

Healthy Breakfast ideas

Cinnamon porridge with banana & berries



Ingredients

- 100g porridge oats
- ½ tsp cinnamon , plus extra to serve
- 4 tsp raw honey (optional)
- 450ml skimmed milk
- 3 bananas , sliced
- 400g punnet strawberries , hulled and halved
- 150g pot fat-free natural yoghurt

Serves 4

Calories - 266

Prep time - 15mins

Cook time - 5 mins

Method

STEP 1

In a medium-sized saucepan, mix the oats, cinnamon, honey, milk and half the sliced bananas. Bring to the boil, stirring occasionally. Turn down the heat and cook for 4-5 mins, stirring all the time.

STEP 2

Remove and divide between 4 bowls, top with the remaining banana, strawberries, a dollop of yogurt and a sprinkle of cinnamon.



Smashed Avocado on sourdough toast

Ingredients

- 2 slices sourdough bread
- One ripe avocado
- ½ a lemon
- Pinch of chilli flakes
- Pinch of himalayan pink salt
- Pinch black pepper
- Drizzle of extra virgin olive oil

Serves 2

Calories – 250 per serving

Prep time – 5mins

Method

STEP 1

Cut the avocado in half and carefully remove its stone, then scoop out the flesh into a bowl.

STEP 2

Squeeze in the lemon juice then mash with a fork to your desired texture. Season to taste with pink salt, black pepper and chilli flakes.

STEP 3

Toast your bread, drizzle over the oil then pile the avocado on top

Super easy mushroom brunch



Ingredients

- 250g mushrooms
- 1 garlic clove
- 1 tbsp olive oil
- 160g bag kale
- 4 eggs

Serves 4

- Calories – 155 per serving/ 260 with optional slice of sourdough bread
- Prep time – 5mins
- Cook time -12/15mins

Method

STEP 1

Slice the mushrooms and crush the garlic clove. Heat the olive oil in a large non-stick frying pan, then fry the garlic over a low heat for 1 min. Add the mushrooms and cook until soft. Then, add the kale. If the kale won't all fit in the pan, add half and stir until wilted, then add the rest. Once all the kale is wilted, season.

STEP 2

Now crack in the eggs and keep them cooking gently for 2-3 mins. Then, cover with the lid to for a further 2-3 mins or until the eggs are cooked to your liking. Serve with optional sourdough bread.

Healthy Lunch ideas

Green Frittata

Ingredients

- spinach 80g
- frozen peas 75g
- eggs 4
- olive oil 2 tsp
- streaky bacon 2 rashers, thinly sliced (Optional)
- garlic 1 clove, thinly sliced
- red chilli ½, deseeded and thinly sliced
- roasted red peppers from a jar 2, chopped
- mature cheddar 35g, grated
- rocket dressed, to serve

Serves 2

Calories – 384

Prep time - 25mins



Method

STEP 1

Put the spinach into a colander and pour over 1/2 a kettle of just-boiled water to wilt. Leave until cool enough to handle then squeeze as much water as possible. Tip into a small blender or food processor.

STEP 2

Put the peas into a small bowl, pour over enough just-boiled water to cover, leave for 2-3 minutes, then drain. Add to the spinach in the blender with one of the eggs and lots of seasoning. Whizz until completely smooth, then add in the remaining eggs and pulse until combined.

STEP 3

Heat the oil in a small non-stick, ovenproof frying pan and fry the bacon for 5 minutes until crisp if using. Add the garlic and chilli to the pan and cook for 2 minutes, then tip in the spinach mixture. Cook gently for a minute until the bottom is set, then sprinkle the red peppers over the top. Cook for another few minutes until the bottom is lightly golden. Sprinkle with the cheddar and put under the grill for 2-3 minutes until cooked through and golden on top. Cut into wedges and serve with the dressed rocket.

Avocado & Black Bean eggs



Ingredients

- 2 tsp rapeseed oil
- 1 red chilli, deseeded and thinly sliced
- 1 large garlic clove, sliced
- 2 large eggs
- 400g can black beans
- ½ x 400g can cherry tomatoes
- ¼ tsp cumin seeds
- 1 small avocado, halved and sliced
- handful fresh, chopped coriander
- 1 lime, cut into wedges

Serves 2

Calories – 356

Prep time - 5mins

Cook time – 5mins

Method

STEP 1

Heat the oil in a large non-stick frying pan. Add the chilli and garlic and cook until softened and starting to colour. Break in the eggs on either side of the pan. Once they start to set, spoon the beans (with their juice) and the tomatoes around the pan and sprinkle over the cumin seeds. You're aiming to warm the beans and tomatoes rather than cook them.

