



Health & Care

A person wearing a bright yellow, vertically-ribbed apron over a blue shirt is shown from the chest down. They are using two wooden spoons to lift a large portion of fresh green leafy vegetables, likely spinach, from a large, light-colored wooden bowl. The bowl sits on a wooden surface. In the foreground, there are some red radishes and a cucumber. The background is softly blurred, suggesting a kitchen setting.

# Bupa Healthy Recipe Book



**Eating a healthy, well-balanced diet can have a big impact on your health. It helps with weight management and reduces your risk of health conditions such as heart disease, type 2 diabetes, stroke, osteoporosis and some types of cancer.**

Variety and balance is key to healthy eating. The Australian Dietary Guidelines recommends a diet that includes fresh fruits and vegetables, wholegrain bread and cereals, fish (especially oily fish), lean meat/poultry, legumes, nuts, seeds, and low-fat dairy products. Eating the right balance of these foods helps your body get all the nutrients it needs for good health.

Home cooked meals play an important part in establishing a healthy balanced diet. When we eat meals out of the home, we lose control over the ingredients and cooking methods used to prepare the dishes. They are typically higher in energy (kilojoules/calories), saturated fat, salt and sugar than meals we cook at home.

Cooking meals at home doesn't have to be time consuming! It can be easy, fun and cheaper than eating out or buying pre-prepared meals.

**Not sure where to start?**

The Bupa Dietitians have put together a selection of easy, nutritious and delicious meals for breakfast, lunch and dinner and have even included recipes for 'sometimes foods' as an occasional treat.

Please keep your individual dietary requirements in mind when choosing a recipe.

# Nutrition stamps



The recipes have been developed, taking into account key nutrients that are good for health. 'Nutrition stamps' have been used to highlight the featured recipes nutritional qualities. Below are the criteria used for the nutrition stamps.

## High protein



At least 20g for main meals  
At least 10g for snacks

## Low sugar



No more than 10g

## Low saturated fat



No more than 2.5g

## Good source of poly and mono-unsaturated fat



At least 7.5g combined unsaturated fats

## High fibre



At least 8g for main or light meals  
At least 4g for breakfast or snacks

## Low sodium



Less than 500mg for main meals  
Less than 120mg for snacks

## High calcium



At least 300mg

## Vegetable serve



1 vegetable serve = 75g

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# Breakfast

**It may sound like a cliché, but breakfast really is the most important meal. Breakfast kick starts your metabolism, and will provide you with the energy to get you through the day.**

Studies have shown that eating breakfast leads to improved concentration, improved energy levels and improved performance. If you're trying to lose weight, you may be tempted to skip breakfast. However, it may surprise you to learn that this is not an effective strategy and may even lead to weight gain.

Breakfast can be a really quick meal to prepare, and can make up a third of your nutrient intake. This is a great opportunity to nourish your body. So pick up your utensils and start your day the right way!

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# Homemade muesli



Low sodium, High calcium

Serves: 12

Prep/cooking time: 30 minutes

## Ingredients:

- ¼ cup honey
- 200 ml hot water
- 1 cup rolled oats
- ¼ cup flaked almonds
- ¼ cup sesame seeds
- ¼ cup pepitas (pumpkin seeds)
- ¼ cup sunflower seeds
- ½ cup desiccated coconut
- ¼ cup sultanas
- ¼ cup dried apricots, chopped
- To serve: ½ cup natural yoghurt (per serve)

## Method:

1. Preheat oven to 160°C
2. Mix honey into hot water until dissolved.
3. In a large mixing bowl, mix oats, nuts, and seeds.
4. Pour the honey and hot water over the oats mixture and stir until all the ingredients are covered.
5. Line a tray with baking paper and spread mixture out on the tray.
6. Cook muesli in the oven for 10 minutes, remove and stir mixture and then cook for a further 10 minutes.
7. Remove from the oven and add desiccated coconut and dried fruit.
8. Let cool. Store muesli in an airtight container in the pantry.
9. To serve - place ¼ cup muesli mix with ½ cup natural yoghurt in a cereal bowl and enjoy!

Serves per recipe: 12 Serving size: approx 180g	Per serve (including ½ cup natural yoghurt)
Energy (kJ)	953kJ
Protein	12.4g
Total fat	8.6g
- Saturated	3.1g
- Polyunsaturated	2.3g
- Monounsaturated	2.6g
Carbohydrates	23 g
- Sugar	18.9g
Fibre	2.5g
Sodium	115mg
Calcium	324mg



Alternatively - If you prefer untoasted muesli, simply mix all dry ingredients together in a large bowl and store.

# Quick and easy sultana and cinnamon porridge



Low saturated fat,  
High fibre, Low sodium

Serves: 1

Prep/cooking time: 3 minutes

## Ingredients:

- ½ cup quick oats
- ¾ cup low fat milk
- ½ teaspoon cinnamon
- 1 tablespoon sultanas

## Method:

1. Add the oats and low fat milk together in a microwave-safe bowl
2. Cook in the microwave on HIGH for 60 seconds. Stir.
3. Cook for a further 30 seconds.
4. Top with sultanas and cinnamon.

Serves per recipe: 1 Serving size: approx 230g	Per serve
Energy (kJ)	1195kJ
Protein	12g
Total fat	5.9g
- Saturated	2.1g
- Polyunsaturated	1.3g
- Monounsaturated	2.1g
Carbohydrates	43g
- Sugar	21g
Fibre	5.4g
Sodium	67mg
Calcium	241mg



# Breakfast smoothie



High protein, Low saturated fat,  
Low sodium, High calcium

Serves: 1

Prep/cooking time: 3-5 minutes

## Ingredients:

- 1 cup low fat milk
- 200ml low-fat/no added sugar yoghurt

## Choose one serve of fruit:

- 1 medium banana
- 1 cup mixed berries (fresh or frozen)
- 1 medium mango
- 2 medium kiwi fruits

## Method:

Blend all of your chosen ingredients together until smooth. Best served and consumed immediately.

Serves per recipe: 1 Serving size: approximately 620g	Per serve
Energy (kJ)	1368kJ
Protein	24.3g
Total fat	4g
- Saturated	2.5g
- Polyunsaturated	0.1g
- Monounsaturated	1g
Carbohydrates	43.4g
- Sugar	40.9g
Fibre	3.4g
Sodium	271mg
Calcium	804mg



# Smashed avocado and feta



Low sugar, Good source of unsaturated fat,  
High fibre, Low sodium,  
1 serve of vegetables

Serves: 2

Prep/cooking time: 5 minutes

## Ingredients

- 2 slices of wholegrain bread (to toast)
- 1 ripe avocado
- 1 lemon
- 50g reduced fat feta

## Method:

1. Toast bread
2. Cut avocado in half, remove pip, and scoop out the flesh into a bowl using a spoon. Cut the lemon in half and squeeze the juice over the avocado. Use a fork and mash it all together.
3. Spread the avocado mixture evenly over the toast. Top with feta and serve.

