

eat energise repeat

SIMPLE, DELICIOUS RECIPES FOR LIVING WELL



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Recipes

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- Breakfast Cups
- Overnight Oats
- Fruit Toast with Ricotta and Maple Syrup
- Chia Pudding
- Homemade Baked Beans

Snacks and Smoothies

- Cashew and Lemon Slice
- Chocolate Bliss Balls
- Carrot and Turmeric Smoothie
- Green Machine Smoothie
- Mini Chocolate Muffins

Lunch

- Grainy Salad
- Easy Peasey Soup
- Cath's Four Bean Salad
- Citrus Salad
- Stuffed Potato

Dinner

- Exotic Chicken
- Light and Tasty Carbonara Pasta
- 2 minute Noodle Omelette
- Moroccan Lamb



Breakfast



Breakfast Cups

Serves 1

INGREDIENTS

1 cup yoghurt*

1 tsp chia seeds

1 tbsp frozen blueberries

1 tbsp strawberries

1/2 cup crushed Weet-Bix,
Goodness Superfoods Barley* or
Protein Clusters or your favourite
wholegrain cereal

DIRECTIONS

Place 1/2 cup of yoghurt in a glass.

Scatter chia seeds and half of the clusters on the
yoghurt followed by the blueberries.

Place the remaining 1/2 cup of yoghurt in the glass
followed by the remaining clusters and sliced
strawberries scattered on top.

Nutritional Facts

Per serve

Calories	368
Fat	7.1 g
Carbohydrates	46 g
Protein	24.4 g
Calcium	615.9 mg

* You can substitute any milk and flour if you have
any food intolerances.

* Calories based on natural low-fat yoghurt and
crushed Goodness Superfoods Barley Clusters



Overnight Oats

Serves 2

INGREDIENTS

- 2/3 cup rolled or quick oats
- 1/2 cup natural yoghurt
- 1/2 cup water
- 1 tsp chia seeds
- 1 small apple, grated
- 1 tbsp natural yogurt to serve

DIRECTIONS

Combine all ingredients in a bowl. Cover and place in the fridge overnight

To serve, spoon into bowls and top with a dollop of natural yoghurt and fresh fruit of choice

You may like to choose:
1/2 cup berries (fresh or frozen) or
1 small sliced banana
or 1 passionfruit.

These are all equivalent to one serving of fruit but there's no reason you can't combine different fruits to make up one serving and add variety to your breakfast each day.

Nutritional Facts

Per serve

Calories	152
Fat	2.7 g
Carbohydrates	21 g
Protein	7.9 g
Calcium	179.5 mg

* You can substitute any milk and flour if you have any food intolerances.



Fruit Toast with Ricotta and Maple Syrup

Serves 4

INGREDIENTS

4 whole pieces fresh seasonal fruit e.g. 1 plum, 1 punnet strawberries or banana

4 slices fruit bread

320 g reduced fat fresh ricotta cheese (can be bought from deli section of your local supermarket)

2 tbsp honey or pure maple syrup

DIRECTIONS

Cut toast into thick pieces

Toast fruit bread and top with crumbled ricotta and fruit slices

Drizzle with honey or maple syrup and serve

Nutritional Facts

Per serve

Calories	228
Fat	5.7 g
Carbohydrates	34.4 g
Protein	9.2 g
Calcium	160.1 mg

* You can substitute any milk and flour if you have any food intolerances.



Chia Pudding

Serves 6

INGREDIENTS

- 6 tbsp chia seeds
- 6 Medjool dates, seeded and chopped
- 400ml can evaporated light milk with coconut
- 1 tbsp nut butter (whichever takes your fancy)
- 400ml can light coconut milk
- 2 tbsp cacao powder
- 1 tsp vanilla extract
- splash of milk

DIRECTIONS

Mix all ingredients together except the coconut milk and place in refrigerator for 1 hour.

Place mixture into a blender and add cacao powder, vanilla extract and splash of milk if more liquid is required

Pour into six small bowls, jars or cups and leave overnight in the fridge.

