

healthyfood GUIDE

# Breakfast matters

Berries



Green goodness



Mango



**EXPERT TIPS**  
AND *delicious*  
**DIETITIAN-APPROVED**  
**BREAKFASTS TO MAKE**  
**YOUR FIRST MEAL THE**  
**HIGHLIGHT OF YOUR DAY**  
**(WHATEVER TIME**  
**YOU EAT IT!)**



Fibre-rich  
**rainbow**  
**chia pudding**

**Inside!** Expert advice, smart swaps, nutrient-dense recipes, high-protein options...



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# Welcome

With time-restricted or intermittent fasting gaining popularity over the past few years, discussions over whether or not breakfast really is the most important meal of the day have started up again. At *Healthy Food Guide* we're big fans of starting your day right with a delicious and nutritious breakfast.

The body of scientific evidence shows all sorts of benefits enjoyed by people who don't skip this important meal, including better weight management, accessing important nutrients like calcium and wholegrain fibre that breakfast foods tend to be rich in, having the energy and mental clarity to tackle the busy day ahead, and getting the most out of exercise workouts.

But we know that breakfast can be a challenge on busy mornings, many of us are trying time-restricted fasting, and some people simply don't feel hungry first thing in the morning. That's why we've created our *Breakfast Matters* ebook, to provide tasty, nutrient-dense solutions for your first meal of the day, whatever time it is that you choose to break your fast. The carefully curated recipes are rich in gut-friendly fibre, calcium and protein for strong bones and muscles, and include savoury veg-laden options to help you towards that all-important, disease-busting 5-plus-a-day veggie serves target. Rise and shine, your way!

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**7 BREAKFAST CHECKLIST** We show you how to build your plate to maximise health benefits, nutritional goals - and deliciousness!

**8 EATING OUT?** It's one of life's simple pleasures! Smart swaps for when you're brunching with friends.

**12 RECIPES** Everything from tropical smoothie bowls to hangover salads to get you inspired in the kitchen.



# WHY breakfast matters

Not everyone eats as soon as they wake, but the first meal of the day - whatever time you have it - can be an important source of nutrients that protect your health and help you make the most of your day.

**T**he word breakfast literally means to break the fast that began when you finished eating the night before. By morning, your brain and muscles are ready for starter fuel, to spring into action and face the day ahead.

### **Why is breakfast important?**

Eating breakfast has been identified as one of seven healthy habits that promote long life and good health.

*It's your  
first meal of  
the day. It's  
important.  
Make it a  
good one!*

### Three key reasons to enjoy breakfast:

#### 1 It boosts your nutrient intake

US and UK studies dating as far back as the early 1960s consistently show that those who enjoy breakfast have better overall diets. Breakfast eaters have been shown to have a higher fibre intake and significantly higher intakes of almost all vitamins and minerals, especially calcium, iron and magnesium.

#### 2 It improves memory and concentration

Nutrition researchers have found that people who eat a balanced breakfast can concentrate better and are more efficient at their work than those who skip it. For kids, breakfast is a must. Studies show that children who miss breakfast are less alert during the late morning hours and find it hard to concentrate on tasks that require prolonged mental effort. Factory workers who skip breakfast have been found to be more prone to accidents and have a lower production output compared to those who have something to eat in the morning.

#### 3 It helps prevent binge eating

Contrary to the beliefs of those who skip breakfast in the hope of losing weight, breakfast is a good friend. Skipping it means we are more likely to overeat later in the day, often on things that are quick to hand or less nutritious fast foods.



# Healthy breakfast checklist

## FRUIT

Sliced over cereal, blitzed in a smoothie, teamed with yoghurt or simply eaten whole, fruit and berries are the perfect breakfast addition. Save time by preparing a plate of sliced fruit the night before to leave in the fridge. Melon slices, kiwifruit, berries, papaya, and grapefruit or orange segments are all good choices. Pure fruit juice is a quick alternative with the same valuable vitamin C, but has more free sugars and less fibre than whole fruit. Vitamin C improves the absorption of iron from cereals, eggs or spinach. Prunes, sultanas and other dried fruit add fibre and potassium.

