



Egg Muffins

INGREDIENTS | MAKES 6

- 6 large eggs
- 1/4 cup milk
- Pinch of salt
- White or black pepper, optional
- 1 medium tomato
- 1 cup spinach or broccoli
- 30 g grated cheese (optional)

METHOD

- Spray a muffin tin with cooking spray and set aside. Preheat oven to 180°C.
- Whisk the eggs and milk together in a bowl. Season with salt and pepper.
- Dice the tomato into small pieces.
- Stack the spinach leaves, roll them up, and slice them thin.
- Add the tomato, spinach, and grated cheese to the egg mixture.
- Fill muffin cups 3/4 full and bake for 20-25 minutes until centers are set and no longer runny.
- Allow to cool slightly before serving.

Extras may be stored in an air-tight container in the refrigerator for up to a week or in a freezer-safe container in the freezer for up to a month.

Variations for vegetable additions

- Corn
- Green peas
- Marrows
- Mushrooms
- Butternut

Home-Toasted Muesli

INGREDIENTS | MAKES 7 CUPS

- 5 cups rolled oats
- 2 cups mixed nuts, seeds, dried fruit
- 1/4 cup chia seeds (optional)
- 2 tsps brown sugar
- 2 tsps cinnamon (optional)

METHOD

- Gently heat the oats on a low heat (in a large pan or wok)
- Add the sugar, stirring continuously
- Once, the oats start to darken slightly in colour, add the nuts and seeds and fruit
- Stir for another few minutes, taking care not to burn the oats.
- Allow to cool and store in an air-tight container

Hummus

INGREDIENTS | MAKES 7 CUPS

- 400 g tinned chickpeas, drained and rinsed
- 1 T olive oil
- 1 T lemon juice
- 1/2 tsp crushed garlic
- 2 tsps tahini (optional)
- Pinch of salt
- 1/2 tsp cumin
- 1/4 cup water, add more if needed

METHOD

- Drain and rinse the chickpeas
- Add all the ingredients to a blender or food processor and blend to form a paste

Tip: A stick blender can be used. Season with spices and herbs of choice. Mix with avocado, cottage cheese or plain yoghurt to create a variety of dips.



Rainbow Frittata

INGREDIENTS | MAKES 6

- 1 T canola oil
- 250 g mushrooms, sliced
- 1/2 green pepper
- 1/2 red pepper
- 1/2 medium onion, diced
- 1 spring onion
- 1 clove garlic, minced
- 1 cup cherry tomatoes, cut in 1/4
- 9 large eggs
- 1 cup milk
- 1/4 cup cheese, grated
- 1/4 cup cottage cheese, fat free
- 1 T fresh basil, chopped
- 1 T fresh parsley, chopped
- Pinch of salt
- 1/4 tsp black pepper

METHOD

- Pre-heat the oven to 180C
- In a large pan, sauté the onions, mushrooms and peppers until tender
- Add the garlic and cook for a further minute
- Add tomatoes and set aside
- In a separate bowl, whisk together, eggs, milk, cheese, parsley, basil, salt and pepper
- Add the egg mixture to the vegetable mixture and stir to combine
- Pour the mixture into an oven proof dish and bake, uncovered, for 45 minutes
- Allow to stand for 10 minutes before cutting

Extras may be stored in an air-tight container in the refrigerator for up to a week or in a freezer-safe container in the freezer for up to a month.

Variations for vegetable additions

- Corn
- Green peas
- Marrows
- Mushrooms
- Butternut

HEALTHY GUT RECIPES

Spicy Red Lentil Soup

INGREDIENTS | MAKES 4/5 SERVINGS

- Cumin, 1 tsp
- Paprika, 1 tsp
- Chili flakes, 1 tsp
- Turmeric, 1 tsp
- Oil, canola or olive, 1 T
- Onion, 1/2 medium, diced
- Garlic, 1 clove, chopped
- Red pepper, 1 medium, chopped
- Basil (1/2 cup fresh or 2 tsp dried)
- Canned tomato, 1 tin
- Tomato paste, 1 small tin
- Water, 3 cans
- Vegetable stock, 2 tsp
- Split red lentils, 250 g (1/2 packet)
- Salt, 1/4 tsp if needed
- White or black pepper, to taste

METHOD

- Add the spices to a large pot and allow to heat up until the aroma is released
- Add the oil and allow to heat up
- Add the onions and garlic, leave to brown for a few minutes
- Add the pepper and cook for a minute
- Add the tomato, tomato paste, basil, water, stock and lentils
- Bring to the boil
- Allow to simmer until the lentils dissolve, about 30 minutes, stirring occasionally
- Using a stick blender, blend the soup until smooth
- Add salt (1/4 tsp) if needed and pepper to taste





Meat Balls

INGREDIENTS | MAKES 30

- 500 g lean mince
- 400 g tinned lentils, drained
- 1 large egg
- 2/3 cup rolled oats
- Parsley, 4 Tbsp chopped
- 1 packet brown onion soup
- White pepper, 1 tsp
- Cumin, 1 tsp

METHOD

- Preheat the oven to 180 C
- Coat an oven tray with non-stick spray
- Mix all the ingredients until well combined
- If too dry, add a little water
- Roll the mince mixture into 30 balls and arrange on the oven tray 6. Bake for 15 minutes until golden brown

Extras may be stored in an air-tight container in the refrigerator for up to a week or in a freezer-safe container in the freezer for up to a month.

