

Healthy FAMILY FRIENDLY Recipe Pack



Welcome to the HEALTHY FAMILY FRIENDLY RECIPE PACK

Feeding your family can be hard work! You might want to follow healthy eating meal plans, but do the rest of the family? How do you ensure everyone is getting balanced, healthy meals that they actually enjoy? There's nothing worse than slaving away in the kitchen preparing a variety of meals and then the family turns their nose up at what you've served.

We've put together this recipe pack to help make healthy, family-friendly cooking a lot easier. There are a variety of budget-friendly recipes to suit breakfast, lunch, dinner and snacks – plus tips to help you encourage your clan to try new things, overcome fussy eating, and get involved and excited with healthy eating. We also give you some ideas on how to make it easier to accommodate everyone's needs and tastes without having to spend hours in the kitchen.

Healthy eating doesn't mean you need to be a celebrity chef or start a professional catering company. You can provide your family with healthy meals that everyone will enjoy by following some of our tips and trying a few of our favourite, easy-to-prepare recipes, included in this recipe pack.

We hope you and your family love the delicious meals we've chosen, and that this recipe pack helps make it easier for you to feed them in a healthy, budget-friendly way.

Rhian
& The Healthy Mummy Team



HEALTHY EATING HABITS FOR THE WHOLE FAMILY

When addressing our family's nutritional needs, it's impossible to overemphasise the power and importance of developing positive eating habits.

A healthy relationship with food is about what you eat and how much, but also about the way you eat your meals.

Developing healthy dietary habits from an early age will help these good behaviours be continued into adulthood, discouraging obesity and the health issues that can come with being overweight.

You, your partner and your kids are never too old or young to start picking up these healthy eating habits:

EAT AT THE TABLE

One of the leading causes of weight gain is **unconscious eating**. We eat on the run, we eat in our cars or we let our children eat with us in front of the television. This leads to weight gain because we're not focusing on our food; we're not aware of what we're eating – or even savouring the flavours.

Eating is about all of our senses, not just texture and taste. By denying the visual cues, we do not fully enjoy the food. Eating at the table as a family also means the meal becomes an occasion. We don't rush and, by eating slowly, we may in fact end up eating less.

Eating at the table as a family is also important as an opportunity for you to model healthy habits for your children.

EAT TOGETHER

With today's families struggling to find a work-life balance, eating together can be a tough ask. Each family does this differently, but you could at least aim to eat most meals on the weekend together, and a few during the week.

From a nutritional point of view, this eating habit is important because research has shown that parental modelling – and, more specifically, maternal modelling – will affect the choices a child makes with their food. If their mother eats fruits and vegetables, so will a child.

This time spent eating together will be the most influential on everyone's nutritional health and eating habits.



DON'T OVERFILL THE PLATE

You probably remember growing up as a child and being told to finish your plate. Today this once-dominant attitude has changed.

Try not to force your child to keep eating if they are not hungry. We are born with the ability to sense when we are full; young children, if left to themselves, will naturally stop eating when they have had enough. This sense of satiety is a cue which gets lost when we overstuff, force-feeding our children and ourselves.

Put less on everyone's plates and don't force anyone to finish anything. If you or the family are still hungry after finishing your meals, you can go for seconds or have a healthy snack. Same if you feel too full after your meals – don't eat everything on the plate just because it's there.

SHOP AND COOK TOGETHER

Shopping with your children will give them a better understanding of where their food comes from. It also gives them a sense of control over the food process, which all little people love.

Meal planning as a family is a great way to ensure everyone feels like their tastes are being met. There's no point in setting up a healthy meal plan that no one but you will eat. Ask the kids and your partner for a few suggestions of what they'd like prepared for dinners and lunches each week. You can usually always find a healthy version of even the most unhealthy meal requests and the kids will love being involved in making decisions.

Cooking together is a good way to encourage your family members to try new foods (as well as giving you a helping hand in the kitchen!). It creates familiarity with the food before they're asked to try it. It's also a great way to develop your children's motor skills by pouring, measuring, stirring and cutting.

As you cook together, introduce new flavours and foods – you never know what your family will like. It's also about language, culture, history and conversations. Try a food from a different country and talk about the culture of its origin.

Give everyone a task to complete, whether it's simply helping to decide what goes in the weekly meal plan, or something more involved like unpacking the shopping, preparing a meal from scratch or assisting with the after-meal clean-up.



FUSSY EATERS AND HOW TO SUIT EVERYONE'S NEEDS

Fussy children can make mealtimes stressful – and so can fussy partners who like big serves of stodgy meals!

Try these tips to make mealtimes easier to prepare for everyone's tastes and needs:

- **Be calm and positive** with fussy eaters. Be encouraging and celebrate small steps such as trying a new food.
- **Repeat exposure to new foods.** Even if fussy eaters don't try something new the first time they encounter it, 10-20 repeat exposures might get them to accept a new food and give it a try.
- **Don't use food as a reward** or a bribe for trying something new or finishing a meal. This can create unhealthy habits and emotions around eating.
- **Kids are good at knowing when they've had enough**, especially if they sit down and eat slowly. Reduce portion sizes for everyone – if the family is still hungry, they can ask for more.
- **Offer a variety of foods** to fussy eaters and encourage them to touch, smell and, if they feel like it, taste the new foods.
- **It's okay to hide veggies in meals** to add some nutrients to your family recipes but you should also serve these meals with whole veggies or salad items, to encourage everyone to try new things.
- **Don't prepare a different meal for every member** of the family. If needed, make ingredient swaps or small changes to accommodate different tastes:
 - ✓ Swap seafood for chicken or pork.
 - ✓ Choose veggies that the whole family enjoys, adding in a new one every so often.
 - ✓ Create a chilli-free version for the kids.
 - ✓ Serve your partner's meal with a side of mash or some extra rice.
 - ✓ Deconstruct a fussy child's meal – rather than serving everything combined, put a bit of each ingredient on the plate, so they can try what they like.
- **Plan lunches** to suit each member of the family:
 - ✓ Your partner might need an extra sandwich, some more salad or another snack item.
 - ✓ Your kids might need to be nut-free at school, so don't serve them your homemade nut muesli bars until they're home.
 - ✓ You might enjoy a lighter lunch so only need a smaller portion and a piece of fruit.
 - ✓ The base lunch can be the same, while snacks and portion sizes are adapted.



