE OVER APPLES.
BAKE AT 180°C FOR 20 MINS.



32. FROZEN OLIVE OIL FRUIT BITES

INGREDIENTS:
-1/2 CUP BERRIES
-1 TSP AL WAZIR OLIVE OIL
-1/2 CUP YOGURT

HOW-TO:
MIX EVERYTHING,
SPOON INTO MINI MOLDS,
AND FREEZE.



33. OLIVE OIL CORNBREAD MUFFINS

INGREDIENTS:
-1 CUP CORNMEAL
-1/2 CUP FLOUR
-1 EGG
-1 CUP MILK
-1/4 CUP AL WAZIR OLIVE OIL

HOW-TO:
MIX ALL INGREDIENTS,
POUR INTO MUFFIN TIN,
AND BAKE AT 180°C FOR 18–20 MINS.



34. OLIVE OIL ROASTED PUMPKIN CUBES

INGREDIENTS:
-2 CUPS PUMPKIN (CUBED)
-2 TBSP AL WAZIR OLIVE OIL
-PINCH OF CINNAMON

HOW-TO:
TOSS PUMPKIN IN OLIVE OIL
AND CINNAMON.
ROAST AT 200°C FOR 25 MINS.



35. OAT COOKIES

INGREDIENTS:
-1 CUP OATS
-1 BANANA (MASHED)
-2 TBSP AL WAZIR OLIVE OIL
-1 TBSP HONEY

HOW-TO:
MIX AND SHAPE INTO COOKIES.
BAKE AT 180°C FOR 12 MINS.





36. ROASTED CAULIFLOWER POPPERS

INGREDIENTS:
-1 CUP CAULIFLOWER FLORETS
-1 1/2 CUPS AL WAZIR OLIVE OIL
-PINCH OF CUMIN

HOW-TO:
TOSS WITH OLIVE OIL AND SPICE.
ROAST AT 200°C FOR 20 MINS.



37. OLIVE OIL BANANA BREAD MINI LOAVES

INGREDIENTS:
-2 BANANAS
-2 EGGS
-1/4 CUP AL WAZIR OLIVE OIL
-1 CUP FLOUR

HOW-TO:
MIX AND BAKE IN MINI LOAF PANS
AT 180°C FOR 25–30 MINS.



38. CUCUMBER-YOGURT DIP WITH OLIVE OIL

INGREDIENTS:
-1/2 CUP YOGURT
-1/4 CUCUMBER (GRATED)
-1 TBSP AL WAZIR OLIVE OIL

HOW-TO:
MIX ALL AND CHILL BEFORE SERVING
WITH VEGGIES OR CRACKERS.



39. SAVOURY OLIVE OIL FRENCH TOAST FINGERS

INGREDIENTS:
-2 SLICES BREAD
-1 EGG
-1/4 CUP MILK
-2 TBSP AL WAZIR OLIVE OIL

HOW-TO:
DIP BREAD IN EGG-MILK MIX.
PAN-FRY IN OLIVE OIL ON LOW HEAT
UNTIL GOLDEN.



40. OLIVE OIL SWEET POTATO MASH

INGREDIENTS:
-2 SWEET POTATOES
-2 TBSP AL WAZIR OLIVE OIL

HOW-TO:
BOIL AND MASH SWEET POTATOES.
MIX IN OLIVE OIL INSTEAD OF BUTTER
FOR A HEALTHIER VERSION.





41. OLIVE OIL BEET CHIPS

INGREDIENTS:
-1 BEET (THINLY SLICED)
-1 TBSP AL WAZIR OLIVE OIL
-SALT

• HOW-TO:
COAT SLICES IN OLIVE OIL.
BAKE AT 160°C UNTIL CRISPY (20–25 MINS).



42. ROASTED CARROT AND APPLE BITES

INGREDIENTS:
-1 CARROT
-1 APPLE (CUBED)
-1 TBSP AL WAZIR OLIVE OIL

HOW-TO:
TOSS AND ROAST
AT 200°C FOR 20 MINS.



43. OLIVE OIL TRAIL MIX POPCORN

INGREDIENTS:
-2 CUPS POPPED POPCORN
-1 TBSPAL WAZIR OLIVE OIL
-RAISINS
-SEEDS

HOW-TO:
MIX EVERYTHING
FOR A CRUNCHY,
ENERGIZING SNACK.





