

One recipe, infinite changes



Simpleats

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# My *Simple* Story

Two summers ago, when my aunt was diagnosed with Type 2 diabetes, I asked my mother what had caused it and whether my aunt could reverse it. My mother's response was simple but unsettling: blood sugar issues "run in the family," and there was nothing anyone could do to change it -we just had to accept it. My mother had met friends who had successfully managed and even reversed their Type 2 diabetes. So what made them different from my aunt?

Then, a couple months later during my AP Human Geography class at school, my curiosity was further fueled. Our teacher showed us a short clip from the Netflix documentary "You Are What You Eat", illustrating how eating something small can affect the body drastically. I found myself captivated by the short footage, replaying it in my mind for days afterward. The documentary highlighted how small dietary changes had drastically transformed people's lives -changes they had never considered before. I began to wonder: could something as seemingly trivial as a pack of processed salami really have such a significant impact on the body? Was my aunt wrong about health issues just "run[ing] in the family"?

I quickly fell into a rabbit hole of nutrition and health -I watched documentaries, listened to podcasts, and learned that health issues such as diabetes and cardiovascular disease were actually mostly caused by consumption of unhealthy foods and rarely just genetics.

I noticed that almost every ingredient in my house, apart from refrigerated fruits, meats and vegetables, was made of bioengineered chemicals, processed flavours, and artificial food dyes, and my family's excuse for these products were that they were "cheaper, higher in quantity, and taste better". Motivated to prove to my family that these same foods could be made at home with much healthier and digestion-friendly ingredients while minimizing costs, I began to bake and cook daily, inventing new recipes, and recording each recipe in my tiny red notebook.

So, in February of 2025, as my sister shared details about her capstone project, I suddenly remembered the tiny red notebook tucked away in the back of my desk drawer. Flipping through its pages, I realized that what started as a personal experiment had evolved into something much bigger -a mission to prove that nutritious, affordable meals were within reach for everyone. Inspired by this idea, I created **Simpleats**. A low-cost, budget friendly, nutritious recipe book that aims to help lower-income families access healthy meals, combat food insecurity, and address preventable health issues through mindful eating.

# Banana Peanut Butter Overnight Oats



- Makes: 5 servings
- Prep Time: 5 minutes
- Chill Time: Overnight
- Total Cost: \$4.25 CAD
- Cost per Serving: \$0.85 CAD

Ingredient	Amount Used	Estimated Cost/Unit
Quick oats	1 1/4 cups	\$1.25
Peanut Butter	5 tbsp	\$1.25
Bananas	2	\$1.00
Milk	1 cup	\$0.75

## Instructions

1. Mash bananas in a bowl until smooth.
2. Add oats, peanut butter, and milk. Mix well.
3. Divide into containers or jars, cover, and refrigerate overnight.
4. In the morning, stir and enjoy cold. You can also microwave for 30 seconds if you prefer warm oats.

## Nutrition per Serving (Approximate)

- Calories: 310
- Protein: 8g
- Fibre: 7g
- Healthy fats: From peanut butter
- Potassium & magnesium: From bananas and oats



# Cinnamon Apple Oatmeal



- Makes: 5 servings
- Prep Time: 10 minutes
- Total Cost: \$3.15 CAD
- Cost per Serving: \$0.63 CAD

Ingredient	Amount Used	Estimated Cost/Unit
Quick oats	1 1/4 cups	\$1.25
Apples	5 tbsp	\$1.50
Milk	1 cup	\$0.75
Cinnamon	1 tsp	\$0.03

## Instructions

1. Dice apples and microwave or steam by placing the apples on a metal bowl overtop boiling pot until soft.
2. Pour in milk in a pot until semi-boiling, then add in oats and cinnamon. Mix well.
3. Stir in softened apples until oats thicken.
4. Serve warm.

## Nutrition per Serving (Approximate)

- Calories: 290
- Protein: 6g
- Fibre: 7g
- Fat: 4g
- Carbohydrates: 45g
- Potassium: 250mg



# Brothy Veggie Couscous Bowl



- Makes: 4 servings
- Prep Time: 15 minutes
- Total Cost: \$3.50 CAD
- Cost per Serving: \$0.88 CAD

Ingredient	Amount Used	Estimated Cost/Unit
Couscous	1 dry cups	\$0.63
Vegetable broth	2 cups	\$0.75
Frozen mixed veggies	1 cup	\$0.65
Garlic powder	1 tsp	\$0.03

## Instructions

1. Bring broth to a boil in a pot.
2. Stir in couscous, frozen veggies, garlic powder, salt, and pepper.
3. Cover and remove from heat. Let sit for 5 minutes.
4. Fluff with a fork and serve warm. Optional: top with chili flakes or a drizzle of soy sauce.

## Nutrition per Serving (Approximate)

- Calories: 260
- Protein: 7g
- Fibre: 5g
- Carbohydrates: 35g

