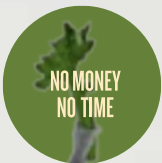




NO MONEY
NO TIME

— QUICK & HEALTHY —

WINTER WARMERS



Australian
Eating Survey

nib foundation



No Money No Time (NMNT) was founded by Laureate Professor Clare Collins and her team.

Clare is a Professor of Nutrition and Dietetics in the School of Health Sciences, College of Health, Medicine and Wellbeing at the University of Newcastle.

As a world renowned research dietitian, Clare and her team have created innovative and world-leading new technologies that evaluate diet related health and well-being.

Clare's research has made a significant contribution to our knowledge relating to the impact of improving diet quality and food patterns for those with various chronic conditions and across all life stages.

PAY IT FORWARD

The world we live in today makes it challenging to select healthy foods. More choice in the shops has meant more opportunity to select foods that are nutritionally poor.

In Australia, young adults (18-34yrs) have the worst dietary habits compared to any other adult age group, and gain weight faster than at any other life stage.

That is why we created free resources like No Money No Time (NMNT) and the Healthy Eating Quiz (HEQ), to help young people improve their eating habits and boost their healthy eating score.

Our vision is to create a social movement so that regardless of how much or how little time and money you have, our NMNT program can make eating healthy achievable and enjoyable.

All proceeds from the purchase of our paid services including the Australian Eating Survey are used to further enhance the platform, create new tools, employ post doctoral researchers and most importantly support our social movement No Money No Time.

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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 the following GF alternatives*

GF oats, pasta, bread/wraps, flour, and ensure all sauces and stock are GF

Use the following DF / VE alternatives*

Oat/Soy/Macadamia/Almond milks, remove or substitute dairy products i.e. yoghurt, chocolate, and substitute honey for maple syrup (VE only)



OVEN



FRYING PAN



POT



MICROWAVE



SANDWICH
PRESS



BLENDER /
PROCESSOR



SLOW
COOKER



BASIC
UTENSILS



WHY WE CRAVE COMFORT FOOD IN WINTER

Ever wondered why as soon as the cold change comes through you start craving warm hearty meals, hot soups and carby goodness? Well, there's actually a bit of science behind it!

One of the reasons is that when we eat, it triggers feelings of happiness. This is due to the production of serotonin and dopamine, chemical messengers that communicate between the gut and the brain and trigger the happy feeling.

Serotonin and dopamine are also produced when we do other things such as exercising or spending time in the sun. Because we generally do these activities less in the winter time, we often seek this rush through food instead.

Reaching for comfort foods can also be driven by our emotions. Many of us experience lower moods during winter compared with other seasons, and eating is a common coping strategy as a way to boost your mood.

We may also reach for particular foods in winter that remind us of our childhood and the foods our parents and grandparents would serve. This is a way of modelling the behaviours we observed growing up, and doing this as an adult can surface positive memories and emotions.

Comfort foods are also often home cooked - and as we've touched on previously, cooking really can improve your mood! Research shows that cooking and sharing meals with others makes us happy, and by cooking meals at home we tend to make healthier choices than when we eat out.

Winter is the perfect time to whip out all of the classic comfort foods, home cooking, warm soups and nostalgic recipes that remind us of cooking with Nanna.

Considering the last two Winters have been spent in and out of lockdown, many of us are craving comfort foods and spending more time in the kitchen while we learn to manage our 'new normal'.

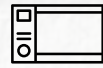


BREAKFAST

Quick and easy breaky options that are sure to keep you warm and toasty on a cold winter morning!

CHOC-PEANUT OATS WITH DATES

Serves **2** | 15 mins



V, GF*, VE / DF*

INGREDIENTS

- 1 cup rolled oats*
- 1 cup water
- 1 cup milk*
- ½ tsp vanilla essence
- 8 whole pitted dates, chopped
- 2 tsp of peanut butter (no added sugar & salt)
- 1 tbsp cocoa powder
- 2 tbsp walnuts, chopped

IT'S THIS EASY

- In a microwave safe container, mix together the oats, cocoa, vanilla, peanut butter, walnuts, and half of the dates, water and milk.
- Cook for 1 minute and stir. Repeat this 5 times (or until smooth and creamy), adding in the remaining milk and water as needed throughout the process.
- Serve the porridge into 2 bowls and sprinkle with remaining dates.

