



# MAKING THE MOST OF EVERY BITE

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**High Protein High Calorie Cookbook  
for Patients and their Carers**

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The contents of this book have been endorsed by The Irish Nutrition & Dietetic Institute (INDI) and the Irish Society for Clinical Nutrition and Metabolism (IrSPEN).





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**This dietary information booklet has been developed by dietitians for patients who have been told by a healthcare professional that they should be eating a diet that is high in protein and calories.**

**Do you agree with any of the following?**

- I skip meals often because I don't feel hungry?
- I feel full soon after I start eating?
- I have lost interest in food?
- I am not sure what I need to eat to make my diet high in protein and calories?

If the answer is yes than this booklet will provide you with some ideas to help.

**Disclaimer:**

The advice included in this booklet is intended for adults only and may not be suitable for all medical conditions. It should only be provided by a suitably trained healthcare professional.

This dietary information booklet was developed by dietitians at University College Cork in conjunction with members of the 'HSE community dietitian national malnutrition working group' with input from community nurses, general practitioners, and patients in Ireland. The tips and advice are based on experience on what has worked for some people and may be helpful to you.

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# WELCOME

- If you have a good appetite and your weight is normal then a healthy eating diet will provide you with the nutrients your body needs to function properly.
- Unfortunately eating and maintaining weight can be a difficult task for some people due to a range of conditions and diseases.
- This booklet has been created by dietitians and chefs to provide patients with advice on how best to combat unplanned weight loss and other eating related problems that are encountered on a day to day basis. We strive to translate this information into simple, nourishing meals.
- In this booklet you will find a bank of quick, easy and energy-dense recipes that have been created specifically for people who find it hard to maintain a healthy weight.
- We hope you find this book helpful and enjoy experimenting with the recipes provided.

## **Please note**

- It is important to remember that the advice and recipes included in this booklet are specifically tailored for people who are losing weight due to their disease or the treatment they are receiving.
- One size does not fit all- it is important that you talk to your nurse, doctor or dietitian to check whether the information in this booklet is appropriate for you. They will be able to give you specific advice relating to your condition.
- This booklet should never be used to replace advice from your medical team or dietitian.
- If you have difficulties swallowing it is essential that you consult with your speech and language therapist before trying any of the foods outlined in this book. If you are on a modified consistency diet your speech and language therapist will be able to advise you on which recipes are suitable and how to adapt recipes so that they are safe for you to eat.

# NOTE FROM AUTHOR



## **Aoife Ryan PhD, Lecturer in Nutritional Sciences**


In Ireland, an estimated 140,000 community and hospitalised patients are malnourished. It is estimated that 1 in 3 patients admitted to Irish hospitals are at medium to high risk of malnutrition. Malnutrition associated with illness is called 'disease related malnutrition' and it is very common in patients with cancer, pulmonary disease, crohn's disease, advanced dementia, cystic fibrosis and many other conditions. Older people are particularly at risk, especially those living alone.

Malnourished patients are at much greater risk of infection, are much more likely to be admitted (and re-admitted) to hospital, spend longer in hospital, and are at a high risk of mortality compared to well-nourished patients. This is especially the case in older patients.

Scientific evidence consistently shows that providing good nutritional care to these patients improves their health outcomes and reduces health care costs. Good nutritional care is therefore a critical component of good medical care.

While there are a variety of ready-to use oral nutrition supplements available to patients in hospitals and through pharmacies, there is a need to provide simple food-based guidelines to tackle malnutrition. Generally a high protein, high calorie diet is recommended for patients experiencing malnutrition in association with illness.

This cookbook is a resource for malnourished patients and their carers. It contains a bank of easy to prepare nourishing recipes which have been enriched with extra energy and protein to help slow down weight loss.



I am very grateful to the Health Research Board (HRB) who funded part of this project and the team of colleagues who worked on developing this book with me, especially Dr Éadaoin Ní Bhuachalla (research dietitian at UCC), Ms Fiona Dwyer & Ms Ruth Elliot (research nutritionists at UCC); our academic colleagues at the Tourism & Hospitality Department at Cork Institute of Technology (Ann O'Connor, Jane Healy and Dr Margaret Linehan); my colleagues in the Irish Nutrition & Dietetic Institute (INDI) and our medical colleagues, especially Dr Derek Power, Consultant Medical Oncologist at the Mercy University Hospital, Cork. I am also hugely grateful to the food stylist and photographer (Marta & Jacob Miklinska).

