

HEALTHY RECIPES

*Cripps Health
Centre*

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Cupboard Staples

Protein/ carbohydrates

- Tinned pulses (i.e. Kidney beans and chickpeas)
- Tinned fish
- Eggs
- Wholegrain pasta/ Rice
- Seeded/ Wholemeal bread
- Dried noodles
- Couscous
- Porridge oats

Sauces

- Spay oil
- Olive oil/ rapeseed oil
- Tinned chopped tomatoes
- Tomato Passata/ puree
- Soy sauce
- Stock cubes/pots/granules
- Condiments (i.e. Ketchup)

Seasoning

- Salt
- Pepper/peppercorns
- Mixed herbs
- Chilli powder
- Smoked paprika
- Garlic (fresh/ granulated/ lazy)
- Ginger (fresh/ lazy)
- Cocoa powder
- Cinnamon
- Honey



Breakfast

Scrambled eggs on mushrooms

Ingredients:

- 1 red pepper, deseeded and sliced
- 2 very large mushrooms, stalks removed
- 3 eggs
- 2 tbsp milk
- 1 tsp butter
- 6 cherry tomatoes, halved
- Freshly ground black pepper



Method:

- Preheat the grill. Arrange the sliced peppers and mushroom caps on the grill rack and grill them for 4-5 minutes, turning once. Beat the eggs and milk together. Chop the mushroom stalks.
- Melt the butter in a non-stick saucepan and add the eggs and mushroom stalks, stirring with a wooden spoon to set and scramble the eggs. Add the grilled peppers and cherry tomatoes, and cook for a few more seconds.
- Place mushrooms on a plate. Share the scrambled egg mixture between them and season with black pepper.

Overnight oats

Ingredients

- 40g porridge oats
- 200g natural/Greek yogurt
- 150g Mixed berries (fresh/frozen)
- 1tsp Granulated Sweetener
- 2tsp Cinnamon



Method

- Layer the porridge, yogurt and fruit in a jar or bowl. Cover and chill in the fridge overnight so the porridge absorbs the yogurt.
- In the morning, stir to mix everything together and top with more fruit.

Baked Oats

Ingredients

- 40g porridge oats
- 1 tsp sweetener
- 1 small egg
- 100g Natural/ Greek yogurt
- A few drops of vanilla essence
- 100g raspberries (or preferred fruit)



Method

- Preheat your oven to 200°C/fan 180°C/gas 6.
- Place all the ingredients in a bowl and mix together well. Transfer the mixture to a small ovenproof dish and bake in the oven for 35 minutes, or until browned.
- Try some other combinations i.e. Lemon and Blueberry and Apple and blackberry

Traffic light omelette

Ingredients:

- 1 tsp rapeseed oil
- 1 pepper, deseeded and chopped
- 3 spring onions, finely chopped
- 4 eggs
- 2 tbsp milk
- 1 pinch ground black pepper



Method:

- Heat 1 tsp rapeseed oil in a non-stick frying pan. Add the peppers and spring onions, and stir-fry for 3-4 minutes until soft. Tip them out of the pan into a bowl. Wipe out the pan with kitchen paper. Preheat the grill.
- Beat the eggs and milk together. Heat a few drops of rapeseed oil in the non-stick frying pan and pour in one quarter of the egg mixture. Let it flow over the surface and cook for 1-2 minutes to set the base.
- Sprinkle one quarter of the pepper mixture evenly over the surface, then grill for 1-2 minutes until set. Slide onto a warm plate.
- Repeat with the remaining mixture to make four omelettes. Serve, seasoned with black pepper.

Tomatoes on toast

Ingredients:

- 5 tomatoes quartered or 10 cherry tomatoes, halved
- 1/2 tsp dried mixed herbs
- 1 tsp fresh chives, chopped (optional)
- 2 tsp parmesan cheese, finely grated
- 2 slices seeded/wholemeal bread
- 1 pinch ground black pepper

Method:

- Preheat the oven to 170°C.
- Arrange the tomatoes, cut sides up, on a baking sheet. Sprinkle with the dried herbs and chives (if using) and season with black pepper. Roast for 10 minutes, then sprinkle parmesan cheese over them. Roast for 5 more minutes.
- Meanwhile, toast the bread. Place the toast on warmed plates and share the tomatoes between them. Sprinkle with a little extra black pepper, then serve.



Popeye toast

Ingredients:

- 80g ripe cherry tomatoes, on the vine
- 2 slices wholegrain bread
- 2 large free-range eggs
- 1 slice of smoked ham
- 40 g baby spinach
- 1 tbsp milk
- 1 tbsp cottage cheese

Method:

- Preheat the grill to high.
- Lay the tomato vines in a large baking tray, prick each tomato with the tip of a sharp knife and grill for 4 minutes, then add the bread to the tray to toast on both sides.
- Meanwhile, crack 1 egg into a blender, add the ham, spinach, a good pinch of black pepper and the milk and blitz until smooth.
- Take the tray from under the grill and divide the green egg mixture between the pieces of toast, spreading it right out to the edges.
- Divide and dot over the cottage cheese, then pop back under the grill for another 4 minutes, or until starting to brown at the edges.
- Meanwhile, dry fry the remaining 2 eggs in a non-stick frying pan on a medium heat, covering the pan with a lid to steam and coddle the eggs on the top – cook to your liking.
- Divide up the Popeye bread and serve each portion with an egg and the grilled tomatoes



Egg Muffins

Ingredients:

- 150g small chestnut mushrooms
- 60g smoked lean ham
- 2 spring onions
- Spray oil
- 4 large eggs
- 25ml skimmed milk
- Salt and pepper



Method:

- Preheat the oven to 180°C. Prepare your ingredients: quarter the mushrooms; dice the ham; trim and finely chop the spring onions.
- Spray a non-stick frying pan with spray oil and cook the mushrooms for 10 minutes until golden. Mix the mushrooms, ham and onion together. Whisk the eggs and skimmed milk together and season to taste.
- Line a muffin tin with 4 paper cases. Spoon the mushroom mixture evenly between the cases and pour in the beaten egg. Bake in the oven for 20-25 minutes, or until slightly risen and golden. Leave to cool slightly for a few minutes before removing from the cases. Serve with baked beans, tomatoes and mushrooms.

