

Chefs Fantastic Fish with Mushroom and Tomato sauce

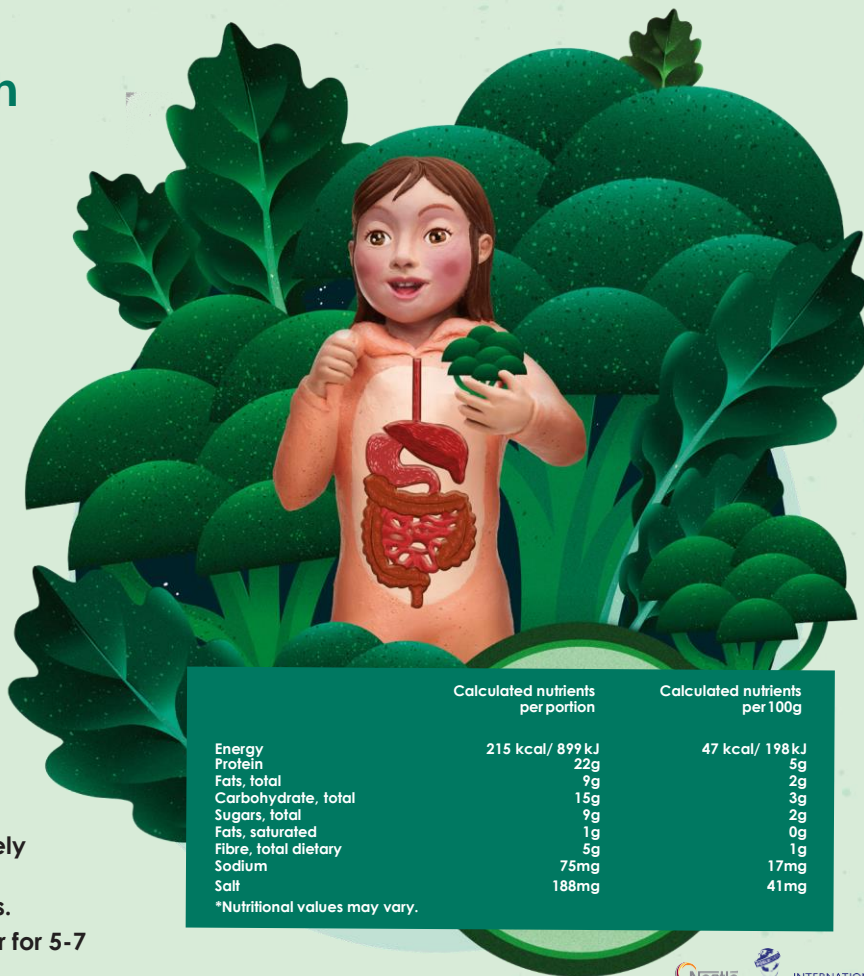
4 portions

Ingredients

400g	Cod fillet
1 each	Lemon juice
2 tbsp	Olive oil
1 each	Onion, small, finely chopped
225g	Button mushrooms, sliced
8 each	Tomato, medium sized
2 tbsp	Chives, fresh, chopped
30g	Broccoli, fresh
1 pinch	White pepper, ground, to season to taste

Method

1. Place fresh fish loins on a baking sheet, sprinkle with lemon juice and season to taste.
2. Cover fish with foil and bake in a 200 °C oven for 8-10 minutes.
3. Halve tomatoes, remove core and chop finely
4. Heat oil in a skillet and sauté onions until translucent. Wash, dry and slice mushrooms.
5. Add mushrooms, then tomatoes and simmer for 5-7 minutes.
6. Blanch broccoli florets for 6 minutes. Add cooked fish juice to the skillet and bring to boil.
7. Season to taste and pour sauce over fish. Sprinkle with chopped chives and serve with rice.



	Calculated nutrients per portion	Calculated nutrients per 100g
Energy	215 kcal/ 899 kJ	47 kcal/ 198 kJ
Protein	22g	5g
Fats, total	9g	2g
Carbohydrate, total	15g	3g
Sugars, total	9g	2g
Fats, saturated	1g	0g
Fibre, total dietary	5g	1g
Sodium	75mg	17mg
Salt	188mg	41mg
*Nutritional values may vary.		

Healthy Apple Chews

4 portions

Ingredients

2	Apples, extra large
20g	Ground cinnamon
10g	Ginger root,fresh, ground

Method

1. Preheat oven to 110 degrees Celsius.
2. With an adult's help, wash, core and slice apples, around 0.5 cm thick.
3. Place apple slices into bowl, sprinkle with cinnamon and ginger and toss gently.
4. Line baking sheet with parchment paper and place coated apple slices, do not overlap.
5. Bake the apple slices until dry but soft, approximately one hour depending on thickness.



	Calculated Nutrients per portions at 100%	Calculated Nutrients per100g or 100ml at 100%
Energy (kcal)	53 kcal/ 224kJ	65 kcal/ 271 kJ
Protein (g)	0g	1g
Fats, total (g)	0g	0g
Carbohydrate, total (g)	15g	18g
Sugars, total (g)	8g	10g
Fats, saturated (g)	0g	0g
Fibre, total dietary (g)	5g	5g
Sodium (mg)	2mg	2mg
Calcium (mg)	55mg	67mg
Iron (mg)	1mg	1mg
Vitamin A, IU	55IU	67IU
Vitamin C (mg)	4mg	5mg

*Nutritional values may vary.