Thanks to the funding from the HSE copies of this book will be printed and distributed free of charge to patients throughout Ireland. I hope that this booklet brings the nutrition advice many patients receive from their doctors and dietitians to life.

**Aoife Ryan BSc, PhD, MINDI**

*Lecturer in Nutritional Sciences,  
University College Cork*



# NOTE FROM AUTHOR



## **Dr Éadaoin Ní Bhuachalla, Research Dietitian**

During times of illness it can be difficult to maintain a healthy weight. Nutritional requirements are increased and this often manifests in combination with reduced oral intakes. Uncontrolled weight loss is one of the most distressing symptoms patients can experience and it can seriously affect treatment responses and overall survival. There is more to food than nourishment alone. Enjoyment, social interaction and a sense of normality are among the added benefits that mealtimes provide, however these can

often be lost during periods of sickness.

In this cookbook we strive to translate the nutritional advice for people losing weight into simple, nourishing and enjoyable meal ideas. All of the recipes in this booklet have been created and analysed specifically for patients who are losing weight, with the impact of eating related problems also being considered.

This cookbook would not have been possible without the input of many people. I would like to thank all contributors most sincerely. So many involved in this project selflessly gave of their time and expertise. I hope the information and recipes in this book will in some way make the challenging task of eating well less daunting and will help to bring enjoyment back to patients' meals. Hopefully, we have produced something that will prove to be an indispensable resource for patients and carers alike.

**Dr. Éadaoin Ní Bhuachalla PhD, MINDI,**

*Research Dietitian*

*University College Cork.*

# WEIGHT TRACKER

One of the most important things you can do is monitor your weight. To track your weight you should weigh yourself monthly. Ideally this should be done at the same time of day and on the same weighing scales. This is to make sure that all measurements are comparable. You should weigh yourself first thing in the morning in minimal clothing, after you have emptied your bladder.

## Weight tracking chart

Date	Weight	+/-	Notes



# WHY IS FOLLOWING A HIGH PROTEIN HIGH CALORIE DIET GOOD FOR ME?

You have been given this cookbook because a healthcare professional recommends that you follow a high protein, high calorie diet at this time. The advice contained in this booklet may contradict 'healthy eating' advice you have received in the past, but a healthcare professional has judged that the risk of losing weight or being underweight outweighs the benefits of a low-fat diet for you at this time. Research has shown that rapid, unplanned weight-loss can be detrimental for your health. It is linked with poorer outcomes and reduced survival. Maintaining a healthy weight is therefore the main nutritional priority when fighting illnesses. When your weight is stable your dietitian will be able to advise you on returning to a healthy eating diet.

# WHAT IS A HIGH PROTEIN HIGH CALORIE DIET?

A high protein, high calorie diet is also known as a nourishing diet. This means that your diet should contain plenty of calories and protein. It is important to make sure that the food you eat is as nourishing as possible when your appetite is poor or when you are finding it difficult to maintain your weight.





# PROBLEMS WHICH MAY AFFECT EATING

## 1. Poor Appetite

A change in appetite is very common during periods of illness. Your favourite foods may no longer appeal to you, you may have a reduced appetite or you may not want to eat at all. Without forcing yourself to eat, it is important to try to eat small amounts regularly, to avoid weight loss.