Hashbrowns

Ingredients:

- Spray oil
- 1 onion finely sliced
- 1 small potato peeled & finely grated
- 1 egg
- 2 tbsp instant mash (or use a bigger potato instead)
- Seasoning



Method:

- Preheat the oven on gas mark 6 and spray a 6 muffin tin with spray oil.
- Spray a frying pan with spray oil and gently fry the onions until softened.
- Transfer the onions to a mixing bowl, add the grated potato, seasoning, instant mash and egg and mix well.
- Spoon the mixture equally in each muffin hole (roughly a heaped tbsp each) and flatten.
- Bake in the middle of the oven for 15 minutes, then transfer to the frying pan and fry each side for 2 minutes to give it some crisp

Lunch

Sloppy Joe pizza breads

Ingredients:

- 500g pack lean beef mince
- 2 tbsp olive oil
- 1 red onion, sliced
- 2 garlic clove, chopped
- 400g tinned tomatoes, chopped
- 1 tsp dried chilli flakes
- 1 baguette
- 2 x 125g balls mozzarella , drained and torn
- small handful basil, torn



Method:

- Heat a large frying pan and add the oil and crumble in the mince. Fry over a high heat for 8 mins until completely browned. Once browned add the onion and garlic and cook till soft.
- Add the tomatoes and chilli flakes and cook for 15 mins until thickened. Season if needed.
- Heat the grill. Cut the baguette in half lengthways, then cut the halves into 2 pieces. Place the bread, cut-side up, on a baking tray and grill for 2-3 mins until lightly toasted. Remove from the grill and divide the mince between the pieces. Scatter over the torn pieces of mozzarella.
- Grill for 3-4 mins more, until the cheese is bubbling and golden. Scatter with the basil and serve with a salad, if you like.

Sesame Ramen

Ingredients:

- 80g pack instant noodles (look for an Asian brand with a flavour like sesame)
- 2 spring onions , finely chopped
- ½ head pak choi
- 1 egg
- 1 tsp sesame seeds
- chilli sauce , to serve



Method:

- Cook the noodles with the sachet of flavouring provided (or use stock instead of the sachet, if you have it). Add the spring onions and pak choi for the final min.
- Meanwhile, simmer the egg for 6 mins from boiling, run it under cold water to stop it cooking, then peel it. Toast the sesame seeds in a frying pan.

Tip the noodles and greens into a deep bowl, halve the boiled egg and place on top. Sprinkle with sesame seeds, then drizzle with the sauce or sesame oil provided with the noodles, and chilli sauce, if using.

Fishcakes

Ingredients:

- 250g boneless salmon fillets
- 100g smoked salmon trimmings
- 100g peeled prawns (fresh/ frozen)
- 4 spring onions
- 1 tsp garlic (fresh/ lazy)
- 1 tsp ginger (fresh/ lazy)
- 2 tbsp fresh chopped coriander
- 1 small red chilli – deseeded and diced
- 1 small egg – beaten



Method:

- Preheat oven to 200°C/Fan 180°C.
- Mix all the ingredients together except the egg
- Divide the mixture into 4 portions and shape into a fishcake
- Brush the fishcakes with the beaten egg
- Bake for 25 minutes until golden

Curry fried rice

Ingredients:

- 1 tbsp coconut oil
- 1 small red onion
- 1 clove garlic, roughly diced
- 250g chicken breast; sliced into 1cm thick strips
- 1/2 red pepper, de-seeded and sliced
- 1 tbsp mild curry powder
- 250g pre-cooked basmati rice
- big handful of baby spinach leaves
- squeeze of lime juice



Method:

- Melt the coconut oil in a wok or large frying pan over a medium to high heat. Add the onion and stir-fry for 1 minute, then add the garlic and ginger and cook for a further minute. Toss in the chicken, red pepper and half of the curry powder and stir-fry for 2 minutes.
- Add the rice, crumbling it between your fingers as you drop it in, then pour in 2 tablespoons of water. Stir-fry for 2 minute until the rice is warmed through and the chicken is completely cooked. Check by slicing into one of the largest pieces to make sure the meat is white all the way through, with no raw pink bits left.
- Add the remaining curry powder, along with the spinach, and stir until the spinach has wilted slightly and the curry powder is evenly distributed.
- Dish up your yummy curry fried rice, finishing with a big squeeze of lime juice.

Piri-Piri rice and garlic prawns

Ingredients:

- 1 tbsp Coconut oil
- 2 Spring onions; roughly chopped
- 1 Red chilli; deseeded and chopped
- 6 Baby sweet corn; cut in half
- 4 Cherry tomatoes; cut in half
- 2 tablespoons Piri piri seasoning
- 100g tinned black-eyed beans; drained and rinsed
- 150g Rice; Pre-cooked
- 1 large handful Baby spinach
- 1 large clove Garlic; chopped
- 200g Prawns; Raw and peeled
- 1 Lemon



Method:

- Heat half of the coconut oil in a work or large frying pan over a high heat. Add the spring onions, chilli, sweetcorn and tomato and stir-fry for about 1 minute. Add the piri piri seasoning and stir-fry for 30 seconds, then add the black-eyed beans, along with 2 tablespoons of water. Add the rice and stir-fry for 2 minutes. Add the spinach and cook until wilted. Tip the rice and vegetables onto a plate and wipe out your frying pan.
- Return the work or pan to a high heat and add the rest of the coconut oil. When it is melted and hot, add the garlic and prawns and cook for about 1 minute, until the prawns are pink and cooked through.
- Spoon the garlicky prawns over the piri piri rice, finish with a squeeze of lemon juice and eat up.

Hot chickpeas with spinach & bacon

Ingredients

- 1 rasher lean back bacon
- 1 thinly sliced garlic clove
- 1 tbsp wine vinegar
- 2-3 tbsp canned chickpeas , drained and washed
- ½ bag baby leaf spinach

Method

- Cut the bacon rasher into shreds and cook in a hot non-stick pan with the garlic clove.
- Stir in the wine vinegar and chickpeas.
- Toss in the baby leaf spinach, stirring until wilted.
- Season if you want to, then serve hot.



Steak, roasted pepper & pearl barley salad

Ingredients

- 85g pearl barley , rinsed
- 1 red pepper , deseeded and cut into strips
- 1 yellow pepper , deseeded and cut into strips
- 1 red onion , cut into 8 wedges, leaving root intact
- 1 tbsp olive oil, plus a little extra
- 1 large lean steak , around 300g, trimmed of any excess fat
- ½ x 100g bag watercress , roughly chopped
- juice ½ lemon , plus wedges to serve (optional)

Method

- Put the pearl barley in a large pan of water. Bring to the boil and cook vigorously for 25-30 mins or until tender. Drain thoroughly and transfer to a bowl.
- Meanwhile, heat oven to 180c. Put the peppers on a baking tray with the onion wedges, toss in 1 tbsp olive oil and roast for about 20 mins until tender.
- While the peppers are roasting, rub the steak with a little bit of oil and season. Cook in a non-stick frying pan for 3-4 mins each side, or to your liking. Set aside to rest for a few mins. Mix the cooked peppers and onions into the barley. Stir through the watercress, lemon juice and some seasoning. Thinly slice the steaks, place on top of the salad and serve with lemon wedges, if you like



