

NO MONEY  
NO TIME



HOW TO FEEL FAB WITH  
*mood foods*



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## KEY

VE = Vegan

VE\* = Can be made vegan

V = Vegetarian

GF = Gluten Free

GF\* = Can be made gluten free

DF = Dairy Free

DF\* = Can be made dairy free

### Use GF alternatives for the following\*

Bread, flour, wraps, pasta, Weet-Bix, Soy Sauce, Muesli, Pastry

### Use the following DF / VE alternatives\*

Oat/Soy/Macadamia/Almond milks, remove or substitute dairy products i.e. chocolate, use a DF pesto

Use egg and honey replacement (VE only)



OVEN



BASIC  
UTENSILS



BLENDER /  
PROCESSOR



POT



FRYING PAN



MICROWAVE



SANDWICH  
PRESS





# Eating well to improve mood

By Professor Tracy Burrows

Mental health conditions are very prevalent. Statistics indicate 50% of Australians will experience a mental health issue sometime in their lifetime, so there is a very big chance you or someone you know will or have experienced this, for example families, peers, work colleagues, friends. Mental health conditions are prevalent across the lifespan from children, adolescents, young adults, older adults. It is important to acknowledge the wide diversity of conditions that constitutes mental health conditions, commonly people think of depression and anxiety likely because they are some of the most common but it also includes eating disorders, severe mental illness such as Schizophrenia and psychosis, post traumatic stress disorder. Often these conditions cluster together both with other mental health conditions but also other common health conditions such as cardiovascular disease, diabetes, chronic pain and many more.

Mental health influences dietary intake and behaviours AND dietary intake and eating behaviours mental health..... so where ever someone is, its always important to eat well or as best you can.

## Top tips for food and mood

- Eat regularly, avoid being overly hungry or overly full
- Improve diet quality and diet variety

Ask yourself what you eat but more importantly for nutrition and mental health, ask yourself, why you eat? This might uncover that you are eating for hunger but might also prompt that you are eating for low or depressed mood, distraction from anxious feelings, or stress or other emotional reasons.

**HOW  
HEALTHY IS  
YOUR DIET?**



# The types of services we offer at headspace

At headspace Gosford and headspace Lake Haven we have a range of youth friendly people that are here to help and support you – these people include:



- ✓ Professional intake and assessment workers
- ✓ Doctors (GP's)
- ✓ Our counselling team including Psychologists, Clinical Psychologists and Mental Health Social Workers
- ✓ Alcohol and Drug Counsellors
- ✓ Vocational workers that can help you gain employment or re-engage with education
- ✓ Co-located partner agencies that provide a range of additional supports
- ✓ Family wellbeing workers





# Get involved!



## We want you to be a part of our team!

At headspace we value your ideas and input on our services and how we run our centres. We have a Youth Reference Group which is made up of young people with a range of experiences. The role of this group is to work alongside our staff to ensure that everything we do here is youth friendly. If you would like more information on our Youth Reference Group, or how to have your voice heard at headspace please speak to the staff at reception or your headspace worker.

Join our Youth Reference Group at:

***[www.headspace.org.au/headspace-centres/headspace-gosford](http://www.headspace.org.au/headspace-centres/headspace-gosford)***





# MEET THE YOUTH REFERENCE GROUP



**BLAKE**

I'm currently a student at the University of Newcastle (Ourimbah campus) and a volunteer YRG member. I've been a part of the group since July 2021 and greatly appreciate how I feel heard and genuinely listened to as a young person in my local district.

At the moment, my number one priority is to save money on my weekly food expenses and I've found that often that means jeopardising the nutritional value of the food I'm eating and resulting in fast food... For me, I find that the nutritional values of food directly impact my mood and my ability to stay focused while studying. If you're like me then you're in luck! Here's a cookbook for your health and wallet needs. Hope you enjoy it!



**LUKE**

When you think of mindfulness, what do you think of? Meditation, breathing exercises or sitting and reflecting? What about cooking? I like to take the opportunity to cook mindfully occasionally. Cooking mindfully provides a platform to anchor your mind and take a moment to be present in the moment, thinking and tuning in on the sights, taste, smells, and textures involved in cooking. For me, it helps me calm down and allowed me to really take the opportunity be present, ultimately reducing my intrusive thoughts and anxiety levels. You also get the added satisfaction of having a good, healthy meal at the end of it. Allowing you to take care and nourish your body. This helps to improve your overall mood, wellbeing, and mindset! Try it next time you feel anxious and have a recipe from this book you might like to try!



**ZAC**

Cooking has only recently become my passion as I find the food I eat and the time I take to cook it allows me to focus on a task whilst taking time to have a break and think of whatever I have going on at the moment.

It's also helped me and others around me as it feels self-fulfilling to have that form of independence in cooking your own meal.



**LEO**

Hello, I'm Leo and I'm doing my postgrad in Psychology at the University of Newcastle while volunteering at Headspace as a Youth Reference Group member for my local district of the Central Coast.

I've recently bought a laptop for my studies, so I'm looking forward to being able to use the recipes in this cookbook for cheap, but still healthy meals. As a student, I really value cheap, easy, and healthy meals and if I was to give one recommendation, it would be to try "Silas' Overnight Oats"!



# Healthy eating habits

## TO IMPROVE YOUR mental health

NMNT Fruit &  
Nut Muesli



NMNT Poached  
Eggs & Avo on  
Toast



### START YOUR DAY BY EATING BREAKFAST

Skipping breakfast is associated with a higher risk of depression in both children & adults, & high risk of anxiety in adolescents. Start your day with wholegrains, such as rolled oats or whole grain toast. Add some protein from baked beans, eggs or yoghurt, plus colour from fruits or vegetables, and some healthy fats from avocado, nut butters or nuts & seeds.

### BUILD A BALANCED PLATE & EAT FROM THE 5 FOOD GROUPS MOST OF THE TIME

Follow our guide to building a balanced plate by eating a variety of foods rich in the nutrients likely to benefit mental health.



### MAINTAIN A REGULAR PATTERN OF EATING

Your brain is fueled by glucose which appears in your blood after eating foods that contain carbohydrates, such as breads, cereals, pasta, fruits & starchy vegetables. Your body's metabolic processes do an amazing job at keeping blood glucose levels regulated. You can aim to eat healthy regular meals to give your brain enough energy to help it work efficiently.

### KEEP HYDRATED WITH WATER

Being even just slightly dehydrated can have an impact on your ability to concentrate, and can increase feelings of drowsiness & irritability. Aim to drink to thirst, but keep in mind that you know you are drinking enough if your urine is roughly the colour of straw. Choose water first rather than soft drinks or juices which are high in kilojoules & simple sugars.

**READ  
THE FULL  
ARTICLE  
HERE!**

### CONSIDER YOUR OVERALL LIFESTYLE

Sometimes food is used as a coping tool, to help regulate emotions or to provide comfort in response to stress. Take time to think about what other activities help to relieve stress or that make you feel better. E.g. reading a book, going for a walk, listening to a podcast or calling a friend.

NMNT Banana,  
Carrot & Zucchini  
Muffins





# 5 IMPORTANT NUTRIENTS FOR Feeling Fab

## PHYTONUTRIENTS

Phytonutrients are substances found in plant foods. Some can mop up damaging compounds called free radicals that damage cell walls & cause inflammation. Eating a variety of plant foods has been linked to slower ageing & heart health benefits.