Serves per recipe: 2 Serving size: approximately 160g	Per serve
Energy (kJ)	1384kJ
Protein	10g
Total fat	24.8g
- Saturated	7.9g
- Polyunsaturated	3.4g
- Monounsaturated	12.1g
Carbohydrates	13.9g
- Sugar	1.4g
Fibre	5.2g
Sodium	334mg
Calcium	129mg



# Poached egg with smoked salmon, avocado and lemon



Low sugar, Good source  
of unsaturated fat

Serves: 1

Prep/cooking time: 10 minutes

## Ingredients:

- 1 large egg
- 1 tablespoon vinegar
- 1 slice thick wholegrain bread
- 30g sliced smoked salmon
- ¼ avocado
- 1 lemon wedge
- Pepper, to taste

## Method:

1. Boil water in a small saucepan. Once the water is boiling, turn the heat down to a simmer, add a splash of vinegar and crack an egg into the water. Poach for 3-4 minutes.
2. While the egg is poaching, toast the bread.
3. Once toasted, spread the avocado on the toast, squeeze the lemon over the avocado, and place the salmon on top of the avocado.
4. Place the poached egg on top of the smoked salmon and season with pepper to taste.

Serve per recipe: 1 Serving size: approximately 155g	Per serve
Energy (kJ)	1212kJ
Protein	18.1g
Total fat	17.4g
- Saturated	3.8g
- Polyunsaturated	3.6g
- Monounsaturated	8.4g
Carbohydrates	13.5g
- Sugar	1g
Fibre	3.5g
Sodium	640mg
Calcium	67mg





# Simple omelette



High protein, Low sugar,  
Low sodium, High calcium,  
1 serve of vegetables

Serves: 1

Prep/cooking time: 15 minutes

## Ingredients:

- 1 small tomato, diced
- 2 spring onions, thinly sliced
- 2 large eggs
- 1 tablespoon low fat milk
- ¼ cup reduced fat cheese, grated

## Method:

1. Roughly chop the tomato. Thinly slice the spring onion. Combine the tomato and spring onion in a bowl.
2. Heat a medium-sized non-stick frying pan over a medium heat.
3. Lightly beat the eggs and milk together in a jug using a fork. Pour the mixture evenly into the frying pan. When the underside of the omelette is golden brown, scatter the tomato, spring onion, and cheese evenly over. Cook for a further 3 to 4 minutes until the egg is golden and set.
4. Once the omelette is golden and set, fold over and slide onto a plate.  
**Enjoy!**

Serves per recipe: 1 Serving size: approximately 280g	Per serve
Energy (kJ)	1061kJ
Protein	22.3g
Total fat	15.2g
- Saturated	6.9g
- Polyunsaturated	1.4g
- Monounsaturated	4.9g
Carbohydrates	5.6g
- Sugar	5.5g
Fibre	2g
Sodium	319mg
Calcium	324mg



# Something light

In this section, you will find lighter meal options which are easy to make and are ideal for lunch or light dinners. Bringing lunch from home gives you control over of the food you consume. You know exactly what went into the meal, and it allows you to serve the appropriate portion sizes to assist in moderating your energy (kilojoule/calorie) intake.

Take advantage of extra time on the weekend and cook meals in bulk to freeze for lunches during the week. Another option is to make a little more dinner to take for lunch the next day - often making an extra serve of the meal takes very little extra time. Putting the extra serves aside in the fridge straight away for lunches can also be a good way to exercise portion control and help reduce the temptation of going back for seconds.

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# Homemade baked beans



Low sugar, Low saturated fat,  
High fibre, Low sodium,  
3 serves of vegetables

Serves: 6

Prep/cooking time: 30 minutes

## Ingredients:

- 1 tablespoon olive oil
- 1 red onion, finely chopped
- 3 cloves garlic, finely chopped
- 1 red chilli, finely chopped
- 2 medium carrots, finely chopped
- 1 medium red capsicum, finely chopped
- Handful of fresh rosemary leaves
- Handful of fresh thyme
- 1 teaspoon smoked paprika
- 400g can diced tomatoes
- 2 x 400g cans your choice of butter beans/cannellini beans (or both), drained and rinsed

Serves per recipe: 6 Serving size: approximately 320g	Per serve
Energy (kJ)	868kJ
Protein	10.5g
Total fat	4.2g
- Saturated	0.8g
- Polyunsaturated	0.7g
- Monosaturated	2.2g
Carbohydrates	23.7g
- Sugar	9.9g
Fibre	13.3g
Sodium	426mg
Calcium	102mg

## Method:

1. Heat oil in a pan over a medium heat. Add onion, garlic, and chilli. Stir fry for a minute until the onion is soft and begins to sweat.
2. Add carrots and capsicum. Stir fry for two minutes.
3. Add rosemary, thyme and paprika. Mix.
4. Add the tomatoes and a little water from rinsing the tomato tin.
5. Add beans and let it simmer for 10 minutes. Flavour develops with time!

# Thai beef salad



High protein, Low sugar,  
2 serves of vegetables

Serves: 4

Prep/cooking time: 40 minutes

## Ingredients

- 500g rump steak, fat trimmed
- 50g dried vermicelli noodles
- 100g mixed salad leaves
- 1 carrot, chopped
- 100g cherry tomatoes, sliced in half
- 1 cucumber, sliced
- 3 spring onions, thinly sliced
- Pepper, to taste

## For dressing

- 1 garlic clove, crushed
- 1 red chilli, deseeded and chopped
- 1 teaspoon sugar
- 3 tablespoons fish sauce, or to taste
- Juice of 1-2 limes

## Method:

1. Trim the visible fat off the steak and season with pepper on both sides.
2. Add a dash of olive oil to a hot pan and pan fry steaks over high heat on both sides. Cook 2-3 minutes in total for medium-rare. Rest meat for 4 minutes.
3. Soak vermicelli noodles in hot water, then drain as per the packet instructions.
4. Combine dressing ingredients, stirring with a spoon and set aside.
5. Put salad leaves, carrot, cherry tomatoes, cucumber, and spring onion in a bowl. Add a few tablespoons of dressing and mix well to combine.
6. Place cooked noodles on top of the salad.
7. Slice cooked steak at an angle across the grain. Place sliced steak on top of noodles.

Serves per recipe: 4 Serving size: approximately 330g	Per serve (including 1tsp sesame seeds, 1tsp peanuts)
Energy (kJ)	1157kJ
Protein	30.1g
Total fat	9g
- Saturated	2.6g
- Polyunsaturated	1.3g
- Monounsaturated	4g
Carbohydrates	15.6g
- Sugar	5.9g
Fibre	5.1g
Sodium	1608mg
Calcium	54mg

Top with - Ground black pepper,  
crushed peanuts and sesame seeds

8. Garnish the salad with pepper to taste and scatter crushed peanuts and sesame seeds on top of the steak.
9. Drizzle remaining dressing over the top and serve immediately.