BBQ rainbow beef salad

Ingredients

- 2 x 250g sirloin steaks
- Thumb-sized piece of ginger, finely grated
- 1 garlic clove, finely grated
- 2 limes, juiced
- 2 tbsp sesame oil
- 1tbsp low-salt soy sauce
- 3 red chillies, 2 finely chopped, 1 sliced
- 4 little gem lettuces
- 12 radishes, thinly sliced
- ½ cucumber, cut into ribbons
- 3 spring onions, finely sliced
- 1 large ripe avocado, sliced
- ½ tbsp. sesame seeds

Method

- Just before cooking, make the salad dressing by whisking together the ginger, garlic, lime juice, oil, soy and finely chopped chillies in a bowl.
- Put the steaks in a pan and cook on one side for 3 mins, then turn and cook for 3 mins on the other side for medium rare. After cooking, cover and rest the meat for 5 mins.
- Arrange the lettuce leaves, radishes, carrot, cucumber, spring onion and avocado on a sharing plate. Slice the steak against the grain into thin slices and lay on top of the salad. Drizzle over any resting juices and the dressing. Garnish with the sesame seeds and the sliced red chilli.



Burrito bowl

Ingredients

- 125g rice
- 1 tbsp olive oil
- 2 garlic cloves, chopped
- 400g can black beans, drained and rinsed
- 1 tbsp cider vinegar
- 1 tsp honey
- 1 tbsp chipotle paste
- 100g chopped curly kale
- 1 avocado, halved and sliced
- 1 medium tomato, chopped
- 1 small red onion, chopped



Method

- Cook the rice following pack instructions, then drain.
- In a frying pan, heat the oil, add the garlic and fry for 2 mins or until golden. Add the beans, vinegar, honey and chipotle. Season and warm through for 2 mins.
- Boil the kale for 1 min, then drain, squeezing out any excess water. Divide the rice between big shallow bowls and top with the beans, kale, avocado, tomato and onion. Serve with hot sauce, coriander and lime wedges, if you like.

Vegan three bean chilli with jacket potatoes

Ingredients

- 2 baking potatoes (about 180g each)
- 1 tbsp cold-pressed rapeseed oil
- 1 yellow or orange pepper , deseeded and chopped
- 2 garlic cloves , finely grated
- 1 tsp cumin seeds
- ½ tsp chilli flakes
- 1 tsp smoked paprika
- 1 tsp ground coriander
- 1 tsp dried oregano
- 400g can chopped tomatoes
- 2 tsp vegetable stock powder (bouillon)
- 400g can three bean salad (cannellini, flageolet and adzuki), drained
- handful of coriander , chopped, plus extra leaves to serve
- 1 small avocado , stoned, halved and chopped or mashed
- 1 lime, cut into wedges



Method

- Heat the oven to 180C fan/gas 6 and bake the potatoes for 50 mins-1 hr, or until tender. (To speed up cooking, microwave the potatoes first)
- Meanwhile, heat the oil in a non-stick frying pan and fry the pepper and garlic for a few minutes. Stir in the cumin seeds, chilli flakes and spices, then tip in the tomatoes, bouillon powder and beans. Bring to a simmer, cover and cook for 15 mins, or until reduced to a thick sauce. Stir in the chopped coriander.
- Cut a cross into the tops of the baked potatoes and gently press on the sides to open them out. Spoon over the chilli, then top with the avocado and squeeze over some of the lime wedges. Scatter over some coriander leaves and serve with the remaining lime wedges.

Quinoa bowl

Ingredients

- 400g pack cauliflower & broccoli florets
- 2 tbsp olive oil
- 250g ready-to-eat quinoa
- 2 cooked beetroots, sliced
- large handful baby spinach
- 10 walnuts, toasted and chopped
- 2 tbsp tahini
- 3 tbsp hummus
- 1 lemon (1/2 juiced, 1/2 cut into wedges)



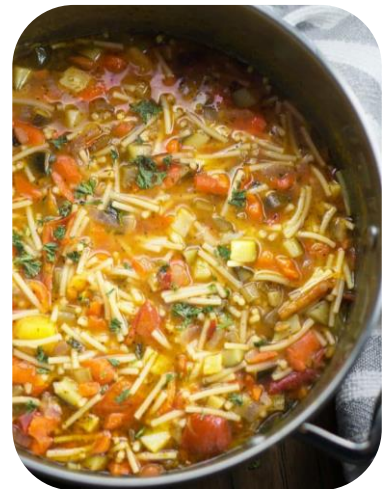
Method

- Heat the oven to 180c. Put the cauliflower and broccoli in a large roasting tin with the oil and a sprinkle of sea salt. Roast for 25-30 mins until browned and cooked.
- Build each bowl by putting half the quinoa in each. Lay the slices of beetroot on top, followed by the spinach, cauliflower, broccoli and walnuts. Combine the tahini, hummus, lemon juice and 1 tbsp water in a small pot. Before eating, coat in the dressing. Serve with the lemon wedges

Minestrone

Ingredients

- 1l hot vegetable stock
- 400g chopped tomatoes
- 100g thin spaghetti, broken into short lengths
- 350g frozen mixed vegetable
- 4 tbsp pesto
- drizzle of olive oil
- coarsely grated vegetarian parmesan-style cheese, to serve



Method

- Bring the stock to the boil with the tomatoes, then add the spaghetti and cook for 6 mins or until done. A few minutes before the pasta is ready, add the vegetables and bring back to the boil. Simmer for 2 mins until everything is cooked.
- Serve in bowls drizzled with pesto and oil, sprinkled with parmesan.

Snacks

Pitta and Hummus

Ingredients

- 2 heaped tbsp tinned chickpeas
- Juice of ½ lemon
- 1 tbsp low-fat Greek style yoghurt
- 1 tbsp olive oil
- ¼ tsp paprika (or to taste)
- ¼ tsp cumin (or to taste)
- 1 clove of garlic (peeled)
- 1 large wholemeal pitta bread, cut into strips



Method

- Put the chickpeas, lemon juice, yoghurt, oil, spices and garlic in a bowl.
- Using a hand blender, mix together until smooth.
- Make the hummus the previous evening and store in the fridge. As well as saving time, the flavours will have time to develop.
- Serve with the pitta bread strips and carrot and celery sticks.

Chicken and avocado rye sandwich

Ingredients:

For the guacamole

- 1 avocado , stoned and peeled
- ¼ red chilli , deseeded and finely chopped
- ½ tbsp olive oil
- juice 1 lime
- small handful coriander , finely chopped

Assembly

- 2 tbsp guacamole
- 2 slices rye bread
- 8 slices of tomato
- 2 cooked chicken breasts

Method

- For the guacamole, scoop the flesh from the avocado and put it in a medium bowl, chopping it roughly with the side of the spoon. Add the rest of the ingredients and mix well.
- Divide guacamole between rye bread, spreading it evenly. Arrange 4 slices of tomato on each sandwich, and top with a sliced chicken breast. Finish with lime juice and some ground black pepper.