The Healthy Mummy App

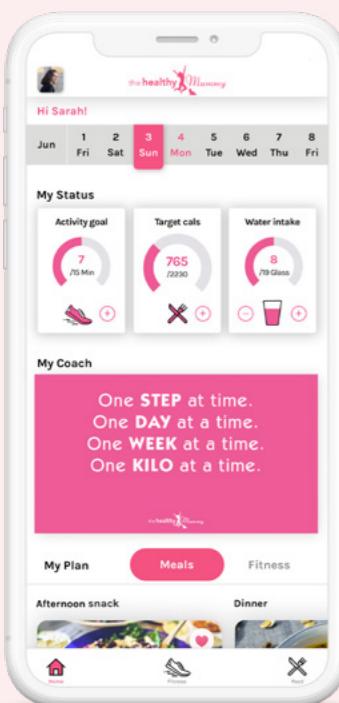
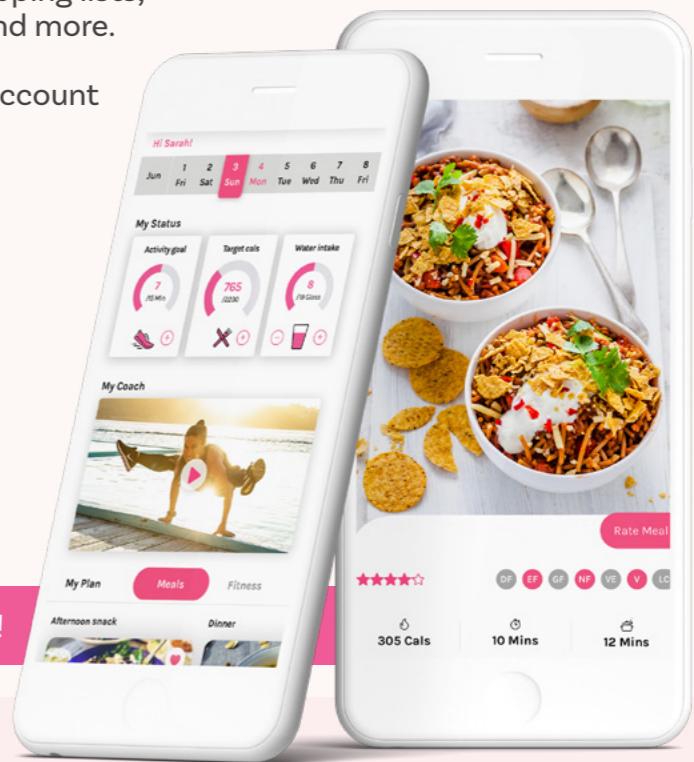
Home to the 28 Day Weight Loss Challenge

The **Healthy Mummy App** is home to the **28 Day Weight Loss Challenge**. The App has more than 30 amazing features and improvements! You can customise your meal plans, access shopping lists, update your measurements, take progress photos, healthy tips, daily exercise plans and more.

The time efficient at home exercise programs are busy-mum friendly and take into account your fitness levels and support you to reach your fitness goals.

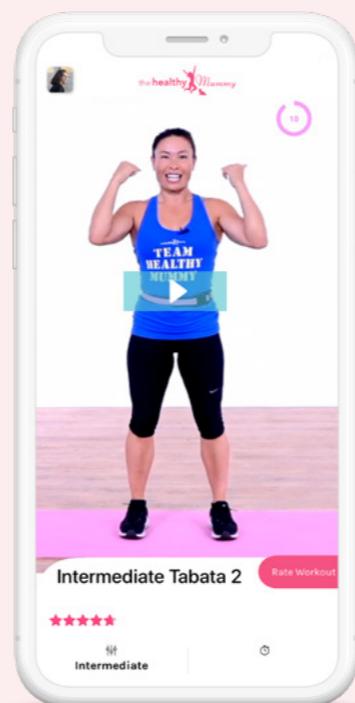
- ✓ **Weekly meal plans** which are fully customisable.
- ✓ **Instant access to over 4000** budget- and family-friendly recipes.
- ✓ **Healthy Mummy Coach** to keep you motivated and on track!
- ✓ **Daily 30 minute** fully instructed fitness programs.
- ✓ **Achievable programs** made for busy mums.

Now FASTER and EASIER to use!



The Healthy Mummy Coach

- **A new empowering message** each day on your home screen!
- **Tips, facts and inspiration** to motivate and keep you on track.
- **Keeps you motivated** and accountable.
- **Only available in the** Healthy Mummy App.



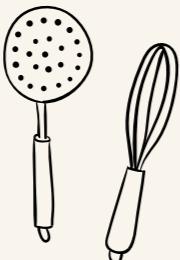
The Healthy Mummy Exercise Programs

- **Fully instructed** 30 minute video exercise programs.
- **Includes options such as** strength training, cardio & pilates.
- **No equipment required** - work out from home!
- **All levels available** from post natal to advanced.

[Join the 28 Day Weight Loss Challenge Here](#)

OATS WITH VANILLA CHERRY COMPOTE

SERVES 4 PREP TIME 3 MINS COOK TIME 10 MINS



Ingredients

- 4 cups frozen cherries, pitted and chopped (600g)
- 2 tsp vanilla extract (10ml)
- 1/2 cup freshly squeezed orange juice (125ml)
- 2 cups rolled oats (200g)
- 2 cups reduced-fat milk of choice (500ml)
- 2 cups water (500ml)

Method

In a saucepan, bring cherries, vanilla and orange juice to the boil.
Reduce to a simmer for 5-7 minutes, until slightly thickened.