STEP 2

Remove the pan from the heat and scatter over the avocado and coriander. Squeeze over half of the lime wedges. Serve with the remaining wedges on the side for squeezing over.

Salmon veggie bowl



Ingredients

- 2 carrots
- 1 large courgette
- 2 cooked beetroot, diced
- 2 tbsp balsamic vinegar
- 1 small pack dill, chopped, plus some extra fronts (optional)
- 1 small red onion, finely chopped
- 280g roasted salmon flakes
- 2 tbsp capers in vinegar, rinsed

Serves 2

Calories – 395

Prep time - 10mins

Method

Step 1

Shred the carrots and courgette into long spaghetti strips with a julienne peeler or spiralizer, and pile onto two plates.

Step 2

Stir the beetroot, balsamic vinegar, chopped dill and red onion together in a small bowl, then spoon on top of the veg. Flake over chunks of the salmon and scatter with the capers and extra dill, serve.

Healthy Dinner ideas

Chickpea, tomato & spinach curry



Ingredients

- 1 onion, chopped
- 2 garlic cloves, chopped
- 1 inch piece ginger, grated
- 6 ripe medium tomatoes
- ½ tbsp coconut oil
- 1 tsp ground cumin
- 2 tsp ground coriander
- 1 tsp turmeric
- ½ tsp chilli flakes
- 4 tbsp red lentils
- 6 tbsp coconut cream
- 1 head Broccoli broken into small florets
- 400g can chickpeas, drained
- 100g bag baby spinach leaves
- 1 lemon, halved
- 1 tbsp toasted sesame seed
- 1 tbsp chopped cashews to mix with the sesame seeds

Serves 6

Calories – 204 / 320 with
75g brown rice

Prep time - 15mins

Cook time – 40 mins

Method

STEP 1

Put the onion, garlic, ginger and tomatoes in a food processor or blender and whizz to a purée.

STEP 2

Heat oil in a large pan. Add the spices, fry for a few secs and add the purée. Bubble together for 2 mins, then add lentils and coconut cream. Cook until lentils are tender, then add the broccoli and cook for 4 mins. Stir in chickpeas and spinach, squeeze over lemon and swirl through sesame and cashew mixture. Serve with brown rice, if you like.

Homemade veggie burgers



Ingredients

- ½ aubergine, sliced
- 1 courgette, sliced
- 1 red onion, sliced
- 1 red pepper, seeded and cut into 4 pieces
- Coconut oil or Ghee
- 2tsp thyme leaves
- 2 tomatoes, seeded and finely diced
- basil 1/2 bunch, shredded
- red wine vinegar 2 tsp
- 4 tbsp hummus
- 4 small sourdough rolls, toasted
- Handful of rocket

Serves 4

Calories – 402

Prep time - 20mins

Method

Step 1

Heat the oven to 220C/200C/gas 7. Toss the aubergine, courgette, red onion and pepper with 1 tbsp of the oil, the thyme leaves and season. Tip onto a large baking sheet on one layer and roast for 15 minutes until softened and starting to char. Peel the skin off the pepper once roasted.

STEP 2

Toss the tomato with the basil and vinegar, and season. Add a tbsp of hummus to each bun base, then add some rocket. Pile up the roasted veg, then add the tomato salsa and the bun tops. Serve.

Mexican salad tortilla bowls



Ingredients

- Coconut oil
- Wholegrain tortillas 4 medium
- black beans 400g tin, rinsed and drained
- red onion ½, finely diced
- plum tomatoes 2, ripe
- avocado 1, diced
- red pepper ½, diced
- Little Gem 1, cut into chunky pieces
- red chilli ½, finely chopped
- limes 2, 1 zested and 2 juiced
- extra-virgin olive oil 2 tsp
- sea salt flakes
- coriander a bunch, leaves torn
- cress 1 punnet, snipped
- Tabasco a few dashes (optional)

Serves 4

Calories – 312

Prep time - 20mins

Method

STEP 1

Heat the oven to 200C/fan 180C/gas 6. Turn a large muffin tin upside down and rub lightly with oil. Push a tortilla into the gaps between the muffin holes, to make a bowl shape. Repeat with the remaining tortillas and bake for 8-10 minutes or until crisp and brown at the edges. Transfer to a wire rack to cool.

STEP 2

Put the beans, red onion, tomatoes, avocado, red pepper, Little Gem and chilli in a large bowl and toss with the lime juice and zest, olive oil and some sea salt flakes. Tear in the coriander, add the cress and toss lightly again.

STEP 3

Spoon between the tortilla bowls and serve with a few dashes of tabasco (optional)