Super Steamed Carrot Adventure

4 portions

Ingredients

120g	Carrots
120g	Millet
120g	Whole grain oats
200g	Hake
120g	Strawberry
4g	Salt
100mL	Extra virgin olive oil

Method

1. Wash and boil the carrot.
2. Wash the oat and millet in cold water.
3. Boil the cereals separately for 20 min and let cool.
4. Clean and wash the hake fillet, then steam it.
5. When the carrots are cooked blend them to a pureé.
6. Serve the fish fillet with carrot pureé, the cereals and sliced strawberries.



	Calculated Nutrients per portions at 100%	Calculated Nutrients per 100g or 100ml at 100%
Energy (kcal)	292 kcal/ 1,222 kJ	149 kcal/ 623 kJ
Protein (g)	15g	8g
Fats, total (g)	4g	2g
Carbohydrate, total (g)	49g	25g
Sugars, total (g)	3g	2g
Fats, saturated (g)	0g	0g
Fibre, total dietary (g)	8g	4g
Sodium (mg)	452mg	231mg
Calcium (mg)	28mg	14mg
Iron (mg)	2mg	1mg
Vitamin A, IU	5,018IU	2,560IU
Vitamin C (mg)	19mg	10mg

*Nutritional values may vary.

Chefs Brilliant Broccoli Bake

4 portions

Ingredients

200g	Cauliflower	0.5 tsp	Salt
240g	Broccoli Fresh	4g	Black pepper, ground
150g	Beet	10g	Garlic
120g	Yoghurt 1.5 -1.8%	5ml	Lemon juice, fresh
10ml	Olive oil	10g	Parsley, fresh
20g	Sunflower seeds		

Method

1. Wash and dry all vegetables.
2. Shred cauliflower and broccoli in to large wedges.
3. Drizzle with olive oil, season with crushed garlic, lemons juice, salt and pepper.
4. Wrap mix in to aluminium foil and bake in charcoal grille, on low temperature for 10 min.
5. Baked beetroot in the oven at 170C until soft.
6. Cool completely.
7. Cut beetroot in to small cubes and combine with sour cream.
8. Blend until smooth.
9. Season with salt pepper and olive oil.
10. Blend sunflower seeds in food processor, but not to fine.
11. Plate cream of beetroot on plate, on top plate cauliflower and broccoli.
12. Decorate with parsley and dust sunflower seeds on top.



	Calculated Nutrients per portions at 100%	Calculated Nutrients per 100g or 100ml at 100%
Energy (kcal)	122 kcal/ 512kJ	63 kcal/ 265kJ
Protein (g)	6g	3g
Fats, total (g)	5g	3g
Carbohydrate, total (g)	15g	8g
Sugars, total (g)	7g	4g
Fats, saturated (g)	1g	0g
Fibre, total dietary (g)	4g	2g
Sodium (mg)	384mg	199mg
Calcium (mg)	121mg	63mg
Iron (mg)	2mg	1mg
Vitamin A, IU	607 IU	315 IU
Vitamin C (mg)	84mg	44mg

*Nutritional values may vary.

Chefs Bold Broccoli Soup

4 portions

Ingredients

500g	Broccoli Fresh
4dL	Whole milk
25g	Beurre noisette
1 pinch	Salt, to season to taste
1 pinch	Black pepper, ground, to season to taste
1 tsp	Lemon juice, fresh, to season to taste
1 each	Shallot

Method

1. Finely chop the shallot and fry it briefly in the pan before adding the broccoli.
2. Add milk and boil the broccoli until it is soft.
3. Put the broccoli in a food processor and add the beurre noisette.
4. Season to taste with salt, pepper and lemon.
5. The consistency is right when you get a smooth soup.



	Calculated Nutrients per portions at 100%	Calculated Nutrients per100g or 100ml at 100%
Energy (kcal)	87 kcal/ 364kJ	37 kcal/ 156 kJ
Protein (g)	4g	2g
Fats, total (g)	6g	2g
Carbohydrate, total (g)	8g	4g
Sugars, total (g)	2g	1g
Fats, saturated (g)	3g	1g
Fibre, total dietary (g)	3g	1g
Sodium (mg)	430mg	184mg
Calcium (mg)	61mg	26mg
Iron (mg)	1mg	0mg
Vitamin A, IU	935 IU	400 IU
Vitamin C (mg)	112mg	48mg

*Nutritional values may vary.

Baked Rainbow Salad

4 portions

Ingredients

180g	Cauliflower, raw
1g	Turmeric, ground
1g	Paprika powder, smoked
2g	Coriander, ground
20ml	Olive oil
60g	Carrot, finely grated
60g	Strawberry, chopped in smaller pieces
100g	Cherry tomato, cut in half
30mL	Lemon juice, fresh
10mL	Vinegar
0.5g	Black pepper, ground

Method

1. Clean the cauliflower and cut it into smaller pieces
2. Place the cauliflower pieces into a food processor, you need adult supervision for this step.
3. Pulse the cauliflower until it resembles couscous.
4. Place the cauliflower on a baking sheet and add the turmeric, coriander and olive oil. Mix everything well.
5. Bake the mixture at 180 degrees Celsius for 5 minutes, take it out and stir.
6. Put it back in the oven for another 5 minutes.
7. Take it out and let it cool down.
8. In the meantime, grate the carrots finely and chop the strawberries into smaller pieces. Set aside.
9. Make the salad dressing: mix olive oil, lemon juice, vinegar and black pepper together until well combined. Set aside.
10. Add the strawberries and carrots to the cauliflower as well as the lemon, oil and vinegar dressing. Mix until well combined.
11. Season to taste and place everything in a suitable container.