44. HEALTHY HONEY MUSTARD SALAD DRESSING

INGREDIENTS:
-1TBSP DIJON MUSTAD
-2TBSP VINEGAR
-¼ CUP AL WAZIR OLIVE OIL
-2TBSP LEMON JUICE
AND SALT TO TASTE
-ONE TBSP HONEY

HOW-TO:
MIX EVERYTHING IN A JAR,
ADD A SPLASH OF WATER,
AND SHAKE VERY WELL TO EMULSIFY.



45. CRUNCHY OLIVE OIL CEREAL BARS

INGREDIENTS:
-2 CUPS PUFFED RICE CEREAL
-1/4 CUP AL WAZIR OLIVE OIL
-1/4 CUP HONEY
-1/4 CUP NUT BUTTER

HOW-TO:
MELT OLIVE OIL, HONEY, AND NUT BUTTER.
MIX WITH CEREAL.
PRESS INTO TRAY AND CHILL.
CUT INTO BARS.



46. OLIVE OIL MARINATED CHEESE CUBES

INGREDIENTS:
-1 CUP CHEESE CUBES
-2 TBSP AL WAZIR OLIVE OIL
-PINCH OF DRIED HERBS

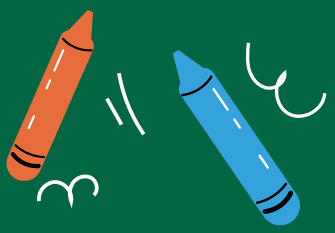
HOW-TO:
TOSS CHEESE IN OLIVE OIL AND HERBS.
LET CHILL BEFORE SERVING.



47. MEDITERRANEAN OLIVE OIL PASTA SALAD

IINGREDIENTS:
-1 CUP COOKED PASTA
-1 CUP CHOPPED TOMATO
CUCUMBER AND BELL PEPPER MIX
-1/4 CUP FETA
-2 TBSP AL WAZIR OLIVE OIL
-1 TSP LEMON JUICE

HOW-TO:
MIX ALL INGREDIENTS IN A BOWL.
CHILL AND SERVE.





48. OLIVE OIL CHOCOLATE CHIP COOKIES

INGREDIENTS:
-1/2 CUP AL WAZIR OLIVE OIL
-1/2 CUP BROWN SUGAR
-1 EGG
-1 CUP FLOUR
-1/2 TSP BAKING SODA
-1/2 CUP CHOCOLATE CHIPS

HOW-TO:
MIX OLIVE OIL, SUGAR, AND EGG.
STIR IN FLOUR AND BAKING SODA.
FOLD IN CHOCOLATE CHIPS.
DROP SPOONFULS ONTO A BAKING
TRAY AND BAKE AT 180°C FOR 12 MINUTES.



49. MINI VEGGIE FRITTATAS

INGREDIENTS:
-3 EGGS
-1/2 CUP CHOPPED VEGETABLES
-2 TBSP AL WAZIR OLIVE OIL

HOW-TO:
MIX INGREDIENTS AND POUR
INTO MUFFIN TIN.
BAKE AT 180°C FOR 15 MINUTES.



50. EGGPLANT OLIVE OIL CHIPS

INGREDIENTS:
-1 EGGPLANT (THIN SLICES)
-2 TBSP AL WAZIR OLIVE OIL
-PINCH OF SALT

HOW-TO:
BRUSH EGGPLANT SLICES
WITH OLIVE OIL AND SALT.
BAKE AT 180°C UNTIL CRISPY
(25 MINUTES).



51. OLIVE OIL CORN ON THE COB

INGREDIENTS:
-2 EARS OF CORN
-2 TBSP AL WAZIR OLIVE OIL
-PINCH OF PAPRIKA

HOW-TO:
BRUSH CORN WITH OLIVE OIL AND PAPRIKA.
GRILL OR BAKE AT 200°C FOR 25 MINUTES.



52. OLIVE OIL ROASTED GRAPE TOMATOES

INGREDIENTS:
-1 CUP GRAPE TOMATOES
-2 TBSP AL WAZIR OLIVE OIL
-PINCH OF SALT

HOW-TO:
TOSS TOMATOES WITH OLIVE OIL AND SALT.
ROAST AT 200°C FOR 20 MINUTES.



53. OLIVE OIL FISH FINGERS

INGREDIENTS:
-1 WHITE FISH FILLET (CUT INTO STRIPS)
-1 EGG
-BREADCRUMBS
-2 TBSP AL WAZIR OLIVE OIL

HOW-TO:
DIP FISH IN EGG THEN BREADCRUMBS.
SPRAY OR DRIZZLE WITH OLIVE OIL.
BAKE OR AIRFRY AT 200°C FOR 15 MINS.