## GRAINS

Many people get most of their fibre at breakfast, so it pays to maximise your fibre intake at this meal. Aim for a mix of soluble fibre, such as oats, for a healthy heart, and insoluble fibre, such as wheat bran, for

regularity and bowel health. Choose a non-sugary wholegrain or bran type cereal, or go for muesli, porridge or overnight oats. Many cereals are fortified with B vitamins and iron which, especially when milk is added, makes them a nutritious food. If you prefer toast or muffins to cereal, look for wholemeal or mixed grain options, or white high-fibre if your kids hate 'brown bread'.

## DAIRY AND MORE ...

These offer calcium, protein and riboflavin, a B vitamin. If you prefer a dairy alternative, look for products fortified with at least 100mg calcium per 100ml. Cottage cheese and ricotta team nicely with raisin toast and make a good low-sat fat option, but are not as rich in calcium as cheddar or yoghurt. Eggs or baked beans are ideal if you're super hungry or want a hearty Sunday brunch. Add mushrooms, tomatoes or spinach and you're well on your way to hitting your 5-plus-a-day veg target.

# 15

## smart swaps for a healthier café breakfast

Weekend café breakfasts with friends are one of life's simple pleasures. *Healthy Food Guide* dietitian Karissa Woolfe's smart swaps help you make a healthier start to the day.

### 1 EGGS ON TOAST

Swap white bread for wholegrain and you'll gain 2.5g of fibre.

### 2 POACH 'EM

Swap scrambled eggs for poached eggs and save 675kJ (162cal).

### 3 LITTLE LIGHTER

Swap a big breakfast for eggs and tomato on toast and save 1600kJ.

A good brekkie can improve your mood by stabilising blood sugar levels, preventing irritability and boosting energy. Happy days!

### 4 MAIN EVENT

Swap eggs Benedict with smoked salmon for a vegetarian omelette and save 2800kJ (670cal).



**5 SWEET TREATS**

Swap a croissant for raisin toast and save 7g sat fat.

**6 GREAT DATE**

Swap banana bread for a date scone and save 29g of sugar.

**7 BETTER BERRIES**

Swap waffles with ice cream and syrup for a crepe with strawberries and save 638kJ (153cal).

**8 DRINKS**

Swap a regular smoothie for a kid's size smoothie and save 575kJ (138cal).

**9 DOWNSIZE**

Swap a large full-fat latte for a regular reduced-fat-milk cappuccino and save 610kJ (146cal).

**10 TRY TEA**

Swap a large orange juice for a herbal tea and save 36g sugar.



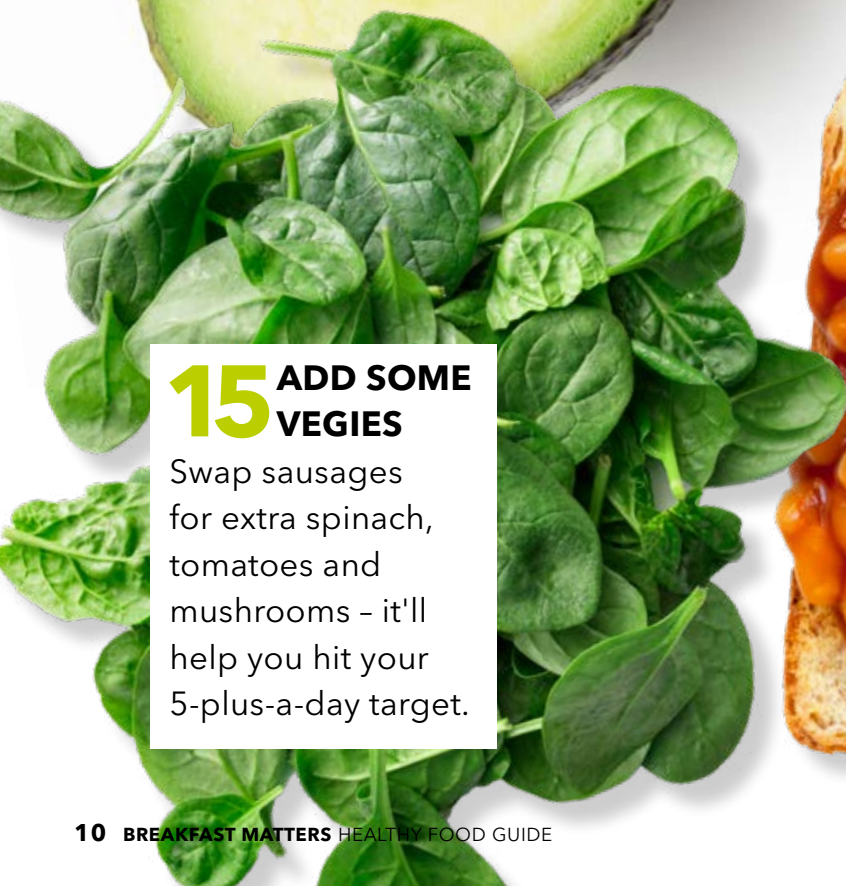
**11 ON THE SIDE**  
Swap butter for avocado and save 9g sat fat.