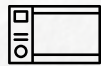


COMFORTING APPLE PORRIDGE

Serves

2

15 mins



V, GF*, VE / DF*

INGREDIENTS

- 1 cup rolled oats*
- 1 cup water
- 1 cup milk*
- 2 whole pitted dates, sliced
- ¼ tsp ground cinnamon
- 1 apple, half chopped and half grated
- 2 tbsp chopped walnuts

IT'S THIS EASY

- In a microwave safe container, mix the oats, dates, cinnamon, and half the water and milk.
- Cook the porridge in the microwave for 1 minute and stir. Repeat this 3 times before adding the grated apple and walnuts, then repeat the process for 2 more minutes.
- Serve in 2 bowls, top with sliced apple and a sprinkle of cinnamon.



TOMATO BRAISED EGGS

Serves **4** | 35 mins |  | V, GF*, DF

INGREDIENTS

- 2 x 400g cans diced tomatoes
 - 2 tbsp extra virgin olive oil
 - 4 spring onions, finely sliced
 - 2 cloves minced garlic
 - 1 tbsp tomato paste
 - 1 tsp ground cumin
 - Pepper (to taste)
 - 4 eggs
 - 4 slices of wholegrain toast*
- Simmer mixture over a low heat for 10 minutes, stir occasionally.
 - Crack an egg into a small bowl. Make a small hole in the sauce, and tip the egg in. Repeat for all eggs.
 - Cook eggs very gently over a low heat until the whites are just set, or cooked to your liking (about 6 – 8 minutes).
 - Scatter reserved sliced spring onions and serve with toast.

IT'S THIS EASY

- Place a wide frying pan over a low heat. Add olive oil.
 - Add spring onions and garlic to the pan and cook slowly, stir often.
 - When garlic starts to turn golden add the cumin, stir until fragrant.
 - Add tomato paste and cook for 1-2 minutes further until the paste starts to darken.
 - Add chopped tomatoes and pepper.
- ## TWEAKS
- Cover the pan with a lid to help the eggs cook evenly. The eggs will continue to cook in the heat of the pan so serve them immediately or turn off the heat a little before they are completely cooked.
 - If available, garnish with a handful of roughly chopped herbs e.g. parsley or coriander.
 - To boost your veggie intake, serve with a side of our Basic Mushroom & Spinach Saute.



SAVOURY BAKED BEANS

Serves

4

30 mins



V, GF*, VE

INGREDIENTS

- 1 bulb fennel or 3 sticks celery, chopped finely
- 1 tbsp extra virgin olive oil
- 1 onion, chopped
- 4 cloves garlic, crushed
- ½ bunch parsley, chop the stems finely and roughly chop the leaves (keep the leaves and stems separate)
- 2 x 420g cans of beans
- 2 x 400g cans of diced tomatoes
- 2 tsp sugar
- 4 slices of wholegrain toast*

IT'S THIS EASY

- Heat olive oil in a large saucepan over a medium - high heat.
- Fry onion, garlic, fennel and parsley stems for 4-5 minutes until the onion becomes translucent.
- Add tomatoes and beans. Simmer for 15 minutes, then add sugar and parsley leaves.
- Serve on wholegrain toast.


A top-down view of a bowl of light green soup, garnished with fresh green herbs and a drizzle of oil. The bowl is dark blue and sits on a wooden handle. The entire set is on a large, ornate, silver-colored metal tray with intricate patterns. A silver spoon and a white napkin are also visible on the tray. The background is a dark teal color.

LIGHT MEALS

Enjoy any of these delicious meals
as a light lunch or dinner!



RED LENTIL MINISTRONE

Serves **4** | 35 mins |  | V, GF*, DF, VE

INGREDIENTS

- 2 tsp extra virgin olive oil
- 2 medium carrots
- 1 brown onion
- 1 medium celery stalk
- 1 garlic clove (optional)
- 2 x 400g cans diced tomatoes
- 3 cups salt reduced vegetable stock*
- 1 cup of water
- ½ cup red split lentils
- 1 cup pasta (small shapes work best e.g. shells, risoni)*

IT'S THIS EASY

- Dice the onion, carrots, and celery into small cubes
- Heat olive oil in a large saucepan over a medium heat, add the garlic and chopped vegetables and cook until they start to soften.
- Add tomatoes, stock, water, lentils and pasta.
- Bring the mixture to the boil then reduce the heat and let it simmer for about 15-20 minutes or until the lentils and pasta are soft.