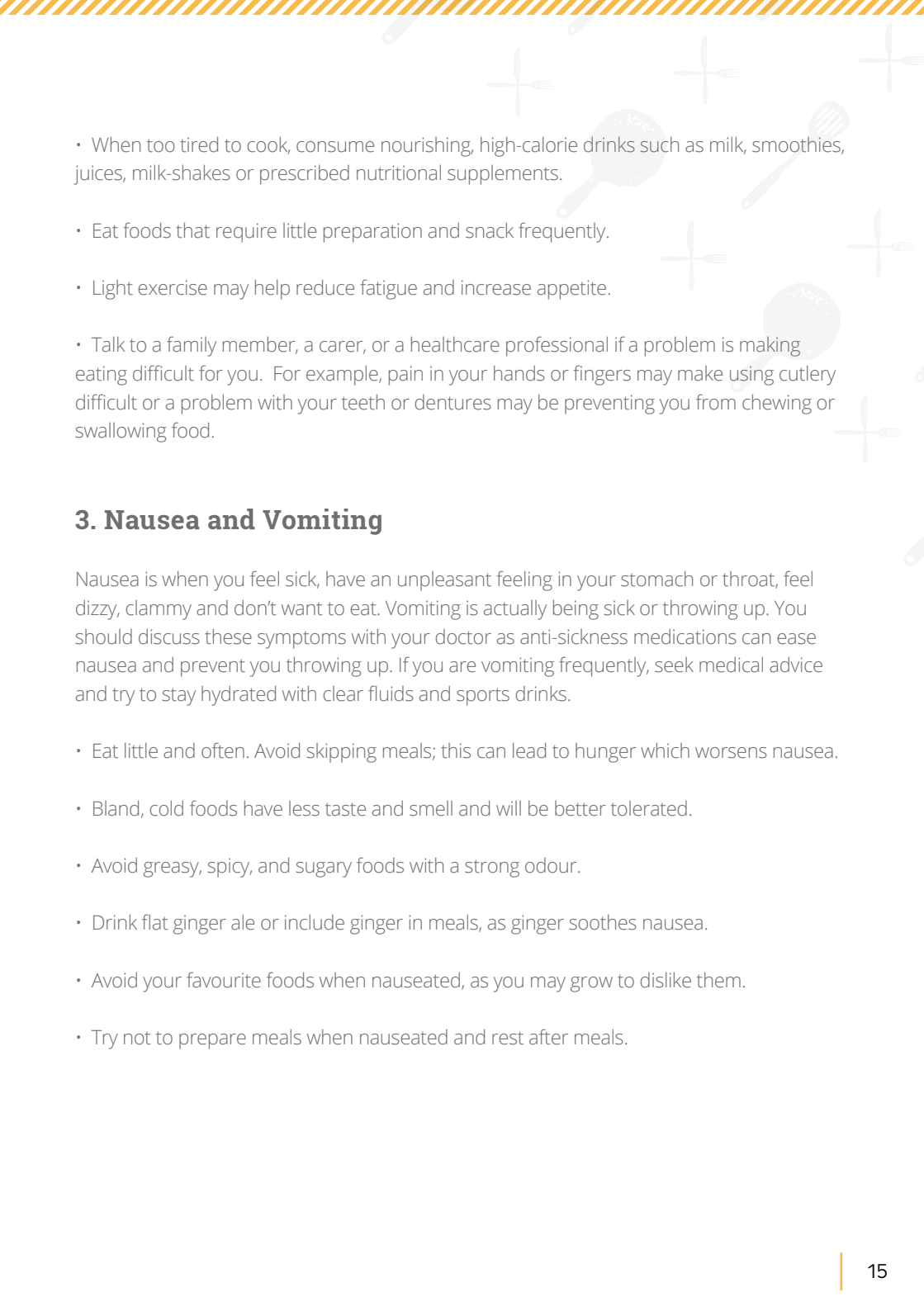
- Eat whenever you feel hungry. If you are hungriest in the morning then eat your biggest meal at that time.
- Eat little and often. Try to eat something every 2-3 hours and avoid long gaps between eating.
- Avoid large platefuls of food at mealtimes if you find it puts you off eating. Remember the key is small amounts of food at regular intervals. Aim for three small meals as well as two to three snacks every day. Make these snacks high in calories and protein.
- Aim to have 1 pint of full fat milk per day, or even better make fortified milk. (see recipe on page 31)
- Drink at least 6 cups of fluids each day. Be careful not to fill up on drinks such as tea, coffee, Bovril or packet soups that don't contain much nourishment between meals. Avoid drinking just before a meal if you find it fills you up.
- Limit fibre as it fills you up quickly.
- Avoid low calorie, 'light', low-fat, reduced fat, reduced sugar and 'diet' foods.

