

healthyfood GUIDE

Everyday

FIBRE MAXXING



**BOOST
GUT HEALTH,
MOOD &
IMMUNITY
WITH MORE
FIBRE**

Inside!

Fibre-maxxing 101, daily fibre targets, smart swaps, delicious fibre-rich recipes

Welcome

Fibre is finally getting the attention it deserves. 'Fibre-maxxing' is trending on social media, with health and wellness enthusiasts looking for ways to hit their daily targets.

Most people eating a 'Western' diet don't meet their daily fibre targets (25g for women and 30g for men), so *Healthy Food Guide* is excited to see people taking an interest in this often-overlooked macronutrient.

Inadequate fibre intake has been associated with increased risk of chronic disease and certain cancers, while hitting or exceeding daily targets is linked with increased lifespan and healthspan.

Getting enough fibre can help you develop and maintain a diverse and healthy gut microbiome as well as improve

digestion. It's essential for keeping cholesterol in check, fighting inflammation, maintaining healthy blood sugar levels, immunity, mental health and more.

If you haven't been hitting your daily targets but would like to start upping your fibre intake, it's best to start slow and incrementally increase the amount of high-fibre food you're eating over a few weeks, to avoid bloating or digestive upset.

Simple swaps can make getting enough fibre easy, including eating fruit and veg with the skin on, and opting for whole over refined grains.

This ebook contains everything you need to know about fibre and how to hit your targets the science-backed, healthy way. Get started and reap the rewards!



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FIBRE-MAXXING JOURNEY!

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The taste of POPCORN in every bite



Pesto, Bocconcini & Tomato

INGREDIENTS

3 CORN THINS® slices
Cherry tomatoes (sliced)
3 Bocconcini balls (sliced)
2 Tbsp. Pesto

TO MAKE PESTO

2 cups basil
4 cloves of garlic
1/2 cup of olive oil
1/2 cup pine nuts
3/4 cup of grated parmesan cheese

DIRECTIONS

Spread pesto across CORN THINS® slices, then layer on bocconcini cheese and cherry tomatoes. Add pepper & salt if desired.

TO MAKE PESTO

Place basil, garlic, pine nuts and parmesan cheese into a blender or food processor. While blending these ingredients slowly add in oil till all is well mixed. Add salt & pepper if desired.



Avocado, Boiled Egg & Watercress

INGREDIENTS

3 CORN THINS® slices
1-2 eggs
1/2 a large avocado (mashed. For a bit of tang, add a dash of vinegar or salad dressing)
Watercress
Pepper & salt as desired

DIRECTIONS

Boil a couple of eggs for about 10 mins, then put aside to cool. Once cool, slice.

Spread smashed avocado across CORN THINS® slices, then top with slices of boiled egg & watercress. Sprinkle on salt & pepper as desired.



CORNTHINS® slices are made from popped grains of corn, so taste like POPCORN squished into a crispbread slice. Gluten free and non-GMO, they are a delicious option for the whole family - when eaten by themselves, your favourite toppings, or in creative recipes.

Go to www.cornthins.com for more recipe ideas.

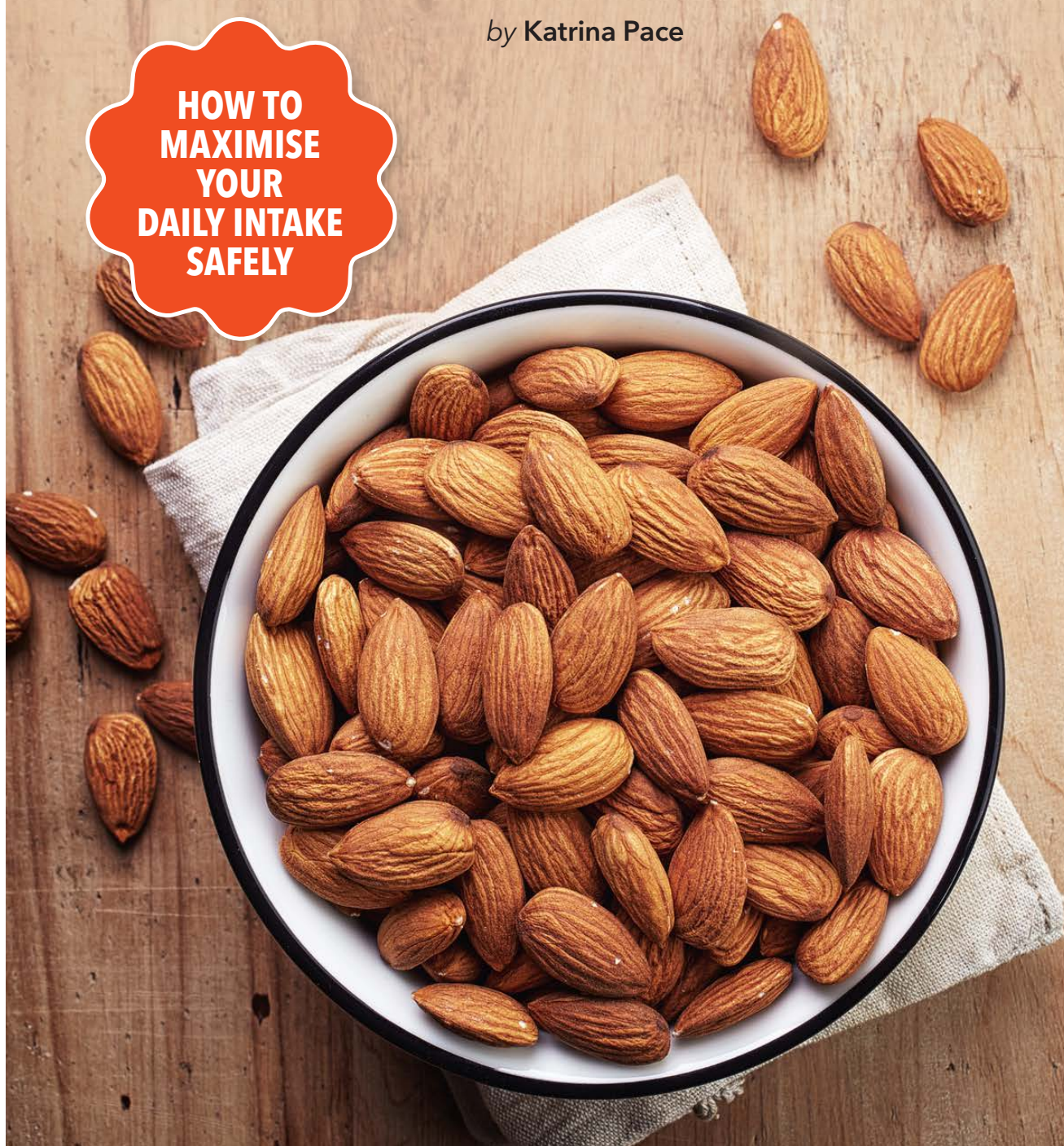
CORN THINS® products can be found in the biscuit aisle of most supermarkets.