# Rice paper rolls



Low saturated fat, Low sodium,  
1 serve of vegetables

Serves: 8

Prep/cooking time: 40 minutes

## Ingredients:

- 250g skinless chicken breast, fat trimmed
- 1 large carrot, ribboned
- 1 medium onion, thinly sliced
- ½ cup rice wine vinegar
- 1 ½ cups bean sprouts
- 3 stalks celery, chopped
- 1 red capsicum, cut into match sticks
- 2 cups cabbage, thinly sliced
- ½ cup fresh coriander, chopped
- ¼ cup Vietnamese mint leaves, chopped
- 250g packet rice paper
- Sweet chilli sauce, to serve

## Method:

1. Bring water to the boil in a medium saucepan.
2. Trim the visible fat off the chicken breast. Place chicken in saucepan and bring to the boil again. Leave to simmer on reduced heat for about 10 minutes. Then turn heat off and leave in water for another 10 minutes.
3. Meanwhile add carrots and onion to vinegar and let stand for approximately 10 minutes, mixing occasionally.
4. Once chicken is cooked through, remove from water and shred using two forks.
5. Drain the carrots and onion and discard the vinegar liquid.
6. Place all vegetables, chicken, coriander, and mint in a bowl and mix together.
7. Wrap in rice paper rolls as directed on the packet.
8. Serve with sweet chilli sauce.

Serves per recipe: 8 Serving size: approximately 220g	Per serve (including ½ tsp. sweet chilli sauce)
Energy (kJ)	609kJ
Protein	9.7g
Total fat	0.9g
- Saturated	0.2g
- Polyunsaturated	0.2g
- Monounsaturated	0.3g
Carbohydrates	22.1g
- Sugar	10.2g
Fibre	3.7g
Sodium	428mg
Calcium	41mg

# Sweet potato and tuna patties



High Protein, Low saturated fat,  
High fibre, 2 serves of vegetables

Serves: 4

Prep/cooking time: 40 minutes

## Ingredients:

- 1 large sweet potato, peeled
- 4 spring onions, sliced
- 1 garlic clove, crushed
- 400g cans tuna in springwater, drained
- 1 egg, lightly beaten
- 1 cup wholemeal breadcrumbs
- 2 tablespoons flat-leaf parsley leaves, chopped
- 2 tablespoons plain flour
- 3 teaspoons sesame seeds

## Method:

1. Half fill a medium saucepan with water and bring to boil on a high heat.
2. Cut the sweet potato into 2cm cubes. Once the water is boiling, add the sweet potato and simmer until soft.
3. Once the sweet potato is ready, drain well. Transfer to a large bowl. Use a fork to mash the sweet potato. Allow to cool slightly.
4. Heat a small non-stick fry pan over a medium heat. Add spring onions and garlic. Cook, stirring, for 2 minutes or until soft.
5. Add the spring onion and garlic to the sweet potato mixture. Then add the tuna, egg, breadcrumbs, and parsley. Stir until well combined. Divide mixture into 12 equal portions and shape into patties.
6. Combine flour and sesame seeds on a plate. Coat patties in flour and sesame seed mixture, shaking off any excess.
7. Heat a large, non-stick frying pan over medium heat. Cook in batches, for 4 to 5 minutes each side, or until golden and heated through.
8. Serve with a garden salad on the side.

Serves per recipe: 4 Serving size: approximately 360g	Per serve
Energy (kJ)	1849kJ
Protein	35.8g
Total fat	6.4g
- Saturated	1.6g
- Polyunsaturated	2.1g
- Monounsaturated	1.7g
Carbohydrates	55.8g
- Sugar	12.8g
Fibre	8g
Sodium	711mg
Calcium	101mg

Serve with a garden salad on the side.



# Baby spinach, roast pumpkin, feta and pine nut salad



Low sugar, Good source of unsaturated fat, High fibre, Low sodium, 2 serves of vegetables

Serves: 4

Prep/cooking time: 45 minutes

## Ingredients:

- ½ butternut pumpkin, cubed
- 1 tablespoon olive oil
- 500g spinach leaves
- ½ cup pine nuts
- 100g reduced fat feta

## Method:

1. Preheat the oven to 180°C.
2. Place the pumpkin on an oven tray and drizzle with olive oil.
3. Cook in the oven for 20-30 minutes, toss every 5 minutes or so, until slightly crispy.
4. Meanwhile, fry the pine nuts in a non-stick pan until golden, remove from heat and place in a bowl to cool.
5. Drain and crumble the feta. Combine the spinach leaves, pine nuts and feta in a salad bowl.
6. Once cool, add the pumpkin to the salad bowl, mix the ingredients together and serve.

Serves per recipe: 4 Serving size: approximately 300g	Per Serve
Energy (kJ)	1520kJ
Protein	13.4g
Total fat	27.4g
- Saturated	5.4g
- Polyunsaturated	9.5g
- Monounsaturated	9.8g
Carbohydrates	12g
- Sugar	9.2g
Fibre	8.9g
Sodium	193mg
Calcium	176mg

# Halloumi and citrus salad



Low sugar, Good source of unsaturated fats, High calcium, 1 serve of vegetables

Serves: 4

Prep/cooking time: 20 minutes

## Ingredients:

- 1 packet of halloumi (180g)
- ¼ cup walnuts
- 1 orange
- 300g baby rocket
- ¼ cup mint leaves

## Dressing:

- 2 tablespoons olive oil
- 1 tablespoon red wine vinegar
- 1 teaspoon Dijon mustard
- 1 teaspoon honey

## Method:

1. Chop the halloumi into 1cm thick slices.
2. Heat a medium sized non-stick fry pan over a medium heat. Cook the halloumi on each side for 2 minutes (or until golden).
3. Once the halloumi has been removed from the pan, add the walnuts and cook until they're toasted.
4. Peel and chop the orange into small cubes.
5. Place the orange, rocket, mint, halloumi, and walnuts into a serving bowl.
6. Mix together the ingredients for the dressing in a jar (with lid). Shake well until mixed. Spoon over salad to serve.