**12 SAUCY SWAP**  
Swap hollandaise sauce for tomato relish - you'll save 8g of sat fat.



**13 TOP IT OFF**  
Swap bacon for mushrooms and save 1455mg of sodium.



**15 ADD SOME VEGIES**  
Swap sausages for extra spinach, tomatoes and mushrooms - it'll help you hit your 5-plus-a-day target.



**14 BEANY BUDDIES**  
Swap hash browns for baked beans and gain 6.8g fibre.

ADVERTISING PROMOTION

# All your nutritional goals in one café-worthy breakfast

Protein ✓ Calcium ✓ Fibre ✓ Flavour – OMG YES!



## WHOLEGRAIN BREAD WITH HERB COTTAGE CHEESE, SMOKED SALMON AND ROCKET

**SERVES:** 4

**TIME TO MAKE:** 10 mins

### INGREDIENTS:

- 1 cup Brancourts Cottage Cheese
- 1 tablespoon finely chopped fresh chives
- 1 tablespoon chopped fresh flat-leaf parsley
- 1 teaspoon finely grated zest of lemon
- 4 large slices wholegrain bread
- 50g baby rocket
- 80g smoked salmon
- 4 lemon wedges, to serve

### INSTRUCTIONS:

1. In a small bowl combine Brancourts Cottage Cheese, chives, parsley and lemon zest.
2. Toast or grill wholegrain bread until golden. Spread each slice with one-quarter of the cottage-cheese mixture then top with rocket and smoked salmon. Serve with a lemon wedge.



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# cook FRESH

pancake perfection | oats with the most | bowls of goodness



Spiced cherry smoothie bowl  
(See recipe p24)

Our food writers work with **qualified dietitians** to develop these recipes for maximum **health benefits**.

LOW  
kJ

HIGH  
PROTEIN

HIGH  
FIBRE

LOW  
SODIUM

HIGH  
CALCIUM

HIGH  
IRON

2  
VEGIE  
SERVES

PER SERVE	
1534kJ/367cal	Sugars 21.8g
Protein 16.3g	Fibre 5.7g
Total fat 6.7g	Sodium 215mg
Sat fat 2.4g	Calcium 227mg
Carbs 56.4g	Iron 2mg



**Cook's tip**  
Get to grips with the basic batter, and your pancake stack becomes a world of unlimited flavours! Start with this deliciously fruity variation.

## Ricotta pancakes with berries and lemon honey sauce

Serves 4 (makes 8) Prep 15 mins Cook 20 mins  
✓vegetarian

### Basic batter

- 1 cup plain flour
- ½ cup wholemeal flour
- 1 teaspoon baking powder
- 1 tablespoon sugar
- 3 eggs
- 1 cup reduced-fat milk
- ½ cup low-fat ricotta or cottage cheese

### Berries and lemon honey sauce

- 1 cup sliced strawberries
- 1 lemon, zest and juice (1 teaspoon zest reserved, to garnish)
- 1 tablespoon honey, to serve
- 4 tablespoons reduced-fat Greek yoghurt, to serve
- 1 cup fresh blueberries, to serve

### 3 tablespoons natural muesli with macadamia & cranberry (optional), to serve

- 1 Lightly spray a large, heavy-based non-stick frying pan with olive oil and preheat over medium heat.
- 2 To make batter, place dry ingredients in a large bowl. Mix to combine. In a separate bowl, whisk eggs until light and fluffy. Add milk and ricotta, and whisk until smooth. Make a well in the centre of dry ingredients and pour in egg mixture. Stir until combined and batter is smooth and free of lumps.
- 3 Spoon two separate ladlefuls of batter into pan and cook both pancakes for 2 minutes or until bubbles appear on the surface and

pop. Using a spatula, carefully flip over and cook for 2 minutes on other side or until golden. Transfer pancakes to a plate and cover with tea towel to keep warm. Repeat with remaining batter to make 8 pancakes in total.