Nutty chicken satay strips

Ingredients

- 2 tbsp chunky peanut butter (without palm oil or sugar)
- 1 garlic clove, finely grated
- 1 tsp Madras curry powder
- few shakes reduced salt soy sauce
- 2 tsp lime juice
- 2 skinless, chicken breast fillets (about 300g) cut into thick strips
- about 10cm cucumber, cut into fingers
- sweet chilli sauce, to serve



Method

- Heat oven to 200C/ 180C fan/ gas 4 and line a baking tray with non-stick paper.
- Mix 2 tbsp chunky peanut butter with 1 finely grated garlic clove, 1 tsp Madras curry powder, a few shakes of soy sauce and 2 tsp lime juice in a bowl. Some nut butters are thicker than others, so if necessary, add a dash of boiling water to get a coating consistency.
- Add 2 skinless chicken breast fillets, cut into strips, and mix well. Arrange on the baking sheet, spaced apart, and bake in the oven for 8-10 mins until cooked, but still juicy.
- Eat warm with roughly 10cm cucumber, cut into fingers, and sweet chilli sauce. Alternatively, leave to cool and keep in the fridge for up to 2 days.

Crunchy granola with berries & cherries

Ingredients

- 175g mixed nuts (pecan halves and peanuts in their red skins)
- 450g rolled oats
- 50g sesame seeds
- 50g sunflower seeds
- 125ml rapeseed oil
- 100ml runny honey (try one of the lightly flavoured flower ones)
- half a 170g packet dried berries and cherry

Method

- Preheat the oven to 190C/Gas 5/fan oven 170C. Halve some of the pecans, leave some whole. Mix with peanuts, oats, sesame seeds, sunflower seeds and a pinch of salt in a large bowl. In a jug, measure the oil and pour into the mixture, then measure the honey – it will slide out easily. Stir together with a fork to break up any big clumps of oats.
- Pour on to a large baking tray with sides, preferably non-stick, in a thin layer. Bake for 20-25 minutes, stirring well at least twice and bringing the mixture in from the edges, until it is golden. Transfer to a large bowl and leave to cool.
- Mix in the berries and cherries and serve with milk or greek yogurt.
- Store for up to 1 month in airtight container.



Crustless quiche

Ingredients

- 6 large eggs
- 4 bacon medallions all visible fat removed
- 1 large onion
- 160g grated cheddar
- 4 tbsp plain quark
- salt and pepper to taste
- low calorie cooking spray



Instructions

- Pre-heat the oven to 160°C. Chop the bacon into thin strips and dice the onion finely.
- Spray a frying pan with low calorie cooking spray and, on a moderate heat, cook the bacon strips and diced onion until the bacon has coloured and the onion is soft. Set aside to cool slightly.
- Place the eggs into a large bowl and whisk. Add the quark and continue to whisk until the quark is fully combined - there should be no lumps at all. Season well with salt and pepper.
- Stir in half of the cheese and the bacon/onion mix. Spray a 24cm flan dish with low calorie cooking spray and pour in the egg mixture. Make sure that there is an even distribution of bacon and onion.
- Top with the remaining cheese and cook for 20 minutes until golden. If using a dish with a smaller diameter (therefore resulting in a deeper quiche) then it may need an extra 5-6 minutes in the oven.

Garlic chilli prawns

Ingredients

- 175g cooked and peeled prawns drained
- 2 cloves garlic peeled and finely chopped
- ½ small red chilli deseeded and finely chopped
- 2 lemons juice and finely grated zest
- 2 tsp tomato puree
- ½ tsp paprika
- 10 g flat leaf parsley chopped
- low calorie olive oil cooking spray
- salt and pepper to taste



Instructions

- Spray the frying pan with low calorie olive oil cooking spray and place over a medium heat.
- Add the garlic and chilli and fry for 2 - 3 minutes, stirring.
- Lower the heat and add the lemon zest and juice, the paprika, tomato puree and prawns. Stir and cook gently for 4 - 5 minutes or until piping hot, taking care not to overcook the prawns. You can add a couple of tablespoons of water at this point if the mixture is a little dry.
- Stir in the parsley and serve immediately.

Turkey meatball poppers

Ingredients

- 450g minced turkey
- 1 egg
- 100g grated parmesan
- 1 tsp garlic powder
- 1 tsp onion powder
- 1 tsp smoked paprika
- ½ tsp salt
- Handful of chopped parsley (optional)



Method:

- Preheat your oven to 220C, line a baking tray with foil and lightly spray that foil with non-stick spray.
- Add minced turkey, parmesan cheese, egg, fresh parsley and spices to a large bowl and mix using your hands until everything is well incorporated. Using a large spoon or ice cream scoop, portion out your meatballs and place them on your baking sheet. You should get approximately 28-30 meatballs. Bake for 25 minutes, remove from the oven and dig in!

Dinner

Healthy chicken curry

Ingredients

- 1 large onion, chopped
- 1 tbsp ginger (fresh/lazy)
- 1 red chilli, diced
- ½ tbsp. Ground coriander
- ½ tbsp. Ground cumin
- ½ tbsp. medium curry powder
- 2 red peppers, seeded and diced
- 4 skinless chicken breasts, diced
- 1 small cauliflower, cut into florets
- 400g chopped tomatoes
- 200g baby spinach



Method

- Blend the onion, ginger and chilli with a splash of water in a small blender. Tip into a pan, and bring to a simmer. Add the spices with a pinch of salt, cook for a minute, then add the peppers, chicken and cauliflower, stir into the curry paste and cook for another 5 minutes.
- Add the chopped tomatoes, half-fill the tin with water and tip into the pan. Simmer for 25 minutes until the chicken is cooked through. Cook for another few minutes if the sauce is too thin, then stir through the spinach until wilted. Season, and serve in bowls.

Beef and black bean

Ingredients:

- 400g diced beef (cut into smaller chunks)
- 2 peppers
- 1 onion
- spray oil
- 1 tin of black beans (drained)
- 5 tbsp soy sauce
- 2 tbsp marmite/ Bovril
- 2 tsp garlic (fresh/lazy)
- 2 tsp ginger (fresh/lazy)
- Salt & pepper
- 1 tbsp cornflour (optional)



Method:

- Spray a wok with spray oil and add the steak, garlic and ginger and season with salt and pepper.
- When the beef is browned add the onions and pepper and fry for a minute until softened.
- Add the black beans, soy sauce, marmite and cook for another five minutes.
- To thicken the sauce, mix the cornflour into the wok and stir well and cook for another few minutes.