DESIGN YOUR OWN PUMPKIN SOUP

Serves

8

35 mins



V, GF*, VE / DF*

INGREDIENTS

Base recipe

- 1.5kg of any type of pumpkin cut in 3cm chunks, remove skin and seeds
- 4 cups salt reduced vegetable stock* OR water
- 1 tbsp natural yoghurt*

See tweaks for additional ingredients.

IT'S THIS EASY

- In a large pot add pumpkin, stock and any other vegetables or flavourings from the tweaks section.
- Bring to a simmer and cook for 20 minutes or until pumpkin is tender. Take off the heat, follow your stick or blender's instructions to blend until desired smoothness is reached.
- Enjoy now, or place portions of soup in containers and refrigerate or freeze immediately.

TWEAKS

- Serve with bread or a roll.
- Add more vegetables: We love onion, leek, cauliflower and potato!
- Flavourings: add in 1 tsp ground coriander, cumin, paprika, curry powder or curry paste, a clove of garlic or a small amount of chilli.
- Soup too thick? Stir in some skim milk or light coconut milk when reheating.
- Green toppings: NMNT green sauce, pesto, fresh herbs such as chopped chives, coriander or parsley.
- Crunchy toppings: add nuts, seeds, dukkah or croutons.
- Waste less: you can use coriander stalks and roots too. Wash these well, chop and cook with the pumpkin, and blend.



CLARE'S GREEN SOUP

Serves **6** | 45 mins |   | V, GF*, DF, VE

INGREDIENTS

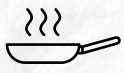
- 1 onion, sliced
- 1 leek, sliced
- 2 tsp crushed / minced garlic
- 1 tsp crushed ginger
- Oil spray
- 3 cups salt reduced vegetable stock*
- 1 cup water
- 1 large stick celery
- 1 large head of broccoli
- 250g packet frozen spinach
- 500 grams of frozen peas
- 1 bunch coriander, chopped

IT'S THIS EASY

- Spray the oil into a large pot, and brown the onion, leek, ginger, garlic, and celery over a medium heat.
- Add in the stock and water. Bring to the boil, reducing the heat to simmer.
- Add all the other ingredients and simmer until the vegetables soften.
- Take off the heat, follow your stick or blender's instructions to blend until desired smoothness is reached. Stir through the coriander before serving.

FRIED RICE

Serves **5** | 30 mins



| GF*, DF

INGREDIENTS

- 500g stir fry frozen vegetables (Thai style)
- 2 eggs
- 4 cups cooked brown rice
- 500g chicken breast
- 1 medium brown onion
- 1 tbsp salt reduced soy sauce*
- 1 tbsp fish sauce*
- 3 tsp minced garlic (jar)

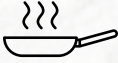

IT'S THIS EASY

- Cut up chicken into small cubes.
- Add eggs to pan and scramble. Remove and set to side.
- In a pan, fry the chicken until cooked, remove and set aside.
- 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 sauce and soy sauce to taste.





CHICKEN QUESADILLA

Serves **2** | 20 mins |   | GF*, DF*

INGREDIENTS

- 100g chicken breast
- 2 tsp extra virgin olive oil
- 1 medium tomato
- ½ medium red onion
- ½ medium green capsicum
- ½ medium avocado
- ½ lime
- 2 tbsp Greek yoghurt*
- ⅓ cup lite tasty shredded cheese*
- 2 large wholegrain wraps*

- Fill one side of each wrap with half the diced tomatoes, onion, capsicum, chicken and cheese.
- Fold the other side on top and place the wraps in a sandwich press until golden brown.
- While the quesadilla is toasting, quickly mix together the avocado and lime juice to make the guacamole.
- Serve the quesadilla with the guacamole and Greek yoghurt.

IT'S THIS EASY

- Heat olive oil in a frying pan on medium heat.
- Add the chicken breast and cook for 4 minutes on each side or until it is cooked through and lightly browned.
- While the chicken is cooking, dice the red onion, tomato and capsicum.
- Let the chicken cool for a few minutes before shredding it into strips.