In the morning, open tin of coconut milk and carefully scoop out the solids at the top of the can, placing in a mixing bowl. You can freeze the remainder of the milk for later use

Add 1 tsp vanilla essence and using electric beaters, beat until smooth and soft peaks form. Spoon a little onto the top of each pudding. and finish with a sprinkling of finely grated dark chocolate

Nutritional Facts

Per serve

Calories	225
Fat	9.4 g
Carbohydrates	21.2 g
Protein	11.1 g
Calcium	161.5 mg



Homemade Baked Beans

Serves 4

INGREDIENTS

- spray olive oil
- 200g middle rasher lean bacon
- 1 medium brown onion, chopped
- 2 tsp tomato paste
- 1 tsp Worcestershire sauce
- 1 tbsp brown sugar
- 2 tbsp maple syrup
- 1/2 cup chicken stock
- 400g tinned tomatoes
- 400g can butter or cannellini beans, drained and rinsed
- 4 slices ciabatta loaf to serve

DIRECTIONS

Heat pan, add chopped bacon and cook for 5 minutes

Add onion and cook for 2 minutes until browned

Add the tomato paste and Worcestershire sauce and cook for 2 minutes

Add the sugar, maple syrup, stock and tomatoes and cook for 5-8 minutes or until slightly thickened

Add the beans and cook for a further 2-3 minutes or until heated through

Serve with a slice of bread

Nutritional Facts

Per serve

Calories	354
Fat	7.6 g
Carbohydrates	40.5 g
Protein	25.8 g
Calcium	6.9 mg



Snacks and Smoothies



Cashew and Lemon Slice

Makes 24 slices

INGREDIENTS

200g cashews
100g desiccated coconut
2tbsp raw honey
1 tsp ground turmeric
grated rind of 1 lemon
juice of 1 lemon

DIRECTIONS

Grind the cashews in a high power blender or food processor until they form a powder

Add the remaining ingredients and blitz until the mixture is combined and smooth

Spread the mixture into a lined slice tin and set in the fridge or freezer

Cut into 24 slices

Nutritional Facts

Per serve

Calories	85
Fat	6.9 g
Carbohydrates	3.8 g
Protein	1.7g



Chocolate Bliss Balls

Makes 12

INGREDIENTS

- 9 Medjool dates**
- 2 tbsp cacao powder**
- 2 tbsp desiccated coconut**
- 160g raw hazelnuts**
- 2 tbsp chia seeds**

DIRECTIONS

Combine all ingredients into a food processor and blitz for a few minutes until nicely combined

Make tablespoons of the mixture into balls, refrigerate and enjoy!

Nutritional Facts

Per serve

Calories	180
Fat	11.6 g
Carbohydrates	13.7 g
Protein	4 g
Calcium	19.9 mg



Carrot and Turmeric Smoothie

Serves 2

INGREDIENTS

2 large carrots
1 1/2 - 2 cups water
handful ice
5cm piece fresh turmeric or
2 tsp dried turmeric
1 cup mango (fresh or
frozen)

DIRECTIONS

Combine all ingredients in a blender and blitz for a few minutes until nicely combined

Nutritional Facts

Per serve

Calories	130
Fat	0.9 g
Carbohydrates	25 g
Protein	2.6 g
Calcium	8.8 mg



Green Machine Smoothie

Serves 2

INGREDIENTS

1 cup cold water
3 big handfuls baby spinach
handful ice
1 medium frozen banana
1 cup frozen cucumber or zucchini
handful mint

DIRECTIONS

Combine all ingredients in a blender and blitz for a few minutes until nicely combined

Nutritional Facts

Per serve

Calories	68
Fat	0.3 g
Carbohydrates	13.2 g
Protein	2.3 g
Calcium	2.8 mg



Mini Chocolate Muffins

Makes 30 muffins

INGREDIENTS

- 3/4 cup self-raising flour**
- 1/2 tsp baking powder**
- 1/2 cup cocoa powder**
- 1 cup caster sugar**
- 1/2 cup low fat vanilla yoghurt**
- 2 eggs**
- 1 tsp vanilla essence**
- 1 1/2 tbsp vegetable oil**

DIRECTIONS

Preheat oven to 180°C

Sift together flour, baking powder and cocoa powder into a bowl. Add sugar, yoghurt, eggs, vanilla essence and oil and mix to combine