Sweet and sour chicken

Ingredients:

- 2 tsp rapeseed oil
- 2 chicken breasts , diced
- 2 peppers, diced
- 1 onion, roughly diced
- garlic 2 cloves, finely chopped
- ginger a thumb-sized piece, finely chopped
- shake of dried chilli flakes
- tinned pineapple chunks 100g (in juice)
- 2 tbsp dark soy sauce
- 2 tbsp tomato ketchup



Method:

- Heat the vegetable oil in a wok over a high heat and cook the chicken for 5 minutes until caramelised, then scoop out onto a plate. Stir-fry the peppers and spring onions for 5 minutes until charred. Add the garlic and ginger, and cook for 1 minute.
- Put the cornflour and sugar into a small bowl, stir in the pineapple juice, and soy until smooth, then add the ketchup and 100ml of water. Pour into the pan, add the chicken and cook for 5-10 minutes or until the sauce has thickened and the chicken is cooked through. Stir through the pineapple chunks for the final 2 minutes of cooking to warm through.
- Serve with Rice/ noodles.

Chicken Carbonara

Ingredients:

- 200g spaghetti
- 1 tbsp olive oil
- 1 garlic clove, halved
- 50g smoked bacon, diced
- 1 chicken breast, cut into strips
- 1 small red onion diced
- 100g sliced mushrooms
- 2 eggs
- 100g Parmesan
- Salt and pepper to taste



Method:

- Cook the spaghetti according to the package directions. Once cooked reserve 60ml of cooking water and drain the rest of the pasta.
- While the pasta is cooking, whisk together the eggs and half of the parmesan cheese and set aside.
- Add the olive oil, garlic and chicken into a frying pan and cook through for 7- 10 minutes. Once the chicken is sealed add the bacon and onion, and cook till the bacon is crispy.
- Next add the mushrooms and cook for another 2 minutes.
- Turn the heat off. Add the cooked pasta and the egg parmesan cheese mixture. Stir to combine, keep the pasta moving. Pour in the reserved pasta water slowly, use only enough to reach the desired sauce consistency.
- Season the carbonara with salt and pepper, to taste, and garnish with the remainder of parmesan.

Chorizo & pea risotto

Ingredients:

- 1 tbsp olive oil
- 200g chorizo, peeled and chopped
- 300g risotto rice
- 2 tbsp vinegar
- 1.2l chicken stock, heated until simmering
- 200g frozen peas
- 60g parmesan , finely grated, plus extra to serve



Method:

- Heat the oil in a large frying pan, tip in the chorizo and fry until it is crisp and all the oil has been released. Remove a quarter of the chorizo with a slotted spoon and set aside.
- Tip the rice into the pan, stir to coat it in the oil and toast for a min or so, then pour in the vinegar. Once the vinegar has evaporated, add a ladleful of the stock, stir then, once absorbed, add a bit more. Continue doing this for about 20 mins until most of the stock has been absorbed and the rice has swollen but still has a slight bite.
- Tip in the peas, parmesan and the remaining stock. Give everything a good stir. Once the cheese has melted, season with black pepper, then divide between bowls, topping each portion with the remaining crisp chorizo and extra grated parmesan.

Creamy steak and spinach

Ingredients:

- 1 tbsp olive oil
- 300g sirloin steak
- Salt and pepper
- 4 mushrooms
- Splash of white wine
- 2 handfuls of spinach
- 38ml double cream



Method:

- Heat a frying pan over a high heat. Drizzle 1 tablespoon of the olive oil over the steaks, rubbing it into the flesh, and season all over with salt and pepper. Lay the steaks in the hot frying pan and cook for 3 minutes on each side. Cook for longer for medium or well done. When you are happy with your steak, remove it from the frying pan and leave it to rest on a plate while you make your creamy side dish.
- Wipe out the frying pan with a little kitchen roll, pour in the remaining olive oil and place over a medium to high heat. Add the mushrooms and cook, flipping them a couple of times, for 1-2 minutes or until lightly coloured. Season with salt and pepper and crank the heat up to maximum.
- Pour in the white wine, and let it bubble away to almost nothing. Add the spinach and gently turn it in the pan until it is almost fully wilted.
- Pour in the double cream and let it bubble up. Check the seasoning and add more salt and pepper if needed

Lasagne

Ingredients:

- 1 ½ tbsp olive oil
- 1kg 5% beef mince
- 1 large red onion, diced
- 1 carrot, diced
- 1 courgette, diced
- 2 cloves garlic
- 1 tbsp tomato puree
- 400ml beef stock
- 400g tinned tomatoes
- 18 lasagne sheets
- Fresh basil (optional)



Method:

- Heat ½ tbsp of olive oil in a large saucepan over a high heat. Add half the mince and fry for 2-3 minutes. Tip mince onto a plate and repeat with other half of mince with another ½ tbsp. of oil.
- Tip mince onto a plate and add the other ½ tbsp of oil, vegetables and garlic, and cook for 5 minutes
- Add the tomatoes, puree, stock and mince into the pan and simmer for 20 minutes.
- Preheat oven to 170°C
- Build lasagne by spooning ¼ of meat sauce into a baking dish and lay 6 sheets of pasta on top.
- Repeat until you have 4 layers of meat and 3 layers of pasta.
- Cover the dish with foil and bake for 40 minutes.
- Scatter with fresh basil and serve

Chicken and leek

Ingredients:

- 4 chicken breasts, diced
- 2 leeks, washed and sliced
- 1 tub of garlic/herb quark
- 2 tsp of wholegrain mustard
- 200ml chicken stock
- 160g hard cheese



Method:

- Heat the oil in a large, non-stick frying pan and fry the chicken for 5 mins. Add the leeks and fry for 10 mins, covered.
- Add the quark, mustard and chicken stock, and let it reduce
- Add the cheese, and allow it to melt before serving
- Serve with boiled veg

Stuffed BBQ burgers

Ingredients:

- 900g lean beef mince (5% fat)
- 1 small onion, finely chopped
- 2 tsp Worcestershire sauce
- 2 garlic cloves, crushed
- Handful of fresh flat-leaf parsley, finely chopped
- BBQ seasoning
- 6 Babybels/cubes of cheese



Method:

- Place the mince, onion, Worcestershire sauce, garlic and parsley in a food processor, season well and blend until just combined.
- Transfer to a bowl and combine the mixture using your hands. Divide into 12 portions.
- Half each babybel and stuff each burger and shape
- Preheat your grill to high. Spray the burgers with low-calorie cooking spray and grill for 3-4 minutes on each side, or until cooked to your liking.