- Have a dessert every day. Suitable desserts are milk puddings, full fat yoghurts, sponge cake with custard, trifle, jelly and ice cream, stewed fruit with custard and fruit tart with custard.
- Aim to have 2-3 portions of high protein foods each day. Foods which are high in protein are meat, chicken, fish, eggs, milk, cheese, nuts, and pulse vegetables such as peas, beans, and lentils.
- A short walk or time outdoors before a meal can help increase your appetite.
- Make the most of your appetite when you feel hungry. Some people find that they feel hungrier earlier in the day while other people find that their appetite improves towards evening or during the night.
- A small glass of wine, beer or sherry before a meal may boost your appetite if your doctor allows it.

## 2. Tiredness

Fighting illnesses and undergoing treatments can often drain your energy and leave you feeling tired and fatigued. It can be due to a variety of reasons. Persistent fatigue can lead to weight loss quite easily as you might not have enough energy to shop, prepare or even eat food.

- Don't tire yourself with shopping for food or cooking. If you can, ask for help from family or your healthcare professional. Private company meal delivery services may be available in your area. You can ask your healthcare professional if you are eligible for services such as 'Meals on Wheels'.
- Make a shopping list and ask for help from family and friends. Consider home delivery or internet shopping if available in your area.
- Prepare your meals when you have energy and refrigerate/freeze them.
- Get help cooking meals. If you can, batch freeze these meals so all they require is reheating at a later date.

- 
- When too tired to cook, consume nourishing, high-calorie drinks such as milk, smoothies, juices, milk-shakes or prescribed nutritional supplements.
  - Eat foods that require little preparation and snack frequently.
  - Light exercise may help reduce fatigue and increase appetite.
  - Talk to a family member, a carer, or a healthcare professional if a problem is making eating difficult for you. For example, pain in your hands or fingers may make using cutlery difficult or a problem with your teeth or dentures may be preventing you from chewing or swallowing food.

### **3. Nausea and Vomiting**

Nausea is when you feel sick, have an unpleasant feeling in your stomach or throat, feel dizzy, clammy and don't want to eat. Vomiting is actually being sick or throwing up. You should discuss these symptoms with your doctor as anti-sickness medications can ease nausea and prevent you throwing up. If you are vomiting frequently, seek medical advice and try to stay hydrated with clear fluids and sports drinks.


- Eat little and often. Avoid skipping meals; this can lead to hunger which worsens nausea.
- Bland, cold foods have less taste and smell and will be better tolerated.
- Avoid greasy, spicy, and sugary foods with a strong odour.
- Drink flat ginger ale or include ginger in meals, as ginger soothes nausea.
- Avoid your favourite foods when nauseated, as you may grow to dislike them.
- Try not to prepare meals when nauseated and rest after meals.

## 4. Diarrhoea

The most important thing to do during episodes of diarrhoea is to remain hydrated and to replace the body's lost salts which are called electrolytes.

- Sip fluids such as sports drinks or flat carbonated beverages.
- Eat little and often.
- Limit high fibre foods like beans, whole grains and raw fruits and vegetables, as they may worsen diarrhoea.
- Avoid foods that are greasy or fatty and foods that contain citrus, sweeteners or caffeine. Also avoid prune, apple or pear juice as they worsen diarrhoea symptoms.
- Eat foods which are easy to digest such as bananas, oatmeal and white pasta.
- Sometimes dairy can aggravate symptoms, due to the lactose sugars in milk.

## 5. Constipation

- To help your bowels move more often you need to gradually increase fibre in your diet and it is important to gradually increase the amount of drinks you take also.
- Some high fibre foods such as fruit, vegetables, and salads can be low in calories and protein and fill you up quickly.
- Choose instead foods that contain both fibre and calories such as: prunes, nuts, dried fruit, stewed fruit with added sugar; porridge/wholegrain cereals with full fat/fortified milk; wholegrain bread with full fat butter or hummus; creamy chicken and vegetable soup.
- Meal, snack and smoothie recipes marked with a  in this cookbook are good sources of fibre.
- If constipation is making you bloated, avoid foods like beans, onions, leeks and carbonated drinks.



