

to healthier, happier you

Get ready to the easiest and quickest recipe with my
Healthy Cheeseburger

the BEST PART? It's ready in under 10 minutes!

Let's dive into the simple steps:

INGREDIENTS for 1 portion:

1 burger bun (check page 2 for my easy homemade fluffy potato bun recipe)
175-200g of raw burger (I used 90% of lean ground beef)
1 tsp of olive oil
salt and black pepper to taste
1 cheddar cheese slice
1/2 cup of sliced lettuce
1/2 sliced tomato

Burger Sauce (for 1 burger):
1 tbsp of 0% fat greek yogurt
1/2 tbsp of ketchup
1/2 tsp of Tabasco (optional)
1 small pickle chopped (around 1 tbsp)
1 tsp of pickle water or vinegar
1/2 tsp of garlic powder
1/2 tsp of onion powder
1/2 tsp of paprika
1/2 tsp of dill
salt and black pepper to taste

INSTRUCTIONS:

Heat a skillet over high heat and add a splash of olive oil. Once heated, add your burger and sear the burgers until desired doneness, add salt and black pepper and finally, the cheddar cheese slice, let it melt and remove and reserve.

In a small bowl add all the ingredients of the burger sauce, mix well and adjust seasonings if needed. Reserve.

Now cut your burger buns in the middle (recipe on page 2), spread the burger sauce, add sliced lettuce, sliced tomato, and finally the cheese burger. ENJOY!

arise

BY NICOLINA

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**craving that warm, fluffy bun?
Well, guess what? Today is your lucky day
I'm about to teach you step by step how to make
the most delicious bun from scratch!**

Let's dive into the simple steps:

INGREDIENTS for 12 Potato Buns:

Mash Potato EXPRESS:

200g potato (1 middle potato) peeled, cut into cubes
1 tbsp of unsalted butter
2-3 tbsp of milk

Dough:

130g of mashed potatoes
560g of all purpose flour
8g of instant yeast
45g of granulated sugar
2 tsp of salt
56g of unsalted butter, softened
1 large egg, room temperature
240g milk, room temperature

Glaze

30g unsalted butter, melted
15g of honey
flaky sea salt for garnish

INSTRUCTIONS:

In a large bowl, combine all the ingredients and mix it with a wood spoon around 5 minutes until everything comes together into one mass. Knead until smooth and elastic, around more 5 minutes.

Add the dough onto counter and shape into smooth ball. Add some oil to the bowl. Use dough to swirl the oil around and coat the dough ball itself.

Cover and let proof for ~1 hour, until doubled in size. Turn out and press out any air. Divide into 12 equal portions which weigh around 90g each. Shape into 12 taut balls. Lightly press each dough ball flat to avoid grow in a sphere.

Place on lined baking sheet cover and proof until doubled in size, 1 hour.

Pre-heat oven to 375F - 190°C, meanwhile, make the glaze by mixing melted butter and honey until evenly combined. Before baking, brush buns with glaze. Bake for 18 mins until tops are golden. When buns are done, take out of the oven and immediately brush again with glaze. Finish with a sprinkle of flaky salt on top, and let cool 5-10 minutes before serving.

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