	Calculated Nutrients per portions at 100%	Calculated Nutrients per 100g or 100ml at 100%
Energy (kcal)	72 kcal/ 299kJ	62 kcal/ 258kJ
Protein (g)	1g	1g
Fats, total (g)	5g	4g
Carbohydrate, total (g)	6g	6g
Sugars, total (g)	3g	3g
Fats, saturated (g)	1g	1g
Fibre, total dietary (g)	2g	2g
Sodium (mg)	26mg	22mg
Calcium (mg)	25mg	22mg
Iron (mg)	1mg	0mg
Vitamin A, IU	2,840IU	2,445IU
Vitamin C (mg)	35mg	30mg

*Nutritional values may vary.

Healthy Orange Boosted Oats

4 portions

Ingredients

2 dL	Apple juice, unsweetened
170g	Oats
170g	Strawberry
0.5 tsp	Cinnamon, ground
150g	Orange
10g	Honey
125g	Yoghurt 1.5 -1.8%

Method

1. Cook the apple juice and pour the oats.
2. Cover for 5 min and add the cinnamon, honey,
3. sliced fresh strawberries and half of the orange.
4. Add yoghurt to the oats and mix all together.
5. If the oats are too dense, add juice from the rest of the orange juice.



	Calculated Nutrients per portions at 100%	Calculated Nutrients per100g or 100ml at 100%
Energy (kcal)	252 kcal/ 1,053 kJ	122 kcal/ 509 kJ
Protein (g)	10g	5g
Fats, total (g)	3g	2g
Carbohydrate, total (g)	48g	23g
Sugars, total (g)	12g	6g
Fats, saturated (g)	1g	0g
Fibre, total dietary (g)	7g	3g
Sodium (mg)	28mg	14mg
Calcium (mg)	123mg	59mg
Iron (mg)	1mg	0mg
Vitamin A, IU	102IU	49IU
Vitamin C (mg)	52mg	25mg

*Nutritional values may vary.

Fantastical Carrot & Beans with Super Tofu Sauce

Ingredients

450g	Carrot	5g	Black pepper, ground
380g	White beans		
160g	Asparagus	300g	Tofu
30g	Lettuce romaine	100ml	Water
30ml	Olive oil	5g	Coriander seeds
pinch	Salt	10g	Watercress

Method

1. Wash all vegetables.
2. Peel carrots, cut into half, season with salt, pepper and oil.
3. Bake for 20 min in the oven on 180C.
4. Cut into large free shapes pieces.
5. Blanch asparagus in boiled salted water for 40 seconds and transfer to an ice cool water.
6. Drain asparagus and cut in to large free shape pieces.
7. Soaked white beans overnight in cool water.
8. Boil white beans in salted water until ready.
9. Slightly fry asparagus and mix with white beans.
10. Season it. Shred Romano salad in to large pieces.
11. For mousse:
12. Drain tofu over cheese cloth until dry.
13. Combine all other ingredients with tofu and blend with hand blender.
14. Plating dish:
15. On round white plate, plate tofu sauce.
16. Put mix of white beans with carrots on sauce
17. On top put Romano leaves and cress salad.



	Calculated Nutrients per portions at 100%	Calculated Nutrients per 100g or 100ml at 100%
Energy (kcal)	486 kcal/ 2,033kJ	132 kcal/ 552kJ
Protein (g)	23g	6g
Fats, total (g)	10g	3g
Carbohydrate, total (g)	81g	22g
Sugars, total (g)	13g	3g
Fats, saturated (g)	2g	1g
Fibre, total dietary (g)	29g	8g
Sodium (mg)	508mg	231mg
Calcium (mg)	231mg	138mg
Iron (mg)	2mg	9mg
Vitamin A, IU	19,837 IU	5,383 IU
Vitamin C (mg)	11mg	3mg

*Nutritional values may vary.

Ginger, Carrot Vision Soup

4 portions

Ingredients

500g	Carrots
4 dL	Whole milk
20g	Ginger root, fresh
1 pinch	Salt, to season to taste
1 pinch	Black pepper, ground, to season to taste
1 tsp	Lemon juice, fresh, to season to taste
1 each	Shallot

Method

1. Finely chop the shallots and fry them briefly in the pan before adding chopped carrots.
2. Add milk and boil the carrots until they are soft. Put the carrots in a food processor, add the ginger. Season to taste with salt, pepper and lemon.
3. The consistency is right when the soup is smooth.



	Calculated Nutrients per portions at 100%	Calculated Nutrients per 100g or 100ml at 100%
Energy (kcal)	56 kcal/ 233kJ	24 kcal/ 100kJ
Protein (g)	1g	1g
Fats, total (g)	0g	0g
Carbohydrate, total (g)	13g	6g
Sugars, total (g)	6g	3g
Fats, saturated (g)	0g	0g
Fibre, total dietary (g)	4g	2g
Sodium (mg)	474mg	204mg
Calcium (mg)	42mg	18mg
Iron (mg)	0mg	0mg
Vitamin A, IU	20,883 IU	8,991 IU
Vitamin C (mg)	8mg	3mg

*Nutritional values may vary.

Best Broccoli Tummy Puffs

4 portions

Ingredients

500g	Broccoli Fresh
15mL	Butter, unsalted, melted
2 each	Eggs
30g	All purpose flour
30mL	Milk, skimmed
10g	Cheddar cheese
15mL	Vegetable oil

Method

1. Grease tiny muffin tin or muffin cups.
2. Mix eggs and milk in a large bowl.
3. Add butter, flour and stir until smooth.
4. Mix in broccoli and cheddar cheese.
5. Stir and spoon into muffin tin or cups, 2/3 full.
6. Bake in preheated oven at 180 degrees Celsius for 10 to 15 minutes until golden brown.