Spoon batter into non-stick mini muffin trays and bake for 15 minutes. They should be slightly soft to touch

Cool on wire rack. Store in airtight container within 5-10 minutes for very moist muffins

Nutritional Facts

Per serve

Calories	79
Fat	1.6 g
Carbohydrates	14.9 g
Protein	1 g
Calcium	0 mg



Grainy Salad

Serves 6

INGREDIENTS

- 1 cup freekah
- 1/2 cup currants or cranberries
- 1 orange chopped or seeds of 1 pomegranate if in season
- 1/2 cup Puy lentils
- 6 small beetroot
- handful each of pumpkin seeds, slivered almonds and pine nuts
- handful parsley & coriander leaves
- 2 spring onions
- 1 tsp ground cumin
- 1 tsp honey
- juice of 1 large lemon
- 1 cup Greek style yoghurt

DIRECTIONS

Mix together yoghurt, cumin and honey to make dressing

Peel beetroot, quarter and roast in moderate oven

Put lentils and freekah on to boil in 2 separate saucepans. Bring freekah to a simmer and cook for 30 mins until tender but still a little of a bite to it. Lentils won't need as long bring to boil and simmer for 20 mins until tender. Drain and cool

Chop herbs coarsely, onion finely and mix through lentils and freekah

Squeeze lemon juice on top of salad and fold through gently

Fold through 3/4 of the seeds and currants before serving, reserving the remainder to decorate. Add pomegranate, chopped beetroot and orange.

Season with salt and pepper. To serve put half the dressing on top of salad, garnish with remaining seeds and spinach leaves

Remaining dressing can be put into a bowl with a spoon to serve

Nutritional Facts

Per serve

Calories	404
Fat	9.8 g
Carbohydrates	60.8 g
Protein	15.6 g
Calcium	101.8 mg



Easy Peasey Green Soup

Serves 4

INGREDIENTS

2 tbsp olive oil
2 garlic cloves, crushed
1 onion
1 litre chicken stock - buy salt reduced
500g frozen green peas, defrosted
2tbsp chopped mint
2 tbsp chopped parsley
freshly ground black pepper
2 lean bacon rashers

DIRECTIONS

Heat oil in a frying pan over medium heat, add garlic and chopped onion and cook for 5 minutes or until onion is soft. Take care not to brown the onion.

Add stock, peas, mint and parsley. Bring to boil and then reduce to simmer for 8 minutes.

Remove from the heat and allow to cool a little before pureeing in a food processor or blender.

Season with pepper.

Put bacon under the grill and cook until crispy. Alternatively dry fry bacon in a frying pan until crispy.

Ladle the soup into four warmed bowls and garnish with bacon.

Nutritional Facts

Per serve

Calories	236
Fat	11.3 g
Carbohydrates	13.2 g
Protein	17.9 g
Calcium	0 mg



Cath's Four Bean Salad

Serves 2

INGREDIENTS

- 400g can Four Beans
- 1/2 bunch coriander, chopped
- 40g roasted almonds, chopped
- 1/2 red onion, chopped

DIRECTIONS

Drain and rinse the four beans. Add beans, coriander and chopped almonds and red onion to a bowl and combine.

Emulsify the lemon juice, honey and olive oil and drizzle over salad.

DRESSING

- 1 tbsp lemon juice
- 1 tbsp honey
- 1 tbsp olive oil

Nutritional Facts

Per serve

Calories	388
Fat	19.6 g
Carbohydrates	36.7 g
Protein	13.8 g
Calcium	53.4 mg



Citrus Salad

Serves 1

INGREDIENTS

- 1 orange
- 1 grapefruit
- 10 fresh basil leaves
- 10 fresh mint leaves
- 40g marinated feta

DIRECTIONS

Peel and slice the grapefruit and orange horizontally.

Place grapefruit on a plate, topped with half the fresh herbs, then layer the orange and the remaining herbs.

