

# SIMA

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## MOTHER'S DAY SPECIAL EDITION INTERVIEW MAY 2017

**Sima, when it comes to health, why is it so important for moms to make time for themselves?**

**Sima:** Being a mother naturally and organically, we always give everything to everybody — our partners, our kids, our friends, our coworkers, our family — and we always get pushed down to the bottom of the list. I always teach my clients that as mothers that scheduling time in your calendar to have time for yourself is not doing “more” on top of what you are doing, but rather it is about finding a place in your home or anywhere you feel cozy and just letting yourself be. When you don't take time for yourself and don't learn how to love yourself, you begin to resent the fact that you give so much to your partner, your kids, your loved ones and you start to complain. But when you are content in yourself, giving without expecting in return won't ever be an issue. So, I advise to take time for yourself daily — whether it be an hour, 30 minutes or even 15 minutes and in this time ask for guidance in your life. It will definitely benefit you and those around you. When you love yourself, you will have more to give.

**Spoiling yourself with a special treat doesn't always mean unhealthy choices. Can you share with us some delicious guilt-free dessert recipes?**

**Sima:** Yes! (See the following recipes)

**We all recognize the importance of breakfast but what are some good snack ideas to keep moms energized and balanced throughout the day?**

**Sima:** The following are snacks that follow my PCF method — protein, carb and fat

### “Begging for More” Cheesecake

#### Ingredients

##### Crust

- 1 cup raw Walnuts
- 1 cup raw macadamia nuts
- 1/2 cup medjool dates, pitted
- 1/4 cup dried unsweetened coconut

##### Filling

- 3 cups chopped cashews (soaked in water overnight)
- 3/4 cup fresh squeezed lemon juice
- 3/4 cup coconut nectar
- 3/4 cup extra virgin cold pressed coconut oil
- 1 teaspoon vanilla
- 1/2 teaspoon sea salt
- 1/2 cup water

##### Raspberry Sauce

- 2 cups frozen raspberries (or any berry of your choice)
- 1 teaspoon rose water
- 2 medjool dates, pitted

#### Method

##### Crust

In a high-speed blender process nuts, dried coconut and dates until a paste is made. Cover the bottom of an 8 inch springform pan with paste and press in to form an even layer.

##### Filling

In a high-speed blender blend the pre-soaked cashews, lemon, coconut nectar, coconut oil, vanilla, sea salt, and 1/2 cup water until smooth. Take the filling and pour on top of the crust. Take the cake and place in freezer to have cheesecake set up.

##### Sauce

Put raspberries in high speed blender, process with the rosewater and pitted dates to make sauce to garnish cake.



PHOTO BY: DELARAM POURBARI

## Chocoloholic Cups

### *Ingredients*

#### **Chocolate Cups**

18 ounces dairy free dark chocolate chips  
2 tablespoons coconut oil

#### **Cookie Dough**

1 cup of raw almonds  
¼ cup coconut flour (almond flour can be substituted)  
½ cup almond butter  
2 ½ cups pitted medjool dates

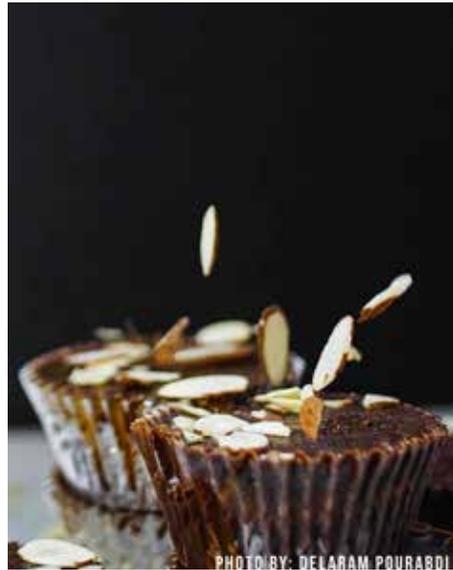
### *Method*

Prepare muffin tin with paper liners, preferably 2 per tin to make sure that they are sturdy enough.

In a microwave safe bowl pour half of the chocolate chips in the bowl and microwave with 1 tablespoon of coconut oil. Pour 2 tablespoons of the melted chocolate into the liners in the muffin tin until filled halfway up the liner.

Take the muffin tin and place in freezer to have the chocolate harden for roughly 10 minutes. Next, take all the remaining ingredients for the cookie dough and put into a high-speed blender and pulse until broken down and looks like a paste or “cookie dough”.

Take 2 tablespoons of the dough and place on top of the hardened chocolate. Then microwave remaining chocolate chips with 1 tablespoon of coconut oil and pour on top of each cookie, filling up the liner evenly. Let set in freezer for another 10-15 minutes to ensure all the chocolate has hardened and the entire cup is solid.



## Exercise Bites

### *Ingredients*

½ cup mix of walnuts and pistachios  
½ cup raisins  
½ cup dried cherries  
⅔ cup tahini  
½ cup shredded unsweetened coconut

### *Method*

Place all ingredients in a food processor or high speed blender and blend until broken into small pieces and becomes like a sticky dough. Transfer the “dough” to a large bowl, wet the palm of your hands with water and form 20 balls. Place the balls in the freezer for 5-10 minutes so they become hard. Store in a sealed container in the freezer for up to 3 weeks.



## Fueled Up Trail Mix

### *Ingredients*

#### **Trail Mix**

1 cup raw & unsalted sunflower seeds  
1 cup chili-rubbed roasted pumpkin seeds  
½ cup mixed dried blueberries and unsweetened dried cherries  
¼ cup dairy free chocolate chips

#### **Chili-rubbed roasted pumpkin seeds**

1 cup raw pumpkin seeds  
¼ cup black chia seeds  
2-3 tablespoons water  
1 teaspoon cumin  
1 teaspoon chili powder (optional)  
pinch of sea salt and black pepper

### *Method*

#### **Trail mix**

In an airtight container, combine all ingredients and store in a cool and dry place.

#### **Chili-rubbed roasted pumpkin seeds**

Preheat oven to 350 degrees. In a small bowl, combine raw pumpkin seeds, chia seeds, chili powder, cumin, salt and pepper. Add water so mixture is damp, but not soaked. Layer the seed mixture on a baking sheet in an even and thin layer. Bake for 10 minutes. Remove from

oven, flip and then bake for 5 more minutes. Remove from the oven and allow to cool.



Interview link: <http://www.oloxir.com/healthy-mothers-day-recipes/>

***Special thank you to:***

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