Fibre basics

FIBRE-MAXXING IS ALL THE RAGE RIGHT NOW, WITH THIS UNSUNG NUTRIENT HERO FINALLY HAVING ITS DAY IN THE SUN.

by Katrina Pace

**HOW TO
MAXIMISE
YOUR
DAILY INTAKE
SAFELY**





Psyllium husk



What is fibre?

'Dietary fibre' is the term we use to describe the part of plant foods that isn't digested or absorbed in the small intestine. Rather, it is completely or partly fermented in the large intestine. Fibre is only naturally found in plant foods, but nowadays we're finding other foods, such as dairy and bread, with added fibre extracts.

Resistant starch

Resistant starch is a type of dietary fibre that is not digested but, rather, fermented by bacteria in the colon. Found in legumes, seeds, grains, green bananas and certain cooked and cooled starchy foods (such as potatoes and rice) the amount of resistant starch depends on how a food is prepared. Resistant starch is one of the favourite foods of our gut bacteria.

Soluble fibre

Soluble fibre mixes with water in the gut and forms a gel-like substance that slows down digestion. This helps us to feel fuller for longer, while giving our body time to absorb nutrients and delay the absorption of sugar into our blood stream. Psyllium husk, legumes, oats and ground flax seeds are all high in soluble fibre.

Insoluble fibre

Insoluble fibre doesn't mix with water but acts as a bulking agent in our bowel.

Insoluble fibre draws water into the bowel, softening the stool and making it easier to pass. Therefore, insoluble fibre is often recommended to help prevent constipation and improve regularity. Examples of foods high in insoluble fibre are bran products, whole wheat, legumes and nuts.

Functional fibre

Functional fibre is dietary fibre taken from the food it's naturally found in and added to food products or processed foods. It can also be produced synthetically. Examples include, Metamucil (psyllium), and Benefiber (wheat dextrin).

Chicory root extract, also known as inulin, is added to many products, such as snack bars, to increase fibre and sweetness. While functional fibre may be used to increase your fibre intake, having many whole food sources of fibre means you benefit not only from the fibre itself, but the other nutrients found in these valuable foods.

Green bananas



Why is fibre good for us?

The functions of fibre, mainly in our large intestine, are what make it so good for us. One thing fibre does is give bulk to the waste products that find their way down to our bowel. Our bowel is one long muscular tube and, like any muscle in our body, it needs exercise. The bulk from fibre gives our bowel muscles a good workout, helping to prevent conditions such as haemorrhoids and diverticular disease.

Fibre reduces the speed of digestion, giving our body time to harvest the nutrients we need to keep healthy. Slowing digestion also helps stabilise blood sugar levels and helps us feel fuller for longer.

Fibre is also a prebiotic (food for our gut bacteria) which helps us grow a healthier balance of flora. There's lots of research linking gut bacteria to mental health, heart health, diabetes risk (types 1 and 2), inflammatory bowel disease and weight.

As dietary fibre is fermented by the bacteria living in our bowel, they produce short-chain fatty acids that can help reduce inflammation and the risk of certain types of cancer. Fibre can also increase the feeling of fullness and improve insulin sensitivity.

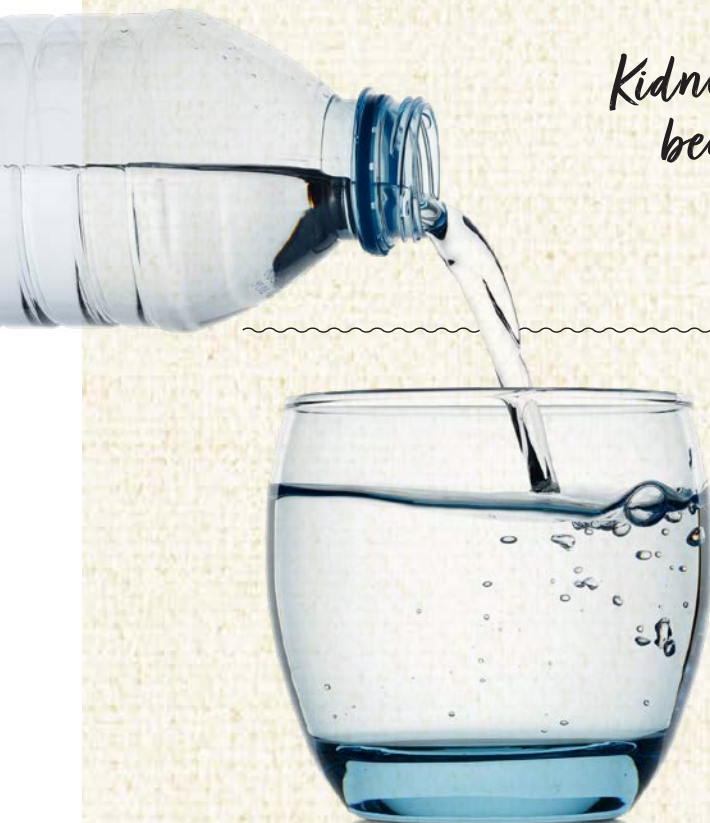
Certain types of fibre seem to help maintain

the health of the cells that line our digestive system. They do this through protecting and maintaining the mucous layer, as well as ensuring a healthy balance of gut bacteria that protect our digestive tract lining.