- Certain drinks stimulate a bowel motion. These include prune juice, pineapple juice, and hot drinks in the morning.
- If constipation remains a problem you can try gradually including linseed/flaxseed in your diet. Start with one teaspoon per day and gradually increase by one teaspoon per day every 2 days to a maximum of six teaspoons per day. It is very important that you include an extra cup of fluid for every 2-3 teaspoons of linseed/flaxseed you eat.
- Gentle exercise can help prevent and treat constipation.
- If you have tried all the above approaches and are still not having regular bowel movements, ask a healthcare professional for further advice as you may have an undiagnosed condition or be experiencing a medication related side-effect or require laxatives.

## 6. Indigestion and reflux

Indigestion is caused by stomach acid moving from your stomach into your oesophagus. This can cause bile to come into your mouth or cause an uncomfortable sensation/heart-burn in your chest.

- Avoid large meals. Eat small, frequent meals instead.
- Herbal teas and peppermint tea may help to soothe indigestion.
- Avoid eating foods that are fatty, spicy, vinegar-based or citrus as well as carbonated drinks, caffeine and alcohol.
- Often, indigestion and reflux is worse when you are lying down. Avoid eating 2-3 hours before bed and don't lie down after eating a meal. Raising the head of your bed can also help.
- Speak to your general practitioner about medications or other treatments which can help.

# MAKING EVERY SPOONFUL COUNT - A GUIDE TO ENRICHING YOUR FOOD

You can increase the protein and calorie content of your food by adding any of the foods below to your meals and snacks.

## **Dairy Foods**

- Skimmed milk powder: Around 15g (2 level) tablespoons can be added to milky drinks such as hot chocolate or Ovaltine, milk puddings, smoothies and milk based sauces.
- Full fat cheese: Add to meals and snacks in order to increase their nutritional value e.g. cheddar, edam, parmesan, cream cheese.