In another saucepan, cook oats with milk and water for 5 minutes,
stirring until thick and creamy. Thin with extra water if you wish.

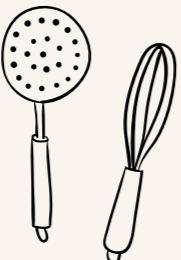
Serve porridge oats with vanilla cherries on top.

Energy: 341cal/1422kJ
Protein: 11.8g Fibre: 8.4g Total Fat: 6.2g
Carbohydrates: 56.8g Saturated Fat: 1.9g
Total Sugar: 25.1g Free Sugar: 2.4g



OAT PIKELETS

■ SERVES 4 ■ PREP TIME 5 MINS ■ COOK TIME 5 MINS



Ingredients

- 1 cup plain wholemeal flour (120g)
- 1 cup rolled oats (100g)
- 4 free-range eggs (200g)
- 2 tsp baking powder (5g)
- 1 cup reduced-fat milk of choice (250ml)
cooking oil spray
- 1/3 cup lemon juice (83ml)
- 1 tbsp maple syrup (15ml)

Method

In a blender, blitz flour, oats, eggs, baking powder and milk to form a batter.

Heat a frypan over medium-high heat and lightly spray with cooking oil.

Dollop tablespoons of batter into the pan to form pikelets. Cook for 1-2 minutes, until bubbles form on the surface, then flip and cook for another 1-2 minutes, until golden.

Serve pikelets drizzled with lemon juice and maple syrup.

Energy: 342cal/1437kJ
Protein: 16.6g Fibre: 6.3g Total Fat: 8g
Carbohydrates: 47g Saturated Fat: 2g
Total Sugar: 9g Free Sugar: 4g

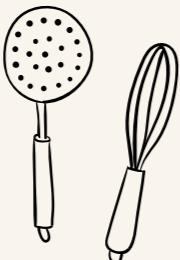


Recipe Notes:

Pikelets are great to make for breakfast or even as a healthy mid-morning or after-school snack. You can top with your family's favourite healthy toppings like fresh fruit or yogurt.

ENGLISH MUFFIN BREAKFAST PIZZAS

SERVES 4 PREP TIME 5 MINS COOK TIME 12 MINS



Ingredients

- 4 wholemeal English muffins (260g)
- 2 tomatoes, sliced (200g)
- 1 tbsp extra virgin olive oil (15ml)
- 4 rashers of bacon rasher, lean and trimmed (108g)
- 1 cup reduced-fat mozzarella cheese, grated (160g)
- 2 tbsp fresh basil leaves, chopped (10g)

Method

Preheat oven griller to high. Line griller tray with aluminium foil.

Slice muffins in half. Top each slice with tomato and drizzle with some oil.

Cut bacon rashers into strips and place on top of tomato slices.

Top everything with some grated cheese and place under griller for 10-12 minutes, until cheese has melted and bacon is cooked.

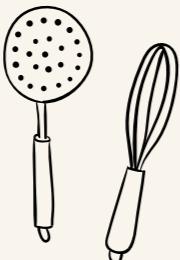
Serve 2 muffin halves per person, sprinkled with freshly chopped basil.

Energy: 380cal/1599kJ
Protein: 23.7g Fibre: 2.7g Total Fat: 20.3g
Carbohydrates: 24.9g Saturated Fat: 8.3g
Total Sugar: 2.1g Free Sugar: 0.0g



ONE-HANDED EGG MUFFIN

■ SERVES 4 ■ PREP TIME 5 MINS ■ COOK TIME 5 MINS



Ingredients

- 4 free-range eggs, beaten (200g)
- salt
- pepper
- cooking oil spray
- 4 wholemeal English muffins (260g)
- 1 medium avocado, mashed (120g)
- 2 cups rocket lettuce (60g)
- 1 tbsp tomato sauce, no added sugar (15ml)

Method

Season eggs with salt and pepper. Heat a frypan over medium-high and lightly spray with cooking oil.

Add in eggs and stir constantly to scramble, around 4-5 minutes.

While eggs are cooking, toast muffin halves. Spread 4 halves with some mashed avocado. Top with some rocket leaves and an even amount of scrambled egg.

Spread other 4 halves of muffins with a little tomato sauce. Place on top of scrambled egg halves to serve.

Energy: 303cal/1273kJ
Protein: 15.6g **Fibre:** 6.2g **Total Fat:** 12g
Carbohydrates: 30.2g **Saturated Fat:** 2.6g
Total Sugar: 3.5g **Free Sugar:** 0.0g

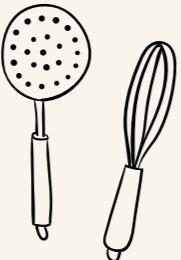


Recipe Notes:

Finger food is a great family option. It's easy to eat and makes healthy eating fun. With this recipe you could easily omit the rocket and use another leafy green that the family might be more partial to.

CACAO, BANANA & MAPLE FRENCH TOAST

■ SERVES 4 ■ PREP TIME 10 MINS ■ COOK TIME 15 MINS



Ingredients

- 4 free-range eggs (200g)
- 1/2 cup reduced-fat milk of choice (125ml)
cooking oil spray
- 8 slices wholegrain or gluten-free bread of choice (320g)
- 2 small bananas, sliced (180g)
- 1/3 cup maple syrup (83ml)
- 2 tsp cacao nibs (8g)

Method

In a bowl, beat eggs and milk together.

Heat a frypan over medium-high heat and spray with cooking oil.

Dip bread slices into egg mix, covering both sides well. Add to heated frypan.

Turn heat down to medium. Cook slices for 4-5 minutes on one side until golden brown, then carefully turn over to cook for another 2-3 minutes.

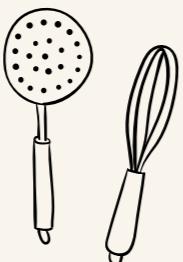
Serve French toast topped with some slices of banana, a little maple syrup and some cacao nibs.