4 Stack two pancakes on each serving plate. Divide strawberry slices between each layer. In a small bowl, combine lemon zest, juice and honey. Top pancake stacks with yoghurt and blueberries. Drizzle with lemon honey sauce and serve sprinkled with muesli and reserved zest.

**Cook's tip** If fresh berries stretch the budget too far, use frozen berries instead. Thaw before using.

PER SERVE	
1620kJ/381 cal	Sugars 25.5g
Protein 16.6g	Fibre 5.1g
Total fat 5.9g	Sodium 215mg
Sat fat 2.3g	Calcium 235mg
Carbs 63.3g	Iron 1.9mg



## Banana berry pancakes

Serves 4 (makes 12) Prep 15 mins Cook 20 mins

✓vegetarian

### Basic batter ingredients (see previous page)

- 2 overripe **bananas**, mashed
- 1 cup **frozen berries**, thawed
- 4 tablespoons **reduced-fat Greek yogurt**, to serve
- 2 tablespoons **maple syrup**, to serve

**1** Lightly spray a large, heavy-based, non-stick frying pan with oil and heat over medium heat.

**2** In a large bowl, place dry batter ingredients. Mix to combine. In a separate bowl, whisk eggs until light and fluffy. Add milk, ricotta and mashed bananas to eggs, and whisk until smooth. Make a well in the centre of dry ingredients, then pour in egg mixture, stirring until combined and batter is smooth and free of lumps. Gently fold in berries.

**3** Spoon three separate, small ladlefuls of batter into pan and cook pancakes for 2 minutes or until bubbles appear on the surface and pop. Using a spatula, flip over and cook for 2 minutes on other side or until golden. Transfer pancakes to a plate and cover with tea towel to keep warm. Repeat to make 12 pancakes in total.

**4** Divide pancakes among four serving plates to create a three-layer stack of pancakes on each plate. Dollop each stack with yoghurt and serve drizzled with maple syrup.



HIGH IN  
**FIBRE**  
+ 97%  
**WHOLE  
GRAIN**

## A HEALTHY BREAKFAST, RIGHT FROM THE START

*Your breakfast options with Weet-Bix are only limited by your imagination. Here's a delicious twist.*

### WEET-BIX™ WITH STRAWBERRIES, CRANBERRIES AND PISTACHIOS

Prep time **5 mins** Serves **1**

- 4 large fresh strawberries
- 1 teaspoon dried cranberries
- 1 tablespoon pistachios
- 2 Weet-Bix™ or Gluten Free Weet-Bix™
- 140ml milk or milk alternative

- 1 Place Weet-Bix™ in a bowl and top with strawberries, cranberries and pistachios.
- 2 Pour on milk or milk alternative. Enjoy!



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\*as part of a healthy diet.

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**Weet-Bix**

HIGH CALCIUM

## Fruit salad parfaits

Serves 1 Time to make 5 mins

✓vegetarian ✓gluten free

**¾ cup reduced-fat Greek-style yoghurt**

**⅓ cup diced fresh fruit**

(we used diced rockmelon, strawberries, banana and kiwifruit, plus mandarin segments and star fruit slices to garnish)

**⅓ cup granola**

**Fresh mint leaves, to garnish**

**1 teaspoon goji or freeze-dried raspberries to garnish (optional)**

**1** In a small glass or jar, layer half the Greek-style yoghurt with half the granola and chopped fruit.

**2** Repeat layers and garnish with fresh mint and goji or freeze-dried raspberries, if using.



**PER SERVE**

1700kJ/410cal	Sugar 26g
Protein 22g	Fibre 8.5g
Total fat 11g	Sodium 236mg
Sat fat 3.6g	Calcium 323mg
Carbs 48g	Iron 0.5mg





## Tiramisu overnight oats

Serves **1** Time to make **10 mins, plus overnight chilling**  
 ✓vegetarian ✓diabetes friendly