How much fibre do we need?

Suggested dietary targets are 28g daily for women and 38g daily for men, however the nutrition surveys indicate the average fibre intake for adults is only around 20g a day.

Furthermore, a recent analysis of research showed, for adults, 25g-29g of fibre daily is beneficial for our cardiac and metabolic health. The data also suggest that more is better, so 30g is the magic number to enhance both our short and long-term health. Other research has found having 30 or more different fibre sources every week is associated with greater microbial diversity in our gut.



Kidney beans



Slowly does it

If you don't eat enough fibre but want to increase your intake to hit your daily target, be careful not to rush it. Introducing too many high-fibre foods too quickly can leave you feeling bloated or upset your stomach. The trick is to slowly introduce more fibre foods, increasing the number over time. And don't forget to drink more water. Fibre is thirsty and water is essential to keep things moving.



Protect my heart

A high-fibre diet may help protect your heart by reducing cholesterol levels in the blood, and improving blood sugar levels, blood pressure and weight, which are all risk factors for heart disease. Fibre is thought to help protect your heart by increasing short-chain fatty acid production (which reduces inflammation and cholesterol production) and forming gel-like substances in the bowel may reduce sugar and cholesterol absorption.



Prevent cancer

Higher intakes of fibre are associated with lower rates of colon cancer. They are also thought to be associated with lower rates of oesophageal adenocarcinoma and pancreatic, gastric, endometrial, breast and renal cancers. Butyrate, which is one of the short-chain fatty acids produced by the fermentation of fibre in our bowel, is important in gene regulation which may reduce the risk of tumour growth.



Reduce my risk of type 2 diabetes

A large European study of approximately 12,000 people found that fibre from vegetables and whole grains can reduce the risk of developing type 2 diabetes. Higher fibre foods moderate the rise in blood sugar after eating, meaning the body doesn't have to produce as much insulin. Gut bacteria also play a role in inflammation, a condition that may predispose people to type 2 diabetes and can play a part in weight regulation. Obesity is an important risk factor for the development of type 2 diabetes.



Improve my gut health

As mentioned earlier, carbohydrates and dietary fibres are the favourite foods of our gut bacteria, and gut health is important in making sure the rest of our body is healthy. Gut bacteria ferment some types of dietary fibre to produce by-products that affect our health. Short-chain fatty acids are the main health improving by-products, influencing inflammation, cancer cell formation, transit time of matter through our digestive system and nutrient uptake. The type of fibre, as well as the amount we eat, changes the bacterial profile of our digestive system.

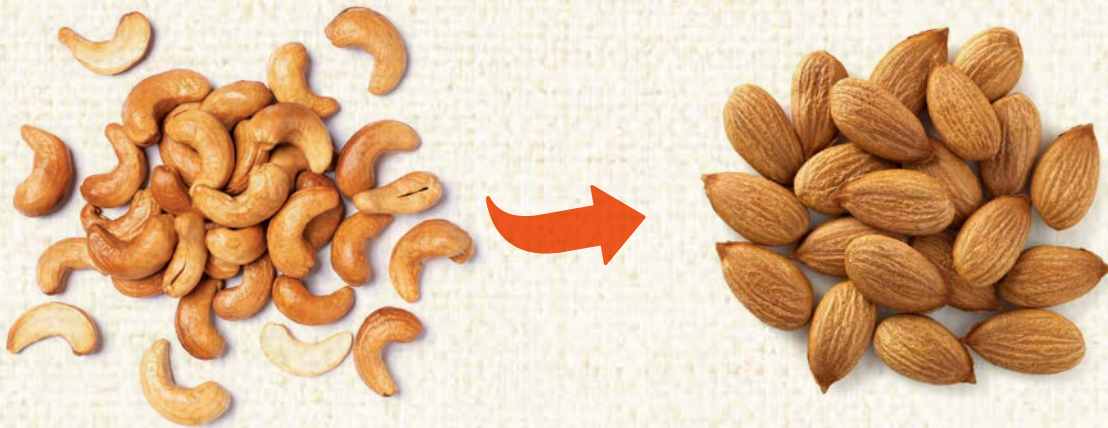
Smart swaps

Hitting your daily suggested dietary target (SDT) for fibre (28g for women and 38g for men) doesn't mean you have to reach for processed or packaged foods.

Simply eating nuts, fruit and veggies with their skin on is an easy way to get more fibre. Mixing up your sources of fibre means that you'll benefit from both soluble

and insoluble fibre. Vegies, nuts, legumes, seeds and grains are all good choices.