TWEAKS

- Short for time? Buy a BBQ chicken instead.
- For extra flavour add dried herbs such as cumin, paprika, mixed herbs or coriander.



CHICKEN PESTO PIZZA

Serves **4** | 30 mins |  | GF*, DF*

INGREDIENTS

- 1 wholemeal Lebanese wrap*
- 2 tbsp pesto*
- ½ cup grated mozzarella*
- 1 small zucchini sliced
- ¼ punnet cherry tomatoes, cut in half
- Handful cooked chicken
- Handful of baby spinach
- ¼ lemon, juiced
- ½ tsp extra virgin olive oil

IT'S THIS EASY

- Heat up the sandwich press.
- Spread the wrap with pesto and top with half of the mozzarella, then add the zucchini, chicken and tomatoes. Top with the remaining mozzarella.
- Place on the sandwich press, and lower the lid so it sits just above the toppings. Cook for around 4 minutes until all the cheese has melted.
- While the pizza is cooking gently mix together the spinach, lemon and olive oil. Top the pizza with the spinach and cut into 4 pieces.



TOFU STIR-FRY NOODLES

Serves **2** | 15 mins |  | V*, GF*, DF

INGREDIENTS

- 1 tbsp oyster sauce*
 - 1.5 tbsp hoisin sauce*
 - 2 tbsp water
 - 65g rice vermicelli noodles*
 - 300g firm tofu, cut into 2cm batons
 - 1 tsp olive oil
 - 3 cups frozen stir-fry vegetables
 - 2 cloves garlic, crushed
- Add the oil to the frying pan, followed by the garlic, tofu and frozen vegetables.
 - Cook for about 5 minutes, stirring frequently, then turn off the heat.
 - Drain the noodles and add them to the pan, followed by the sauce. Stir together well.

IT'S THIS EASY

- In a small bowl, mix the oyster sauce, hoisin sauce and water.
- Boil the kettle, put the noodles in a separate bowl and pour over enough boiling water to cover. Leave to soften while you make the rest of the stir-fry.
- Heat a large frying pan or wok over a medium – high heat.

TWEAKS

- Top with toasted sesame seeds, chilli flakes, sliced shallots or coriander.
- Works well with sliced chicken, beef or pork instead of tofu, and other noodles or rice if you don't have vermicelli noodles.



MAIN MEALS

Something a little heartier to fill you up for lunch or dinner!



BEEF & VEGETABLE KORMA

Serves

10

8 hours



GF*, DF*

INGREDIENTS

- 1 tbsp extra virgin olive oil
- 1kg gravy beef / chuck steak, cut into 2.5cm cubes
- 1 large brown onion, chopped
- ½ cup korma curry paste*
- 500g potatoes, cut into cubes
- ½ cauliflower, cut into florets
- 2 carrots, sliced into rounds
- 2 x 400g can diced tomatoes
- 1 cup salt reduced vegetable stock*
- 1 cup water
- 1 ½ cup frozen peas
- 7.5 cups cooked brown rice

IT'S THIS EASY

- Heat 2 tsp oil in a large frying pan, add half of the beef and cook for a few minutes or until browned on the outside. Transfer to a plate and repeat with remaining beef.
- Add all other ingredients to the slow cooker except the peas. Mix well, then add the seared beef.
- Cover with a lid and cook on high for 30 minutes, then low for 7.5 hours, stirring halfway through.
- Add the peas to the slow cooker 10-20 minutes before serving. Serve with ¾ cup cooked brown rice.



CLARE'S SLOW COOKED BEEF STROGANOFF

Serves

6

4.5 hours



GF*, DF*

INGREDIENTS

- 500g beef stir fry strips
- 420g tin black beans
- 1 brown onion
- 1 medium celery stalk
- 2 small carrots
- 2 tsp minced garlic
- 375g mushrooms
- 2 cups salt reduced beef stock*
- 2 tbsp dijon mustard*
- 3 tbsp Worcestershire sauce*
- 1 tsp pepper
- 1 tsp thyme (dried)
- 2 tbsp cornflour dissolved in ¼ cup water
- 300g plain Greek yoghurt*
- ¼ cup fresh parsley, chopped
- 500g egg noodles*

IT'S THIS EASY

- Dice the onion and finely chop the celery, carrot and mushrooms.
- Layer the ingredients into the slow cooker - first the onion and garlic, followed by the celery, carrot and mushrooms, then the black beans and lastly the beef.