- 1/3 cup **rolled oats**
- 1/3 cup **reduced-fat milk**  
(or plant-based alternative)
- 1 **tablespoon chia seeds**
- 2 **tablespoons prepared coffee**  
(espresso is best)
- 1 **teaspoon honey**
- 1/2 **teaspoon vanilla essence**  
(optional)
- 1/3 cup **low-fat, no-added-sugar crème brûlée or vanilla yoghurt**  
(we use Isey Skyr or Activia Vanilla)
- Cocoa powder, to garnish**

- 1** In a medium bowl, place oats, milk, chia seeds, coffee, honey and vanilla, if using. Stir well to combine. Cover and place in the fridge overnight.
- 2** Pour two-thirds of the oat mixture into a glass. Add half of the yoghurt to make a layer, then add the remaining oats. Finish with a final dollop of remaining yoghurt. Sift cocoa powder over the top to finish.



PER SERVE	
1231kJ/294cal	Sugars 22.4g
Protein 12.8g	Fibre 7.5g
Total fat 8.8g	Sodium 84mg
Sat fat 2.1g	Calcium 348mg
Carbs 36.9g	Iron 2.2mg



## Raspberry and mango breakfast parfaits

Serves 4 Time to make 20 mins  
 ✓vegetarian ✓diabetes friendly

- 1 cup natural muesli
- 2 tablespoons roughly chopped pistachios
- 2 tablespoons roughly chopped almonds
- 1 cup reduced-fat Greek yoghurt
- 2 mangoes, flesh diced
- 2 cups fresh raspberries
- Fresh mint leaves, to garnish

- 1 Preheat oven to 180°C. Line a baking tray with baking paper. Place muesli, pistachios and almonds on the tray. Toast in the oven for 8-12 minutes until lightly golden. Remove from the oven and allow to cool. Remove nuts and reserve for garnishing.
- 2 To serve, add one eighth of the yoghurt to each glass then top each with one eighth of the muesli, diced mango and raspberries. Top with remaining yoghurt, muesli and mango. Garnish with nuts and mint leaves and serve immediately.

**Make it gluten free** Use gluten-free muesli and check yoghurt is gluten free.



PER SERVE	
2050kJ /490cal	Sugars 34g
Protein 12g	Fibre 11g
Total fat 11g	Sodium 84mg
Sat fat 2g	Calcium 176mg
Carbs 47g	Iron 2.3mg



## Mango, coconut and chia overnight oats

Serves **1** Time to make **5 mins, plus overnight soaking**  
 ✓diabetes friendly

- ½ cup rolled oats
- ½ cup reduced-fat milk
- ½ cup reduced-fat Greek-style yoghurt
- 1 tablespoon chia seeds
- 2 teaspoons sultanas
- 2 tablespoons coconut flakes
- ½ cup chopped frozen Mango, frozen is fine, just thaw first (see Cook's tip)

- 1** Place oats, milk, yoghurt, chia, sultanas and half the coconut in a small jar or container; seal and refrigerate to soak overnight.
  - 2** Top porridge with mango and remaining coconut to serve.
- Cook's tip** Any fresh or frozen fruit can replace the mango.



PER SERVE	
1559kJ/373cal	Sugars 24.9g
Protein 14.8g	Fibre 9.5g
Total Fat 13.7g	Sodium 97mg
Sat Fat 6.8g	Calcium 340mg
Carbs 45.7g	Iron 1.7mg



*Cook's tip*  
For extra special puddings, add a sprinkle of edible flowers on top.

**HIGH FIBRE** **LOW SODIUM** **HIGH CALCIUM**

PER SERVE	
1085kJ/260cal	Sugar 22g
Protein 10g	Fibre 9.2g
Total fat 12g	Sodium 113mg
Sat fat 1.7g	Calcium 260mg
Carbs 25g	Iron 1.8mg

## Rainbow chia puddings

Serves 4 Time to make 30 mins plus  
**4+ hours chilling**  
✓vegetarian ✓gluten free

### Mango chia pudding

$\frac{2}{3}$  cup almond milk  
3 tablespoons chia seeds  
1 teaspoon honey  
1 tablespoon fresh lime juice  
 $\frac{1}{2}$  small mango, peeled and sliced

### Green goodness layer

Other  $\frac{1}{2}$  mango  
Handful of spinach  
1 small banana  
4 tablespoons almond milk

### Creamy berry layer

$\frac{1}{2}$  cup berries, defrosted if frozen  
1 cup reduced-fat Greek yoghurt

### To garnish

4 tablespoons sliced almonds, toasted  
Handful fresh mixed berries (optional)  
2 tablespoons pomegranate arils (optional)

**1** In a mixing bowl, place the milk, chia and honey, and stir until well combined. Allow to sit for 5 minutes, then stir again to mix evenly and avoid any clumps. Cover and refrigerate for at least 4 hours or overnight.