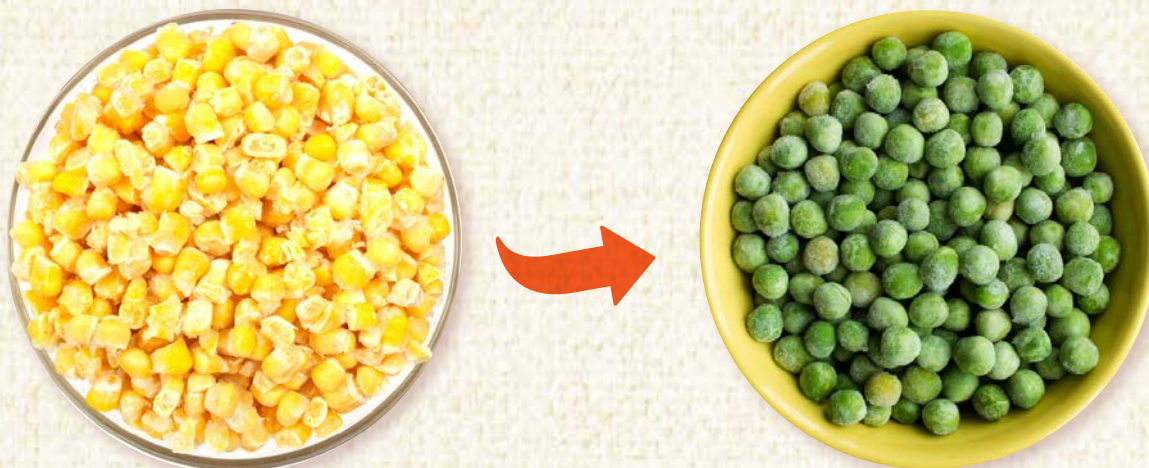
Swapping to the higher-fibre wholefood choices below will also increase your fibre intake, which will help to keep your digestive system healthy, protect against bowel cancer, grow happy gut bacteria and stave off hunger for longer.



Instead of snacking on **cashew nuts**, try **almonds** to double your fibre from 2.5g to 5g per ¼ cup.



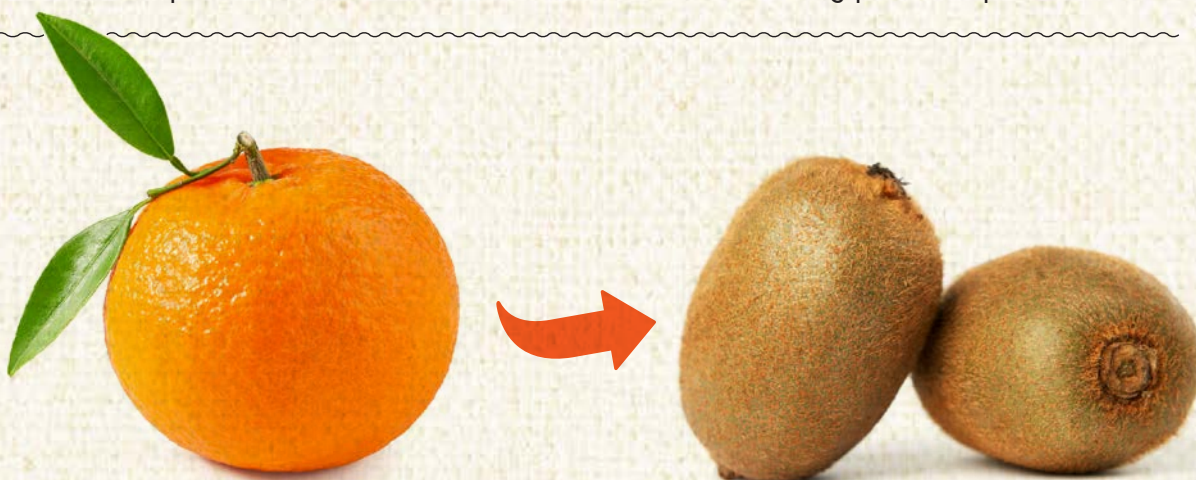
Swap 1/3 cup **uncooked brown rice** for the same amount of **quinoa** to boost fibre by 2g.



Swapping **frozen corn** for **frozen peas** will up your fibre from 3g to 5g per ½ cup



Swap **wheat bran** for **chia seeds** for a fibre boost of 2g per tablespoon.



Enjoy **2 green kiwifruit** instead of an **orange** and get 2g more fibre.

UNLOCKING DIGESTIVE WELLNESS WITH METAMUCIL

Embrace the fibremaxxing revolution!

Tired of feeling sluggish and bloated? What if the secret to feeling lighter and more active was as simple as a scoop of fibre? Welcome to the fibremaxxing revolution!

As we delve into this exciting trend, Metamucil, Australia's #1 fibre brand, is leading the charge with its powerful formula containing 100 per cent natural psyllium husk.

WHAT IS FIBREMAXXING?

It's about more than just meeting your daily fibre needs – it's a lifestyle change that promotes vibrant health and well-being. With 70 per cent of Australian adults not getting enough fibre, this trend encourages us to embrace high-fibre foods and supplements to boost our digestive health. With Metamucil, achieving optimal fibre intake has never been easier or more delicious.

THE POWER OF PSYLLIUM HUSK

Metamucil's hero ingredient, psyllium husk, is a gut game-changer. Here's how it can transform your health:

- **Revitalise your gut:** Psyllium husk supports a gentle cleansing of the digestive system by supporting regular bowel movements and keeps you moving!
- **Achieve regularity:** Say goodbye to uncomfortable, irregular bowel movements! This soluble fibre forms a gel that helps normalise stool.
- **Support Heart Health:** Did you know that increasing your soluble fibre intake can contribute to lower cholesterol levels? This means that taking Metamucil daily can support not just your gut but your heart too.

EASE OF USE

Incorporating Metamucil into your daily routine is a breeze. There's a perfect option for everyone – simply mix the powder with water, or take the recommended dose of capsules, and you're on your way to better health!



WHY METAMUCIL?

As Australia's top choice for fibre, Metamucil is trusted by thousands to keep their digestive systems moving. It's a safe, reliable option for the entire family. Whether you're aiming to support gut health, promote regularity, or meet your daily fibre goals, Metamucil has you covered.