## **Nuts & Seeds (Source of fibre)**

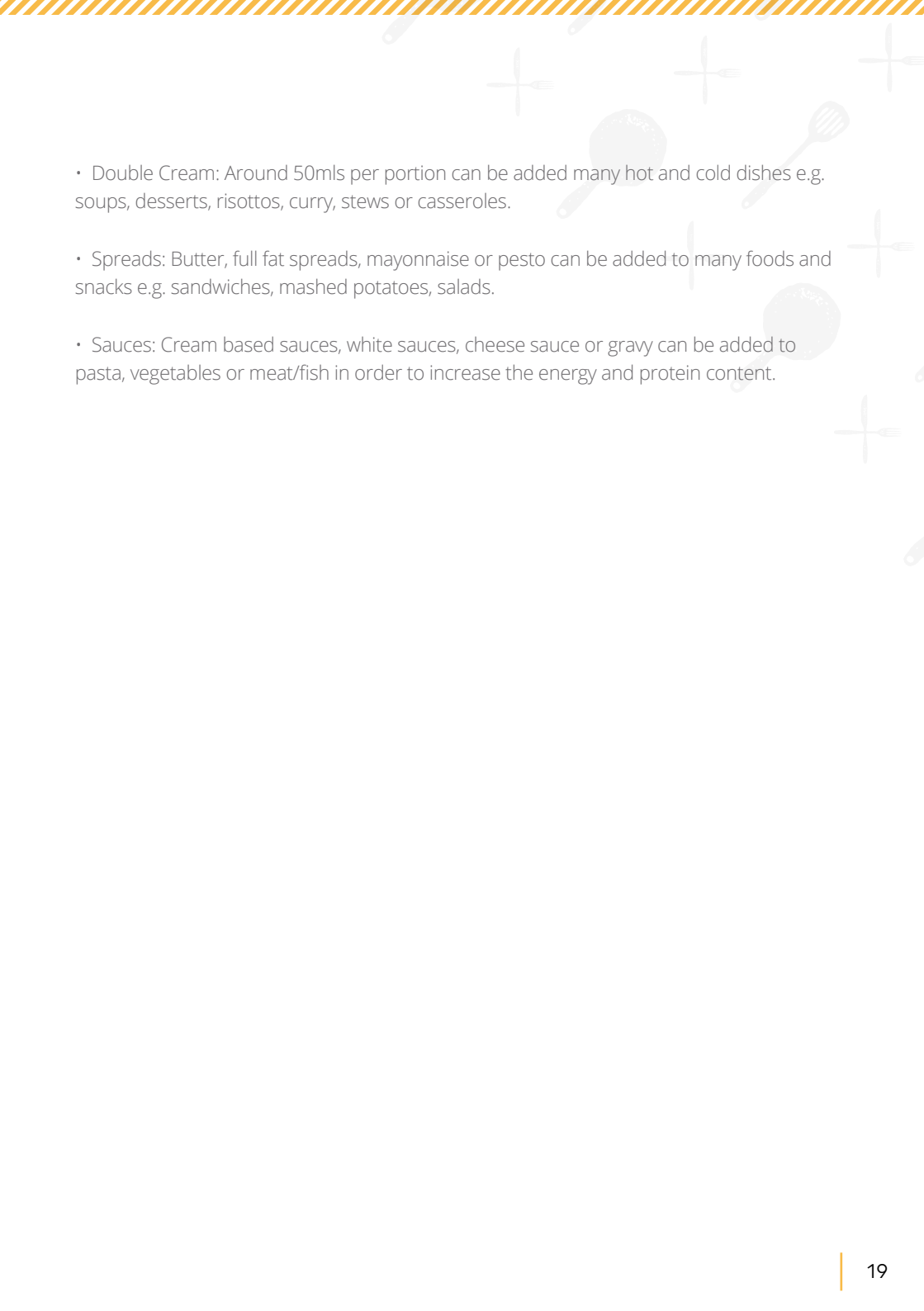
- Nuts (25-30g): Chop and add to breakfast cereals, granola or smoothies. Nuts can also be used in baking (e.g. added to cakes, breads or muffins) or can be finely chopped and mixed with breadcrumbs for a crunchy coating on chicken/fish etc.
- Seeds (1-2 teaspoons): Whole or milled seeds can be added to breads/scones, smoothies or sprinkled over cereals. Seeds are a good source of Omega 3 and high fibre e.g. chia, flaxseed, linseed, sunflower seeds, pumpkin seeds.

## **Sugary Foods**

- Sugar, jam, honey, maple syrup: Can be used to sweeten breakfast cereals, smoothies, drizzled on pancakes or added to baking and deserts (2-3 teaspoons per portion depending on taste).

## **Fats , Oils, Spreads and Sauces**

- Oils: Rapeseed oil can be used to fry or roast foods. Olive oil can drizzled over foods such as bread or salads if liked.

- 
- Double Cream: Around 50mls per portion can be added many hot and cold dishes e.g. soups, desserts, risottos, curry, stews or casseroles.
  - Spreads: Butter, full fat spreads, mayonnaise or pesto can be added to many foods and snacks e.g. sandwiches, mashed potatoes, salads.
  - Sauces: Cream based sauces, white sauces, cheese sauce or gravy can be added to pasta, vegetables or meat/fish in order to increase the energy and protein content.





# FOOD SAFETY

Proper food hygiene is always vital but it is especially important for people with weakened immune systems. The below tips will help you to reduce your risk of food poisoning.

- Thoroughly wash hands, utensils and cutting boards between handling raw food and ready-to-eat foods.
- Keep raw meat covered, and keep it separate from cooked food or ready-to-eat foods. Do not prepare raw and cooked foods on the same surfaces.
- Always thaw frozen food in the fridge. Do not thaw at room temperature. Only defrost food in a microwave if you are planning to cook the food immediately after it has thawed.
- Leftovers should be used within 2-3 days and stored in the fridge at between 0-5°C. They can be reheated as long as they are heated to 70°C or higher. Food should be very hot and steaming before it is served. It is important when reheating stews and casseroles that the liquid boils for around 3-5 minutes to ensure the pieces of meat are completely heated through. Leftovers should only be reheated once.
- Use defrosted foods right away and do not refreeze them.
- Wash vegetables and fruit thoroughly under running water before peeling or cutting. Always wash packaged fruit and veg, even if marked 'pre-washed'.
- Buy only pasteurised, refrigerated milk and dairy products.
- Avoid raw and undercooked meat, fish, shellfish, poultry, tofu or eggs.
- Wash the top lids of canned foods with soap and water before opening.
- Check "sell-by" and "use-by" dates. Do not eat out of date foods.