### SOURCES INCLUDE:

- GREEN TEA
- NUTS AND SEEDS
- DARK CHOCOLATE
- FRUITS, ESPECIALLY BERRIES
- VEGETABLES



## MAGNESIUM

Magnesium has specific metabolic functions relating to sleep & muscle relaxation. Research suggests a link to improvement of anxiety & depression because of the hormone, serotonin (happy hormone)

### SOURCES INCLUDE:

- NUTS
- POTATO
- AVOCADO
- BANANA
- OILY FISH
- SEEDS
- GREEN LEAFY VEGETABLES

## OMEGA-3 FATTY ACIDS

This type of polyunsaturated(healthy) fat are essential for good heart health; have important functions in brain health & are thought to contribute to mental health. Prevalence of mental health conditions such as anxiety & depression are lower in people who eat foods higher in omega-3 fatty acids, like the Mediterranean dietary pattern.

### SOURCES INCLUDE:

- OILY FISH E.G. SALMON, MACKEREL
- NUTS AND SEEDS
- VEGETABLE OILS
- TOFU
- GREEN LEAFY VEG
- FORTIFIED PRODUCTS



## PREBIOTICS & PROBIOTICS

Prebiotics are fibre that act as food for probiotics (living microorganisms, typically bacteria) found in a healthy gut. These bacteria ferment fibre helping them to grow & produce compounds keeping your gut healthy and more! Research is exploring how healthy bacteria contribute to overall health & wellbeing. Gut bacteria may be linked to mental health.

### SOURCES OF PREBIOTICS

- GARLIC & ONION
- LEEK
- ARTICHOKE
- ASPARAGUS
- BANANA
- BARLEY & OATS
- LEGUMES
- FLAXSEEDS

### SOURCES OF PROBIOTICS

- YOGHURT
- KOMBUCHA
- KIMCHI
- KEFIR
- SAUERKRAUT
- TEMPEH



## FIBRE

Whilst prebiotics are classified as a type of fibre, there are also other fibre types with links to better mental health. Current research is examining links between fibre, the gut, bacteria, & mental health. Make sure to drink enough water with fibrous foods.

### SOURCES INCLUDE:

- FRUITS & VEGETABLES
- WHOLEGRAINS
- NUTS & SEEDS
- LEGUMES

**READ  
THE FULL  
ARTICLE  
HERE!**



A top-down view of various whole grain products arranged on a dark wooden surface. The items include several round and rectangular breads, some with seeds; bowls and piles of different types of cereal (flakes, clusters, and bran); a bowl of mixed nuts (walnuts, almonds, hazelnuts); a bowl of seeds (pumpkin, sunflower); and two large, round, flatbreads. The overall aesthetic is rustic and natural.


# wholegrains

Rich in fibre and essential B vitamins to keep  
your brain fuelled and ready for anything!





# FRENCH TOAST

Serves **2** | 20 mins | \$2.08 p / serve |  | V, GF\*,

## INGREDIENTS

- 4 slices wholemeal bread\*
- 2 eggs
- ¼ cup reduced fat milk\*
- ½ tsp cinnamon
- Extra virgin olive oil
- 1 banana, sliced
- 1 cup frozen berries
- ½ cup reduced fat Greek yoghurt
- 2 tsp honey

## IT'S THIS EASY


- Place berries on a piece of paper towel on a plate and allow to defrost at room temperature.

- Warm a large fry pan over medium heat
- In a medium sized bowl mix together the eggs, milk and cinnamon
- Take one piece of bread and lay it in the egg/milk mixture, turning to coat both sides. Repeat with all slices of bread
- Cook each slice of bread in the fry pan in a little olive oil to stop it from sticking, for approx 3-4 mins per side, until browned
- Serve warm, layering the Greek yoghurt, fruit and honey over the bread



# BANANA PANCAKES

Serves **4** | \$0.37 p / serve

30 mins |  | V, GF\*, DF\*

## INGREDIENTS

- 1 large banana
- 1 egg
- 1 cup wholemeal self raising flour\*
- 1 cup reduced fat milk\*
- Extra virgin olive oil

## IT'S THIS EASY

- In a medium bowl mash the banana until smooth. Then add the eggs and milk. Stir to combine
- Add flour into the mixture and stir until there are no lumps, and the batter is the consistency of thick honey. Add more milk if needed
- Heat a large fry pan over medium heat. Add a little olive oil to the pan, then scoop on  $\frac{1}{4}$  cup of batter
- Wait until bubbles start to appear on the top of the pancake (around 2-3 mins), then turn over and cook for another 1-2 mins, until both sides are browned. Repeat
- Serve with Greek yoghurt, fresh fruit and a drizzle of maple syrup or honey





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# CHICKEN BURRITO

Serves **4** | 25 mins | \$3 p / serve |   | GF\*

## INGREDIENTS

- ½ cup pre-cooked basmati rice, warmed in microwave
- 250g chicken breast, diced
- 2 tsp fajita or Mexican spice mix
- 4 large wholemeal wraps or tortilla\*
- ½ cup grated tasty cheese (reduced fat)
- ½ cup corn kernels (fresh, cooked from frozen, or canned)
- 1 cup cabbage, shredded
- 2 tomatoes, diced
- 1 cup unsweetened Greek yoghurt (reduced fat)
- 2 tsp extra virgin olive oil

## IT'S THIS EASY

- Cook the chicken in a large frying pan with the olive oil until brown and tender
- In a bowl mix the rice, chicken and spice
- Lay a wrap on a chopping board or plate. Put the fillings in the middle of the wrap

- Pull one side of the wrap up and over the filling, pull the filling in tight with one hand  
With your other hand fold each end over and then roll the burrito into a log
- Put the burrito onto a piece of foil and wrap it up the same way you did with the wrap
- Repeat with the other wraps. Place the wraps in the sandwich press, lower the top and cook for 3 - 4 mins
- Serve with yoghurt for dipping

## TWEAKS

- Serve with a dollop of guacamole
- Cooking for one? You can freeze the remaining burritos to make an easy meal for another day. Simply let them defrost in the fridge overnight and reheat in the oven
- Using a pre-cut coleslaw salad mix will save you time
- For a vegetarian burrito add drained kidney beans or black beans instead of the chicken



# SILAS' OVERNIGHT OATS

Serves **1** | \$1.81 p / serve

10 mins |  | V, DF / VE\*

## INGREDIENTS

- ½ cup rolled oats
- ¾ cup milk\*
- 1 red apple, grated
- 1 tbsp almonds (slivered, or roughly chopped)
- ½ cup frozen berries

## IT'S THIS EASY

- In a small container add your rolled oats and milk and stir to combine. Cover and place in the fridge overnight
- When ready to eat, mix in the grated apple
- Either stir in, or serve berries and almonds over the top of your oats

## TWEAKS

- Use different fruit and nut / seed combinations e.g. pear and walnuts, or peaches and sunflower seeds
- Play with different spices, such as cinnamon, and nutmeg








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# WHOLEGRAIN APPLE CRUMBLE

Serves **7** | 30 mins | \$0.56 p / serve |  | V, DF, VE

## INGREDIENTS

- 4 medium sized granny smith apples (leave the skin on)
- 6 Weet-bix
- 1 ¼ cup rolled oats
- 1 tbsp brown sugar
- ½ cup desiccated coconut
- 1 tsp ground cinnamon
- 3 tsp vegetable oil spread
- Grab a mixing bowl and crush the Weet-bix into it using your hands
- Add the rolled oats, brown sugar, and desiccated coconut into the mixing bowl with the crushed Weet-bix and stir to combine
- Spoon out the vegetable oil spread and add this to the dry ingredients in the mixing bowl
- Use your hands to rub the vegetable oil spread into the dry ingredients, until it is all rubbed in and evenly distributed