Serves per recipe: 4 Serving size: approximately 190g	Per Serve
Energy (kJ)	1253kJ
Protein	13.9g
Total fat	23.5g
- Saturated	6.8g
- Polyunsaturated	5.7g
- Monounsaturated	9.5g
Carbohydrates	6.4g
- Sugar	6.2g
Fibre	3.6g
Sodium	571mg
Calcium	456mg



# Creamy spiced pumpkin soup



Low saturated fat, High fibre, Low sodium, 3 serves of vegetables

Serves: 6

Prep/cooking time: 45 minutes

## Ingredients

- 1 tablespoon olive oil
- 1 large brown onion, peeled & chopped
- 3 garlic cloves, crushed
- 1 leek, finely chopped
- 4cm piece of ginger, peeled & thinly sliced
- 1kg butternut pumpkin, peeled & chopped
- 400g can chickpeas, rinsed & drained
- 2 carrots (skin on), coarsely chopped
- 1 red chilli, finely chopped (optional - adjust quantity to taste)
- 2 cups salt reduced chicken stock
- 1 ½ cups water
- ½ cup low fat natural yoghurt
- Pepper, to taste

## Method

1. Heat oil in a saucepan over a medium-low heat. Cook the onion, garlic, leek, and ginger, stirring occasionally, for 5 minutes, or until soft. Add pumpkin, chickpeas, carrots, and chilli and stir through.
2. Add stock and water and bring to boil over high heat. Reduce heat to medium-low and add pepper. Cover and simmer for 20 minutes, or until the pumpkin is tender.
3. Add ½ cup yoghurt and blend the pumpkin mixture until smooth (if you prefer a chunky soup you can skip the blending).
4. Serve in a bowl with yoghurt and sprinkle with coriander.

Serves per recipe: 6 Serving size: approximately 530g	Per serve (including garnish: 1 tablespoon yoghurt and 1 teaspoon fresh coriander)
Energy (kJ)	1000kJ
Protein	12.3g
Total fat	6g
- Saturated	0.8g
- Polyunsaturated	0.9g
- Monounsaturated	2.6g
Carbohydrates	26.9g
- Sugar	16.1g
Fibre	9.9g
Sodium	439mg
Calcium	194mg

To Serve: 1 tablespoon yoghurt and 1 teaspoon fresh coriander (per serve)

# Minestrone soup



Low saturated fat, High fibre,  
Low sodium, 3 serves of vegetables

Serves: 6

Prep/cooking time: 40 minutes

## Ingredients:

- 1 brown onion, sliced
- 2 garlic cloves, crushed
- 1 tablespoon olive oil
- 140g tub tomato paste
- 800g can diced tomatoes
- 2 carrots, diced
- 3 stick of celery, diced
- 400g can four-bean mix, drained and rinsed
- 1 cup of pasta shells
- 2 cups of water
- 1 bunch parsley, chopped
- 1 bunch basil, chopped
- Pepper, to taste

Serves per recipe: 6 Serving size: approximately 410g	Per serve
Energy (kJ)	889kJ
Protein	8.8g
Total fat	4.3g
- Saturated	0.6g
- Polyunsaturated	0.6g
- Monounsaturated	2.4g
Carbohydrates	28.2g
- Sugar	11.2g
Fibre	10.4g
Sodium	475mg
Calcium	116mg

## Method:

1. Place a large saucepan over a medium-high heat on the stove. Sauté the onion, and garlic in olive oil until the onion sweats.
2. Add the tomato paste, diced tomatoes and water, and bring to boil.
3. Add the carrot, celery, and four-bean mix, turn down the heat and simmer for 10 minutes.
4. Add the pasta shells, and cook them until al dente.
5. Turn off heat, add the parsley, basil and pepper. **Serve!**



# Mains

Lunch and dinner can be simple and quick to prepare! In this section, you will find some easy and delicious recipes for main meals. Remember to incorporate lots of vegetables in your meals. Most people in Australian don't eat the recommended 5+ serves of vegetables each day, so these recipes have been developed to help you meet this target.

A good visual technique to use for your plate is the 'Healthy Plate Model'. In a healthy, balanced meal, non-starchy vegetables (leafy greens, carrot, capsicum, onion, eggplant, tomato, cabbage, mushrooms, green beans etc.) should take up half of the dinner plate, with carbohydrate foods (bread, pasta, rice, starchy vegetables such as potato, sweet potato, or corn) and protein sources (meat, fish, poultry, legumes, tofu) each taking up a quarter of the plate. Many recipes don't follow this breakdown, so replacing some of the protein or carbohydrates on your plate to allow for more vegetables can help to reduce the overall energy consumed in the meal as well as providing fibre to help us feel fuller for longer.

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# Red lentil burger



High protein, Good source of unsaturated fat, High fibre, 4 serves of vegetables

Serves: 6

Prep/cooking time: 25 minutes

## Ingredients (Rissole):

- 400g can red lentils
- 200g lean beef mince
- 1 onion, finely chopped
- 1 carrot, grated
- 1 zucchini, grated
- 1 garlic clove, crushed
- 2 teaspoons curry powder
- 1 egg
- ¼ cup wholemeal breadcrumbs

## To serve (per burger):

- Wholemeal roll
- ¼ avocado, sliced
- 1 slice reduced fat cheese
- 2 slices of beetroot
- ½ tomato, sliced
- 1 pineapple ring
- ¼ cup lettuce, shredded

## Method

1. Place all the ingredients for the rissoles in a large bowl and mix until well combined.
2. Take handfuls of mixture (approximately 2 tablespoons per rissole) and roll into balls. These can be stored in the fridge or freezer until they are ready to be cooked.
3. Using a frying pan, or BBQ, place the rissoles on the heat and flatten with a spatula. Cook the rissoles all the way through (approximately 5 minutes each side).
4. To serve, assemble the burger with your desired toppings.

Serves per recipe: 6 Serving size: approximately 500g	Per serve
Energy (kJ)	2455kJ
Protein	31.3g
Total fat	20.6g
- Saturated	7.2g
- Polyunsaturated	2.9g
- Monounsaturated	8.6g
Carbohydrates	61.9g
- Sugar	15.3g
Fibre	12.6g
Sodium	742mg
Calcium	292mg

# Vegetable and chicken curry



High protein, Low saturated fat, High fibre, Low sodium, 3 serves of vegetables

Serves: 6

Prep/cooking time: 40 minutes

## Ingredients:

- 1 tablespoon olive oil
- 400g skinless chicken breast, diced into 1cm cubes
- 2 teaspoons turmeric
- 2 teaspoons cumin
- 2 teaspoons garam masala
- ¼ teaspoons chilli powder (or fresh chilli, diced)
- 3 teaspoons salt reduced chicken stock powder
- 1 onion, diced
- 2 cloves garlic, crushed
- 3 medium carrots, sliced
- 1 large zucchini, sliced
- 1 medium head of cauliflower, cut into small florets
- 2 red capsicums, sliced
- ½ cup low fat milk
- 1 ½ tablespoons cornflour
- 375ml can coconut flavoured light evaporated milk (or add a few drops of coconut essence to light evaporated milk)
- 2 teaspoons fresh coriander

## Method:

1. Add turmeric, cumin, garam masala, chilli and stock powder to chicken pieces and mix until chicken is coated. Set aside.
2. Place a large pot over a high heat and add olive oil. Cook onion and garlic in olive oil until brown.
3. Add chicken pieces and cook until chicken is cooked through, (approximately 5 minutes).

Serves per recipe: 6 Serving size: approximately 570g	Per serve (including 2/3 cup cooked rice)
Energy (kJ)	1840kJ
Protein	28.5g
Total fat	6.7g
- Saturated	2g
- Polyunsaturated	0.6g
- Monounsaturated	3.1g
Carbohydrates	61.2g
- Sugar	18.6g
Fibre	9.1g
Sodium	159mg
Calcium	288mg

Serve with about 2/3 cup of cooked rice (basmati, doongara or brown) per serve.