Notes: Serve meat balls with whole-wheat spaghetti, smashed baby potatoes or brown rice

Make a homemade sauce with tinned tomato, red onion and herbs, heated together in a non-stick pan

Meat balls can be served as a healthy savoury snack

Add meat balls to a large green salad

Add meat balls to a tray of roasting vegetables 15 minutes before they are done

Sauces & Dressings

- Add ¼ cup hummus to 1 tin of peeled tomatoes and heat with herbs of choice
- Add ¼ cup hummus to plain yoghurt for a creamy sauce
- Mix hummus and pesto for a salad dressing or pasta sauce
- Add baby spinach or broccoli extra water when making hummus 5. Roast whole tomatoes, onions, garlic, celery and carrot. Blend with olive oil.

Roasted Vegetables

INGREDIENTS | MAKES 1 CUP

- Butternut cubes
- Red onion wedges
- Baby marrows
- Cherry tomatoes, halved
- Peppers, cut into chunks
- Chickpeas
- Vegetable stock pot
- Rosemary
- Olive oil
- Black pepper

METHOD

- Bake at 180 C for 25 – 30 minutes.

Butter Bean Smash

INGREDIENTS | SERVES 4

- 10 baby potatoes
- 400 g tinned butter beans
- Fresh parsley, 2 Tbsp chopped

METHOD

- Boil the baby potatoes in lightly salted water
- Cut the baby potatoes in quarters and add to a food processor or blender
- Add the drained butter beans and pulse until a smooth consistency is achieved
- Add the chopped parsley and mix well with a spoon

Date Paste

INGREDIENTS | MAKES 30ML

- 250 g dates, pitted, soaked in water over night
- 1 ½ tsp cinnamon (optional)

METHOD

- Remove the dates from the soaking water and add to a blender or food processor
- Blend the dates, slowly adding the soaking water until a paste is achieved (3-4 Tbsp)
- Store the paste in an airtight jar for up to 3 weeks in the fridge
- Add date paste to oats, smoothies, muffins (instead of sugar), plain yoghurt



Chicken Curry (Low Fat)

INGREDIENTS | SERVES 4-6

- 2 onions, peeled
- 2 cloves garlic
- 2 chilies, chopped
- Ginger, 4 cm, chopped
- 500g skinless chicken thighs
- 4 tbsp fat free plain yoghurt
- 1 tsp ground Cumin
- 1 tsp ground Coriander
- ½ tsp Turmeric
- 1 ½ tsp salt
- ½ Garam Masala
- 2 tins chopped tomatoes
- 1 tsp canola oil

METHOD

- Finely chop the onion, garlic, ginger and chili in a blender
- Mix half the onion mix with the yoghurt
- Cube the chicken and allow to marinate in the yoghurt for 40 minutes
- Brown the remaining onion mixture in the canola oil for a few minutes before adding the spices and salt
- Add the tomatoes to the pan and cook on a low heat for 30 minutes
- Add the chicken with the yoghurt to the pan, stir well and cover. Cook for a further 40 minutes.
- Serve with brown basmati rice or a brown roti

Dark Chocolate Brownie

INGREDIENTS | MAKES 4/5 SERVINGS

- 1 tin lentils, drained and rinsed
- ¾ cup cocoa powder
- 2 large eggs
- 3 T canola oil
- 2 tsp vanilla essence
- 1 tsp cinnamon
- ½ cup brown sugar
- 2 tsp baking powder
- ¼ tsp salt

METHOD

- Preheat the oven to 180 C
- Coat a miniature muffin tray with non-stick spray
- Using a food processor or blender, mix all the ingredients until well combined
- Spoon the mixture into the muffin tins until half fill (+/- 30)
- Bake for 15 minutes, or until a skewer comes out clean



Tomato Baked Chicken

INGREDIENTS | MAKES 30ML

- 1 T canola oil
- 4 skinless, deboned chicken breasts, cubed (approx. 125 g each = 500 g)
- 3 Ts low-sodium soya sauce
- 2 Ts apple cider vinegar
- 2 Ts honey 1 tsp crushed garlic
- 1 tsp crushed ginger
- 1 tsp corn flour
- cup finely chopped spring onion
- 2 tsps sesame oil (optional)

- 1 tsp toasted sesame seeds, to garnish
- salt and pepper, to season

METHOD

- Season chicken cubes with salt and pepper
- 2. Sauté chicken in olive oil, stirring occasionally, until the chicken is cooked through.
- While chicken is cooking, whisk together the soya sauce, apple cider vinegar, honey, garlic, ginger, and corn flour until combined.
- When the chicken is cooked through, add the spring onions and soy sauce mixture to the pan and stir to coat the chicken – the sauce will thicken quickly.
- Stir in sesame oil, then remove from heat and enjoy.