## IT'S THIS EASY

- Heat the oven to 170°C
- Cut the apples up into small chunks, leaving the core and seeds behind, and spread onto a baking dish
- Sprinkle the cinnamon evenly on top of the apple
- Pour the crumble topping onto the apples and spread it out evenly
- Bake for 20-25 minutes, or until the crumble topping is lightly browned
- Serve with with reduced fat vanilla custard or ice cream





# SWEET POTATO BROWNIES

Serves **16** | 1 hour | \$0.18 p / serve |   | V, GF\*, DF\*

## INGREDIENTS

- 400g sweet potato, peeled
- 4 weetbix, crushed\*
- ½ cup wholemeal plain flour\*
- ¼ cup cocoa powder
- 2 tsp baking powder
- 2 eggs
- 2 tbsp brown sugar
- ¼ cup of extra virgin olive oil
- ½ cup lite milk\*
- 1 tsp vanilla essence
- ¼ cup dark chocolate chips

## IT'S THIS EASY

- Preheat oven to 190°C, and line a square cake tray with baking paper
- Cut sweet potato into evenly sized

chunks and put into a pot with enough water to cover the potato. Steam until they are soft. Allow to cool slightly, then mash


- In a medium sized bowl add the eggs, brown sugar, olive oil, milk and vanilla essence and stir until well combined
- Add the crushed weetbix, plain flour and baking powder to the wet ingredients and stir until well combined
- Gently stir in chocolate chips and mashed sweet potato
- Pour mixture into the lined baking tin and cook in the oven for 40 mins, or until a knife or skewer comes out clean





# LEFTOVER FRIED RICE

Serves **5** | \$2.45 p / serve

30 mins |  | GF\*, DF

## INGREDIENTS

- 500g frozen veg
- 2 x eggs
- 4 cups left over brown rice (cooked) or 2 cups raw brown rice (500g)
- 500g chicken breast
- 1 x medium brown onion
- 1 tbsp reduced salt soy sauce\*
- 1 tbsp fish sauce
- 3 tsp minced garlic (jar)

## IT'S THIS EASY

- Cut the chicken into small cubes
- Add eggs to pan and scramble. Remove and set to side
- Cook the rice, unless using left over (preferable for added flavour)
- In a pan, fry the chicken until cooked and then remove and set to side
- Add onion and garlic to pan, and cook until soft. Add veggies and fry for 8-10 minutes
- Add rice, chicken and egg to pan, and fry for a further 1-2 minutes
- Add fish and soy sauce to taste






# Fruit

Including fruit in your day provides vitamins  
and minerals for a healthy mind and body



# PINEAPPLE SALSA

Serves **4** | \$1.15 p / serve

10 mins |  | V, GF, DF, VE

## INGREDIENTS

- 1 medium tomato
- Small tin (227g) pineapple (in juice)
- ¼ coriander bunch
- 1 birdseye chilli (or dried chilli flakes)
- ½ medium lebanese cucumber
- ½ lime
- ½ medium red onion

## IT'S THIS EASY

- Dice all ingredients except lime
  - Add to a bowl, squeeze lime juice over the top and mix through
- Enjoy!

## TWEAKS


- If you're not great with spice, try using chilli flakes instead of fresh chilli







# BANANA, CARROT & ZUCCHINI MUFFINS

Serves **6** | 25 mins | \$0.50 p / serve |  | V, GF\*, DF\*

## INGREDIENTS

- 1 cup wholemeal self-raising flour\*
- 1 small banana
- 1 small carrot
- ½ small zucchini
- 1 egg
- ⅓ cup lite milk\*
- 2 tbsp honey or pure maple syrup
- 1 tsp cinnamon

## IT'S THIS EASY

- Preheat the oven to 180°C and line a muffin tin with 6 paper cases
- Add flour, egg, milk, honey, and cinnamon together in a bowl and

stir until combined

- Mash the banana and grate the carrot and zucchini, add these to the bowl and stir until combined
- Spoon the mixture into patty cases and bake for 15 minutes or until golden

## TWEAKS

- If you don't have a muffin tray, you can use a loaf tin instead, cooking for slightly longer, approx. 30 minutes until the loaf springs back when pushed, then cut into 6 pieces






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# APRICOT BLISS BALLS

Serves **8** | 15 mins | \$0.35 p / serve |  | V, DF, VE

## INGREDIENTS

- 1 cup dried apricots, roughly chopped
- 1 cup traditional rolled oats
- 2 tbsp orange juice
- 1 tsp mixed spice
- ½ cup moist coconut flakes or dessicated coconut
- Take 1 tbsp of the mixture and roll it in the palms of your hands to form a ball
- Roll the ball in the coconut
- Repeat with the remaining mixture (makes approx. 16)
- Chill in the fridge or freezer before eating (and to store them so they keep for longer)

## IT'S THIS EASY

- In a food processor, or bowl attachment of a stick blender, add all ingredients except for the coconut
- Blend until well combined
- Pour the coconut out on a plate or in a bowl

## TWEAKS

- If the mixture is too dry add 1 or 2 more tsp of juice
- Use cinnamon or cinnamon & nutmeg instead of mixed spice
- Try adding ½ tsp vanilla paste to the mix for a vanilla flavour





# BERRY & OAT SMOOTHIE BOWL

Serves **1** | \$2.30 p / serve

5 mins |  | 

## INGREDIENTS

- ½ cup rolled oats
- 1 medium banana
- ½ cup frozen berries
- ½ cup reduced fat Greek yoghurt
- 1 tsp pumpkin seeds
- 1 tsp coconut (desiccated or flakes)

## IT'S THIS EASY

- Add the oats, berries, yoghurt and half of the banana into a blender and blend until smooth
- Slice the remaining banana
- Pour the smoothie mixture into a bowl and top with the sliced banana, pumpkin seeds and coconut






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## MANGO & YOGHURT POPSICLES

Serves **5** | 4 hours | \$0.98 p / serve |  | V, GF

### INGREDIENTS

- 2 ripe mangoes
- 1 cup reduced fat Greek yoghurt
- $\frac{1}{3}$  cup water

### IT'S THIS EASY

- Remove the skin from the mangoes and cut the flesh into small chunks. Place the mango in a freezer proof container and freeze for roughly 2-3 hours (or until partially frozen)
- Once ready, place the mango in a blender. Blend until smooth and creamy. Add just enough water to

the mango to allow it to process into a smooth consistency


- Add 2 tbsp of mango puree to each popsicle mould. Then layer 2 tsp Greek yoghurt on top of mango layer, repeat for the other moulds. If there is room add another tbsp mango puree to each mould
- Place a knife or the end of your spoon down through the centre of the popsicle mould and pull it upwards, or through to gently 'swirl' the mango puree and yoghurt together
- Pop the mould into the freezer for another 2 hours or until set





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## **BEETROOT, GOATS CHEESE & WALNUT SALAD**

Serves **4** | 10 mins | \$2.95 p / serve |  | V, GF

### **INGREDIENTS**

- 425g can diced beetroot, drained
- ⅓ cup walnuts, roughly chopped
- 1 medium red onion, finely sliced
- 1 Lebanese cucumber, diced
- 120g baby spinach or rocket leaves
- 2 tbsp extra virgin olive oil
- 3 tbsp lemon juice
- 1 tsp lemon zest
- 60g goats cheese
- 1 medium navel orange, skin removed and cut into eighths

### **IT'S THIS EASY**

- Add oil, lemon juice and zest into a small bowl and mix well until combined
- In a large bowl combine beetroot, onion, cucumber, spinach, orange and dressing and toss gently until combined
- Crumble the goats cheese and walnuts over the salad