4. Add vegetables and cook for about 5-10 minutes until vegetables are tender.
5. Meanwhile, combine milk and cornflour in bowl and mix until smooth.
6. Add milk/cornflour mixture and evaporated milk to the pan and stir continuously until mixture starts to boil.
7. Turn the heat down and simmer for an additional 5-10 minutes until vegetables are soft.
8. Add fresh coriander just before serving.

# Lentil bolognaise



High protein, Low saturated fat,  
High fibre, 4 serves of vegetables

Serves: 6

Prep/cooking time: 30 minutes

## Ingredients:

- 1 tablespoon olive oil
- 1 onion, diced
- 2 garlic cloves, crushed
- 1 red capsicum, chopped
- 2 celery sticks, chopped finely
- 2 large carrots, grated
- 1 large zucchini, grated
- 800g can chopped tomatoes
- 140g tub tomato paste
- 400g can brown lentils, rinsed and drained
- 400g red kidney beans, rinsed and drained
- ½ cup water
- 1 bunch basil leaves, chopped
- 1 bunch parsley, chopped
- Pepper, to taste

Serves per recipe: 6 Serving size: approximately 630g	Per serve (including ¾ cup cooked pasta)
Energy (kJ)	1787kJ
Protein	21.1g
Total fat	4.8g
- Saturated	0.6g
- Polyunsaturated	0.8g
- Monounsaturated	2.3g
Carbohydrates	63.9g
- Sugar	15.6g
Fibre	17.9g
Sodium	552mg
Calcium	151mg

Serve with about ¾ cup of  
cooked pasta or spaghetti

## Method:

1. Heat oil in a large pan over a medium heat. Brown onion and garlic until soft.
2. Add all vegetables and cook for about 5 minutes or until vegetables are soft.
3. Add canned tomatoes, tomato paste, lentils and kidney beans and bring mixture to the boil. Add water if needed.
4. Once boiling, turn down the heat and simmer for about 15 minutes, stirring occasionally.
5. Add basil, parsley, and pepper to sauce just before serving.

# Simple satay stir-fry



High protein, Good source of unsaturated fat,  
High fibre, High calcium, 3 serves of vegetables

Serves: 4

Prep/cooking time: 25 minutes

## Ingredients:

- 200g rice noodles
- 3 cloves garlic, crushed
- 2 teaspoons ginger, finely grated
- 4 spring onions, sliced
- 1 medium carrot, cut into matchsticks
- 1 red capsicum, sliced
- 300g firm tofu, sliced
- 2 cups bean sprouts
- 3 heads bok choy, halved
- 100g snow peas, trimmed
- 125g packet baby sweet corn

## Sauce:

- 3 tablespoons peanut butter (salt reduced)
- 2 tablespoons soy sauce (salt reduced)
- 2 tablespoons sweet chilli sauce
- 1 tablespoon peanut oil
- 1 teaspoon lemon or lime juice

## Garnish: (per serve)

- 1 lemon or lime wedge
- 1 teaspoon crushed peanut
- 2 tablespoons coriander, chopped

## Method

1. Soak the rice noodles in hot water (as per packet instructions).
2. Spray wok with oil, add garlic and ginger and brown for 1-2 minutes.
3. Add spring onion, carrot, and capsicum. Cook until the carrot and capsicum soften (approximately 4 minutes).

Serves per recipe: 4 Serving size: approximately 430g	Per serve (including crushed peanuts and coriander)
Energy (kJ)	2271kJ
Protein	23.3g
Total fat	22.7g
- Saturated	3.6g
- Polyunsaturated	5.7g
- Monounsaturated	11.2g
Carbohydrates	55.8g
- Sugar	15.7g
Fibre	12.2g
Sodium	758 mg
Calcium	342 mg

4. Add the tofu, bean sprouts, bok choy, snow peas and baby corn. Stir fry for 2 minutes.
5. Mix the peanut butter, soy sauce, sweet chilli sauce, peanut oil, and lemon/lime juice in a small bowl. Once mixed through, add to the wok.
6. Once everything has cooked well together, drain the noodles, add them to the wok and stir them through.
7. To serve, place the noodles on a plate and garnish with a lemon/lime wedge, sprinkle with crushed peanuts and top with coriander.

# Cauliflower fried rice



Low saturated fat, High fibre,  
3 serves of vegetables

Serves: 4

Prep/cooking time: 25 minutes

## Ingredients:

- ½ cup your choice of basmati, doongara or brown rice
- ½ head of cauliflower
- 1 clove garlic, crushed
- 200g lean ham, roughly chopped
- 1 onion, finely chopped
- 1 red capsicum, diced
- 2 carrots, diced
- 1 cup frozen peas
- 2 eggs, lightly beaten
- 1 tablespoon soy sauce (salt reduced)

## Method:

1. Cook rice according to the directions on the packet.
2. Using a food processor, process cauliflower until it resembles rice. Be careful not to over process as you don't want the chopped cauliflower to turn into a paste.
3. In a wok, heat a small amount of oil, then stir fry garlic, ham, and onion for 1 minute.
4. Add the capsicum, carrot, cauliflower, and peas and stir fry until the vegetables soften.
5. Make a well in the centre of the wok, add the 2 eggs and cook until the eggs are cooked through. Cut the eggs into strips and then mix the egg through the vegetables.
6. Add the cooked rice to the wok and add the soy sauce to taste. Mix well and serve.

Serves per recipe: 4 Serving size: approximately 400g	Per serve
Energy (kJ)	1173kJ
Protein	19.6g
Total fat	3.8g
- Saturated	1g
- Polyunsaturated	0.5g
- Monounsaturated	1.4g
Carbohydrates	35g
- Sugar	11.4g
Fibre	10.8g
Sodium	891mg
Calcium	73mg



# Pita pizza



High protein, High fibre,  
High calcium, 1 serve of vegetables

Serves: 4

Prep/cooking time: 20 minutes

## Ingredients

- 4 medium wholemeal pita bread
- 140g tub tomato paste
- 1 small green capsicum, deseeded, cut into thin strips
- 100g lean ham, shredded
- 1 medium carrot, grated
- 100g spinach leaves
- 225g can pineapple pieces in natural juice, drained
- 160g reduced fat cheese, grated

## Method

1. Preheat oven to 200°C (180°C fan forced). Line a baking tray with baking paper.
2. Spread tomato paste on each pita bread.
3. Top with capsicum, ham, carrot, spinach leaves, pineapple, and reduced fat cheese.
4. Bake for 10-15 minutes or until cheese is melted and base is crisp.