Energy: 334cal/1402kJ
Protein: 13g Fibre: 4g Total Fat: 9g
Carbohydrates: 56.8g Saturated Fat: 2g
Total Sugar: 28g Free Sugar: 16g



BACON PASTA SALAD

SERVES 4 PREP TIME 5 MINS COOK TIME 7 MINS



Ingredients

- 200g wholemeal pasta, any shape
- 4 rashers of bacon rasher, lean, trimmed and chopped (108g)
- 1/3 cup ricotta cheese (87g)
- 1/3 cup reduced fat mayonnaise (85g)
- 1 cup white cabbage, shredded (100g)
- 1 cup red cabbage, shredded (100g)
- 4 spring onions, sliced (60g)
- 1 red pepper, thinly sliced (100g)
- 2 medium carrots, grated (140g)

Method

Cook pasta per packet directions.

In a frypan over medium-high heat, cook bacon pieces for 3-4 minutes or until crisp. Drain on paper towel and set aside to cool.

Mix together ricotta and mayonnaise.

In a large bowl, mix all other ingredients. Combine with cooked pasta, bacon and dressing to serve.

Energy: 309cal/1294kJ
Protein: 17.3g Fibre: 8.2g Total Fat: 5.1g
Carbohydrates: 43.4g Saturated Fat: 1.3g
Total Sugar: 8.6g Free Sugar: 0.0g

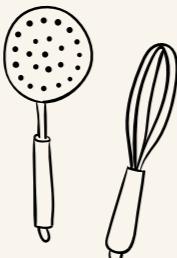


Recipe Notes:

For any recipe that has a combination of ingredients, you can always serve them "deconstructed", with a little bit of each ingredient on a plate. This is great for fussy eaters who may not like new foods touching each other. They can touch, smell and taste new ingredients in their own time.

CHICKEN PASTA CAESAR SALAD

■ SERVES 4 ■ PREP TIME 10 MINS ■ COOK TIME 10 MINS



Ingredients

160g wholemeal pasta, any shape
cooking oil spray
200g chicken breast fillets
salt
pepper
4 free-range eggs (200g)
4 cups baby gem lettuce, chopped (120g)
2 stalks celery, diced (80g)
4 slices lean smoked ham, chopped (80g)
2 slices wholegrain or gluten-free bread of choice (80g)
1/3 cup reduced-fat Greek natural yogurt (87g)
2 tsp Dijon mustard (8g)
1/3 cup lemon juice (83ml)
1/3 cup grated Parmesan (48g)

Method

Cook pasta according to packet directions and allow to cool.

Heat a frypan over medium-high heat and lightly spray with cooking oil. Season chicken with salt and pepper. Cook for 4-5 minutes each side, until cooked through.

In a saucepan, hard-boil eggs for 5-8 minutes, to your liking.

In a serving bowl, combine baby gem lettuce and celery. Toss through cooked pasta. Slice chicken and add to top of salad with ham pieces.

Peel boiled eggs. Slice and add to salad.

Toast bread and cut into cubes. Add to salad.

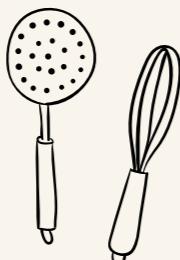
Combine yogurt, Dijon and lemon juice to form a dressing. Drizzle over salad and sprinkle with parmesan to serve.

Energy: 368cal/1549kJ
Protein: 33.8g **Fibre:** 5.7g **Total Fat:** 10.6g
Carbohydrates: 30.7g **Saturated Fat:** 3.9g
Total Sugar: 3g **Free Sugar:** 0.0g



TUNA & VEGETABLE SUSHI

SERVES 4 ■ PREP TIME 15 MINS ■ COOK TIME 25 MINS



Ingredients

1 cup brown rice, uncooked (160g)
1/3 cup rice wine vinegar (83ml)
2 medium carrots (140g)
1 cucumber (200g)
1 medium avocado (120g)
380g tinned tuna in water
8 slices sushi seaweed (24g)

Method

Prepare rice per packet directions. Once cooked, spread out onto a baking tray. Sprinkle over rice wine vinegar and set aside to cool.

Slice carrot and cucumber into matchsticks. Slice avocado. Drain tuna.

Once rice is cooled, place a seaweed slice (shiny side down) onto a large sheet of cling wrap.

Spread some rice over half the seaweed slice, covering from the base. Cover rice with strips of avocado, cucumber and carrot. Top with flaked tuna.

Carefully lift cling wrap and use it to guide you as you roll sushi, being careful not to roll cling wrap into it.

Follow seaweed packet instructions – you may need to moisten the edge to seal sushi roll.

Repeat with remaining sushi seaweed slices and ingredients.

Energy: 345cal/1443kJ
Protein: 27g **Fibre:** 3.1g **Total Fat:** 10.2g
Carbohydrates: 33.5g **Saturated Fat:** 2.4g
Total Sugar: 3g **Free Sugar:** 0.0g



Recipe Notes:

With sushi you can mix and match fillings to suit your family's tastes. Diced cooked chicken, fresh veggies and even lean cooked mince all make great options to try. Getting the whole family involved with rolling and filling will keep everyone interested in healthy eating.

HAM, SPINACH & FETA PIZZA

SERVES 4 ■ PREP TIME 5 MINS ■ COOK TIME 10 MINS



Ingredients

- 4 medium wholemeal pitta breads (260g)
- 1 cup tomato passata (250ml)
- 4 cups baby leaf spinach (120g)
- 4 tomatoes (400g)
- 12 slices lean smoked ham (240g)
- 1/3 cup fresh basil leaves (20g)
- 120g reduced-fat feta

Method

Preheat oven to 200°C/gas mark 6. Line a baking tray with baking paper.

On baking tray, spread pitta breads with some passata.
Top with spinach, tomato, ham and basil leaves.

Crumble feta over and bake for 10 minutes, until golden and crisp.