Creamy tomato risotto

Ingredients

- 400g chopped tomatoes
- 1l vegetable stock
- knob of butter
- 1 tbsp olive oil
- 1 onion, finely chopped
- 2 garlic cloves, finely chopped
- 1 rosemary sprig, finely chopped
- 250g risotto rice
- 300g cherry tomato, halved
- small pack basil, roughly torn
- 4 tbsp grated parmesan



Method

- Tip the chopped tomatoes and half the stock into a food processor and pulse until smooth. Pour into a saucepan with the remaining stock, bring to a gentle simmer and keep over a low heat.
- Meanwhile, place the butter and oil in a saucepan and heat gently until the butter has melted. Add the onion and gently cook for 6-8 mins until softened. Stir in the garlic and rosemary, and then cook for 1 minute. Add the rice and cook, stirring, for 1 minute.
- Start adding the hot stock and tomato mixture about a quarter at a time. Let the risotto cook, stirring often, adding more stock as it is absorbed. After you have added half the stock, add the cherry tomatoes. After 20-25 mins, the rice should be creamy and tender, the cherry tomatoes softened and all of the stock should be used up.
- Cover and leave for 1 min, then stir in the basil. Serve sprinkled with Parmesan and a good grinding of black pepper.

Moroccan chickpea, squash & cavolo nero stew

Ingredients

- 4 tomatoes, halved
- 5 tbsp olive oil
- 250g butternut squash, peeled and chopped into large chunks
- 1 tbsp thyme leaves
- 1 garlic clove, crushed
- 1 onion, sliced
- 2 x 400g cans chickpeas, drained
- 1 bay leaf
- 1 tbsp ground cumin
- 1 tsp ground cinnamon
- ½ tsp turmeric
- 1 tbsp harissa
- 1l vegetable stock
- 100g feta, crumbled
- 1 lemon, zested, then cut into wedges
- 2 tsp fennel seeds
- 1 tsp ground coriander
- 200g cavolo nero (or kale), shredded
- handful fresh coriander leaves, to serve



Method

- Heat oven to 200C/180C fan. Put the tomatoes on a baking sheet lined with baking parchment, drizzle over 2 tbsp olive oil, season and roast in the oven for 20 mins or until soft. Set aside.
- Meanwhile, pour 2 tbsp oil into a large saucepan and add the squash, thyme, garlic and onion. Season generously and cook on a low heat for 15 mins or until the vegetables begin to soften (but not brown).
- Add the tomatoes, chickpeas, bay, ground spices and harissa. Season to taste and pour in the stock. Bring to the boil, then reduce the heat and simmer for 30-35 mins until the liquid has reduced.
- Put the feta in a small bowl and add the remaining olive oil and the lemon zest. Mix well and set aside.
- Toast the fennel seeds in a frying pan for 1 min, then lightly crush with a pestle and mortar, or in a bowl with the back of a rolling pin.
- Add the ground coriander and cavolo nero to the stew and cook for 2 mins. Put the stew in a bowl and top with a scoop of feta, a sprinkling of coriander leaves and fennel seeds, and some seasoning. Serve with lemon wedges on the side.

Chickpea & coriander burgers

Ingredients

- 400g can chickpeas, drained
- zest 1 lemon, plus juice ½
- 1 tsp ground cumin
- small bunch coriander, chopped
- 1 egg
- 100g fresh breadcrumbs
- 1 medium red onion, ½ diced, ½ sliced
- 1 tbsp olive oil
- 4 small wholegrain buns
- 1 large tomato, sliced, ½ cucumber, sliced and chilli sauce, to serve



Method

- In a food processor, whizz the chickpeas, lemon zest, lemon juice, cumin, half the coriander, the egg and some seasoning. Scrape into a bowl and mix with 80g of the breadcrumbs and the diced onions. Form 4 burgers, press remaining breadcrumbs onto both sides and chill for at least 10 mins.
- Heat the oil in a frying pan until hot. Fry the burgers for 4 mins each side, keeping the heat on medium so they don't burn. To serve, slice each bun and fill with a slice of tomato, a burger, a few red onion slices, some cucumber slices, a dollop of chilli sauce and the remaining coriander.

Indian butternut squash curry

Ingredients

- 200g wholegrain rice
- 1 tbsp olive oil
- 1 butternut squash, diced
- 1 red onion, diced
- 2 tbsp mild curry paste
- 300ml vegetable stock
- 4 large tomatoes, roughly chopped
- 400g can chickpeas, rinsed and drained
- 3 tbsp Greek yogurt
- small handful coriander, chopped



Method

- Cook the rice in boiling salted water, as per pack instructions. Meanwhile, heat the oil in a large frying pan and cook the butternut squash for 2-3 mins until lightly browned. Add the onion and the curry paste and fry for 3-4 mins more.
- Pour over the stock, then cover and simmer for 15-20 mins, or until the squash is tender. Add the tomatoes and chickpeas, and then gently cook for 3-4 mins, until the tomatoes slightly soften.
- Take off the heat and stir through the yogurt and coriander. Serve with the rice.

Ricotta and broccoli frittata

Ingredients

- 100g new potatoes
- 200g long-stem broccoli
- 200g green beans , trimmed and halved
- 400g mixed beans , drained
- 3 tsp rapeseed oil
- 2 garlic cloves , crushed
- pinch of chilli flakes , cumin seeds or fennel seeds
- 4 large eggs
- 50g ricotta
- 1 tsp sherry vinegar
- ½ small bunch of basil , roughly chopped (optional)



Method

- Boil the potatoes for 10-15 mins until tender. Add the broccoli for the last 2 mins of cooking. Drain and thickly slice the potatoes.
- Meanwhile, put the green beans and mixed beans in a pan and cover with water. Bring to a simmer and cook for 3-4 mins, or until the green beans are tender. Drain and leave to steam-dry in the pan.
- Heat the grill to high. Heat 2 tsp of the oil in a medium non-stick frying pan and fry the garlic for 1 min, then add the chilli flakes or cumin or fennel seeds and cook for 1 min more. Add the potatoes, broccoli and seasoning, and toss to coat in the flavoured oil.
- Beat the eggs in a jug, season and pour over the potato mix. Cook over a medium heat for 2 mins, or until the base is set. Dollop teaspoons of the ricotta on top, then grill for 4-5 mins until cooked through.
- Meanwhile, drizzle another 1 tsp oil over the bean mixture with the vinegar. Stir in the basil, if using, and season. Slice the frittata into four wedges, and serve two with half the bean salad on the side. Chill the remaining wedges and bean salad to use in the lunchboxes below.

Sides

Coleslaw

Ingredients:

- 1 large carrot
- ¼ red cabbage
- ¼ white cabbage
- Juice of 1 lemon
- 3 tbsp quark



Method

- Put all the ingredients in a large bowl. Stir well and season to taste, then cover and chill until needed.

Cranberry Wild Rice Pilaf

Ingredients

- 150g uncooked wild rice
- 700ml chicken broth
- 100g medium pearl barley
- 35g dried currants
- 1 tablespoon butter
- 50g sliced almonds, toasted
- 35g dried cranberries, chopped



Method

- Preheat oven to 160°C.
- In a saucepan, combine wild rice and the broth and bring to a boil.
- Reduce heat and simmer for 10 minutes.
- Remove from heat; stir in barley, currants and butter. Transfer to a baking dish.
- Cover dish with foil and bake for 50-60 minutes
- Stir in almonds and cranberries and serve.