	Calculated Nutrients per portions at 100%	Calculated Nutrients per 100g or 100ml at 100%
Energy (kcal)	175kcal/ 730kJ	101kcal/ 425kJ
Protein (g)	8g	5g
Fats, total (g)	10g	6g
Carbohydrate, total (g)	15g	8g
Sugars, total (g)	3g	2g
Fats, saturated (g)	3g	2g
Fibre, total dietary (g)	3g	2g
Sodium (mg)	92mg	53mg
Calcium (mg)	101mg	58mg
Iron (mg)	1mg	1mg
Vitamin A, IU	1,014IU	589 IU
Vitamin C (mg)	112mg	65mg

*Nutritional values may vary.

Cucumber Adventure

4 portions

Ingredients

400g	Cod fillet
1 each	Lemon, juice
2 tbsp	Olive oil
1 each	Onion, small, finely chopped
1 each	Cucumber, large
25g	Capers in brine, drained
30mL	Water
1 tbsp	Red bell pepper, in small cubes
1 pinch	White pepper, ground, season to taste
30g	Flat leaf parsley, fresh

Method

1. Heat the oven to 200 C. Place fish in small sheet pan and sprinkle it with lemon juice.
2. Add pepper to taste.
3. Cover with foil. Bake in the oven for 16-20 minutes if frozen, for 8-10 minutes if unfrozen.
4. Remove skin from the cucumber, cut it in two lengthwise, remove the seeds with a teaspoon and slice the cucumber into thin slices.
5. Melt the oil in a pan, add the onion and simmer for 4-5 minutes.
6. Add cucumber slices and let simmer for 1-2 minutes.
7. Add capers and water and bring to a boil.
8. Add oil and remove the pan from the heat. Place the fish on a plate and pour the sauce over it.



	Calculated Nutrients per portions at 100%	Calculated Nutrients per100g or 100ml at 100%
Energy (kcal)	173 kcal/ 726 kJ	73 kcal/ 307 kJ
Protein (g)	19g	8g
Fats, total (g)	8g	3g
Carbohydrate, total (g)	7g	3g
Sugars, total (g)	3g	1g
Fats, saturated (g)	1g	0g
Fibre, total dietary (g)	2g	1g
Sodium (mg)	246mg	104mg
Calcium (mg)	50mg	21mg
Iron (mg)	1mg	0mg
Vitamin A, IU	876 IU	371 IU
Vitamin C (mg)	20mg	9mg

*Nutritional values may vary.

Banana Powered French Toast

4 portions

Ingredients

2 each	Egg
30mL	Milk semi-skimmed 2 %
4ml	Vanilla extract
10mL	Olive oil
4 slices	Bread, wholemeal, 1.5 cm thick, halved diagonally
60mL	Natural Yoghurt Low Fat
240g	Strawberry, hulled and halved
2 each	Banana, sliced
1 pinch	White pepper, ground, season to taste
30mL	Maple syrup

Method

To make the Strawberry & banana topping:

1. Combine both ingredients together with the maple syrup and set aside in a bowl, keep chilled.

To make the French toast:

1. Use a fork and whisk the eggs, milk & vanilla essence in a shallow bowl.
Heat a non-stick pan over medium heat and add the oil.
2. Dip the triangular whole grain bread into the egg mixture and allow it to soak it up for a minute or so.
3. Remove the soaked bread and let it drip off any excess egg mixture.
4. When the oil starts to sizzle, gently lower the dipped bread and cook for about 2 minutes on each side till golden brown.
5. Place the cooked bread onto blotting paper to absorb any excess oil, serve immediately with the fruit toppings
6. & dollop of plain yoghurt.



	Calculated Nutrients per portions at 100%	Calculated Nutrients per 100g or 100ml at 100%
Energy (kcal)	205 kcal/ 859 kJ	101 kcal/ 424 kJ
Protein (g)	8g	4g
Fats, total (g)	6g	3g
Carbohydrate, total (g)	31g	15g
Sugars, total (g)	13g	6g
Fats, saturated (g)	1g	0g
Fibre, total dietary (g)	5g	2g
Sodium (mg)	176mg	87mg
Calcium (mg)	83mg	41mg
Iron (mg)	1mg	1mg
Vitamin A, IU	173IU	85IU
Vitamin C (mg)	41mg	20mg

*Nutritional values may vary.