# Vegetables

Set up a good defence system for your brain by eating a variety of vegetables







**CHECK OUT  
HOW TO  
SHARPEN A  
KNIFE WITH A  
COFFEE MUG!**



# JOSIE'S PUMPKIN SOUP

Serves **4** | 40 mins | \$2.53 p / serve |   | V, GF, DF, VE

Josie was an old family friend and a former British Army officer who spent a large part of her life in India. A recipe that's been passed between friends and an easy go to when you need a quick and healthy meal

## INGREDIENTS

- 1 onion
- 2 celery sticks
- 2 carrots, washed, skin on
- 2 potatoes, washed, skin on
- ½ a sweet potato, peeled
- ¼ of a pumpkin, peeled
- 2 litres reduced salt stock and / or water
- ½ - 1 tsp of your preferred spice, such as ground nutmeg, paprika and / or ginger
- A dash of tabasco
- Juice of half a lemon

## IT'S THIS EASY

- Chop all the vegetables into similar sized pieces (about 2cm)
- Heat a large pot over medium heat. Add all the ingredients and simmer for about half an hour, or until the potatoes and sweet potatoes can be pierced easily with a fork
- Remove the pot from the heat, and allow it to cool slightly
- With a stick blender, blend all the ingredients until smooth


## TWEAKS

- Serve with spoonful of plain Greek yoghurt and bread
- Any root vegetables will work well in this recipe, and you can always use more carrots if you don't have enough, or any of the other vegetables
- If you like your soup spicier, add more tabasco





# RICE PAPER ROLLS

Serves **4** | 15 mins | \$2.87 p / serve |  | V\*, GF, DF, VE\*

## INGREDIENTS

- 8 rice paper wrappers
- 1 small iceberg lettuce, shredded
- 2 carrots, grated or sliced thinly
- 1 capsicum, sliced thinly
- 1 cucumber, sliced thinly
- 200g tofu or chicken breast\*
- 1 mango (optional)
- Handful mint leaves
- Handful coriander leaves

### *Marinade*

- 1 tsp sesame oil
- 1 tsp honey\*
- 2 tsp, crushed garlic
- 1 - 2 tbsp water

## IT'S THIS EASY


- Mix together the marinade
- Slice chicken or tofu into strips, then add to the marinade
- Cover and let marinate for 10 mins (longer if you have time), then cook in a non-stick fry pan
- Using a plate or bowl of water, gradually soften a rice paper wrap
- Into the center of the wrap, layer a handful of lettuce with a small amount of each vegetable, add a slice or two of chicken / tofu. Fold the bottom and top sides of the wrap over the filling, and tightly fold the other sides of the wrap to form a roll





HERE'S  
OUR TIPS  
ON EATING  
WELL FOR  
ONE!

## VEGETARIAN MEXICAN MIX

Serves **6** | 20 mins | \$1.20 p / serve |  | V, GF, DF, VE

### INGREDIENTS

- ½ head of cauliflower
- 1 x 420g can chickpeas (no added salt)
- 1 x 420g can kidney beans (no added salt)
- 1 x 420g can salt reduced diced tomatoes
- 1 x red onion diced
- 1 tsp minced garlic
- ½ lime
- ½ tsp pepper
- 2 tbsp paprika
- 2 tbsp cumin
- 1 tbsp extra virgin olive oil

### IT'S THIS EASY

- Dice the cauliflower and onion
- Heat oil on medium-high heat and add onion and garlic to cook for 1-2 minutes or until soft
- Add cauliflower into the pan and cook for 3-4 minutes or until soft.
- Pour red kidney beans and chickpeas into a strainer and rinse
- Add the diced tomatoes, red kidney beans and chickpeas to the pan. Then add the spices and lime
- Lower to medium heat and cook for another 5 minutes
- Serve as part of your favourite Mexican dish e.g. nachos, burritos, tacos or quesadillas








**CHECK OUT  
OUR TUTORIAL  
HERE!**



# PUMPKIN MAC 'N' CHEESE

Serves **4** | 35 mins | \$2.55 p / serve |    | V, GF

## INGREDIENTS

- 500g pumpkin (butternut works best)
- 250g (1 punnet) cherry tomatoes
- 100g cottage cheese
- 50g lite tasty shredded cheese
- ½ cup of cashews (raw)
- 1 tbsp smoked paprika
- 250g macaroni pasta
- 1 tsp extra virgin olive oil
- Cut cherry tomatoes in half. Heat olive oil in a small frypan and add the cherry tomatoes. Cook for 3 minutes or until shrivelled
- Add the pumpkin, cottage cheese, tasty cheese, cashews and paprika to the blender. Blend to a puree consistency
- Add blended ingredients and cherry tomatoes to the pasta and stir through. Enjoy!

## IT'S THIS EASY

- Remove any skin from the pumpkin and dice up into small cubes (~2cm)
- Boil or microwave the pumpkin for approx. 20 mins or until soft. Allow to cool for 5 mins
- While the pumpkin is cooking, bring a pot of water to the boil and add the pasta. Cook for 8-10 minutes or until cooked through. Set aside to cool


## TWEAKS

- Stir through some baby spinach leaves at the end to increase the veggie content and add a pop of colour





## EVE'S POTATO SALAD

Serves **6** | 30 mins | \$2.24 p / serve |  | V, GF

### INGREDIENTS

- 5 medium potatoes, chopped into quarters
- 1 - 2 eggs
- 4 - 5 stalks of celery, washed well
- 4 - 5 large dill pickles
- 3 spring onions
- ¼ bunch parsley
- ¼ bunch chives
- ¼ bunch thyme
- 1 tbsp reduced-fat mayonnaise
- 2 tbsp reduced fat Greek yoghurt

### IT'S THIS EASY

- Place the potatoes in a pot and fill with cold water. Bring the water to the boil and cook for 10-15 minutes.


Once ready, set aside and allow to cool completely

- Fill a pot with water, place the eggs in, and bring to the boil. Once the water is boiling, cook the eggs for 6 minutes for hard boiled yolks. Once ready, allow the eggs to cool, then peel and cut into small pieces
- Whilst the potatoes and eggs are cooking, thinly slice the celery, chop the pickles, finely chop herbs, chives and spring onions
- Using the saucepan you cooked the potatoes in, or a large bowl, add the cooled potatoes, celery, herbs and spring onions, and mix to combine
- Gently mix in the mayonnaise, eggs and yoghurt until evenly distributed





# SOPHIE'S QUICK OKONOMIYAKI

Serves **4** | 30 mins | \$1.57 p / serve |  | V, GF\*, DF

## INGREDIENTS

- 1 cup plain wholemeal flour\*
- 3 eggs
- ½ Cabbage (any colour)
- 1 carrot
- 1 cup reduced salt vegetable stock liquid
- Extra virgin olive oil
- Optional: spring onion
- Add the grated carrot and sliced cabbage to the batter, and mix until well combined
- Heat a large fry pan to a medium to hot temperature. Lightly spray the fry pan with oil and pour roughly ¼ cup of the mixture into the frypan
- Cook the pancake until bubbles start to form in the batter, and the pancake is browned on one side. Carefully flip the pancake and continue cooking until both sides are browned and crispy, and the batter is cooked through. Roughly 3 mins on each side. Repeat the last step for the remainder of the batter
- Optional: Serve pancakes with spring onions, and a small amount of Okonomiyaki sauce

## IT'S THIS EASY

- Finely slice the cabbage, and coarsely grate the carrot
- In a medium sized bowl, add the flour and eggs, and gradually add the vegetable stock, mixing with a fork until the batter forms a thick mixture. Add more stock to reach the right consistency