Energy: 343cal/1441kJ
Protein: 26.6g **Fibre:** 7g **Total Fat:** 8.1g
Carbohydrates: 36.9g **Saturated Fat:** 3.9g
Total Sugar: 7.2g **Free Sugar:** 0.0g

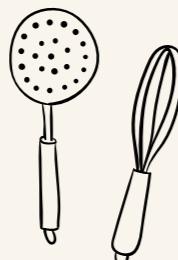


Recipe Notes:

Pizzas are usually family favourites and are great to get your crew to sample some new foods. Chop and dice a selection of healthy toppings and get everyone to make their own, encouraging them to try one new ingredient.

ITALIAN SAUSAGE PASTA BAKE

■ SERVES 4 ■ PREP TIME 10 MINS ■ COOK TIME 30 MINS



Ingredients

200g wholemeal pasta, any shape
1 tbsp extra virgin olive oil (15ml)
2 cloves garlic, peeled and chopped (6g)
1 brown onion, chopped (100g)
4 lean sausages of choice, sliced (280g)
2 medium carrots, peeled and grated (140g)
1 cup butternut squash, peeled
and grated (120g)

1 courgette, grated (110g)
1/4 cup water (62ml)
2 tbsp tomato paste (32g)
400g tinned tomatoes
1/2 cup cheddar cheese, grated (120g)

Method

Cook pasta per packet directions. Preheat oven to 180°C/gas mark 4.

In a large frypan, heat oil over a low-medium heat. Add garlic and onion, cooking for 2 minutes. Add chopped sausage pieces and cook for 5 minutes, until browned.

Add carrots, butternut squash, courgette and water. Stir lightly and allow to simmer until veggies begin to soften.

Mix through tomato paste and tinned tomatoes, simmering for 5 minutes. Remove from heat and mix through drained pasta.

Place mix into a large oven dish and sprinkle cheese over. Bake for 20 minutes, until cheese has browned lightly.

Recipe Notes:

Often the most popular family meals are the simple ones. This delicious pasta bake includes simple flavours that will suit most palates. It also contains a good amount of hidden veggies to make it a healthy option.



Energy: 455cal/1903kJ

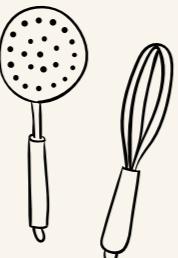
Protein: 26.7g Fibre: 8.4g Total Fat: 20.1g

Carbohydrates: 37.1g Saturated Fat: 8.4g

Total Sugar: 9.9g Free Sugar: 0.0g

SLOW COOKER RAGU

■ SERVES 4 ■ PREP TIME 2 MINS ■ COOK TIME 480 MINS



Ingredients

400g stewing steak
400g tinned tomatoes
2 medium carrots, finely chopped (140g)
2 sticks of celery, finely chopped (80g)
1 tbsp tomato paste (16g)
1 clove of garlic, crushed (3g)
2 tsp dried Italian herbs (2g)
1/2 cup liquid beef stock, salt reduced (125ml)
400g wholemeal pasta, any shape

Method

Cut meat into cubes. Place all ingredients, except pasta, into a slow cooker. Cook on low for 6-8 hours.

(If you don't have a slow cooker, place all ingredients, except pasta, in a heavy-based saucepan on the stovetop. Simmer, covered with a lid, over a low heat for 2 hours. Remove lid and continue to simmer for a further 45-60 minutes to thicken.)

In the last few minutes of cooking, press down on meat with a fork or masher. It will fall apart and mix with the sauce.

Prepare pasta according to packet directions and divide evenly between 4 bowls. Serve with a portion of ragu on top.

Energy: 314cal/1313kJ
Protein: 28.5g **Fibre:** 9.8g **Total Fat:** 6g
Carbohydrates: 30.6g **Saturated Fat:** 2g
Total Sugar: 5.6g **Free Sugar:** 0.0g

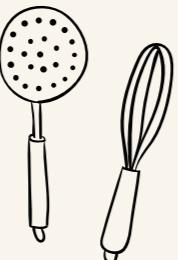


Recipe Notes:

Using a slow cooker for some of your cooking makes things simpler. This recipe is easy to prepare with most of the work being done by the cooker. Loaded with nutrients, it makes for a healthy family-friendly meal.

CHICKEN FRIED RICE

■ SERVES 4 ■ PREP TIME 10 MINS ■ COOK TIME 30 MINS



Ingredients

- 1 cup brown rice, uncooked (160g)
- 2 tbsp coconut oil (30ml)
- 400g chicken breast fillets
- 1 cup frozen peas (160g)
- 4 medium carrots, diced (280g)
- 1/3 cup tamari (gluten free soy sauce) (83ml)
- 1 tsp ground ginger (1g)
- 2 free-range eggs, lightly beaten (100g)

Method

Prepare rice per packet directions.

In a frypan, heat coconut oil over medium heat. Finely slice chicken and add to pan, cooking 2-3 minutes, until brown.

Add peas and carrots. Stir through and cook 3-4 minutes, until tender crisp.

Add tamari, ground ginger and cooked rice. Stir to combine and heat through.

When all ingredients are well combined and chicken is cooked through, move everything to one side of the pan. Add eggs and scramble, mixing through rice once they start to cook.

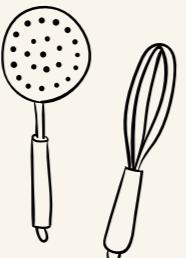
Divide evenly between 4 bowls to serve.



Energy: 489cal/2054kJ
Protein: 30.7g **Fibre:** 4.9g **Total Fat:** 21.8g
Carbohydrates: 28.3g **Saturated Fat:** 2g
Total Sugar: 6.9g **Free Sugar:** 0.0g

BEEF NACHOS

■ SERVES 4 ■ PREP TIME 2 MINS ■ COOK TIME 25 MINS



Ingredients

cooking oil spray
400g lean beef mince
1 tbsp Mexican spice mix (4g)
2 tbsp tomato passata (30ml)
8 small corn tortillas (192g)
1 medium avocado, mashed (120g)
1/3 cup reduced-fat Greek natural yogurt (60g)

Method

Heat a non-stick frypan over medium-high heat. Lightly spray with cooking oil.