JOIN THE FIBREMAXXING MOVEMENT

With Metamucil by your side, you can take proactive steps toward achieving better digestive health. Are you ready to unlock the secret to feeling your best? Start your fibre journey today and experience the benefits for yourself.

Metamucil – Keeps You Moving!



Fibre maxing

lush lunches | fibre-packed dinners | super sides



Crispy potato salad
(See recipe p20)

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

Mexican rice with black bean salad and pineapple salsa

Serves 4
Time to make 40 mins
✓vegetarian

- 1 large **red onion**, half roughly chopped, half finely chopped
- 3 **tomatoes**, one roughly chopped, two diced
- 2 cloves **garlic**
- 1 tablespoon **extra-virgin olive oil**
- ¾ cup **long grain white rice** (we used **basmati**), rinsed and drained
- 1¼ cups **reduced-salt vegetable or chicken stock**
- 2 **limes**, juice
- 4-5 small **radishes**, thinly sliced or julienned
- ½ **cucumber**, sliced or julienned
- 1 cup **canned corn kernels**, drained and rinsed (or use fresh or frozen corn, blanched in boiling water for 2 minutes)
- 400g can **no-added-salt black beans**, drained and rinsed
- 1 **avocado**, chopped
- Big handful **fresh coriander**, chopped, some reserved for garnish
- 1 **red capsicum**, finely chopped
- ¾ cup finely diced **fresh pineapple**
- 1 **red chilli**, sliced (optional)
- Sprig of **fresh mint**, roughly chopped
- 2 small handfuls **tortilla chips**, to serve
- 2 tablespoons **reduced-fat sour cream**, to serve
- Hot chilli sauce or Tabasco** (optional)

HIGH FIBRE **LOW SODIUM** **4 VEGIE serves**

PER SERVE	
2160kJ/516cals	Sugar 16g
Protein 17g	Fibre 19g
Total fat 15g	Sodium 490mg
Sat fat 3.5g	Calcium 76mg
Carbs 67g	Iron 2mg



Recipe: Jenny de Montalk. Photography: James Moffatt. Styling: Jenn Tolhurst. Food prep: Dixie Elliot.

- 1** In a small blender place the roughly chopped half onion and tomato, and garlic cloves. Blitz until coarsely chopped.
- 2** In a medium saucepan heat half the oil over medium heat. Add the onion mixture and cook, stirring, for 2 minutes until fragrant. Add rice and cook, stirring, for 30 seconds to 1 minute until slightly browned and the liquid absorbs. Add stock, stir, and increase heat to bring to a boil. Cover, reduce the heat to low and simmer for 8-12 minutes until all the liquid is absorbed. Keep covered and remove from heat to rest.
- 3** While rice is cooking, in a small bowl combine remaining oil and juice of 1 lime to make a dressing.
- 4** In a serving bowl combine radishes, cucumber, corn, beans, avocado and half of the coriander. Pour over dressing and toss well to coat.
- 5** In another bowl, gently combine capsicum, pineapple, chilli and mint with the remaining coriander and lime juice, the diced tomatoes and the finely chopped onion.
- 6** Divide rice among four plates. Top with black bean salad, pineapple salsa, a few tortilla chips, sour cream and chilli sauce, if using.



Recipes: Vikki Moursellas. Photography: Steve Brown. Styling: Jenn Tolhurst. Food prep: Sarah Mayo

Prawn ramen with corn and chives

Serves 4 Time to make 40 mins

✓dairy free

- 1 tablespoon **light flavoured olive oil**
- 1 **onion**, chopped
- 420g can **corn kernels**, drained
- 1 tablespoon **white miso paste**
- 2 cups **reduced-salt chicken stock**
- 2 cups **broccoli florets**
- 2 **eggs**
- 200g **rice noodles**
- 16 **raw prawns**, peeled, tails removed and deveined
- 3-4 sprigs **fresh coriander**, to serve
- 2-3 **spring onions**, sliced, to serve

- 1** In a large pot, heat oil over medium heat. Add onion and cook, stirring occasionally, for 8 minutes. Add corn and cook for 2 minutes. Add miso paste and cook 2-3 minutes. Add stock and 3 cups water. Increase heat to bring to a boil, add broccoli, reduce heat and simmer for 3-4 minutes.
- 2** Prepare noodles according to packet instructions. Bring a medium pot of water to the boil. Carefully add eggs and boil for 8 minutes. Remove eggs and place under cold water. When cooled, peel and cut in half.
- 3** Meanwhile, spray a large fry pan with oil and cook prawns over high heat for 1-2 minutes on each side or until golden.

- 4** Divide the soup and noodles among four serving bowls. Garnish with eggs, coriander and spring onions.

Make it vegetarian replace the prawns with tofu and chicken stock with plant-based stock.



PER SERVE

1830kJ/440cals	Sugar 9g
Protein 27g	Fibre 7g
Total fat 10g	Calcium 140mg
Sat fat 3g	Sodium 814mg
Carbs 55g	Iron 1.7mg



Recipes: Amanda Lennon. Photography: Jeremy Simons. Styling: Berni Smithies. Food prep: Olivia Andrews.

Pulled pork nachos

Serves 4 Time to make 20 mins

✓gluten free

200g packet **gluten-free corn chips**
 400g can **no-added-salt chopped tomatoes**
 480g packet **gluten-free slow-cooked pork shoulder in barbecue sauce**, shredded
 ½ cup **light grated tasty cheese**
 1 small **avocado**, diced
 ½ cup **light sour cream**
 100g **baby spinach leaves**
 1 long **fresh green chilli**, sliced
 ½ cup **fresh coriander leaves**, to serve

- 1 Preheat oven to 180°C.
- 2 Place corn chips in a wide, shallow baking dish. Top with tomatoes and pork. Scatter over cheese, then bake for 15 minutes until cheese is melted and golden.
- 3 Top nachos with avocado, sour cream, spinach and chilli. Serve sprinkled with fresh coriander.