Spectacular Mighty Mixture

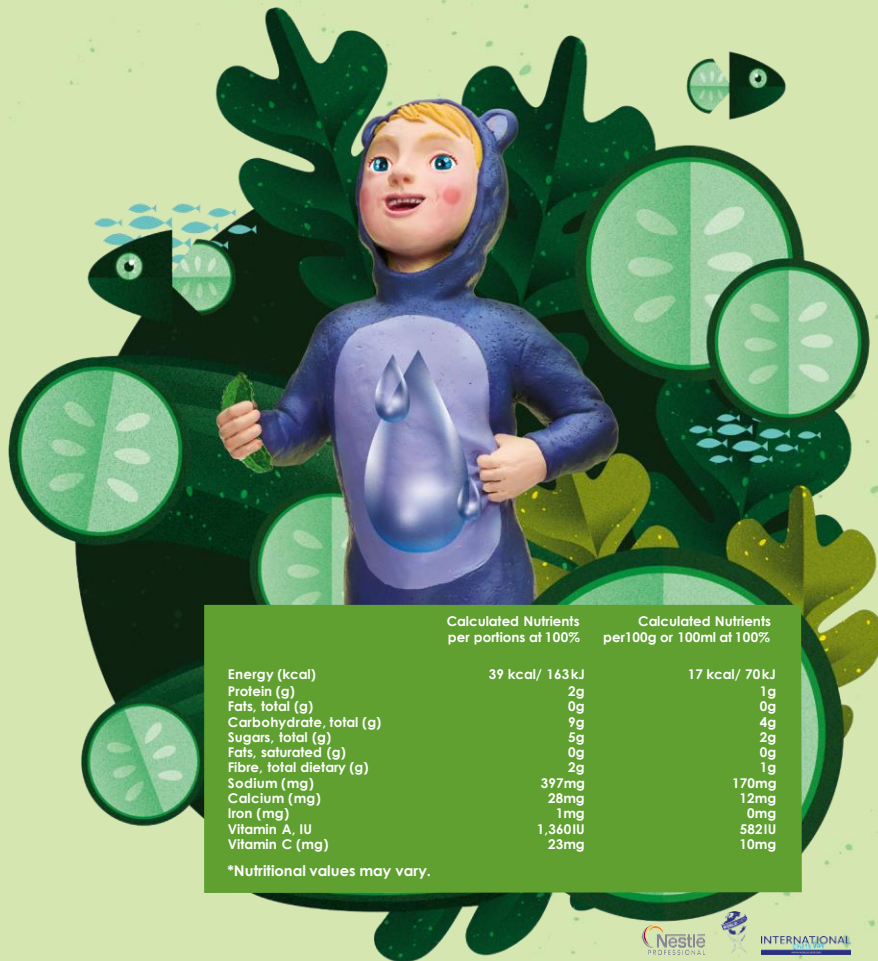
4 portions

Ingredients

5 each	Tomato
1 each	Cucumber
0.5 each	Garlic
0.5 each	Chilli pepper, red
1 each	Yellow bell pepper
1 each	Red bell pepper
1 tsp	Extra virgin olive oil, to season to taste
1 tsp	Basil leaf, fresh, to season to taste
1 pinch	Salt, to season to taste
1 pinch	Cayenne pepper, to season to taste
1 tsp	Lime juice, fresh, to season to taste

Method

1. Put all the ingredients in a food processor until
2. you get a smooth soup.
3. Use salt, cayenne pepper and lime to get the
4. right taste.



	Calculated Nutrients per portions at 100%	Calculated Nutrients per100g or 100ml at 100%
Energy (kcal)	39 kcal/ 163kJ	17 kcal/ 70kJ
Protein (g)	2g	1g
Fats, total (g)	0g	0g
Carbohydrate, total (g)	9g	4g
Sugars, total (g)	5g	2g
Fats, saturated (g)	0g	0g
Fibre, total dietary (g)	2g	1g
Sodium (mg)	397mg	170mg
Calcium (mg)	28mg	12mg
Iron (mg)	1mg	0mg
Vitamin A, IU	1,360IU	582IU
Vitamin C (mg)	23mg	10mg

*Nutritional values may vary.

Fantastic Broccoli Cup

4 portions

Ingredients

100g	Cellophane noodles (mung bean), dry
10mL	Canola oil
40g	White onion, finely chopped
5g	Gingerroot, fresh, finely grated
10g	Garlic, crushed
400g	Chicken breast fillet, without skin, minced
200g	Waterchest nut, tinned, drained and chopped
40g	Spring onion, sliced
20mL	Oyster sauce
30mL	Shoyu soy sauce reduced salt
10g	Cilantro, chopped
1each	Leaf lettuce, use 8 large leaves, trimmed to form a cup
60g	Cucumber, sliced
200g	Bean sprouts
200g	Broccoli Fresh, cut into small florets, pre-blanching to cook

Method

1. Prepare the mung bean noodles according to the instructions.
2. Place onions & oil into a non-stick pan over medium heat and fry till onion is soft, add the crushed garlic & ginger in and cook for another minute till it is fragrant.
3. Increase the heat to high, add the minced chicken meat and break
4. up the lumps with the back of a wooden spoon. Cook for about 5 minutes, or till cook through.
5. Add the drained noodles in and mix well. Add the waterchest nuts, broccoli florets, oyster & soya sauce and stir well to combine. Remove from heat
6. and into a colander to drain off excess liquid, spoon into the lettuce cup and sprinkle with the spring onions & Cilantro to serve.



	Calculated Nutrients per portions at 100%	Calculated Nutrients per 100g or 100ml at 100%
Energy (kcal)	301 kcal/ 1,259 kJ	90 kcal/ 379 kJ
Protein (g)	44g	13g
Fats, total (g)	7g	2g
Carbohydrate, total (g)	111g	33g
Sugars, total (g)	28g	1g
Fats, saturated (g)	4g	1g
Fibre, total dietary (g)	7g	2g
Sodium (mg)	533mg	160mg
Calcium (mg)	58mg	17mg
Iron (mg)	2mg	1mg
Vitamin A, IU	629IU	189IU
Vitamin C (mg)	56mg	17mg

*Nutritional values may vary.