Sun-Dried Tomato, Spinach and Quinoa Salad

Ingredients

- 180g quinoa, rinsed in a fine-mesh colander
- 18g sun-dried tomatoes, drained and chopped
- 60g roughly chopped fresh spinach or arugula
- 50g sliced almonds
- ¼ tsp olive oil
- Salt, to taste

Lemon dressing

- 2 tbsp olive oil
- 2 tbsp lemon juice
- 2 cloves garlic, pressed or minced
- 1 tsp Dijon mustard
- ½ tsp salt
- Pinch of chilli flakes
- Freshly ground black pepper, to taste



Method

- Add quinoa and boiling water to a saucepan and bring to a boil. Decrease the heat to a gentle simmer and cook for 15 minutes.
- To prepare the dressing: Whisk together the olive oil, lemon juice, garlic, mustard, salt and chilli flakes. Season to taste with freshly ground black pepper.
- To toast the almonds: Warm ¼ teaspoon olive oil in a frying pan. Add the almonds and a dash of salt and cook, stirring frequently (beware, these burn quickly!), until they are golden and fragrant.
- Once the quinoa is done cooking, fluff it with a fork and then transfer it into your serving bowl. Drizzle all of the dressing on top and toss to combine. Mix in the chopped sun-dried tomatoes and spinach and serve.

Balsamic Roasted Sprouts

Ingredients

- 600g fresh brussels sprouts cut into halves or quarters
- 1 large red onion peeled and diced
- 5 tbsp balsamic vinegar
- 2 tsp garlic granules
- ½ vegetable stock pot no water added
- ½ tsp granulated sweetener
- Spray oil
- salt and pepper to taste



Instructions

- Preheat the oven to 220°C.
- Add the sprouts, onion, balsamic vinegar, garlic, ½ stock pot and sweetener to the roasting dish and mix until coated.
- Spray the tops of the sprouts with spray oil and place in the middle of a hot oven.
- After 20 minutes, toss the sprouts and spray with more oil.
- Place back into the oven for 10-20 minutes, until the liquid has reduced and the sprouts are tender. They should be glossy and dark with a few crispy bits.
- Season with salt and pepper to taste and serve hot.

Savoury Rice

Ingredients

- 1 onion chopped quite finely
- 3 mushrooms sliced
- 1/2 red pepper deseeded and diced
- 150g long grain rice
- 1 vegetable stock cube
- 550ml water boiling
- 40g peas frozen is fine
- 40g sweetcorn (frozen is fine)
- 2 tsp curry powder
- 2 tsp turmeric
- 1 small carrot finely diced
- low calorie cooking spray



Method

- Over a medium heat, spray a large frying pan with low calorie cooking spray and cook the onions for around 5 minutes until softened.
- Add the peppers, carrots, mushrooms, turmeric, and curry powder and cook for another couple of minutes.
- Mix up the stock cube with the boiling water.
- Add the rice to the pan and give it another few sprays of low calorie cooking spray so that the rice doesn't stick together. Stir well.
- Add the stock, peas, and sweetcorn. Stir and bring to the boil.
- Cover the pan and lower the heat. Allow to simmer for 15 minutes or until the rice is tender, stirring occasionally.

Greek Salad

Ingredients

- ½ red onion sliced
- 100g cucumber cut into small chunks
- 10 cherry tomatoes cut in half
- 32g Greek-style cheese
- 4 decent handfuls mixed salad leaves
- 2 tbsp red wine vinegar
- 1 tbsp lemon juice
- 1 tsp dried oregano
- 2 tbsp pickling liquid from a jar of pickled vegetables
- ½ tsp sea salt
- freshly ground black pepper
- 2 tbsp water



Method

- First make the dressing. Put the red wine vinegar, lemon juice, oregano, pickling liquid, water and salt and pepper into a bowl and mix. Set aside.
- Arrange the mixed leaves on a plate or in a bowl, then arrange the tomatoes, cucumber and red onions on top. Drizzle the salad with a couple of tablespoons of the dressing. Top with the diced cheese.
- Serve with the remaining dressing on the side.

Sweet Potato and Carrot Rostis

Ingredients

- ½ red onion sliced
- 100g cucumber cut into small chunks
- 10 cherry tomatoes cut in half
- 32g reduced fat Greek-style cheese
- 4 decent handfuls mixed salad leaves
- 2 tbsp red wine vinegar
- 1 tbsp lemon juice
- 1 tsp dried oregano
- 2 tbsp pickling liquid from a jar of pickled vegetables
- ½ tsp sea salt
- freshly ground black pepper
- 2 tbsp water



Method

- Grate the sweet potato and carrot into a large bowl of cold, salted water. Leave for 15 minutes to soak. Meanwhile, grate the onion and chop the spring onions.
- Drain the potato and carrot, place into a tea towel and squeeze the excess water out. Return to the bowl and mix in the onions, spring onions and chilli flakes. Incorporate the beaten egg into the mixture and split into 6 rostis.
- Spray a large frying pan with low calorie cooking spray and place the rostis into the pan. Leave on a low heat for at least 6 minutes - do not touch them or they will fall apart. After this time, turn quickly, in one movement and cook on the other side for 5 minutes until golden.

Honey Glazed Roast Parsnips

Ingredients

- 500 g parsnips
- 2 tsp runny honey runny
- sea salt
- freshly ground black pepper
- spray oil

Method

- Pre heat the oven to 200°C
- Bring a pan of salted water to the boil. While you're waiting peel the parsnips and cut off both ends
- Cut each parsnip into approx 6cm lengths. Leave the thin end whole but cut the thicker pieces into 4 wedges. Place them in the boiling water and simmer until they are just tender (probably around 4 or 5 minutes)
- Drain the parsnips and place them in a decent sized bowl
- Season the parsnips with a little sea salt and freshly ground black pepper. Spray with a decent amount of spray oil then pour over the honey and mix well so that all the parsnips are coated
- Place on a nonstick baking tray (or a tray lined with foil) Give them one last spray with oil and cook for 20 - 25 minutes (turning halfway through) or until they are crisp and golden



Dessert

Berry Crumble

Ingredients

- 200g frozen cherries
- 200g frozen summer fruits
- 150g plain flour
- 75g Butter
- 30g porridge oats
- 1 tbsp demerara or granulated sugar

Method

- Preheat the oven to 180°C, fan oven 160°C, gas mark 4.
- Put the frozen cherries and berries into a baking dish (there's no need to thaw them).
- Put the flour into a large mixing bowl and add the butter, rubbing it in with your fingertips until the mixture looks like fine breadcrumbs. Stir in the porridge oats and sugar.
- Sprinkle the crumble topping evenly over the fruit. Place the dish on a baking tray and bake for 30-35 minutes.