Add mince and brown, breaking up any lumps. Add Mexican spice mix and tomato passata.

Reduce heat to low. Simmer for 15-20 minutes, until flavours have combined.

Preheat oven to 180°C/gas mark 4. Cut tortillas into triangles and, on a lined baking tray, bake 3-5 minutes each side, until crisp.

Divide tortilla chips evenly into 4 serving bowls. Top with some mince, mashed avocado and yogurt to serve.

Energy: 402cal/1690kJ
Protein: 30g Fibre: 4g Total Fat: 27g
Carbohydrates: 30.6g Saturated Fat: 8g
Total Sugar: 3g Free Sugar: 0.0g



CHEESY CAULIFLOWER BAKE WITH PEPPER STEAK

■ SERVES 4 ■ PREP TIME 10 MINS ■ COOK TIME 10 MINS



Ingredients

4 cups cauliflower florets (400g)
1/3 cup cheddar cheese, grated (80g)
1 tsp dried Italian herbs (1g)
4 spring onions, trimmed and chopped (60g)
1/2 cup ricotta cheese (130g)
cooking oil spray
4 x 80g lean sirloin steak
pepper
2 cups green beans, trimmed (240g)

Method

On the stovetop, steam cauliflower florets for 3 minutes, until tender.

Preheat oven to 160°C/gas mark 3.

Mix together cauliflower, ricotta, herbs and spring onion. Place in a ceramic dish. Top with cheddar and bake for 7 minutes, until cheese is melted and golden.

Bring a non-stick frypan to a medium-high heat. Spray lightly with cooking oil. Add steak to pan and season with pepper. Cook for 3-4 minutes each side, to your liking.

Allow steak to rest for 3 minutes. Meanwhile, steam beans until just tender.

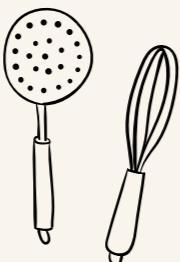
Serve steak with beans and cauliflower bake.

Energy: 489cal/2054kJ
Protein: 30.7g **Fibre:** 4.9g **Total Fat:** 21.8g
Carbohydrates: 28.3g **Saturated Fat:** 2g
Total Sugar: 6.9g **Free Sugar:** 0.0g



CHICKEN PIES

SERVES 4 | PREP TIME 5 MINS | COOK TIME 60 MINS



Ingredients

- | | |
|---|---|
| 1 & 1/4 cups liquid chicken stock, salt reduced (312ml) | 2 medium potatoes, grated (240g) |
| 500g lean chicken mince | 1 cup frozen peas (160g) |
| 1 brown onion, grated (100g) | 1 tbsp plain wholemeal flour (10g) |
| 3 medium carrots, grated (210g) | cooking oil spray |
| | 2 sheets reduced-fat puff pastry (336g) |

Method

In a saucepan, add $\frac{3}{4}$ cup of stock, chicken, onion, carrot and potato. Bring to the boil over a medium heat, breaking apart chicken with a spoon. Reduce to a simmer for 10 minutes, add peas and cook for a further 1 minute.

Dissolve flour in remaining stock and gradually pour mixture into saucepan, stirring through to combine. Simmer for 2-3 minutes, until thickened.

Preheat oven to 200°C/gas mark 6 and lightly spray 4 individual pie tins with cooking oil. Divide filling into prepared tins.

Allow pastry to thaw slightly then cut each sheet on the diagonal. Cut a circle from each triangle, place pastry rounds on top of filling and tuck around the edge (the pastry will soften with the heat from the filling and become easier to tuck in).

Place pies in oven for 25-30 minutes, until pastry is crisp and golden.

Serve pies alone, with some steamed vegetables or a simple salad.

Energy: 503cal/2106kJ
Protein: 25g Fibre: 5.4g Total Fat: 37.3g
Carbohydrates: 14.3g Saturated Fat: 9.6g
Total Sugar: 4.9g Free Sugar: 0.0g



CHOCOLATE CAKE BITES

SERVES 10 ■ PREP TIME 10 MINS



Ingredients

1/2 cup fresh or frozen raspberries (120g)
1 cup rolled oats (100g)
1/2 cup ground almonds (75g)
1/3 cup desiccated coconut (33g)
1 tbsp coconut oil, melted (15ml)
4 tsp coconut oil (20ml)
4 tsp boiling water (20ml)

Method

In a food processor, blitz pecans, coconut and cacao/cocoa on high speed until fine.

Add remaining ingredients, except water, and blend on high until well combined. Add water a little at a time if necessary until mixture sticks together.

Roll mixture into 10 balls. Place in the fridge to chill or serve immediately.

Energy: 118cal/497kJ
Protein: 4.5g Fibre: 1.7g Total Fat: 10.6g
Carbohydrates: 4.2g Saturated Fat: 3.3g
Total Sugar: 3.3g Free Sugar: 0.0g



HEDGEHOG SLICE

SERVES 16 ■ PREP TIME 25 MINS



Ingredients

1/2 cup pitted, dried dates (85g)
1 cup walnuts (160g)
2 tbsp honey (30ml)
2 tbsp cacao/cocoa powder (16g)
3 tbsp desiccated coconut (24g)
1 cup puffed rice* (25g)
100g dark chocolate bits
1 tbsp coconut oil (15ml)

Method

Line a loaf tin with baking paper. Soak pitted dates in boiling water for 10 minutes, then drain.

In a food processor, blend walnuts, soaked dates, honey, cocoa/cacao powder and desiccated coconut. Transfer to a bowl and mix through puffed rice. Press mix into prepared tin. Set aside while you make the topping.

In the microwave, melt chocolate bits and coconut oil together in 30-second increments. Stir until combined and smooth, then pour over base. Move tin from side to side so topping evenly covers the base.

Tap tin on bench then place into freezer for 10 minutes to set.

Cut slice into 16 bars to serve.