Vegetable Show Stopper

4 portions

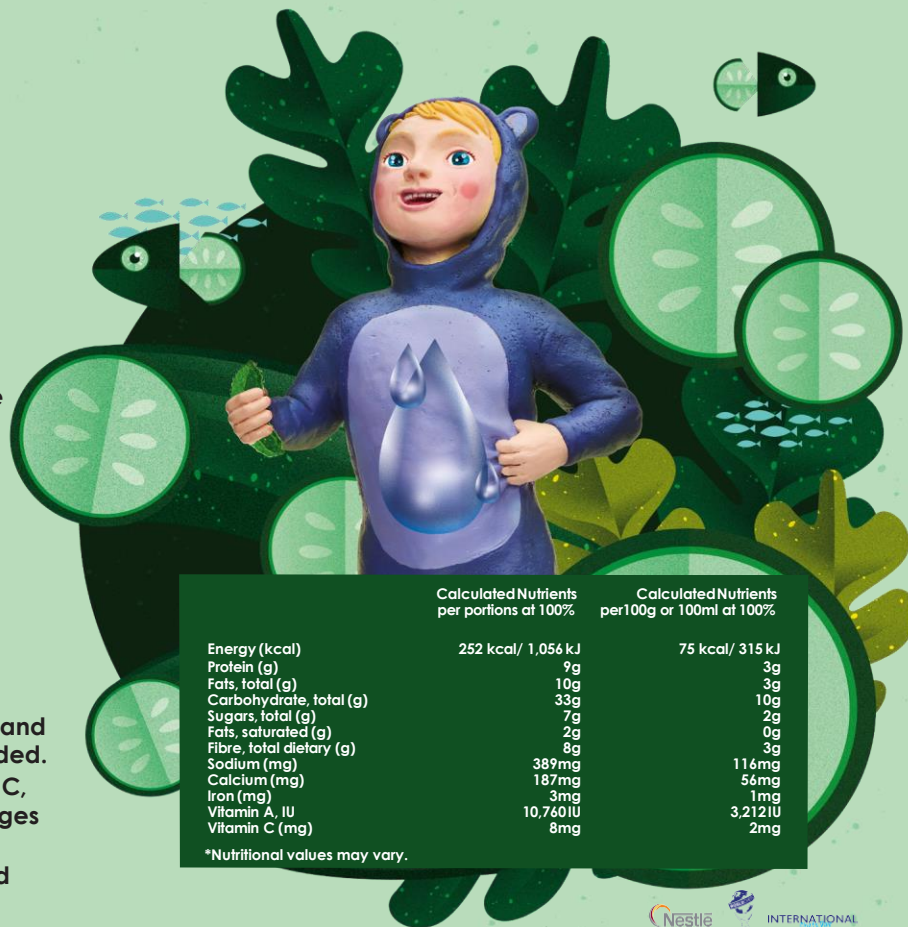
Ingredients

400g	Chick pea, canned, drained
20g	Tahini, optional
15mL	Olive oil
60mL	Water
10g	Garlic
3g	Cumin, ground
25mL	Lemon juice, fresh
1 pinch	Black pepper, ground, to season to taste
100mL	Natural yoghurt low fat
250g	Carrot, peeled and cut into sticks
200g	Cucumber, cut into sticks
200g	Celery, peeled, cut into sticks
2 each	Corn tortilla, white corn tortilla cut into 8 wedges each
5mL	Olive oil

1. Method

Place the chickpeas, tahini paste, olive oil (40 ml), water, garlic, lemon juice, yoghurt, cumin powder & black pepper into a blender and blend well till smooth, reserve in chiller till needed.

- To make the tortilla chips, preheat oven to 160 C, lightly oil a baking tray and lay the tortilla wedges evenly onto the greased tray.
- Bake in the oven for 15 minutes or till crispy and golden brown. Leave to cool completely
- Serve hummus with the Vegetables crunch & tortilla chips.



	Calculated Nutrients per portions at 100%	Calculated Nutrients per 100g or 100ml at 100%
Energy (kcal)	252 kcal/ 1,056 kJ	75 kcal/ 315 kJ
Protein (g)	9g	3g
Fats, total (g)	10g	3g
Carbohydrate, total (g)	33g	10g
Sugars, total (g)	7g	2g
Fats, saturated (g)	2g	0g
Fibre, total dietary (g)	8g	3g
Sodium (mg)	389mg	116mg
Calcium (mg)	187mg	56mg
Iron (mg)	3mg	1mg
Vitamin A, IU	10,760 IU	3,212 IU
Vitamin C (mg)	8mg	2mg

*Nutritional values may vary.

Exciting Smoothie Adventure

4 portions

Ingredients

- 250mL Kale, plain, cleaned, roughly chopped
- 250mL Mango, ripe, roughly chopped
- 250mL Pineapple, roughly chopped
- 250mL Vanilla yogurt low fat
- 125mL Almond milk
- 125mL Apple, cored, peeled, chopped

Method

1. Ensure all ingredients are refrigerated before preparation.
2. Add all ingredients into a blender, blend until smooth.
3. Pour into tall glass and garnish with apple slice and green straw.



	Calculated Nutrients per portions at 100%	Calculated Nutrients per100g or 100ml at 100%
Energy (kcal)	63 kcal/ 265kJ	20 kcal/ 85kJ
Protein (g)	3g	1g
Fats, total (g)	1g	0g
Carbohydrate, total (g)	10g	3g
Sugars, total (g)	10g	3g
Fats, saturated (g)	1g	0g
Fibre, total dietary (g)	0g	0g
Sodium (mg)	61mg	19mg
Calcium (mg)	169mg	54mg
Iron (mg)	0mg	0mg
Vitamin A, IU	93IU	30IU
Vitamin C (mg)	14mg	4mg
*Nutritional values may vary.		

Banana Berry Boosting Mix

4 portions

Ingredients

12 each	Strawberry, large, washed and cut into quarters
2 each	Banana, peeled, cut into small pieces
400mL	Milk, skimmed
75mL	Low-fat plain yogurt
8 each	Ice cube
4 each	Strawberry, small, washed (garnish)

Method

1. Pour all ingredients into blender (other than garnish).
2. Blend for 1 minute on high speed until creamy.
3. Pour into glass.
4. Cut slit in bottom of strawberries for garnish and rest on rim of glass.
5. Serve with wide straw.