Crumble the marinated feta on top of the salad

Serve with hot smoked salmon or grilled chicken

Nutritional Facts

Per serve

Calories	237
Fat	9.7 g
Carbohydrates	22.6 g
Protein	10.8 g
Calcium	203.9 mg



Stuffed Potato

Serves 1

INGREDIENTS

1 x 200g potato

**100g tin tuna in brine,
drained**

1 tbsp snipped chives

**1 tbsp grated reduced fat
cheddar cheese**

DIRECTIONS

Cook potato in microwave to your liking.

Cut the top off the cooked potato and scoop out the flesh.

Combine flesh with tuna and chives using a fork and then place mixture back into the hollowed out potato

Top with grated cheese and potato lid and bake in moderate oven for 10 minutes until cheese is melted.

Serve with 150g steamed carrots and 100g cooked frozen peas

Nutritional Facts

Per serve

Calories	328
Fat	7.6 g
Carbohydrates	27.1 g
Protein	35.1 g
Calcium	181 mg



Dinner



Exotic Chicken

Serves 6

INGREDIENTS

1kg chicken thigh or drumstick

1/4 jar mango chutney

100g light sour cream

2 heaped tsp Dijon mustard

1 cup broccoli per person

1/3 cup uncooked basmati, doongara or brown rice per person

DIRECTIONS

Mix chutney, sour cream and mustard together

Place chicken into a baking dish and pour over the sauce.

Mix to coat chicken evenly.

Bake in a moderate oven for 1 hour

Steam or microwave broccoli and cook rice according to instructions.

Nutritional Facts

Per serve

Calories	447
Fat	14.2 g
Carbohydrates	37.9 g
Protein	39.2 g
Calcium	51.7 mg



Light and Tasty Carbonara Pasta

Serves 1

INGREDIENTS

- 50 g dried spaghetti
- 4 small mushrooms, sliced
- 50g lean ham, sliced thinly
- 1/4 onion, diced
- 1 tsp vegetable stock powder
- 2 tsp cornflour
- 1tbsp grated Parmesan cheese
- 1/2 cup light Carnation evaporated milk

DIRECTIONS

Cook spaghetti according to instructions and while cooking, coat a non stick frying pan with olive oil spray and fry onion and mushrooms until soft.

Reduce heat.

Combine cornflour and stock powder and mix into evaporated milk and gently pour into pan with mushrooms and onion.

Stir ham and cheese through mixture and pour over cooked spaghetti

Serve with 1 cup green beans

Nutritional Facts

Per serve

Calories	453
Fat	6.8 g
Carbohydrates	63 g
Protein	29.8 g
Calcium	384.9 mg



2 Minute Noodle Omelette

Serves 1 adult or 2 kids under 12

INGREDIENTS

1 packet 99% fat free 2 minute noodles without seasoning sachet

2 free range eggs, lightly beaten

40g grated reduced fat cheese

1/4 onion, thinly sliced

1/4 large zucchini, thinly sliced

1 whole tomato, thinly sliced

DIRECTIONS

Spray a large non-stick frying pan with cooking spray and arrange onion, zucchini and tomato in layers in the pan.

Top with cooked noodles, distributed evenly over the vegetables and pour over egg.

Sprinkle with grated cheese

Cook over low heat until egg starts to set at the side of the pan and then place the fry pan under the grill to finish the top of the omelette and brown the cheese.

Cut into quarters and serve.

Nutritional Facts

Per serve

Calories	417
Fat	20.3 g
Carbohydrates	6.8 g
Protein	31.8 g
Calcium	0 mg



Moroccan Lamb

Serves 4

INGREDIENTS

**600g diced lamb or trimmed
forequarter chops**

Moroccan spice

1/2 cup tomato paste

olive oil spray

1 sweet potato, peeled

4 carrots, peeled

DIRECTIONS

Coat a heavy based saucepan or pot with olive oil spray and brown lamb.

Sprinkle Moroccan spice on lamb while browning

Coat with tomato paste and cover with water.

Cut sweet potato and carrots into rough chunks and add to pot.

Simmer for 2 hours until tender and serve with steamed green beans, broccoli or cooked frozen peas.

Nutritional Facts

Per serve

Calories	331
Fat	10 g
Carbohydrates	22.3 g
Protein	35.4 g