Serves per recipe: 4 Serving size: approximately 350g	Per serve
Energy (kJ)	1729kJ
Protein	24.7g
Total fat	12g
- Saturated	6.7g
- Polyunsaturated	1.1g
- Monounsaturated	2.9g
Carbohydrates	44.8g
- Sugar	15.3g
Fibre	10.9g
Sodium	882mg
Calcium	395mg

Serve with a garden salad on the side.

# Lamb mint feta pie with mash



High protein, Good source of unsaturated fat, High fibre, Low sodium, 3 serves of vegetables

Serves: 6

Prep/cooking time: 45 minutes

## Ingredients

- 2 large sweet potatoes, peeled and cubed
- 1 brown onion, chopped
- 250g lamb mince
- 3 sprigs rosemary, stripped
- 400g can lentils, drained and rinsed
- 1 zucchini, grated
- ¼ cup mint sauce
- 100g reduced fat feta
- ½ cup low fat milk
- 2 tablespoons olive oil

## Method:

1. Preheat oven to 200°C (180°C fan forced).
2. Fill a medium sized pot with water, add the sweet potato and bring to boil.
3. Place a large oven proof saucepan on a medium heat. Heat the oil and brown the onion.
4. Add the lamb mince and cook until brown. Add the rosemary, lentils, zucchini, and mint sauce, and cook over a low heat for 10 minutes. Remove from heat. Crumble feta over mince and mix through.
5. Drain the sweet potatoes, add the milk, and olive oil, and mash until smooth.

Serves per recipe: 6 Serving size: approximately 360g	Per serve
Energy (kJ)	1650kJ
Protein	22g
Total fat	13.9g
- Saturated	4.7g
- Polyunsaturated	1.3g
- Monounsaturated	6.7g
Carbohydrates	40.4g
- Sugar	15.7g
Fibre	8.8g
Sodium	372mg
Calcium	142mg

Serve with a garden salad on the side.

6. Spread the sweet potato mash over the mince mixture, and place in the oven for 20 minutes, or until brown/golden.
7. Serve with a garden salad on the side or with mixed vegetables, such as green beans, carrot and cauliflower.



# BBQ salmon and grilled vegetables



High protein, Good source of unsaturated fats, High fibre, Low sodium, 4 serves of vegetables

Serves: 2

Prep/cooking time: 20 minutes

## Ingredients:

- 2x 150g salmon fillets
- 1 tablespoon olive oil
- 1 red capsicum, halved and deseeded
- 1 bunch asparagus, ends removed
- 1 corn cob, halved
- 2 large flat mushrooms

## Method:

1. Fire up the BBQ grill.
2. Drizzle olive oil over the vegetables.
3. When the grill is sufficiently heated, place each of the ingredients on to the grill. When the salmon fillets are sufficiently cooked on one side (it will turn light pink in colour), flip and cook the other side.
4. Remove items from heat when they're cooked through and serve.

Serves per recipe: 2 Serving size: approximately 520g	Per serve
Energy (kJ)	2268kJ
Protein	41.4g
Total fat	31.6g
- Saturated	5.8g
- Polyunsaturated	7.9g
- Monounsaturated	14.8g
Carbohydrates	17.7g
- Sugar	9.6g
Fibre	9.5g
Sodium	76mg
Calcium	33mg



# Zucchini slice



Low sugar, Good source of  
unsaturated fat,  
1 serve of vegetables

Serves: 6

Prep/cooking time: 40 minutes

## Ingredients:

- 1 cup self-raising flour
- 2 zucchinis, grated
- 1 brown onion, chopped
- 200g lean ham, chopped
- 1 cup reduced fat cheese, grated
- 4 eggs
- ¼ cup olive oil

## Method:

1. Preheat oven to 180°C. Grease and line a medium depth 30x20cm tin.
2. Put the flour, zucchini, onion, ham, and cheese in a bowl and mix until combined. Add the eggs and olive oil, mix to a batter. Spread the mixture evenly into the tin.
3. Bake for 30 minutes, or until golden.

Serves per recipe: 6 Serving size: approximately 200g	Per serve
Energy (kJ)	1351kJ
Protein	18.5g
Total fat	18.2g
- Saturated	5.6g
- Polyunsaturated	1.6g
- Monounsaturated	9.4g
Carbohydrates	19g
- Sugar	2.5g
Fibre	2.7g
Sodium	730mg
Calcium	210mg

# Spinach and ricotta lasagne



Low sodium, 3 serves of vegetables

Serves: 8

Prep/cooking time: 1 hour, 20 minutes

## Ingredients:

- 1 butternut pumpkin
- 500g tub ricotta cheese, reduced fat
- 4 spring onions, finely chopped
- ½ cup parmesan cheese, finely grated
- 1 box of lasagne sheets
- 1 eggplant, thinly sliced
- 1 zucchini, thinly sliced
- 100g baby spinach leaves
- 400g tomato-based pasta sauce
- 2 tablespoons additional parmesan cheese
- Pepper (to taste)

## Method:

1. Preheat oven 180°C.
2. Cut the pumpkin into 2cm cubes, removing the skin and seeds. Half fill a medium-sized saucepan with water, add the pumpkin and boil until the pumpkin is soft and cooked through. Drain, mash and set aside. Add pepper to taste.
3. In a separate bowl, mix together ricotta, spring onions and parmesan.
4. Using a lasagne dish, assemble the lasagne as follows
5. Layer 1 - Start with lasagne sheets. Then spread half the mashed pumpkin evenly and top with eggplant and zucchini slices. Finish by spreading half the ricotta mixture evenly on top.
6. Layer 2 - Place lasagne sheets on top of layer 1. Spread the remaining pumpkin evenly over them and top with baby spinach leaves. Finish layer by spreading the remaining ricotta mixture evenly.
7. Layer 3 - Finish with a layer of lasagne sheets, topped with the tomato-based pasta sauce and sprinkle remaining parmesan.
8. Place in the oven and cook for 45 minutes, or until lasagne sheets are soft.

Serves per recipe: 8 Serving size: approximately 390g	Per serve
Energy (kJ)	1430kJ
Protein	17.6g
Total fat	6.5g
- Saturated	2.7g
- Polyunsaturated	0.7g
- Monounsaturated	1.4g
Carbohydrates	48.1g
- Sugar	13.1g
Fibre	7.2g
Sodium	379mg
Calcium	291mg



# Snacks & Sweets

Although snacks are not necessarily needed across the day, they can be helpful if you get hungry in between meals. Be selective with your choices – while healthy snacks can contribute vital nutrients to our diet, unhealthy snacks, such as chocolate, cakes, sweet biscuits, pastries, and potato crisps, can contribute excess energy (kilojoules/calories) and offer little nutritional value. Planning ahead by having a healthy snack available may help you avoid the temptations of those less desirable snacks that tend to be high in saturated fat, added sugar and/or salt, and low in fibre!

Sweet treats can be a normal part of a balanced diet, but just be mindful of how much and how often you consume these.

In this section we have provided some healthier snack and sweets recipes for you to try. Remember these are a treat, not something to consume on a daily basis.