# VEGETABLE CHIPS

Serves **10** | \$0.64 p / serve

35 mins |  | V, GF, DF, VE

## INGREDIENTS

- 2 medium beetroot
- 1 large sweet potato
- 2 large potatoes
- 3 carrots
- 1 tsp onion powder
- 1 tsp garlic powder
- 2 tbsp extra virgin olive oil

## IT'S THIS EASY

- Preheat oven to 175°C. Very thinly slice vegetables into discs or strips
- Add to large bowl and toss in olive oil and garlic and onion powders
- On a lined baking tray (s), lay vegetables in a single layer
- Cook in the oven for 30 mins until crisp, turn over around half way





A top-down view of various dairy products arranged on a light-colored, textured surface. In the top center is a glass jar of milk with a metal clasp lid. To its right is another glass jar of milk. In the top left is a wooden bowl filled with thick cream. In the center is a small wooden bowl containing two blocks of butter. To the left of the center is a brown bowl filled with crumbled white cheese. In the bottom left is a wedge of Swiss cheese with visible holes. In the bottom right is a large wooden plate with several slices of soft cheese. The word "Dairy" is written in a white, cursive font across the center of the image.

# Dairy

A good source of probiotics  
for gut and brain health





# HEIDI'S VEGETABLE BAKE

Serves **6** | \$2 p / serve

1 hour |  | V, GF

## INGREDIENTS

- 1 small sweet potato
- 2 carrots
- ½ head of broccoli
- ½ head of cauliflower
- 1 zucchini
- 200g lite ricotta cheese
- ½ cup reduced salt stock
- ½ cup lite cheddar cheese, grated



## IT'S THIS EASY

- Preheat an oven to 180°C. Chop all vegetables into similar sized chunks, about 2cm and place into a large baking dish
- In a separate bowl, combine the ricotta cheese and reduced salt stock and mix until combined
- Pour the ricotta mixture over the vegetables and sprinkle over the cheddar cheese
- Cover with foil and place in the oven for 30 mins. Remove the foil and bake for a further 15 mins until cooked through





# BERRY & BASIL FROZEN YOGHURT

Serves **1** | 35 mins | \$1.20 p / serve |  | 

## INGREDIENTS

- ½ cup low fat vanilla yoghurt
- 3 tbsp frozen berries (strawberries, raspberries or blueberries)
- 1 tsp shredded fresh basil
- 1 square, chocolate

## IT'S THIS EASY

- Crush berries and chocolate into small pieces
- In a small, freezer proof bowl, mix together yoghurt, berries, chocolate and basil
- Transfer to freezer, allow to thicken in the freezer for 30 mins (you don't want it to go hard). Enjoy straight out of the freezer



# YOGHURT PARFAITS

Serves **1** | \$2.27 p / serve

10 mins |  | 

## INGREDIENTS

- ½ cup reduced fat Greek yoghurt
- 3 strawberries
- ½ kiwi fruit (skin removed)
- 1 tbsp shredded coconut
- ½ serve NMNT gingerbread granola (or 2 tbsp muesli)

## IT'S THIS EASY


- This works best with a clear bowl or cup, so that you can see all the different layers
- Chop the strawberries and kiwi fruit into small pieces
- Place the strawberries in the bottom of the bowl / cup you are using, add 2 tbsp of yoghurt and add 1 tbsp of granola
- Layer another 2 tbsp of yoghurt, add the kiwi fruit, repeat with another layer of Greek yoghurt and then 1 tbsp of granola. Add a final layer of Greek yoghurt and sprinkle with shredded coconut







# CORN THINS WITH PEAR, RICOTTA, WALNUTS & HONEY

Serves **1** | 5 mins | \$3 p / serve |  | V, GF

## INGREDIENTS

- 2 corn thins
- 1 tbsp smooth ricotta
- 1 small ripe pear
- 1 tsp honey
- 1 tbsp walnuts, chopped

## IT'S THIS EASY

- Top the corn thins with a spread of ricotta
- Slice the pear thinly and arrange on the ricotta
- Drizzle honey over the top
- Place the walnuts in a frypan (no oil is needed) on medium heat. Stir the nuts or toss the pan while they are cooking. Cook for around 5 mins, or until they start to brown
- Sprinkle the toasted walnuts over the top





# GREEN VEG TOASTED SANDWICH

Serves **1** | \$2.15 p / serve

10 mins |  | V, GF\*

## INGREDIENTS

- 2 slices wholegrain bread\*
- ¼ medium avocado (sliced or smashed)
- 1 tbsp cottage cheese (reduced fat)
- ½ cup baby spinach
- ¼ small green capsicum
- 1 slice cheddar cheese (reduced fat)
- 1 tbsp sundried tomato pesto


## IT'S THIS EASY

- Layer the ingredients on to one slice of the bread in the following order; sundried tomato pesto, cottage cheese, avocado, capsicum, baby spinach, cheddar cheese
- Top with the second slide of bread
- Place in the sandwich press and toast for 3 - 4 minutes or until the bread is golden brown and the cheese is melted
- Slice in half and serve



# BANANA, BLUEBERRY & CHIA SMOOTHIE

Serves **2** | \$2.80 p / serve

5 mins |  | V, GF, DF\*, VE\*

## INGREDIENTS

- 2 cups lite milk\*
- 1 banana
- 1 cup frozen blueberries
- 1 tbsp chia seeds
- 1 tsp honey\*

## IT'S THIS EASY

- Add all ingredients to a blender and blend until smooth

## TWEAKS

- Spice it up by adding some cinnamon





A top-down view of various healthy fats ingredients arranged on a light gray surface. In the top left, a glass bowl is filled with small, light-brown flax seeds. To its right is a slice of a green avocado. In the top right, a glass dish contains a golden-yellow liquid, likely olive oil. Below the flax seeds, a wooden spoon is filled with dark brown, elongated flax seeds, with some seeds scattered around it. In the center, a large glass bottle of olive oil is partially visible. To the right of the bottle, a glass bowl is filled with dark brown flax seeds. Below the bottle, there are several almonds, some whole and some cracked open. In the bottom left, a glass bowl contains several dark, glossy olives. In the bottom right, a large half of an avocado is shown, revealing its green flesh and large brown pit. Scattered around the bottom right are more flax seeds and a few red peanuts.


# Healthy fats

Healthy fats from oily fish, nuts, seeds, vegetable oils and avocados provide the foundation for a healthy brain!





## PESTO EGGS

Serves **1** | 10 mins | \$2.36 p / serve |  | V, GF\*, DF\*

### INGREDIENTS

- 2 tsp basil pesto\*
- 2 eggs
- 1 cup baby spinach
- 2 pieces wholemeal bread\*
- 1 tomato, coarsely chopped
- Optional: Red chilli flakes

### IT'S THIS EASY


- Heat a small fry pan over a medium heat, with a small amount of olive oil
- Add spinach to the hot frypan, and stir until wilted. Remove from the pan and set aside
- Add the basil pesto to the hot pan, keeping each tsp separate, spread the pesto out slightly as it heats up
- Crack one egg on top of each portion of pesto and cook until the whites have turned opaque, and the egg yolks are cooked to your liking
- Whilst the eggs are cooking, toast the bread
- Serve by layering the piece of toast with the spinach and then top with the pesto eggs and chopped tomatoes
- (Optional) - sprinkle eggs and toast with red chilli flakes





# SALMON & PASTA SALAD

Serves **1** | \$2.40 p / serve

10 mins |  | GF\*, DF

## INGREDIENTS

- 1 cup wholemeal pasta, cooked\*
- 95g can salmon in spring water, drained and flaked with a fork
- ½ cup broccoli, cut into small florets
- ½ cup frozen peas and corn
- 2 tsp lemon juice
- 1 tsp extra virgin olive oil


## IT'S THIS EASY

- Place broccoli and frozen peas and corn into a microwave safe bowl with a small amount of water and cook for 5 - 7 mins or until tender
- Combine pasta, salmon and vegetables in a bowl
- In a separate bowl or jug, whisk the lemon juice and olive oil together with a fork
- Add dressing to the pasta salad and enjoy!