* available from health food shops

Energy: 134cal/566kJ
Protein: 1.7g Fibre: 1.2g Total Fat: 8.1g
Carbohydrates: 14g Saturated Fat: 3g
Total Sugar: 10.3g Free Sugar: 4.4g



EASY MANGO & RASPBERRY SORBET

■ SERVES 4 ■ PREP TIME 5 MINS



Ingredients

1 1/2 cheeks mango (150g)
1 cup frozen raspberries (240g)
1/3 cup fresh orange juice (83ml)

Method

Dice mango, allowing it to slightly defrost if frozen.

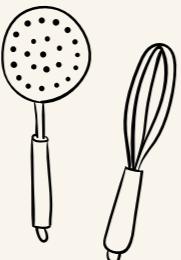
In a blender, pulse mango, berries and juice until well combined.
Serve immediately as "soft-serve" sorbet or freeze for 1-2 hours.

Energy: 64cal/268kJ
Protein: 1.3g Fibre: 4.3g Total Fat: 0.3g
Carbohydrates: 11g Saturated Fat: 0.0g
Total Sugar: 10.5g Free Sugar: 1.5g



CHOC PEANUT BUTTER ICY POLES

SERVES 6 PREP TIME 5 MINS COOK TIME 2 MINS



Ingredients

2 tbsp peanut butter (32g)
1 tbsp cacao/cocoa powder (8g)
2/3 cup reduced-fat milk of choice (167ml)
2 ripe small bananas (180g)
1 tbsp honey (15ml)

Method

In a high-powered blender, blitz all ingredients until smooth.

Divide mixture into 6 icy pole moulds and freeze overnight.

Energy: 113cal/474kJ
Protein: 3.9g Fibre: 1.5g Total Fat: 5.6g
Carbohydrates: 11.6g Saturated Fat: 1.5g
Total Sugar: 10.2g Free Sugar: 3.9g



COCONUT PASH CHIA PUDDING

SERVES 4 | PREP TIME 5 MINS | REQUIRES OVERNIGHT PREP



Ingredients

400ml reduced-fat coconut milk
1/3 cup chia seeds (60g)
2 tsp honey (10ml)
1 tsp vanilla extract (5ml)
1/3 cup passionfruit pulp (80g)

Method

In a bowl, combine all ingredients, excluding passionfruit pulp. Divide between 4 small cups, cover with cling wrap and place in fridge overnight.

Top each pudding with some passionfruit pulp when ready to serve.

Energy: 187cal/786kJ
Protein: 4g Fibre: 7.8g Total Fat: 11.7g
Carbohydrates: 15.4g Saturated Fat: 6.9g
Total Sugar: 8g Free Sugar: 2.7g

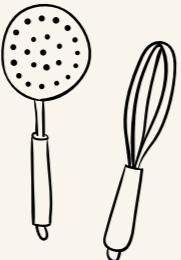


Recipe Notes:

Chia puddings also make great snacks for lunch boxes (keep chilled with an ice pack) or even for an easy-to-grab breakfast on the run. You can mix and match the combination of flavours using other fruits, nuts or different juices to soak the chia seeds in.

LEMON, COCONUT & HONEY CHEESECAKE

SERVES 10 ■ PREP TIME 135 MINS



Ingredients

- 1 cup desiccated coconut (100g)
- 1 cup rolled oats, finely processed (100g)
- 1/3 cup honey, warmed in microwave (83ml)
- 1 tbsp coconut oil, melted (15ml)
- 400ml reduced-fat coconut milk
- 1 cup reduced-fat Greek natural yogurt (260g)
- 2 tbsp lemon juice (30ml)
- 2 tsp lemon zest (8g)
- 2 tbsp powdered gelatine (32g)
- 1/3 cup boiling water (83ml)

Method

Line a 20cm springform pan with baking paper.

Mix desiccated coconut, oats, honey and coconut oil until well combined. Press into prepared pan and refrigerate.

Whisk together coconut milk, yogurt, lemon juice and zest.

In a small bowl, combine gelatine and boiling water, stirring briskly until gelatine has dissolved.

While beating, slowly pour gelatine mixture into coconut/yogurt mixture. Continue beating for 1 minute.

Pour mixture over base and return to refrigerator for 2 hours, until set. Garnish with extra lemon zest to serve.

Energy: 217cal/909kJ
Protein: 3.4g **Fibre:** 1.9g **Total Fat:** 13.4g
Carbohydrates: 29.8g **Saturated Fat:** 12.2g
Total Sugar: 16.7g **Free Sugar:** 9.3g



STRAWBERRY & RHUBARB CRUMBLE SLICE

■ SERVES 24 ■ PREP TIME 60 MINS ■ COOK TIME 10 MINS



Ingredients

1/2 cup coconut oil (120ml)	1 tbsp coconut sugar (16g)
2 cups ground almonds (300g)	50g untoasted muesli
1/2 punnet strawberries, halved (125g)	1 tbsp honey (15ml)
1/3 cup rhubarb, chopped (80g)	

Method

BASE

In a food processor or blender, blitz coconut oil and ground almonds.
Press into a lined 25x13cm slice tin.

Place in fridge or freezer to firm.

MIDDLE

In a saucepan, combine strawberries, rhubarb and coconut sugar with half a cup of water. Cook on low, stirring regularly until reduced and a jam-like consistency. If required, add more water to avoid burning.

Spread over the top of the base once ready.

TOP

In a saucepan, combine muesli with honey. Stir to combine over low heat until honey has melted.

Spread mixture over fruit layer and return to the fridge or freezer to set.