Frozen fruit sticks with passion fruit & lime drizzle

Ingredients

- 100g strawberries, hulled and halved
- 8 seedless grapes
- 100g mango chunks
- 100g melon chunks
- 2 kiwi fruit, peeled and cut into chunks
- 100g pineapple chunks

For the drizzle

- Juice 2 limes
- 4 passion fruits, halved and seeds scraped out
- 1 tsp icing sugar

Method

- Mix the drizzle ingredients in a small bowl, stirring until the sugar has dissolved. If you want the sauce to be smooth, pass it through a sieve to remove the seeds, or leave them in if you prefer.
- Skewer the fruits onto wooden skewers and drizzle the sauce on top, reserving a little for dipping. Pop the skewers in the freezer for 45 mins, until just starting to freeze. Serve with the leftover drizzle.



Apricot Flapjack

Ingredients:

- 100g butter
- 200g honey
- 240g porridge oats
- 100g dried apricots

Method:

- Lightly grease a baking tin
- Melt butter and honey in a pan
- Add the oats and apricots, stirring to combine
- Tip the mixture into the tin and press out evenly
- Bake in the oven at 190°C for 20 minutes until golden



Speedy chocolate cake

Ingredients:

- 4 tbsp ground almonds
- 1 tbsp cocoa powder
- ¼ tsp baking powder
- 2 tbsp. granulated sweetener
- 2 tbsp. butter, melted
- 1 tbsp water
- 1 egg

Method:

- Mix the ground almonds, cocoa powder, baking powder and sweetener in a bowl
- Stir in the melted butter, water and egg
- Cover the bowl with cling film and pierce with a knife.
- Microwave for 1 minute 10 seconds



Cinnamon apples with vanilla sauce

Ingredients

- 600ml heavy whipping cream
- ½ tsp vanilla extract
- 1 star anise (optional)
- 5 tbsp butter (2 for the sauce, 3 for the apples)
- 1 egg yolk
- 3 apples, preferably a type that is firm and tart, for example Granny Smith
- 1 tsp ground cinnamon



Method

- Add 2tbsp of butter, vanilla, optional star anise to a sauce pan together with about ¼ of the heavy whipping cream. Bring the mixture to a light boil by placing the sauce pan over medium heat. Lower the heat and let simmer for 5 minutes or more until the sauce turns creamy. Stir frequently.
- Remove from the heat and remove the star anise. Add the egg yolk while whisking vigorously. Place in the refrigerator and let cool completely. You can prepare the flavored cream up to 1 day before, and refrigerate.
- Whisk the remaining heavy whipping cream in a bowl until soft peaks form, and fold in the refrigerated sauce.
- Place back in the refrigerator for another 30 minutes or more. You can add the cream sauce to serving cups to make it thicken up faster.
- Wash the apples and peel them if you want to but there's really no need for that. The peel adds colour, flavour and texture.
- Core the apple and slice thinly. Heat up butter in a frying pan and brown the slices until golden. Add cinnamon towards the end.
- Serve the apples warm with the vanilla sauce

Chocolate coated strawberries

Ingredients

- 400g Strawberries (with stalks)
- 100g Dark chocolate (high cocoa %)

Method

- Take cooking chocolate and chop it into even sized chunks. You will need a glass bowl that will fit securely over a saucepan without getting close to touching the bottom of the saucepan.
- Put an inch or so of water into the saucepan and apply gentle heat and when it starts to simmer turn off the heat and place the glass bowl, with the chocolate chunks i, over the saucepan.
- The chocolate will melt over the steam in the saucepan. As the chocolate starts to melt, stir it with a spatula until the chocolate is fully melted.
- At this point remove from the glass bowl from the saucepan and keep stirring until the chocolate consistency is smooth. Keep the stalks on the strawberries to make dipping easier and when covered, lay them down on a plate or baking tray. Put the plate or tray into the fridge for a few minutes to allow the chocolate to set.



Banana choc ices

Ingredients

- 3 medium-large bananas, peeled
- 100g full-fat plain yoghurt
- 1 tbsp vanilla extract
- 100g dark chocolate (minimum 70% cocoa solids), broken into pieces
- 2 tbsp coconut oil

For the toppings

- mixed nuts, toasted and finely chopped
- coconut flakes, toasted and lightly crushed
- pistachio nuts, finely chopped
- freeze-dried raspberries



Method

- Put the bananas, yoghurt and vanilla extract into a food processor and blend until smooth. Pour the mixture into eight mini ice-cream silicone moulds. Insert a lolly stick into each one and place in the freezer for at least 3 hours until frozen solid.
- When the lollies are frozen, place the chocolate and coconut oil in a small heatproof bowl over a pan of simmering water; make sure the base of the bowl isn't touching the water. Stir over a low heat until melted. Remove from the heat and leave until cool to the touch, but still runny.
- Line a tray with baking paper or a non-stick silicone mat. Take the banana lollies from the freezer.
- Dip one lolly at a time into the melted chocolate and turn to coat all over. Lift out and sprinkle with your choice of topping. Place on the prepared tray; the chocolate will set almost instantly. Repeat with the remaining ice lollies. Eat straight away or return to the freezer until you're ready to serve.

Rocky road

Ingredients

- 200g dark chocolate (at least 70% cocoa solids), broken into pieces
- 50g puffed rice cereal
- 40g salted popcorn
- 50g dried cranberries, halved
- 50g large marshmallows, quartered

Method

- Line a 20cm square baking tin with two layers of cling film.
- Melt the chocolate in a heatproof bowl over a pan of barely simmering water, making sure the bottom of the bowl is not touching the water.
- Meanwhile, put the rice cereal, popcorn, cranberries and marshmallows into a bowl and mix well.
- While the chocolate is still warm, quickly pour it onto the cereal mixture and stir with a rubber spatula until everything is coated.
- Transfer the mixture to the lined baking tin and press down well. Cover with cling film and place in the fridge to set for a minimum of 2 hours.
- Turn out onto a board and cut into 20 squares, to enjoy when you get a sweet craving. The bars will keep for up to a week in the fridge.



Smoothies

Revive and refresh

- 1 orange (peeled)
- 3 carrots
- ¼ pineapple
- 1 piece of ginger



Vitality juice

- ¼ watermelon
- 1 plum (stone removed)
- 1 pomegranate (just the seeds)
- 60g raspberries



Very berry detox

- 1/8 red cabbage
- 80g blueberries
- 1 peeled beetroot
- 150g blackberries



The big green

- 150ml coconut water/ apple juice
- 50g cucumber chopped into chunks
- ½ small avocado
- 50g baby spinach
- 5-6 green grapes