# SMOKED SALMON WITH APPLE & BEETROOT SALAD

Serves **4** | 10 mins | \$4 p / serve |  | GF

## INGREDIENTS

- 2 x 95g cans naturally smoked salmon
- 60g bag rocket or baby spinach
- 2 small fresh cooked beetroot, cut into wedges
- 1 green apple, remove the core and cut into slices
- 1 red onion, thinly sliced
- 1 lemon, zest and juice
- 1 tbsp olive oil
- 2 tbsp reduced-fat Greek yoghurt

## IT'S THIS EASY

- Using a fork, break the salmon up into chunks
- Add olive oil, lemon juice and zest in a bowl and mix until combined
- In large mixing bowl combine salmon, apple, onion, spinach, dressing & a small amount of pepper
- Toss gently to combine
- Scatter over the beetroot and drizzle over the yoghurt



# SPICED TRAIL MIX

Serves **17** | \$0.39 p / serve

25 mins |  | V, GF, DF, VE\*

## INGREDIENTS

- ½ cups peanuts
- 1 cup raw almonds
- 1 cup pepitas
- ½ cup dried cranberries
- ½ cup sultanas
- 1 tsp cinnamon
- 1 tsp mixed spice
- 1 tbsp honey\*
- 1 tbsp extra virgin olive oil

## IT'S THIS EASY

- Preheat oven to 180°C. Mix honey, cinnamon, mixed spice and oil until well combined
- Add nuts and pepitas and toss until evenly coated in mixture
- Spread nut mixture onto a lined baking tray, and place in the oven
- Cook for 20 mins, tossing frequently, until nuts are browned
- Allow to cool and mix with cranberries and sultanas












# AVOCADO BROWNIES

Serves **8** | 30 mins | \$0.60 p / serve |    | V, DF\*

## INGREDIENTS

- 1 medium avocado
- 2 eggs
- 100g dark chocolate
- 15g ( $\frac{1}{8}$  cup) cacao powder
- $\frac{1}{4}$  cup almond meal
- 1  $\frac{1}{2}$  tbsp honey
- $\frac{1}{2}$  cup raw walnuts

## IT'S THIS EASY

- Preheat the oven to 180°C / 160°C fan forced
- In a microwave proof container or bowl, heat the chocolate for 30 seconds, stir, then heat for another 30 seconds or until melted
- Roughly chop the walnuts
- Add all of the ingredients, apart from the almond meal and walnuts, into a blender/ food processor and blend until smooth

- Place the mixture into a bowl, and fold in the almond meal and chopped walnuts
- Place the mixture into a square baking tin (roughly 20cm x 20cm) lined with baking paper, and cook for 15-20 minutes or until cooked through (test by putting a knife or skewer into the centre)
- Leave to cool, then cut into 8 pieces

## TWEAKS

- Make your own almond meal by blending a cup of almonds in the blender / food processor





# RASPBERRY & PEANUT BUTTER SMOOTHIE

Serves **1** | \$1.80 p / serve

5 mins |  | V, GF, DF, VE

## INGREDIENTS

- 1 cup almond milk (calcium fortified)
- 1 tbsp natural peanut butter
- $\frac{2}{3}$  cup frozen raspberries

## IT'S THIS EASY

- Place all ingredients into a blender and blend until smooth
- Pour into a glass and enjoy!

## TWEAKS

- Try with other frozen berries or banana





# Lean Proteins



Keep lean proteins on the menu at every meal to squeeze in vitamins and minerals for brain health







# RANI'S EASY CHICKEN CURRY

Serves **5** | 30 mins | \$3.59 p / serve |   | V\*, GF, DF, VE\*

## INGREDIENTS

- 2 tsp extra virgin olive oil
  - 1 tsp grated ginger
  - 1 brown onion
  - 2 tbsp green curry paste
  - 600g diced chicken breast\*
  - 1 bunch coriander
  - 200ml light coconut milk
  - ⅔ cup reduced salt stock\*
  - 800g frozen vegetables
  - 450g packet pre-cooked brown rice
  - (Optional) 2 chillis
- Reduce the pan heat to medium and add the onion, ginger, curry paste and chilli mix, stirring to combine and until it becomes fragrant
  - To the same blender, add the coconut milk, stock and coriander and blend until smooth
  - Add the coriander / coconut mixture to the pan
  - Add in the fresh or frozen vegetables and simmer the curry over a low to medium heat for 10-15 minutes
  - Serve with rice

## IT'S THIS EASY

- Heat a large pot over medium-hot heat. Add oil, then the chicken and cook until the chicken begins to brown, tossing regularly
- While the chicken is cooking, peel and roughly chop the onion
- Add the onion, ginger, curry paste, and chilli to a food processor and chop into a fine paste



## TWEAKS

- You can use fresh or frozen vegetables, broccoli, capsicum, baby corn, carrot and green beans would work well
- You can use chicken thigh, trimmed of fat, or tofu instead of the chicken breast\*





## BLACK BEAN BURRITO BOWL

Serves **2** | 10 mins | \$4.80 p / serve |   | V, GF\*, DF, VE

### INGREDIENTS

- 1 large wholegrain tortilla wrap\*
- 1 tsp extra virgin olive oil
- 1 cup microwave brown rice
- 1 tsp Mexican spice mix
- 1 cup canned black beans
- ½ medium red onion, diced
- ½ medium capsicum, diced
- ½ cup tinned corn
- 1 cup shredded lettuce
- 1 Lebanese cucumber, diced
- 2 tomatoes, diced
- 1 lime, cut into wedges
- 1 small avocado, mashed

### IT'S THIS EASY

- Heat a frypan over a med - high heat, add wrap and toast for one minute on each side. Remove from pan and cut into wedges
- Heat olive oil in frypan, when hot add onion and capsicum, cook for 5 mins. Add the Mexican spice, beans and corn and cook for a further 2 mins
- Cook the rice in the microwave according to packet instructions
- Divide brown rice, bean mixture and remaining veggies between two bowls
- Serve with tortilla chips, squeeze over lime juice and enjoy!






**CHECK OUT  
OUR TUTORIAL  
HERE!**



# CLARE'S 'SAUSO' ROLLS

Serves **9** | 45 mins | \$2.10 p / serve |  | GF\*

## INGREDIENTS

- Olive oil spray
- 1 heaped tsp crushed garlic
- 1 can brown lentils
- 1 zucchini (or other vegetable), grated
- 2 brown onions, finely chopped
- 500g lean mince (beef, lamb, chicken, turkey)
- 2 tsp paprika
- 1-2 tbsp no added salt tomato paste
- 100g reduced fat feta, crumbled
- 2 tbsp pine nuts or almonds, toasted
- ¼ cup parsley, finely chopped or other fresh herbs
- 1 whole packet of filo pastry (roughly 15-18 sheets)\*
- Add the mince and cook through. Then add the drained lentils, paprika and zucchini and cook for 2 more minutes. Set aside to cool
- Once cooled, add the feta, nuts, tomato paste and parsley, then mix together
- Fold 1 sheet of filo pastry in half and spray with oil, then place 3 tbsp of mixture on top and roll up, sealing it on the edge. Repeat this with the rest of the mixture and pastry
- Place the rolls onto a baking tray and cook for 25 minutes or until golden brown. Serve with your favourite sauce!