PER SERVE

2376kJ/559cal	Sugars 9.2g
Protein 28.5g	Fibre 7.6g
Total fat 31.5g	Sodium 581mg
Sat fat 10.2g	Calcium 275mg
Carbs 41.8g	Iron 3.1mg

Tikka cauliflower with mint yoghurt

Serves 4
 Prep 10 mins Cook 25 mins
 ✓diabetes friendly ✓vegetarian

- 1 tablespoon olive oil
- 2 tablespoons tikka paste
- 450g cauliflower, cut into 1cm slices
- 1/3 cup rice wine vinegar
- 1 small red onion, thinly sliced
- 100g low-fat plain yoghurt
- 1 1/2 tablespoons lemon juice
- 1/4 cup finely chopped fresh mint
- 60g baby spinach leaves
- 250g mixed baby tomatoes, sliced
- 4 baby cucumbers, cut into thin wedges (or 1 Lebanese cucumber, peeled into ribbons)
- 4 wholemeal pita pockets, halved

- 1** Preheat oven to 200°C. Line a baking tray with baking paper. Place oil and tikka paste in a large bowl, and mix to combine. Add cauliflower and toss to coat (slices may break apart). Transfer to prepared tray and arrange in a single layer. Bake for 25 minutes or until tender.
- 2** Meanwhile, in a small bowl place vinegar and 2 tablespoons water. Add onion and stir gently to separate layers. Set aside to pickle for 5 minutes. Drain.
- 3** In a small bowl combine yoghurt, lemon juice and mint.
- 4** Divide spinach, cauliflower, tomato, cucumber and pickled onion among pita pockets. Serve drizzled with the minty yoghurt sauce.



LOW kJ HIGH FIBRE 3 VEGIE serves

PER SERVE

1297kJ/310cal	Sugars 8.1g
Protein 13.9g	Fibre 8.9g
Total fat 7.8g	Sodium 538mg
Sat fat 1.1g	Calcium 150mg
Carbs 41.6g	Iron 3.9mg



Recipe: Jenny de Montalk. Photography: Steve Brown. Styling: Jenn Tolhurst. Food prep: Sarah Mayo.

Easy dhal

- 3cm piece **fresh ginger**, peeled and chopped
- 1 **onion**, peeled and roughly chopped
- 2 cloves **garlic**, peeled
- 1 **red chilli**, seeds removed, roughly chopped
- 2 teaspoons **cooking oil**
- 2 teaspoons **curry powder**
- ½ teaspoon **chilli powder** (optional)
- 1 **cinnamon stick**
- 1½ cups **dried red lentils**, soaked for 5 minutes, then drained and rinsed
- 2 cups **reduced-salt vegetable stock**
- 270ml can **light coconut milk**
- 2 cups **cooked brown basmati rice**, to serve
- 2 tablespoons **low-fat plain yoghurt**, to serve
- Handful **fresh coriander**, to garnish (optional)

Serves 4 Time to make 30 mins
 ✓vegetarian ✓diabetes friendly

- 1** In a small blender chop ginger, onion, garlic and chilli to a coarse consistency.
- 2** Heat oil in a large pot over medium heat. Add curry and chilli powder, if using, and stir for 30 seconds. Add cinnamon stick, and the chopped ginger and onion mixture and sauté 3-4 minutes until fragrant.
- 3** Stir in lentils, vegetable stock and coconut milk. Increase heat to high and bring to the boil. Reduce heat and simmer for 20 minutes or until lentils are cooked and creamy.
- 4** Divide dhal among bowls with rice on the side and yoghurt drizzled over. Garnish with coriander, if using.

Serving suggestion

Combine 2 chopped tomatoes, 1 finely chopped onion and 1 green capsicum, deseeded and chopped. Slice two bananas. Serve as accompaniments alongside dahl.



PER SERVE

1650kJ/395cals	Sugar 5g
Protein 21g	Fibre 13g
Total fat 5g	Sodium 360mg
Sat fat 1g	Calcium 101mg
Carbs 58g	Iron 7.2mg

Crispy potato salad

Serves 8 (as a side)
Time to make 65 minutes

✓vegetarian

- 400g **small baking potatoes**, or **small multicoloured potatoes**, scrubbed clean
- 200g **sweet potato/kumara**, scrubbed clean, chopped into bite-sized cubes (use orange and purple for more colour)
- 120g **baby rocket**
- 1 cup frozen **baby peas**, blanched
- ¾ cup fresh or thawed frozen **sweetcorn kernels**
- 1 **red** or **orange capsicum**, coarsely chopped
- 1 small **red onion**, finely sliced
- 1 **avocado**, sliced
- 30g **prosciutto** lightly grilled until crisp (optional)
- 50g **feta** (optional)
- Handful **fresh mixed herbs**, roughly chopped (we used flat-leaf parsley, mint and oregano)

Dressing

- 2 tablespoons **reduced-fat mayonnaise**
- 2 tablespoons **reduced-fat Greek yoghurt**
- 2 teaspoons **wholegrain mustard**
- 2 teaspoons **Dijon mustard**
- 2 teaspoons **apple cider vinegar**
- 1 teaspoon **honey** (optional)
- ¼ cup mini **gherkins/cornichons**, finely chopped



PER SERVE	
740kJ/180cal	Sugar 7.6g
Protein 8g	Fibre 6g
Total fat 5.6g	Sodium 274mg
Sat fat 1.7g	Calcium 96mg
Carb 21g	Iron 1.5mg



Recipes: Jenny de Montalk. Photography: James Moffatt. Styling: Jenn Tolhurst. Food prep: Claire Dickson-Smith.