**2** When chia has swelled up and absorbed the milk, in a small blender place the first mango half and lime juice. Blitz until pureed. Stir through chia mix and set aside.

**3** In a clean blender place green goodness ingredients and blitz until smooth. Set aside.

**4** In a clean blender, place the berries and blitz until pureed. Transfer to a small bowl. Add yoghurt and stir well to combine.

**5** To serve, divide one eighth of the chia mix among four glasses. Add one eighth of the green goodness layer, then one eighth of the creamy berry layer. Repeat the layers and garnish with almonds and fruit, if using.

# START YOUR MORNING

WITH A

**BETTER BREKKIE**

## HIGH PROTEIN PEACHES AND CREAM OVERNIGHT WEET-BIX™

✓ Easy ⌚ 5 mins + refrigeration 🍴 1 Serve

### INGREDIENTS

- 2 Weet-Bix™, roughly crushed
- 1/3 cup So Good™ High Protein Almond
- 150g low fat yoghurt
- 1/2 cup sliced tinned peaches in juice, divided
- 2 tsp toasted nuts or seeds
- 1-2 tsp juice from tinned peaches or honey to serve (optional)

### METHOD

1. Mash or dice half the peach slices. In a small container or bowl, combine Weet-Bix™, almond milk and diced peaches to form the base.
2. Spread yoghurt on top of the base.
3. Top with remaining peaches, and sprinkle with toasted nuts and seeds.
4. Place in the fridge for 2-3 hrs, or overnight.

**Tip:** If desired, stir in 1-2 tsp of juice from tinned peaches or honey.

Scan here for more delicious recipes



healthyfood AWARDS AUSTRALIA WINNER 2024

HOW DO YOU DO YOURS?

MAKE ME  
IN 5 MINS



## Berry blast smoothie bowl

Serves 2 Time to make 5 mins

✓vegetarian

¾ cup frozen mixed berries  
2 small bananas  
1 cup reduced-fat milk  
(or milk alternative)  
4 tablespoons low-fat plain yoghurt  
1 tablespoon peanut butter  
2 tablespoons rolled oats

### Garnish

½ cup fresh berries,  
sliced if large  
2 tablespoons granola  
Fresh mint leaves, to taste  
1 tablespoon pumpkin seeds  
Sliced banana or kiwifruit (optional)  
Edible flowers (optional)

- 1 In a blender or food processor, place all smoothie ingredients and blitz until smooth.
- 2 Pour smoothie into 2 bowls and top with garnishes of your choice.



PER SERVE	
1600kJ/400cal	Sugars 31g
Protein 18g	Fibre 8g
Total fat 13.5g	Sodium 136mg
Sat fat 3.3g	Calcium 254mg
Carbs 44g	Iron 2.3mg



*Cook's tip*

Dairy-free smoothies can be low in saturated fat – just don't go overboard with the coconut!

## Tropical coconut smoothie bowl

Serves **1** Time to make **5 mins**  
 ✓gluten free ✓dairy free ✓vegetarian

**Smoothie**

- 1 frozen sliced **banana**
- 100ml **unsweetened almond and coconut milk**
- ½ cup frozen diced **mango**
- 1 teaspoon **coconut flakes**

**Toppings**

- Handful of **pineapple chunks**
- Pulp of 1 **passionfruit**
- Handful of **fresh raspberries**
- Handful **pink grapefruit segments**
- 1 teaspoon **coconut flakes**

**1** In a blender or food processor, blend all smoothie ingredients with a handful of ice cubes.

**2** Pour smoothie into a bowl and add toppings.

**Mix it up!**

Use whatever combinations you like. Try mango, kiwifruit, avocado, baby spinach and mint for a zesty green smoothie bowl.