- In a bowl combine the stock, Dijon mustard, Worcestershire sauce, pepper, and thyme.
- Pour this into the slow cooker on top of the other ingredients.
- Cook on high for 4 hours.
- 20 minutes before it is done, add in the cornflour and water mixture and stir to combine, cooking until the mixture has thickened.
- Prepare the egg noodles by cooking in boiling water for 8-10 minutes or until soft.
- Stir the Greek yoghurt in to the slow cooker one spoonful at a time and the fresh parsley, and heat through
- Add pepper to taste.
- Serve the stroganoff over the egg noodles (½ cup noodles per serve).

TWEAKS

- Also delicious served on rice or mashed potato.
- Vegetables can be swapped out for any you have in the fridge, e.g. potato or sweet potato instead of carrot, leek instead of onion.

RED LENTIL DAHL

Serves **4** | 45 mins



V, GF*, VE / DF*

INGREDIENTS

- 400g can diced tomatoes
- 1 cup red lentils
- 800ml water
- 2 tbsp curry powder*
- 1 dollop peanut butter
- 2 tsp sugar
- 1 tbsp plain unsweetened yoghurt*

IT'S THIS EASY

- Add the tomatoes and lentils to a pot.
- Fill the empty can up with water to get all the tomato and lentils out and add it to the pot. Fill the can up with water again and add to the pot.
- Add the curry powder, peanut butter and sugar. Bring to the boil.
- Using a spoon, scoop the foam from the surface and throw it away.
- Reduce the heat to low and simmer for 30 minutes until the lentils are soft and tender. Stir 2-3 times while the dahl cooks, if it starts to look too thick and dry add some extra water.
- Serve topped with a dollop of yoghurt.





HEALTHY MAC 'N' CHEESE

Serves **4** | 35 mins |    | V, GF*, VE / DF*

INGREDIENTS



- 500g butternut pumpkin, diced into 2cm cubes
- 250g 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

IT'S THIS EASY

- Boil the pumpkin for 20 mins or until soft. Allow to cool for 5 mins.
- Bring a pot of water to the boil and add the pasta. Cook for 8-10 minutes or until cooked through. Set aside.
- Cut the tomatoes in half. Heat olive oil in a small frying pan and add the tomatoes. Cook for 3 minutes.
- Add the pumpkin, cottage cheese, tasty cheese, cashews and paprika to the blender. Blend until pureed.
- Add blended ingredients and tomatoes to the pasta and stir through.



TUNA & VEGGIE PASTA BAKE

Serves **5** | 60 mins |   | GF*, DF*

INGREDIENTS

- 1 medium zucchini
- 1 medium red onion
- 3 medium white potatoes
- 1 medium carrot
- ½ broccoli
- 1 tbsp extra virgin olive oil
- 300g 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 up the zucchini, red onion, carrot, potatoes 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 (check them about 20 mins in and turn/mix them up to get a nice even bake).

- 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.

TWEAKS

- Substitute other veggies if you don't have those listed e.g. pumpkin, sweet potato, cauliflower, capsicum.
- Add some pine nuts on top with the cheese for a little crunch and nutty flavour.

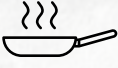


SIDE DISHES

The perfect addition to any main meal!



3 INGREDIENT FLATBREAD

Serves **4** | 10 mins |  | V, GF*, VE / DF*

INGREDIENTS

- 1 cup wholemeal self-raising flour*
- 4 tbsp Greek yoghurt*
- 1 tsp extra virgin olive oil

IT'S THIS EASY

- Mix the flour and yoghurt in a bowl until smooth and doughy. Separate the mixture into 4 palm sized pieces, and roll out until flat.
- Heat the olive oil in a frying pan and cook until golden brown.
- Cut each piece into quarters and serve with your favourite dip.