Sweet Potato Vision Pesto

4 portions

Ingredients

2 each	Sweet potato, large
35g	Toasted sunflower seeds
25g	Parmesan cheese shredded
3 tbsps	Olive oil
2 cloves	Garlic
1 tbsps	Lemon juice, fresh
0.25 tsp	Salt
20g	Basil leaf, fresh
45g	Baby spinach leaves

Method

1. Preheat oven at 220 degrees Celsius. Spray baking sheet with non-stick.
2. Wash potatoes and cut into 3cm thick slices.
3. Place 3 to 4 tablespoons of water on the baking sheet, distribute sweet potato slices evenly and bake for 20 to 30 minutes or until sweet potatoes are soft.
4. In food processor combine toasted sunflower seeds, shredded Parmesan cheese, olive oil, garlic, lemon juice, pulse well then add basil leaves and spinach, mix and reserve.
5. Remove baking pan with sweet potato slices from oven, smash each with a fork and top with spinach-sunflower seed pesto.
6. Sprinkle with some more shredded Parmesan cheese and bake for 3 to 5 minutes at 220 degrees Celsius until golden and enjoy.



Calculated Nutrients per portions at 100%

Calculated Nutrients per 100g or 100ml at 100%

Energy (kcal)	29 kcal/ 121 kJ	363 kcal/ 1,520 kJ
Protein (g)	1g	10g
Fats, total (g)	3g	34g
Carbohydrate, total (g)	1g	7g
Sugars, total (g)	0g	1g
Fats, saturated (g)	1g	6g
Fibre, total dietary (g)	0g	3g
Sodium (mg)	44mg	550mg
Calcium (mg)	18mg	224mg
Iron (mg)	0mg	2mg
Vitamin A, IU	229IU	2,871IU
Vitamin C (mg)	1mg	10mg

*Nutritional values may vary.

Fantastic Breakfast Bowl

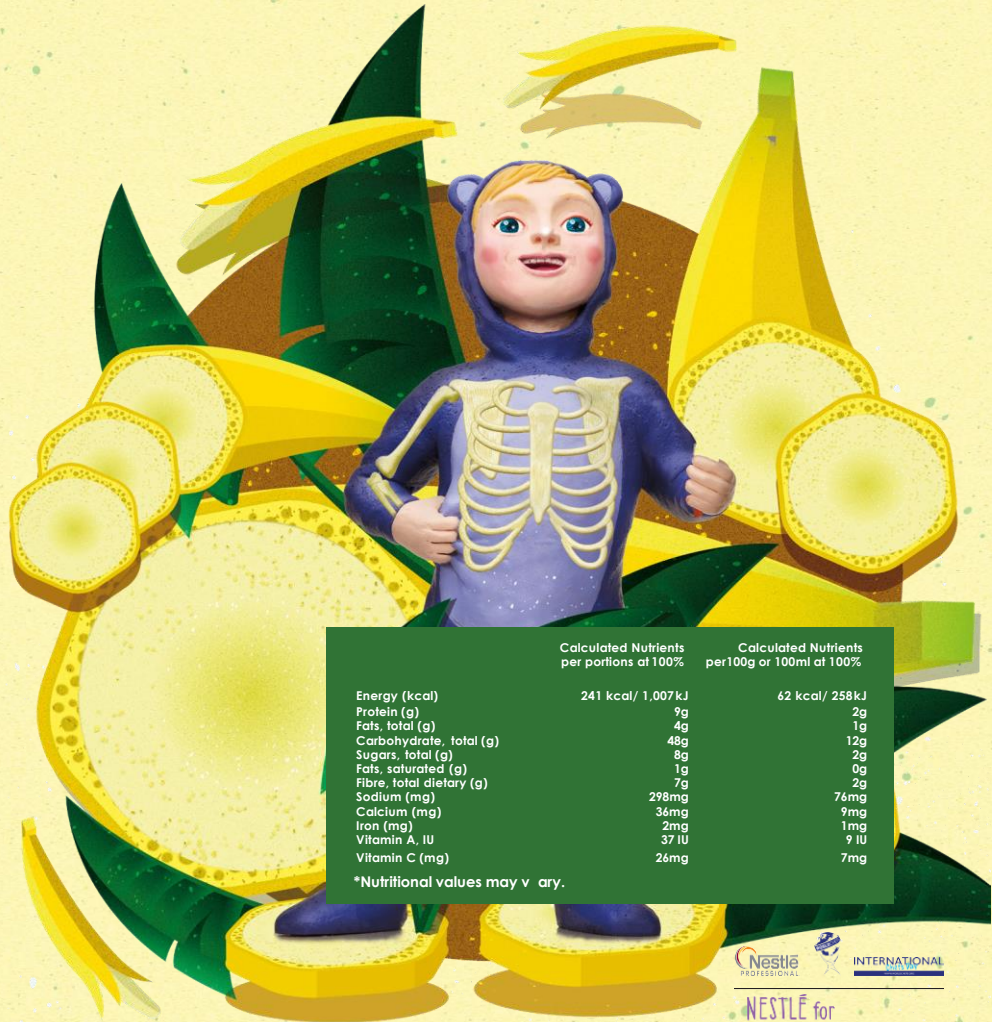
4 portions

Ingredients

6dL	Oatmeal
6dL	Water
0.5 tsp	Salt
1 each	Banana
12 each	Strawberry
100g	Blueberry
1 pinch	Cinnamon, ground, to season to taste

Method

1. Boil the water with salt.
2. Add the oatmeal into the water, keep boiling until you get the texture you want.
3. Serve the oatmeal with chopped fruits, cinnamon and berries.