PER SERVE	
1130kJ/269cal	Sugars 40g
Protein 5.5g	Fibre 13g
Total fat 4.6g	Sodium 50mg
Sat fat 2.1g	Calcium 133mg
Carbs 44g	Iron 1.6mg



## Spiced cherry smoothie bowl

Serves 1 Time to make 10 mins

✓gluten free

- 1 cup frozen cherries
- ¾ cup frozen strawberries
- 3 teaspoons ground linseeds  
(also called flaxseeds)
- 125ml low-fat plain yoghurt
- ½ teaspoon psyllium husks
- ¼ cup reduced-fat milk
- ½ teaspoon ground cinnamon
- ½ kiwifruit, peeled, sliced, to top
- Fresh & frozen berries, to top
- 1 tablespoon blanched almonds,  
chopped, to top

- 1 In a blender or food processor, blitz cherries, strawberries, linseeds, yoghurt, psyllium husks, milk and cinnamon until thick.
- 2 Place mixture in a serving bowl and top with kiwifruit, berries and almonds.



PER SERVE	
1631kJ/388cal	Sugars 41.1g
Protein 16.0g	Fibre 10.7g
Total Fat 13.3g	Sodium 120mg
Sat Fat 2.5g	Calcium 472mg
Carbs 41.6g	Iron 2.6mg

Recipes: Chrissy Freer. Photography: Vanessa Levis.  
Styling: Kristen Wilson. Food Prep: Amanda Lennon.





## Tropical mango smoothie bowl

Serves 1 Time to make 10 mins

✓gluten free

½ cup frozen chopped pineapple  
 ¾ cup frozen diced mango  
 1 small carrot, grated  
 80g low fat plain yoghurt  
 ½ cup unsweetened almond and coconut milk  
 2 teaspoons psyllium husks  
 ¼ teaspoon ground turmeric  
 ½ mango, sliced into wedges, to top  
 2 teaspoons toasted shaved coconut  
 1 passionfruit, pulp removed  
 Fresh raspberries, to garnish  
 Chia seeds, to garnish

**1** Blend the pineapple, frozen mango, carrot, yoghurt, milk, psyllium and turmeric in a blender until thick and creamy.

**2** Place smoothie in a serving bowl and top with a few slices of fresh mango, toasted coconut, passionfruit, raspberries and chia seeds. [hfg](#)



PER SERVE	
1333kJ/317cal	Sugars 39.2g
Protein 7.9g	Fibre 12.8g
Total Fat 5.5g	Sodium 131mg
Sat Fat 3.1g	Calcium 321mg
Carbs 51.9g	Iron 1.8mg

Recipes: Chrissy Freer. Photography: Vanessa Levis.  
 Styling: Kristen Wilson. Food Prep: Amanda Lennon.



## Gut and immune system development in the First 1000 Days

There's a growing focus on how crucial the first 1,000 days are for a child's long-term health. During this time, their brain, body, and immune system develop rapidly, with a healthy gut microbiome playing a key role in growth, digestion, immunity, and behavior.

A healthy gut microbiome supports growth, digestion, immunity, mood, and behavior, and this critical period extends into toddlerhood. Laying the foundation for a strong immune system and healthy gut with probiotics is key.

Probiotics are helpful bacteria found in our digestive system, while prebiotics are the food/fuel source for these bacteria, ultimately helping the probiotics to be more effective. Thankfully, Oli6 Goat Milk Toddler Drink contains both!

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...and other independent pharmacies



**PRODUCT REVIEW**.COM.AU

**2021 AWARDS WINNER**

OLI6 DAIRY GOAT

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[oli6.com](http://oli6.com)



*Cook's tip*

Make this dish in a flash by cooking the vegetables ahead of time, or use leftover roast vegies.

## Roast vegie and feta omelette

Serves **2** Time to make **40 mins**  
 ✓vegetarian ✓gluten-free

- 2 cups 2cm-cubed **pumpkin**
- 2 cups **cherry tomatoes**
- 1 **red capsicum**, cut into chunks
- 4 **eggs**, lightly beaten
- 4 tablespoons **skim milk**
- ¼ cup chopped **fresh parsley**, plus extra to garnish
- 4 tablespoons (60g) **feta**, crumbled
- 1 **red chilli**, finely sliced

- 1** Preheat oven to 200°C. Line a baking dish with paper and place pumpkin, tomatoes and capsicum on dish. Spray with oil. Roast for about 20 minutes until soft (see Cook's tip).
- 2** Once vegies are roasted, in a small bowl lightly beat eggs and milk together. Stir in parsley. Spray a pan with oil and set over a medium-high heat. Pour half of the egg mixture into pan. Pull mixture away from edges of pan using a spatula, and let uncooked egg flow into the space. Do this until the egg is just cooked through.