QUICK SIDE OF GREENS

Serves **4** | 10 mins



| V, GF, VE, DF

INGREDIENTS

- ½ a broccoli
- 1 leek
- 1 cup peas
- 3 cups baby spinach
- 1 tbsp extra virgin olive oil
- 2 tsp lemon juice

IT'S THIS EASY

- Bring a pot of water to the boil.
- Chop up the broccoli and leek into small pieces.
- Add the broccoli, leek and peas to the pot and cook for 5 minutes or until the vegetables are cooked through.
- Add the baby spinach to the pot and cook for another 30 seconds.
- Remove the pot from the heat and drain the water.
- Add the olive oil and lemon juice and stir to combine before serving.





CARROT MASH

Serves **4** | 25 mins |  | V, GF, VE / DF*

INGREDIENTS

- 3 medium carrots
- 1 medium potato
- 2 tsp olive oil spread
- 2 tsp lite milk*

IT'S THIS EASY

- Peel and dice the carrots and potato into small cubes.
- Put into a pot of boiling water to cook for 15-20 minutes or until soft (use enough water to cover the vegetables while cooking).
- Drain the water, then add the olive oil spread and milk.
- Mash together until the mixture is smooth and combined.

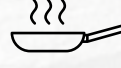


'USE IT ALL' CAULIFLOWER RICE

Serves

6

25 mins



V, GF, VE, DF

INGREDIENTS

- 1 whole cauliflower, approx. 800g (including steams and leaves)
- 1 tbsp extra virgin olive oil
- 2 cloves garlic
- 6 spring onion stems
- 1 tsp cumin seeds
- ½ cup currants
- 1 bunch coriander, chopped

IT'S THIS EASY

- Remove the cauliflower leaves and stem and place to one side.
- Roughly chop the rest of the cauliflower into bits and place in a food processor until finely chopped (you may need to do this in batches depending on the size of your food processor).
- Place the finely chopped cauliflower into a microwave dish with a lid and cook in the microwave for 5 minutes (the lid is needed to steam the cauliflower).

- While the cauliflower is cooking, finely chop the cauliflower leaves and stem, garlic, and spring onion.
- Heat the olive oil in a large frying pan over medium heat and add the cauliflower leaves and stem, garlic, and spring onion, plus the cumin seeds. Cook for 3-4 minutes or until the vegetables are softened and starting to brown.
- Add the microwaved cauliflower to the pan and combine.
- Take the pan off the heat and transfer to a bowl.
- Stir through the currants and coriander before serving.



MUSHROOM & BABY SPINACH

Serves **4** | 15 mins |  | V, GF, VE, DF

INGREDIENTS

- 12 medium-sized mushrooms, sliced
- 120g baby spinach leaves
- 1 tbsp Extra Virgin Olive Oil
- Cracked pepper, as desired
- Water, as needed

IT'S THIS EASY

- In a frying pan, heat the oil and then sauté the mushrooms for 5 minutes until they start to turn golden.
- Add the spinach and cracked pepper to the pan. Continue sautéing all ingredients until the spinach is wilted. If ingredients are sticking to pan, add $\frac{1}{4}$ cup water and mix ingredients until the water has almost evaporated.

ROSEMARY POTATO WEDGES

Serves **4** | 40 mins



V, GF, VE, DF

INGREDIENTS

- 6 medium - large potatoes
- 1 tbsp extra virgin olive oil
- 1 tbsp fresh rosemary (or 2 tsp if dried), more if desired

IT'S THIS EASY

- Heat the oven to 220° C (200° C if fan-forced).
- Cut each potato in half, then cut each half in half again length-ways (you now have quarters), cut each quarter in half length-ways (you now have 8 wedges).
- If using fresh rosemary, remove leaves from woody stem and chop.
- Place wedges, rosemary and oil in a bowl. Toss gently until all wedges are lightly coated with oil.
- Spread the wedges out on a baking tray lined with baking paper.
- Bake until wedges are golden brown on the outside, roughly 30 - 40 minutes.





EASY SNACKS

Quick and easy snacks, all ready
in under 20 minutes!