	Calculated Nutrients per portions at 100%	Calculated Nutrients per100g or 100ml at 100%
Energy (kcal)	241 kcal/ 1,007 kJ	62 kcal/ 258 kJ
Protein (g)	9g	2g
Fats, total (g)	4g	1g
Carbohydrate, total (g)	48g	12g
Sugars, total (g)	8g	2g
Fats, saturated (g)	1g	0g
Fibre, total dietary (g)	7g	2g
Sodium (mg)	298mg	76mg
Calcium (mg)	36mg	9mg
Iron (mg)	2mg	1mg
Vitamin A, IU	37 IU	9 IU
Vitamin C (mg)	26mg	7mg

*Nutritional values may vary.

Apple, Broccoli Special

4 portions

Ingredients

30gL	Brown rice
30g	Broccoli Fresh
50g	Turkey breast, boneless, skinless
30g	Apple
30g	Quinoa
1g	Salt
25mL	Extra virgin olive oil

Method

1. Boil the rice for 15-20 min.
2. Blanch the broccoli for max. 6 min in small bouquets.
3. Steam the turkey breast.
4. Bake the apple in the oven for 15-20 min.
5. Wash quinoa seeds and boil for 20 min.
6. Blend the cooked apples into a purée.
7. Serve the apple purée with the rice, broccoli, quinoa seeds and turkey breast sprinkled on top with oil.



	Calculated Nutrients per portions at 100%	Calculated Nutrients per100g or 100ml at 100%
Energy (kcal)	74 kcal/ 308 kJ	150 kcal/ 628 kJ
Protein (g)	4g	8g
Fats, total (g)	1g	2g
Carbohydrate, total (g)	12g	25g
Sugars, total (g)	1g	2g
Fats, saturated (g)	0g	0g
Fibre, total dietary (g)	1g	2g
Sodium (mg)	216mg	441mg
Calcium (mg)	11mg	23mg
Iron (mg)	1mg	1mg
Vitamin A, IU	52IU	106 IU
Vitamin C (mg)	7mg	14mg

*Nutritional values may vary.

Mango Powered Super Salad

4 portions

Ingredients

120g	Whole grain barley
200g	Egg
120g	Baby spinach leaves
120g	Quinoa
120g	Mangos, raw
0.5 tsp	Salt

Method

1. Wash the barley and quinoa in cold water.
2. Boil them separately for 20 min and let cool.
3. Wash the baby spinach, drain well and grind into small pieces.
4. Boil the egg for 8 min, let cool and cut into slices.
5. Peel the mango and cut it into cubes.
6. Mix the cereals with spinach, egg and mango.



	Calculated Nutrients per portions at 100%	Calculated Nutrients per100g or 100ml at 100%
Energy (kcal)	313 kcal/ 1,310kJ	183 kcal/ 768kJ
Protein (g)	15g	9g
Fats, total (g)	7g	4g
Carbohydrate, total (g)	47g	28g
Sugars, total (g)	5g	3g
Fats, saturated (g)	2g	1g
Fibre, total dietary (g)	8g	5g
Sodium (mg)	395mg	231mg
Calcium (mg)	85mg	50mg
Iron (mg)	4mg	3mg
Vitamin A, IU	3,419IU	2,004IU
Vitamin C (mg)	19mg	11mg

*Nutritional values may vary.

Healthy Smoothie Adventure

4 portions

Ingredients

2 tsp	Ginger juice
2 each	Apple, Granny Smith
25g	Spinach, fresh
0.3 each	Pineapple
0.5 each	Lime
100g	Yoghurt 1.5 - 1.8%

Method

1. Blend all the ingredients in a food processor until smooth.
2. Serve immediately.



	Calculated nutrients per portion	Calculated nutrients per 100g
Energy	55 kcal/ 231 kJ	46 kcal/ 193 kJ
Protein	2g	2g
Fats, total	0g	0g
Carbohydrate, total	13g	11g
Sugars, total	10g	8g
Fats, saturated	0g	0g
Fibre, total dietary	2g	2g
Sodium	25mg	21mg
Salt	63mg	58mg

*Nutritional values may vary.

Mighty Orange Granola with Flax Seeds

4 portions

Ingredients

340g	Orange
300g	Strawberry
100g	Oatmeal
100g	Flax seeds, crushed
10g	Honey
200g	Kefir, low fat

Method

1. Spread oatmeal, flax seeds and honey on a baking tray.
2. Bake in the oven at 180 °C for 2-3 minutes until golden.
3. Halve strawberries and segment oranges.
4. Drain the juice from trimming.
5. Blend juice, orange segments, flax seeds,
6. kefir and half of the baked oatmeal until smooth. Pour the mix into a jar and top with strawberries, dry oatmeal and flax seeds.



	Calculated nutrients per portion	Calculated nutrients per 100g
Energy	331 kcal/ 1,385kJ	126 kcal/ 528 kJ
Protein	12g	5g
Fats, total	13g	5g
Carbohydrate, total	47g	18g
Sugars, total	9g	3g
Fats, saturated	2g	1g
Fibre, total dietary	15g	6g
Sodium	31mg	12mg
Salt	71mg	27mg

*Nutritional values may vary.

Banana Super Cooler

4 portions

Ingredients

1L	Coconut water
500mL	Blueberry
250mL	Strawberry, halves
125mL	Banana, roughly chopped

Method

1. Layer banana and strawberry pieces in a popsicle mould.
2. Top with blueberries, then fill with coconut water. Freeze for 3 - 4 hours.
3. Serve to a super hero as an afternoon snack.



	Calculated nutrients per portion	Calculated nutrients per 100g
Energy	106 kcal/ 445 kJ	23 kcal/ 95 kJ
Protein	3g	1g
Fats, total	1g	0g
Carbohydrate, total	24g	5g
Sugars, total	16g	4g
Fats, saturated	0g	0g
Fibre, total dietary	6g	1g
Sodium	264mg	56mg
Salt	653mg	141mg

*Nutritional values may vary.