1 Preheat oven to 180°C fan or air-fryer to 190°C. If using the oven, line two medium or one large baking tray with baking paper.

2 In a large pot, just cover regular potatoes with water and bring to the boil over a high heat. Reduce heat and simmer for about 10 minutes until starting to soften. Remove, drain and allow to cool just enough to handle. Pat dry and with a fork or the back of a spoon slightly crush potatoes and roughen up the outsides to create a textured surface that will crisp up nicely on roasting.

3 To roast in the oven, place both sweet and regular potatoes on prepared trays, drizzle with oil and place in oven for 40-45 minutes, shaking halfway through, until potatoes are golden brown and crisp, and sweet

potatoes are starting to caramelize. Remove from oven to cool.

To air-fry, place both sweet and regular potatoes in air-fryer baskets and drizzle over a little oil. Cook for 10 minutes, then turn and cook for another 10 minutes or until crispy and golden. Remove to cool.

4 While the potatoes cook, make the dressing. In a small bowl, whisk together dressing ingredients until smooth and well combined.

5 To assemble the salad, either use the potatoes/sweet potatoes warm or cold. In a large salad bowl or platter arrange the salad vegies and scatter over the potatoes. Evenly arrange the prosciutto and crumble over the feta, if using. Garnish with fresh herbs and drizzle over the creamy dressing.

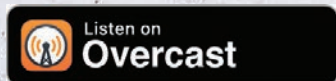
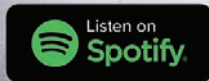
**INTRODUCING
OUR NEW**

Healthy Families

PODCAST

Credible health
and nutrition advice
from our qualified experts
to help you and your family
thrive from 0 to 100!

LISTEN NOW



HOSTED BY OUR EXPERTS *Jenny de Montalk & Min Saw*





Recipe: Jenny de Montalk . Photography: James Moffatt. Styling: Jenn Tolhurst. Food prep: Dixie Elliot

- 100g **rice vermicelli noodles**
- 2 tablespoons **red curry or laksa paste**
- 270ml can **reduced-fat coconut milk**
- 1½ cups **reduced-salt chicken or vegetable stock**
- 16 deveined **prawns**
- 1 small bunch **bok choy**, sliced lengthways
- 1 **red capsicum**, deseeded, sliced
- 1 **carrot**, sliced
- 300g **firm tofu**, cubed
- 2 cups **snow peas**, trimmed
- 100g **mung bean sprouts**, handful reserved for garnish
- 2 **limes**, 1 juiced, 1 cut into wedges
- 1 **red chilli**, sliced, to garnish (optional)
- 1 tablespoon **fried shallots**, to garnish (optional)
- Handful **fresh coriander**, torn, to garnish

Quick and easy laksa

Serves 4 Time to make 20 mins

✓dairy free

- 1** Prepare vermicelli according to packet directions. Drain and distribute among four serving bowls.
- 2** Heat a large non-stick pot over medium. Add curry or laksa paste and cook, stirring, for 30 seconds until aromatic. Stir in coconut milk and stock. Bring to a simmer and add prawns, bok choy, capsicum and carrot. Simmer for 3 minutes or until prawns are just cooked.
- 3** Remove from heat and add cubed tofu, snow peas and bean sprouts. Add juice of one lime and stir gently to combine.

- 4** Pour laksa into bowls over the noodles. Garnish with chilli and shallots (if using), a lime wedge and some fresh coriander. Serve immediately.



PER SERVE

2100kJ/500cal	Sugar 11g
Protein 38g	Fibre 14g
Total fat 13g	Sodium 960mg
Sat fat 6g	Calcium 446mg
Carbs 54g	Iron 7.5mg



Recipes: Amanda Lennon. Photography: Jeremy Simons. Styling: Berni Smithies. Food prep: Olivia Andrews.

Roasted veg, avocado and walnut salad

Serves 4 Time to make 30 mins

✓gluten free ✓dairy free
✓vegetarian ✓diabetes friendly



PER SERVE

2232kJ/534cal	Sugars 20.1g
Protein 16.1g	Fibre 17.6g
Total fat 31.3g	Sodium 312mg
Sat fat 3.9g	Calcium 152mg
Carbs 42.6g	Iron 3.9mg

500g packet **diced sweet potato/ kumara & pumpkin mix**
 2 small **red onions**, cut into 5cm wedges
 2 teaspoons **garlic-infused olive oil**
 2 teaspoons **ground cumin**
 1 teaspoon **dried chilli flakes**
 400g can **no-added-salt black beans**, rinsed, drained
 100g **baby rocket**
 250g packet **cooked beetroot**, drained, cut into 5cm wedges
 2 small **avocados**, thinly sliced
 ½ cup **gluten-free green goddess dressing**, to serve
 ⅔ cup **walnuts**, toasted, chopped, to serve

1 Preheat oven to 180°C. Line a baking tray with baking paper.
2 Place pumpkin mix and onion on prepared tray. Drizzle with oil, sprinkle over cumin and chilli flakes, then roast for 15 minutes or until vegies are golden brown and tender. Remove tray from oven and cool for 5 minutes.
3 Add black beans to roasted veg and toss to combine. Place rocket on a large serving platter. Top with roasted veg and bean mix, then beetroot and avocado. Divide salad among four serving bowls, then serve drizzled with green goddess dressing and sprinkled with walnuts.



Recipes: Jenny de Montalk. Photography: Jeremy Simons. Styling: Berni Smithies. Food prep: Olivia Andrews.

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 small 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 (optional), to serve

- 1 Lightly spray a large, heavy-based non-stick frying pan with oil and place 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 centre of dry ingredients, then 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, place lemon zest, juice and honey. Mix to combine. Top pancake stacks with yoghurt and blueberries. Drizzle with lemon honey sauce and serve sprinkled with muesli and reserved zest.