- 3** Add half the roast vegie mix to omelette. Add half the feta and chilli.
- 4** Fold over, using spatula, and cook for a few minutes until filling is warmed through.
- 5** Gently slide omelette onto plate to serve. Repeat to make second omelette. Serve garnished with parsley.



PER SERVE	
1600kJ/383cal	Sugars 16g
Protein 23g	Fibre 5g
Total fat 23g	Sodium 590mg
Sat fat 7g	Calcium 270mg
Carbs 20g	Iron 3.5mg



## Bacon and egg hangover salad

Serves **1** Time to make **20 mins**

✓vegetarian ✓gluten free

- 2 teaspoons **hot sauce**
- 1 **tomato**, chopped
- 2 teaspoons **cider vinegar**
- 1 clove **garlic**, smashed/grated
- 2 teaspoons **mustard**
- 20ml **water**
- 1 tablespoon **extra-virgin olive oil**
- 1 slice **grainy bread**, toasted and cut into 2cm cubes
- ¼ **brown onion**, peeled, sliced, fried
- 4 large leaves **romaine, cos** or **iceberg lettuce**, washed and torn

- 1 rasher **lean bacon**, cooked
- 1 **egg**, fried sunny side up
- 2 tablespoons **grated parmesan**
- Handful chopped **fresh flat-leaf parsley**
- Freshly ground **black pepper**

- 1** In a small jar, add hot sauce, tomato, vinegar, garlic, mustard, water and extra-virgin olive oil. Shake vigorously.
- 2** On a serving plate, build salad by combining toast, onion, lettuce, bacon and egg.
- 3** Scatter with the dressing, parmesan, parsley and black pepper.



PER SERVE	
1950kJ/466cal	Sugars 9g
Protein 23g	Fibre 7g
Total fat 29g	Sodium 800mg
Sat fat 7g	Calcium 280mg
Carbs 25g	Iron 4.5mg

Recipe: Sam Campbell. Props: mat from Stevens, cutlery from Freedom, plate from Fairo



*Nutrition tip*

Kale is loaded with powerful antioxidants for better health

## Kale, ham and ricotta muffins

Serves **6** Prep **25 mins** Cook **20 mins**  
 ✓gluten free

- 2 teaspoons olive oil
- 1 onion, finely chopped
- 2 cloves garlic, crushed
- 2 carrots, peeled, grated
- 1 small bunch kale, trimmed, chopped
- 150g lean leg ham, diced
- 12 eggs
- ½ cup reduced-fat ricotta or cottage cheese
- 2 tablespoons chopped fresh basil
- 120g mixed salad leaves, to serve

- 1** Preheat the oven to 170°C. Line a 12 x ½-cup capacity muffin tin with paper cases.
- 2** Heat oil in a non-stick frying pan over medium heat. Sauté onion for 2-3 minutes, until softened. Add garlic and carrot and cook, stirring, for 2 minutes, until the carrot starts to soften. Add kale and cook, stirring, until kale is just wilted. Season with cracked black pepper. Set aside.

- 3** In a large bowl, whisk the eggs and ricotta. Add the basil, kale mixture and ham, and stir well. Spoon the mixture into the prepared muffin tin.
- 4** Place in oven for 20-25 minutes, or until golden, puffed and set. Set aside to cool for 5 minutes. Remove from tin and place on a wire rack to cool. Serve warm or cold with salad leaves.



PER SERVE	
981kJ/235cal	Sugars 3.1g
Protein 20.4g	Fibre 2.1g
Total Fat 15.3g	Sodium 565mg
Sat Fat 5.1g	Calcium 113mg
Carbs 3.2g	Iron 2.3mg

Recipes: Chrissy Freer. Photography: Mark O'Meara. Styling: Yeal Grimham. Food prep: Sarah Mayoh.