



Celeste Baer

CHEF | FOOD LITERACY EDUCATOR | NTP

EAT FOR ENERGY

- HYDRATE- feeling tired & sluggish can be a sign of dehydration
- QUICK BOOST- stick to 1-2 cups of coffee or green tea with no added sweeteners or colors
- COMPLEX CARBS & PROTEIN- for blood sugar regulation
- SUPERFOODS- to add essential nutrients & balance stamina
- VITAMIN C- increase serotonin, even smelling citrus

QUICK SNACK TIPS

- Chia seeds- perfect ratio of protein, fats, and fiber + help with hydration
- Pasture-Raised Eggs- rich source of protein and omega 3s
- Plain greek yogurt- good fats, rich in protein, pair with antioxidants
- Nut Butters- free of additives or added sugar; pair with complex carb
- Hummus- protein rich, pair with complex carb for sustainable energy
- Quinoa- Made up of minerals that provide long-term energy boosts

SIMPLE GRANOLA RECIPE

Preheat the oven to 300° F. Combine all ingredients (2 cups rolled oats, 1 cup coconut flakes, 1/2 cup coconut oil, 2 TBSPs honey + your preference of nuts and seeds and spices) in a mixing bowl and toss to coat. Spread the mixture in a thin layer on a baking sheet and bake for 10-20 minutes, until lightly toasted.

*For extra boost, add dried fruit or dark chocolate once cooled.

SIMPLE HUMMUS RECIPE

In a food processor, blend 2 cups canned chickpeas, drained plus 2 cloves garlic. While the processor is on, slowly add 2 TBSPs water, 1/2 cup olive oil, and 2 TBSPs fresh lemon juice and salt and pepper to taste. Taste, for seasoning, and serve chilled or at room temperature.

*For extra boost, add a couple tablespoons pesto or sun dried tomato puree



ABOUT *Celeste*

Celeste Baer is a New Orleans based chef, specializing in artisanal, farm-to-table cuisine. Her background in the culinary industry along with certifications and studies as a nutritional therapy practitioner and the "Cookbook Project's Food Literacy Educator" have led her to follow her passion through food wellness. She loves working with families on building wholesome meals centered around love, bringing the dinner table back to the focus of the family. Celeste is the founder of "Bayou Baby Bites", a locally sourced line of baby purees and has been featured in New Orleans Entrepreneur Week's "The Big Idea" as well as the winner of the "NOLA Made" pitch competition and finalist in Propeller's "Living Well" competition. Celeste was trained at the Culinary Institute LeNotre in Houston, TX and then received her certification as a Nutrition Therapy Practitioner from the Nutritional Therapy Association.