- Avoid any bruised/mouldy fruit and veg or any moulding dairy products or bread.
- As berries (fresh or frozen) cannot be peeled or thoroughly washed it is best to boil them briefly to make a puree before incorporating into recipes. Tinned berries can be eaten without boiling.

## Household Measurement

1 teaspoon (tsp.)= 5g

1 tablespoon (Tbsp.)= 15g

## Key



**Vegetarian**



**Suitable for freezing**



**Good source of fibre**



**Good source of protein**

(>12% of total energy from protein)



**Easy to chew/swallow**

\*consult with your speech & language therapist/dietitian if you have swallowing difficulties.



**High in protein**

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# FORTIFIED MILK

**Preparation Time:** 2 minutes

**SERVES 1**



**Milk is a very nourishing fluid and an important component of a high protein high calorie diet. Through the addition of skimmed milk powder, the energy and protein content of milk can be almost doubled.**

Skimmed milk powder can be found in most of the main supermarkets in the tea/coffee aisle. It has a long shelf-life and can be kept in a cupboard for 6 weeks once opened. Skimmed milk powder is made by the removal of water and the majority of the fat content of milk. It is an excellent source of protein and provides a full range of amino acids. Some brands are also fortified with important vitamins such as vitamin D. It is used to boost the protein content of meals and drinks that are low in protein.

Make up a pint of fortified milk every morning (see below) and store it in the fridge. Use this jug of nourishing milk throughout the day in your drinks, cereal or porridge. It can also be added to soups and milk puddings.

## Ingredients

500 ml whole milk

60g Skimmed Milk Powder  
(4 heaped tablespoons)

## Utensils

Measuring jug

Tablespoon

Fork/Whisk

## Method

- 1 Add 8 level or 4 heaped tablespoons (60g) of skimmed milk powder to a jug.
- 2 Add a small amount of the milk
- 3 Mix with a fork to make a smooth paste
- 4 Add in the remainder of the milk and stir for at least 20 seconds
- 5 Refrigerate and consume within 24 hours
- 6 Use this jug of nourishing milk throughout the day in your drinks, cereal or porridge. It can also be added to soups and milk puddings.

## Nutrition Information

Typical Values	Amount per pint
Energy	534kcal
Fat	18g
Carbohydrate	55g
Protein	39g
Salt	1.4g
Fibre	0g







# — SOUPS —

## 19 Recipes

This selection of quick and easy soups is ideal if you have a sore mouth, difficulty swallowing or if you are put off by the sight of a plate of food. The recipes incorporate typical household ingredients and can be made in bulk and frozen for later use. The consistency of soups can be altered according to your needs. Soups can be strained after blending to remove any remaining pieces of food if you need to take completely smooth foods.

Serve soups with a slice of brown bread, oat bread or baguette with cheese to increase the nutritional content. A cup of soup also works well as a nourishing and tasty snack between meals.



# MIXED BEAN SOUP

A delicious vegetarian soup full of nutritious vegetables and protein-packed beans

**Preparation Time:** 15 minutes  
**Cooking Time:** 45 minutes



**SERVES 6**

## Ingredients

3 Tbsp. olive oil (45ml)  
1 medium onion, chopped (150g)  
3 garlic cloves, finely chopped (10g)  
1 celery stick, chopped (60g)  
1 large carrot, peeled and finely chopped (100g)  
1 small fennel bulb, finely chopped (150g)  
¼ tsp. dried thyme (1g)  
1x400g can of chopped tomatoes  
1 litre vegetable stock  
3x400g cans of mixed beans, drained  
150g skimmed milk powder  
40g grated parmesan  
Pinch of pepper

## Method

- 1 Heat the oil in a pot, add the onion and cook for 5 minutes, stirring occasionally, until soft.
- 2 Add the garlic, celery, carrots, fennel and thyme and continue cooking for 2 minutes.
- 3 Add the tinned tomatoes and bring to the boil for 2 minutes.
- 4 Add 900ml of the stock, boil for 1 minute then turn down to a simmer. Cover with a lid and leave to simmer for 15 minutes, until the vegetables are tender.
- 5 Add the cans of mixed beans and cook for 15 minutes.
- 6 Combine the remaining 100ml of stock with skimmed milk powder, stir and add to the soup with the parmesan and pepper.
- 7 Blend the soup until smooth. Adjust consistency by adding more liquid if required.