DOUBLE BATCH HUMMUS

Serves

12

10 mins



V, GF, VE, DF

INGREDIENTS


- 2 x 400g can of chickpeas
 - 1-2 small garlic cloves peeled or 1-2 tsp minced garlic
 - 2 tbsp unhulled tahini
 - 1-2 tbsp fresh or bottled lemon juice
 - 2 tbsp extra virgin olive oil
 - 4 tbsp water, extra if needed
 - 1 tsp ground cumin, extra for garnish
- If too thick, add 1 tbsp water before blitzing.
 - Spoon into a serving bowl, sprinkle ½ tsp cumin for a bit of extra flavour.

TWEAKS

- Adjust the amount of these ingredients to create your signature hummus. Experiment with other spices (e.g. chilli powder, ground coriander, paprika) or roasted vegetables (e.g. pumpkin, sweet potato or beetroot).
 - If the mixture needs thickening, stir in 1 tsp of chia seeds.
 - Will keep for up to 3 days in fridge or 3 months in freezer. Defrost in the refrigerator overnight.
- ## IT'S THIS EASY
- Drain the chickpeas and rinse well, then place them in a blender with all other ingredients.
 - Place the lid on the blender and blitz for 15 seconds.
 - Scrape the hummus down the sides of the blender, then blitz again for 30 seconds. Repeat this step until the desired texture is achieved.



QUICK & EASY POPCORN

Serves **4** | 5 mins |  | V, GF, VE, DF

INGREDIENTS

- 1 tbsp sunflower oil (olive, rice bran, peanut, vegetable or canola oil will do too)
- ¼ cup popping corn

IT'S THIS EASY

- Heat the oil in a pot over a medium heat. Add a couple of kernels. Once they start fizzing, add the rest of the kernels, put the lid on, and give the pan a good shake.
- Cook for 3-4 minutes.
- Turn off the heat when you hear the popping slow down. Put the popcorn in a bowl and enjoy!



APRICOT BLISS BALLS

Serves

8

15 mins



V, GF*, VE, DF

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 desiccated coconut

IT'S THIS EASY

- In a food processor, add all ingredients except for the coconut. Blend until well combined.
- Pour the coconut out on a plate. 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 bliss balls).
- Chill in the fridge or freezer before eating.



DESSERTS

Delicious twists on classic
desserts that are sure to cure
your sweet cravings.

WHOLEGRAIN APPLE CRUMBLE

Serves **7** | 30 mins



V, GF*, VE, DF

INGREDIENTS

- 4 medium green apples (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

IT'S THIS EASY

- Heat the oven to 170° C (fan forced).
- Cut the apples up into small rough slices or chunks, and spread onto a baking dish. Evenly sprinkle the cinnamon on top.
- Crush the weet-bix into a bowl. Add the rolled oats, brown sugar, and desiccated coconut and stir to combine. Then add the oil.
- Use your hands to rub the oil and dry ingredients together.
- Pour the crumble topping onto the apples and spread it out evenly.
- Bake for 20-25 minutes until lightly browned.

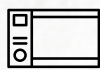


AVOCADO BROWNIES

Serves

8

30 mins



V, GF, DF*

INGREDIENTS

- 1 medium avocado
- 2 eggs
- 100g dark chocolate*
- 15g cocoa powder
- ¼ cup almond meal
- 1.5 tbs honey
- ½ cup raw walnuts
- 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.

IT'S THIS EASY

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

TWEAKS



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

HOT DRINKS

Like a nice warm hug on a cold Winter's day!



COCOA & HONEY HOT CHOCOLATE

Serves **1** | 2 mins |   | V, GF, VE / DF*

INGREDIENTS

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

IT'S THIS EASY

- Boil the kettle. Add the cocoa powder and honey to a microwave safe mug.
- Add 1 tbsp boiling water and stir until cocoa and honey are dissolved.

- Add milk and heat in the microwave for 1 minute or until warm.

TWEAKS

- Can also be made with boiling water and a dash of milk.
- Try cacao powder instead of cocoa powder if you prefer the taste.
- Add peppermint extract.
- Try soy or nut milks (fortified with calcium) for a dairy free alternative.



HONEY & CINNAMON HOT MILK

Serves **1** | 2 mins |  | V, GF, VE / DF*

INGREDIENTS

- ½ tsp cinnamon
- 1 tsp honey*
- 250ml lite milk*

IT'S THIS EASY

- Add all ingredients to a microwave safe mug and heat for 1 minute or until warm.

CONTACT US

We'd love to hear your suggestions
and family favourite recipes!



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