## IT'S THIS EASY

- Preheat the oven to 200°C and line a tray with baking paper
- Spray a frying pan with olive oil and cook the onion and garlic for 5 mins or until soft



## TWEAKS

- Serve with our *Roast Capsicum Sauce*
- Add any spices or vegetables you'd like! Our favourites are mixed herbs, and vegetables like carrot, capsicum and eggplant





## TUNA & VEGGIE PASTA BAKE

Serves **5** | 1 hour | \$2 p / serve |   | GF\*

### INGREDIENTS

- 1 medium zucchini
- 1 medium red onion
- 3 medium white potatoes
- 1 medium carrot
- ½ broccoli
- 1 tbsp extra virgin olive oil
- 300g dried pasta\*
- 1 x 400g tin diced tomatoes
- 1 tbsp tomato paste (no added salt)
- 425g tin tuna (in springwater)
- ¾ cup lite tasty cheese (grated)

### IT'S THIS EASY


- Preheat the oven to 170°C. Chop zucchini, onion, potatoes, carrot, and broccoli into small pieces
- Spread these out onto a baking tray, drizzle with the olive oil, and place in the oven to bake for 35 - 40 minutes or until cooked through
- Bring a pot of water to the boil and cook the pasta for 10 minutes or until cooked through
- Once the pasta is cooked, drain the water off and add the tin of tomatoes, tomato paste and tuna to the pasta and stir through
- Once the veggies are baked add these and the pasta mixture to a large, deep baking dish and stir to combine
- Spread the grated cheese over the top and bake for 10-15 minutes or until the cheese is melted





**CHECK  
OUT OUR  
TUTORIAL  
HERE!**

## ONE PAN MEXICAN MINCE

Serves **4** | 25 mins | \$4.20 p / serve |  | GF, DF

### INGREDIENTS

- 2 tsp extra virgin olive oil
- 1 medium red onion, sliced
- 2 stems spring onion, finely sliced
- 1 green capsicum, roughly diced
- 1 cup frozen corn kernels
- 2 garlic cloves, crushed
- 1 tsp cumin seeds, whole
- 500g lean beef mince
- 2 tbsp no added salt tomato paste
- 1 cup salt reduced beef stock
- 250g packet brown and wild rice
- 1 medium avocado, diced

### IT'S THIS EASY

- Heat the olive oil in a large frying pan on medium-high heat
- Add the red and spring onion, capsicum and corn and cook for 5 mins or until starting to brown, stirring the mixture occasionally
- Add the crushed garlic and cumin seeds and cook for another 30 seconds
- Add the mince and cook for 6 - 8 mins or until brown, using a wooden spoon to break up the mince
- Add the tomato paste, stock and ½ cup of water and bring to a simmer
- Add in the rice, reduce the heat to medium-low and cook uncovered for 8-10 minutes or until all the liquid has been absorbed
- Serve with the diced avocado on top



# CURRIED TOFU

Serves **5** | \$1.79 p / serve

30 mins |  | V, GF\*, DF, VE

## INGREDIENTS

- 450g pack of very firm tofu
- 1 tbsp plain flour\*
- 2 garlic cloves
- 1 brown onion, thinly sliced
- 1 carrot, sliced
- 1 zucchini, sliced
- 1 cup frozen peas / corn
- 1 tbsp curry powder
- 1 tsp sugar
- 2 tsp extra virgin olive oil
- 2 cups reduced salt veg stock
- 2 large sweet potatoes, peeled

## IT'S THIS EASY

- Chop the sweet potato into 2 cm chunks, and add to a pot of water. Bring the water to the boil and cook for around 10 mins. Drain, then mash
- Chop your tofu into 2 cm chunks
- Heat a large pot over medium heat, and add 1 tbsp oil. Add the onion and garlic, cook until soft. Then add the carrot, zucchini and tofu, and cook until brown
- Add curry powder, flour and sugar to the pot, and cook until fragrant
- Add the stock and simmer for 10-15 mins. Mix in the frozen peas / corn until evenly heated through
- Serve with mashed sweet potato





A photograph of three glasses of smoothies on a wooden surface. The central glass is tall and filled with a red smoothie, topped with a strawberry and a blue and white striped straw. To its left is a shorter glass with a light-colored smoothie and a red and white striped straw. To its right is another tall glass with an orange smoothie and a multi-colored straw. In the background, there are lemons and a green leafy plant. In the foreground, there are bananas on the left and blueberries on the right. The entire image has a dark, semi-transparent overlay.

# Drinks

Non-alcoholic, low sugar drinks to  
keep your brain well hydrated



# WATERMELON & CRANBERRY BREEZE

Serves **4** | \$1 p / serve

5 mins |  | V, GF, DF, VE

## INGREDIENTS

- 2 ½ cups watermelon
- ¼ cup diet lime cordial
- 1 cup cranberry juice
- 1 cup diet tonic water

## IT'S THIS EASY

- Place the watermelon, lime cordial and cranberry juice in a blender and blend until smooth
- Half-fill 4 tall glasses with ice
- Divide the watermelon mixture among glasses and top up with tonic water

## TWEAKS


- Add lemon or lime juice instead of lime cordial for a zingier flavour



**CHECK OUT  
HOW TO MAKE  
YOUR OWN  
MOCKTAIL  
GARNISH!**



# BERRY & MINT SPRITZ

Serves **2** | 5 mins | \$2.15 p / serve |  | V, GF, DF, VE


## INGREDIENTS

- 600ml soda water
- 100ml raspberry cordial
- 1 cup frozen berries
- 1 handful mint

## IT'S THIS EASY

- Roughly chop mint
- In a large jug, add all ingredients and mix well

# GINGER & PINEAPPLE FIZZ MOCKTAIL

Serves **1** | 5 mins | \$0.80 p / serve |  | V, GF, DF, VE

## INGREDIENTS


- 3-4 ice cubes
- 30ml reduced-sugar ginger cordial
- 1 tablespoon pineapple (fresh, or canned in natural juice and drained), chopped
- 1 lime wedge
- 250ml soda water

## IT'S THIS EASY

- Put ice, cordial, and pineapple in a tall glass
- Add the lime wedge to the glass squeezing the juice into the glass first
- Top with soda water, swizzle and enjoy



# BANANA & OAT SMOOTHIE

Serves **1** | 5 mins | \$1.05 p / serve |  | V, DF / VE\*


## INGREDIENTS

- 1 banana
- 1 tbsp rolled oats
- 1 cup reduced fat milk\*
- ½ tsp cinnamon

## IT'S THIS EASY

- Place all the ingredients into a blender and blend until smooth
- Pour into a glass and enjoy!

# STRAWBERRY BREAKFAST SMOOTHIE

Serves **1** | 5 mins | \$1.35 p / serve |  | V, GF\*


## INGREDIENTS

- 1 cup lite milk
- 1 Weet-Bix\*
- ⅔ cup strawberries
- 1 tsp chia seeds
- 1 tbsp reduced fat Greek yoghurt

## IT'S THIS EASY

- Place all ingredients into the blender and blend until smooth
- Pour into a glass and enjoy!



A top-down photograph of a white ceramic mug filled with a thick, dark brown hot chocolate. The mug is placed on a dark, circular wooden tray. The background is a rustic wooden surface with visible grain and some cocoa powder dust. In the top left corner, a small metal sifter is partially visible.