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



Recipe: Liz Macri. Photography: Steve Brown. Styling: Sarah O'Brien. Food prep: Vikki Moursellas.

Vanilla and raspberry self-saucing puddings

Serves 4 Prep 15 mins Cook 35 mins
✓vegetarian

300g **frozen raspberries**
 ⅔ cup **self-raising flour**
 2 tablespoons **caster sugar**
 40g **reduced-fat table spread**, melted
 ¼ cup **reduced-fat milk**
 1 **egg**, lightly beaten
 2 teaspoons **vanilla extract**
 125g punnet **fresh raspberries**
 2 teaspoons **cornflour**
 4 small scoops **reduced-fat vanilla ice-cream**, to serve
 1 tablespoon **pistachios**, finely chopped, to serve

1 Preheat oven to 160°C. Lightly spray four 1-cup capacity ovenproof dishes with oil. Place on a baking tray.
2 Place 1 cup frozen raspberries and 2 teaspoons water in a saucepan over medium heat and cook, stirring, for 3–4 minutes or until softened. Remove pan from heat. Using the back of a spoon, mash until thick and pulpy. Set aside for 10 minutes.
3 Meanwhile, sift flour into a mixing bowl. Add sugar and mix to combine. Make a well in centre. In a small bowl place spread, milk, egg and vanilla, and whisk to combine. Pour wet mixture into dry mixture, and stir to combine.
4 Place remaining frozen raspberries and cornflour in another bowl, tossing to coat. Divide coated berries among

prepared dishes. Top with vanilla pudding mixture, then half the fresh raspberries. Bake for 25–30 minutes or until firm to touch.
5 Serve puddings topped with vanilla ice-cream, pistachios and remaining fresh raspberries.



PER SERVE

1250kJ/299cal	Sugars 23.2g
Protein 8.1g	Fibre 8.8g
Total fat 8.4g	Sodium 249mg
Sat fat 1.9g	Calcium 74mg
Carbs 42.5g	Iron 1.4mg



Recipe: Jenny de Montalk. Photography: John Paul Urizar. Styling: Michaela Le Compte. Food prep: Dixie Elliot.

Apple and mixed berry galette

Serves 4 Prep 15 mins Cook 45 mins

✓diabetes friendly ✓vegetarian

- 5 sheets **filo**
- 3 tablespoons **reduced-fat spread**, melted
- 2 tablespoons **strawberry or apricot jam**
- 1 large **granny smith apple**, cored and thinly sliced
- 2 teaspoons **sugar** mixed with 2 teaspoons **ground cinnamon**
- $\frac{3}{4}$ cup **fresh mixed berries** (or frozen and thawed)
- 4 tablespoons **reduced-fat vanilla ice cream or reduced-fat Greek yoghurt**, to serve (optional)
- Extra fresh berries** (optional)

- 1** Preheat oven to 180°C. Line a baking tray with baking paper.
- 2** On a chopping board, place a filo sheet and brush with melted spread. Top with another sheet and brush with spread, then repeat with remaining layers. Using a sharp knife, cut the filo stack into four equal-sized rectangles.
- 3** Transfer filo bases onto baking tray. Top each with half a tablespoon of jam, then arrange a quarter of the apple slices on top of each one. Sprinkle with cinnamon sugar mix. Scatter over mixed berries and brush filo edges with any remaining spread.

- 4** Bake for 40-45 minutes or until filo crust is crisp and a deep golden brown.
- 5** Serve warm with ice cream or yoghurt and more berries, if desired.



PER SERVE

738kJ/180cal	Sugar 18g
Protein 2.2g	Fibre 4g
Total fat 5g	Sodium 183mg
Sat fat 1g	Calcium 43mg
Carbs 29g	Iron 1.4mg



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Recipes: Liz Macri. Photography: Mark O'Meara. Styling: Julz Beresford. Food prep: Kerrie Ray.

Cherry, chia and oat crumble

Serves 6 Prep 20 mins Cook 40 mins

✓vegetarian

680g jar **pitted Morello cherries**, drained, 1¼ cups juice reserved
 375g **fresh or frozen raspberries**
 1 teaspoon **vanilla extract**
 2 tablespoons **caster sugar**
 1½ tablespoons **cornflour**
Reduced-fat vanilla bean yoghurt, to serve

Chia oat crumble

½ cup **plain flour**
 ¼ cup **caster sugar**
 1 tablespoon **black chia seeds**
 ¼ cup **almond meal**
 ½ cup **rolled oats**
 35g **reduced-fat table spread**
 ¼ cup **slivered almonds**, toasted

- 1** Preheat oven to 180°C. Lightly grease a large round baking dish.
- 2** Place cherries and raspberries into a bowl. Place 1 cup of the reserved cherry juice in a small saucepan. Add the vanilla and the sugar, and bring to the boil over high heat.
- 3** In a small bowl combine the cornflour and remaining reserved cherry juice. Add cornflour mixture to pan and whisk until combined and smooth. Return to the boil. Remove from heat. Pour the juice mixture over cherries and raspberries. Stir the berries to coat. Transfer the berry mixture to the prepared baking dish.
- 4** Make chia oat crumble: In a mixing bowl combine flour, sugar, chia, almond meal and oats. Rub in the table spread and 1-2 tablespoons of

water until crumbs form. Stir in almonds. Scatter crumbs over the berry filling.
5 Bake crumble for 25-30 minutes, or until golden and warmed through. Serve with a drizzle of vanilla yoghurt.



PER SERVE

1207kJ/289cal	Sugars 33.1g
Protein 7.0g	Fibre 8.8g
Total Fat 6.9g	Sodium 14mg
Sat Fat 0.6g	Calcium 109mg
Carbs 45.7g	Iron 2.3mg