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# Tomato salsa



Low sugar, Low saturated fat, Low sodium

Serves: 12

Prep/cooking time: 10 minutes

## Ingredients:

- 4 ripe tomatoes, diced
- 1 Lebanese cucumber, diced
- ½ red onion, diced
- 1 clove of garlic, crushed
- 2 tablespoons coriander, chopped
- 1 tablespoon olive oil
- 2 teaspoons lemon juice
- Chilli flakes, to taste
- Pepper, to taste

## Method:

1. Combine, tomatoes, cucumber, red onion, and crushed garlic in bowl.
2. Add coriander, olive oil, and lemon juice.
3. Season with pepper and chilli to taste.

Serves per recipe: 12 Serving size: approximately 70g	Per serve
Energy (kJ)	114kJ
Protein	0.7g
Total fat	1.6g
- Saturated	0.2g
- Polyunsaturated	0.1g
- Monounsaturated	1.1g
Carbohydrates	1.9g
- Sugar	1.8g
Fibre	1g
Sodium	8mg
Calcium	16mg



# Guacamole



Low sugar, Low saturated fat, Low sodium,  
1 serve of vegetables

Serves: 12

Prep/cooking time: 10 minutes

## Ingredients:

- 3 ripe avocados
- 4 ripe tomatoes, chopped
- Juice of one lime
- Juice of one lemon
- 1 cloves garlic, crushed
- Chilli flakes, to taste
- Pepper, to taste

## Method:

1. Remove avocado flesh from the skin and mash the avocado until almost smooth, but still a little chunky.
2. Mix avocado and tomatoes in a bowl and add lime juice, lemon juice, and garlic.
3. Add chilli flakes and pepper to taste.

Serves per recipe: 12 Serving size: approximately 90g	Per serve
Energy (kJ)	388kJ
Protein	1.3g
Total fat	8.7g
- Saturated	1.9g
- Polyunsaturated	1.1g
- Monounsaturated	5.1g
Carbohydrates	1.5g
- Sugar	1.4g
Fibre	2g
Sodium	6mg
Calcium	11mg





# Tzatziki



Low sugar, Low saturated fat, Low sodium

Serves: 12

Prep/cooking time: 10 minutes

## Ingredients:

- 400g natural yoghurt, reduced fat
- 2 lebanese cucumbers, grated
- 2 garlic cloves, crushed
- 1 lemon, rind finely grated
- Juice of one lemon

## Method:

1. Mix together yoghurt, cucumber, garlic, and lemon rind
2. Flavour with lemon juice to taste.

Serves per recipe: 12 Serving size: approximately 60g	Per serve
Energy (kJ)	101kJ
Protein	2.4g
Total fat	0.1g
- Saturated	<0.1g
- Polyunsaturated	<0.1g
- Monounsaturated	<0.1g
Carbohydrates	2.7g
- Sugar	2.6g
Fibre	0.4g
Sodium	34mg
Calcium	97mg

Serve all dips with either multigrain pita chips or vegetable sticks



# Mini quiches in bread



High protein, Low sugar,  
Low saturated fat

Serves: 6

Prep/cooking time: 25 minutes

## Ingredients:

- Olive oil spray
- 6 slices of wholegrain bread, crusts cut off
- 3 eggs
- 1/2 cup low fat milk
- 3 slices of lean ham, cut into strips
- 1/3 cup reduced fat cheese, grated

## Method:

1. Pre-heat the oven to 180°C.
2. Spray a 6 cup muffin tin with oil.
3. Press one slice of bread into each case in the muffin tray to form a cup.
4. Lightly beat the eggs and milk. Once combined, add the ham and cheese.
5. Distribute the mixture evenly into the bread cups in the muffin tray. Place the tray in the oven and cook for 15 minutes, or until cooked through.
6. Remove from oven and rest for 5 minutes before serving.
7. Leftovers can be refrigerated and may be eaten hot or cold.

Serves per recipe: 6 Serving size: approximately 100g (1 quiche)	Per serve
Energy (kJ)	780kJ
Protein	12.2g
Total fat	8.2g
- Saturated	2.3g
- Polyunsaturated	2.4g
- Monounsaturated	2.7g
Carbohydrates	14.2g
- Sugar	1.9g
Fibre	3g
Sodium	393mg
Calcium	144mg

# Roasted nut and cranberry bars



Low sugar, Low saturated fat,  
Low sodium

Serves: 16

Prep/cooking time: 35 minutes

## Ingredients:

- ½ cup slivered almonds, roughly chopped
- ½ cup cashews, roughly chopped
- ½ cup red quinoa
- ½ cup pepitas (pumpkin seeds)
- 1 cup dried cranberries
- 2 tablespoons honey
- 3 tablespoons water

## Method:

1. Preheat the oven to 180°C. Grease and line a 20cm square slice tin with baking paper.
2. Line a large baking tray with baking paper. Put the almonds, cashews, quinoa and pepitas on the tray and bake for 8-10 minutes until golden and slightly fragrant. Tip the mixture into a large bowl and leave to cool.
3. Place the dried cranberries, honey, and water in a food processor. Blend until they form a smooth paste.
4. Add the paste to the nuts and seeds and stir well. Transfer the mixture to the slice tin and smooth the surface.
5. Bake for 20-25 min until firm. Remove from the oven and let cool completely in the tin.

Serves per recipe: 16 Serving size: approximately 30g (1 bar)	Per serve
Energy (kJ)	543kJ
Protein	3.6g
Total fat	6.7g
- Saturated	0.9g
- Polyunsaturated	2.1g
- Monounsaturated	3.4g
Carbohydrates	13.6g
- Sugar	9.8g
Fibre	1.7g
Sodium	3mg
Calcium	17mg



# Apple crumble with low fat yoghurt



Low saturated fat,  
High fibre, Low sodium

Serves: 8

Prep/cooking time: 40 minutes

## Ingredients:

- ¾ cup plain flour
- ¼ cup brown sugar
- 2 teaspoons ground cinnamon
- 60g margarine
- ½ cup rolled oats
- 2 tablespoons sesame seeds
- ¼ cup crushed walnuts
- 800g can of diced apples

## Method:

1. Preheat the oven to 200°C (180°C fan forced). Grease a large oven proof dish (6 cup capacity).
2. Combine the flour, sugar, and cinnamon in a bowl. Rub in the margarine until the mixture resembles bread crumbs.
3. Add the oats, sesame seeds and walnuts.
4. Pour the diced apples into the ovenproof dish and sprinkle the crumble mixture over the top.
5. Cook for 30 minutes or until the crumble is golden.
6. Serve warm with yoghurt.