# COCOA & HONEY HOT CHOCOLATE

Serves **1** | \$0.45 p / serve

5 mins |   | V, GF, DF\*, VE\*

## INGREDIENTS

- 2 tsp cocoa powder
- 1 tsp honey\*
- 250ml lite milk\*

## IT'S THIS EASY

- Boil the kettle. Then add the cocoa powder and honey to a mug
- Pour 1 tbsp boiling water into the mug and stir to dissolve cocoa powder and honey
- Add 250ml milk and heat in the microwave for 1 minute or until warm. Enjoy!

## TWEAKS

- Add peppermint extract.
- Can also be made with boiling water and a dash of milk
- Try cacao powder instead of cocoa powder if you prefer the taste

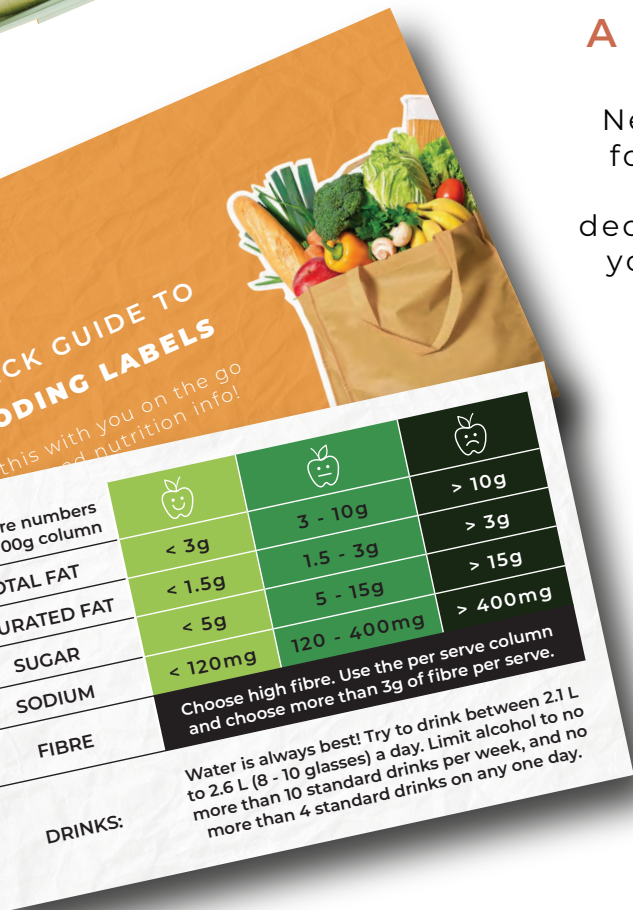


# ADDITIONAL resources

## A QUICK GUIDE TO DECODING LABELS

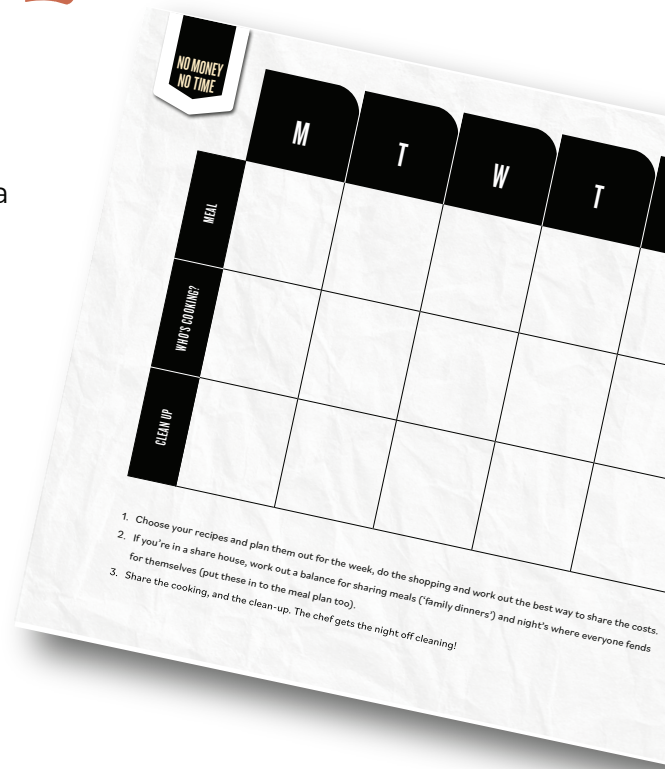
Need help decoding labels? Not sure what to look for on the back of your favourite packaged item?

We've made it easy with our quick guide to decoding labels! Simply download, print and keep in your wallet to refer to when you're out and about!



## MEAL PLANNING TEMPLATES

Eating well while out and about doesn't have to break the bank, and planning ahead is a great way to ensure you have a healthy lunch prepped for the day ahead! To get you started, we've made two meal planning templates, perfect for getting you on track.





# Your headspace journey



## You contact headspace

(You or a person you trust can call us.)  
**What to expect?** A 10 min phone call. A headspace worker will ask you for some personal details and will book you in for an *intake phone call*.



## Intake phone call

**What to expect?** A 30 min phone conversation about your support needs. After this phone call you may be booked in for your first assessment appointment at headspace or we may link you with another service that better suits your needs.



## Your first appointment

(In person appointment.)  
**What to expect?** A 60-90 minute assessment appointment with a friendly YAT worker to discuss your mental health and well-being including: physical and sexual health, work and study and drug and alcohol support and safety. We will develop a support plan with you.



**Your support plan may include the below options, depending on the level of support you may need:**

### Additional services from headspace

physical and sexual health, work and study support, alcohol and drug support ( GP, IPS and AoD counsellor, Allied Health)

### Short term support from the Youth Access Team

– up to 4 sessions

### Longer term support with a headspace counsellor

– \*multiple sessions

### Connected Recovery Program

goal directed case management and mental health support for young people needing extra help

### Stepped up care

to more intensive mental health services

### Other support services including (but not limited to):

interrelate, Ability Options, Getting It Together Scheme, Doorways, Canteen, Digital support services/programs, Reconnecting Adolescence and Parents Team, Victims of Crime Counselling, OzChild, link2home, Mission Australia, Central Coast Primary Care, Baptist Care, Aboriginal Health Services or other services that you may need.

## Return to headspace

For future appointments as needed



### How'd we do?

Provide us your feedback

<http://freesuggestionbox.com/pub/hucawes>



## Coming to headspace

**What to expect?** You will be greeted by reception staff and asked to complete a short headspace survey on an ipad. A friendly Youth Access Team (YAT) worker will meet you for your appointment.

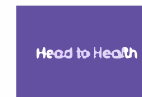


## Digital support options



**eheadspace**

[digitalworkandstudy.org.au](http://digitalworkandstudy.org.au)  
1800 810 794



Mental Health Line  
1800 011 511

Available to call 24/7 for non-urgent advice and referral to mental health services. In a case of an emergency call 000 or present to local emergency department



**headspace**  
Gosford Ph: 4304 7870



**headspace**  
Lake Haven Ph: 4394 9100

This journey map is intended as a guide. Time frames between referral, intake, assessment and counselling will vary according to the young person's needs and the busyness of the service.

All services provided by headspace are at no cost to you. Some services will require your Medicare card.

\* The number of sessions will vary depending on Medicare guidelines





# GET IN TOUCH

E: [nmnt@newcastle.edu.au](mailto:nmnt@newcastle.edu.au)

W: [nomoneynotime.com.au](http://nomoneynotime.com.au)



Do you have a family favourite  
recipe you'd like to share?

Tell us about it here!