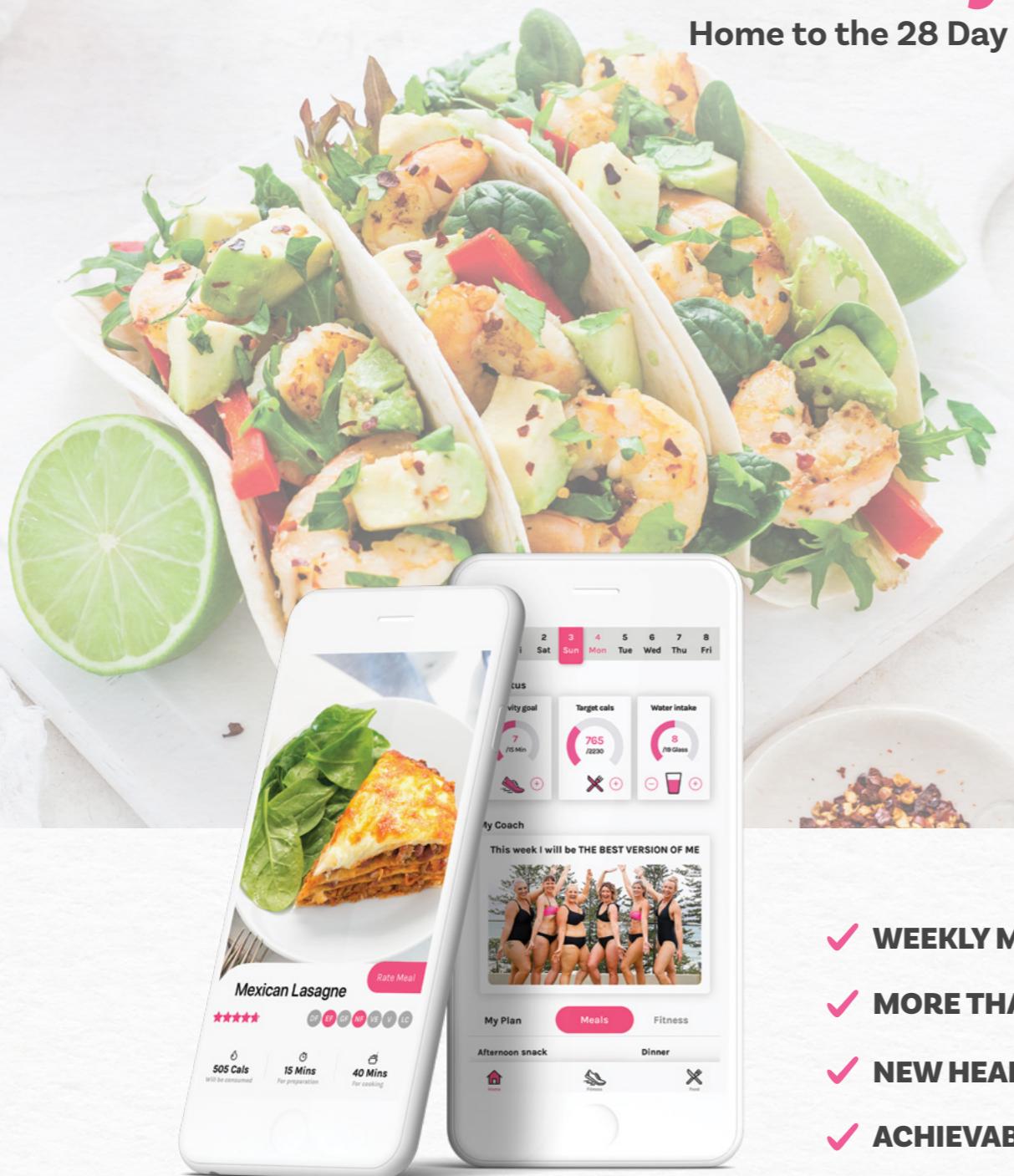
Slice into 24 pieces.

Energy: 116cal/489kJ
Protein: 2.2g **Fibre:** 1.4g **Total Fat:** 10.4g
Carbohydrates: 3.4g **Saturated Fat:** 4.8g
Total Sugar: 2.7g **Free Sugar:** 1.5g



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*results may vary by person



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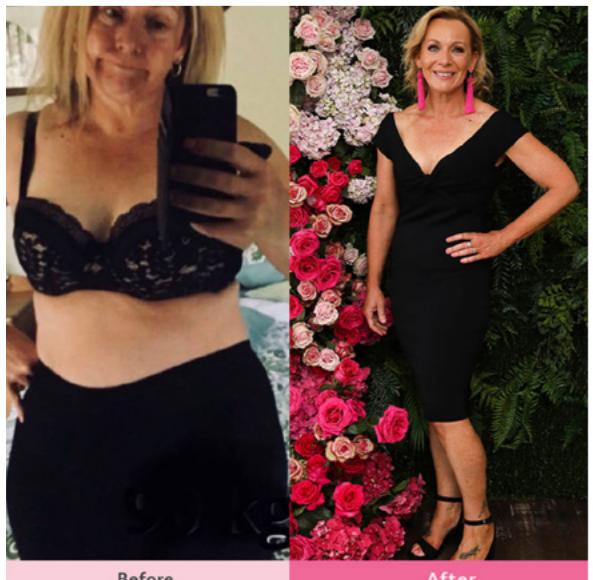
Bec Jackson has lost over 4st

A psychologist, coach and mum of four, Bec is one busy mama! After each of her pregnancies, she struggled with shifting the baby weight. Now, she has lost over 4st and more than halved her percentage of body fat to become one of our 2018 Weight Loss Mums of the Year.



Chloe Cox has lost over 6st

"I lost over 6 stone in the 15 months as I breastfed my son," says Chloe. "Never in my wildest dreams did I think losing such a large amount of weight, while feeding my bub and exercising, would be possible. I believe I owe it all to The Healthy Mummy Smoothies."



Jenni Wright has lost 5.5st

After leaving a violent relationship after 18 years, Jenni was very unhappy and overweight – she had forgotten who she was. "I've lost 5.5 stone on my Healthy Mummy journey and I really cannot thank you all enough," she says. "It really has changed my life."



Sally Stepniewski has lost 6.5st

"So many think they can't lose weight or exercise," says Sally. "As a mum who works full-time and has young kids, I'm here to show it can be done for women from all walks of life with great success. I am so passionate about everything Healthy Mummy."

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