Serves per recipe: 8 Serving size: approximately 160g	Per serve
Energy (kJ)	1003kJ
Protein	5.2g
Total fat	9.4g
- Saturated	1.5g
- Polyunsaturated	4g
- Monounsaturated	2.7g
Carbohydrates	31.2g
- Sugar	18.6g
Fibre	4.6g
Sodium	53g
Calcium	63mg

To serve: 1 tablespoon low fat greek yoghurt, (per serve)



# Pumpkin and date scones



Low sugar, Low saturated fat

Serves: 24

Prep/cooking time: 45 minutes

## Ingredients:

- 600g butternut pumpkin, chopped
- 3 cups self-raising flour
- 2 tablespoons caster sugar
- 55g margarine
- ½ cup pitted dates, chopped
- 1 egg
- ½ cup low fat milk

## Toppings

- 250g ricotta
- 1 tablespoon honey

## Method:

1. Preheat oven to 200°C. Prepare 2 large baking trays with baking paper.
2. Steam pumpkin for 10 minutes, or until very tender. Drain. Mash pumpkin in a bowl to a rough purée. Set aside to cool.
3. In a separate large bowl, sift flour and stir in sugar. Using your fingers, rub margarine into the flour mixture until it resembles fine breadcrumbs.
4. Mix dates into the flour mixture.
5. Add milk and egg to the bowl containing pumpkin and stir until combined.
6. Make a well in the centre of the flour mixture. Add the pumpkin mixture to the well. Using a flat-bladed knife, stir until dough almost comes together.
7. On a lightly floured surface, knead dough until it completely comes together. Press or roll out until dough is 3cm thick.
8. Dip a 5cm round cutter into flour and cut out scones.
9. Place scones onto baking tray. Bake for 15 minutes or until light golden and hollow when tapped.
10. In another bowl, mix honey into ricotta until smooth.
11. Serve scones either hot or cold with ricotta and honey mix.

Serves per recipe: 24 scones Serving size: approximately 70g (1 scone)	Per serve
Energy (kJ)	494kJ
Protein	3.9g
Total fat	2.6g
- Saturated	0.9g
- Polyunsaturated	0.4g
- Monounsaturated	0.7g
Carbohydrates	18.9g
- Sugar	6.4g
Fibre	1.4g
Sodium	150mg
Calcium	50mg

# Banana and cinnamon pikelets



Low saturated fat

Serves: 6

Prep/cooking time: 30 minutes

## Ingredients:

- 1 ¼ cups wholemeal self-raising flour
- ½ cup brown sugar
- ½ tsp ground cinnamon
- 1 banana, mashed
- 1 egg, lightly beaten
- ¾ cup reduced fat milk
- 1 tsp olive oil for cooking

## Method:

1. Place flour, sugar and cinnamon ingredients in large bowl and mix to combine.
2. In a separate bowl, mix together mashed banana, egg, and milk.
3. Make a well in the centre of flour mixture and pour in banana mixture. Slowly whisk until mixtures forms a batter.
4. Add olive oil to frying pan, drop about 1 tablespoon of batter into the pan and cook over a medium heat for 1-2 minutes, until bubbles appear on the surface. Flip and cook for another 1-2 minutes on other side.
5. Mixture makes about 12 pikelets.

Serves per recipe: 6 Serving size: approximately 100g	Per serve
Energy (kJ)	820KJ
Protein	5.4g
Total fat	2.4g
- Saturated	0.6g
- Polyunsaturated	0.4g
- Monounsaturated	1g
Carbohydrates	36.4g
- Sugar	16.5g
Fibre	3.8g
Sodium	216mg
Calcium	84mg

Serve with sliced strawberries, blueberries and bananas



# Strawberry cheesecake



Good source of unsaturated fat

Serves: 12

Prep/cooking time: 20 minutes  
(plus 3 hours to set)

## Ingredients:

### Base:

- 100g arrowroot biscuits
- 1/2 cup walnuts
- 1/3 cup olive oil

### Filling:

- 250g packet reduced fat cream cheese
- 500g reduced fat plain greek yoghurt
- 1 teaspoon vanilla essence
- 3 tablespoons caster sugar

### Topping:

- 250g strawberries (or berries of your choice)

### Method:

1. Using a food processor, crush biscuits until fine. Add walnuts and pulse until finely chopped. While the food processor is running, add oil and process until combined.
2. Press base mixture into the bottom of a 24cm cake tin with removable sides.
3. Beat together cream cheese, yoghurt, vanilla and sugar until smooth.
4. Spoon the cheese mixture into the cake pan and refrigerate until set (approximately 3 hours).
5. Once set, decorate with berries, and serve.

Serves per recipe: 12 Serving size: approximately 110g	Per serve
Energy (kJ)	1029kJ
Protein	6.4g
Total fat	17.8g
- Saturated	5.8g
- Polyunsaturated	3.7g
- Monounsaturated	7.2g
Carbohydrates	14.4g
- Sugar	10.9g
Fibre	1.9g
Sodium	136mg
Calcium	93mg



# Banana and walnut muffins



Low saturated fat, Good source of unsaturated fats, Low sodium

Serves: 12

Prep/cooking time: 40 minutes

## Ingredients:

- 2 cups plain flour
- 2 ¼ teaspoons baking powder
- ¾ cup brown sugar
- ½ teaspoon ground cinnamon
- 3 extra ripe bananas, mashed
- ½ cup olive oil
- ¼ cup low fat milk
- 1 cup walnuts, chopped
- 1 egg

### Method:

1. Preheat the oven to 180°C. Grease a 12 cup muffin tin.
2. In a medium bowl, mix together the flour, baking powder, brown sugar, and cinnamon.
3. In a separate bowl, mix together banana, olive oil, and milk.
4. Pour wet ingredients into dry ingredients and mix well. Once this is mixed, stir through the walnuts.
5. Divide batter evenly between the 12 cup muffin tin. Place the tin in the oven and cook for 20 minutes, or until muffins are golden.
6. After removing the tray from the oven, cool for 5 minutes and then place muffins on a rack to cool completely.

Serves per recipe: 12 Serving size: approximately 90g	Per serve
Energy (kJ)	1309kJ
Protein	5.1g
Total fat	18.4g
- Saturated	2.2g
- Polyunsaturated	6.8g
- Monounsaturated	8.4g
Carbohydrates	31.4g
- Sugar	13.1g
Fibre	2.2g
Sodium	69mg
Calcium	40mg





# Creamy strawberry icy poles



Low sugar, Low saturated fat,  
Low sodium

Serves: 4

Prep/cooking time: 5 minutes  
(plus overnight to set)

## Ingredients

- 250g strawberries
- 100g low fat natural yoghurt
- 1 teaspoon honey

## Method:

- Put the ingredients in a food processor and combine.
- Divide mixture between 4 icy pole moulds.
- Freeze overnight.

Serves per recipe: 4 Serving size: approximately 90g	Per serve
Energy (kJ)	151kJ
Protein	2.1g
Total fat	0.2g
- Saturated	<0.1g
- Polyunsaturated	<0.1g
- Monounsaturated	<0.1g
Carbohydrates	5.4g
- Sugar	5.3g
Fibre	1.6g
Sodium	23mg
Calcium	70mg

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