## Nutrition Information

Typical Values	Amount per 350g serving
Energy	326kcal
Fat	10.5g
Carbohydrate	34.3g
Protein	19.6g
Salt	1.4g
Fibre	9.5g





# CREAM OF CHICKEN SOUP

This smooth, mild soup provides a nourishing protein kick

**Preparation Time:** 10 minutes  
**Cooking Time:** 40 minutes



• SERVES 4 •

## Ingredients

- 2 Tbsp. olive oil (30ml)
- 1 medium onion, peeled and chopped (150g)
- 1 medium leek, thoroughly washed and chopped (150g)
- 2 large chicken breasts, chopped (400g)
- 600ml chicken stock
- 1 tsp. fresh parsley, chopped (5g)
- 1 tsp. fresh thyme, chopped (5g)
- 175ml double cream
- Pinch of pepper

## Method

- 1 Heat the oil in a pot, add the onion and allow to soften for about 5 minutes.
- 2 Add the leek and onion. Cook for a further 5 minutes.
- 3 Add the chicken, stock, herbs and seasoning and bring to the boil for 2 minutes, reduce the heat to a simmer.
- 4 Allow to simmer for 25 minutes until the chicken is cooked through.
- 5 Add the cream and blend the soup until it is smooth. Adjust consistency by adding more liquid if required.

## Nutrition Information

Typical Values	Amount per 350g serving
Energy	476kcal
Fat	37.5g
Carbohydrate	5.6g
Protein	30.1g
Salt	1.1g
Fibre	2.5g

High in protein. Rich in vitamin A, B6, niacin and phosphorus





# CAULIFLOWER AND CHEDDAR SOUP

A creamy classic combination to make a quick and easy family favourite

**Preparation Time:** 15 minutes  
**Cooking Time:** 40 minutes



• SERVES 6 •

## Ingredients

50g butter

1 medium onion, chopped  
(150g)

1 stick celery, chopped (60g)

Florets of 1 large cauliflower,  
chopped and stalk removed  
(270g)

1250ml vegetable stock

1/2 tsp. dry mustard powder  
(3g)

Small bunch of thyme leaves  
(1g)

200g skimmed milk powder

200ml double cream

150g cheddar

Pinch of pepper

## Method

- 1 Heat the butter in a pot over a medium heat. Fry the onions and celery gently in the butter until soft, but ensure they do not colour.
- 2 Add the chopped cauliflower, the stock, mustard powder and the thyme. Bring to a boil for 2 minutes, then turn down the heat and simmer gently for 30 minutes until the cauliflower is soft.
- 3 Combine the skimmed milk powder with the cream, stir and add to soup along with the cheese and pepper.
- 4 Blend the soup until smooth. Adjust consistency by adding more liquid if required.

## Nutrition Information

Typical Values	Amount per 350g serving
Energy	522kcal
Fat	37.5g
Carbohydrate	23.8g
Protein	22.4g
Salt	2.1g
Fibre	2.4g

Rich in vitamin A. A good source of vitamin B12, calcium and phosphorus









# CHICKEN WITH HONEY-ROASTED PARSNIP, ALMOND AND CUMIN SOUP

A tasty, lightly sweet and spiced soup full of protein

**Preparation Time:** 10 minutes  
**Cooking Time:** 50 minutes



• SERVES 5 •

## Ingredients

- 6 Tbsp. olive oil (90ml)
- 2 large parsnips, peeled and chopped (300g)
- 2 Tbsp. honey (30g)
- 2 medium chicken breasts, chopped into chunks (300g)
- 1 medium onion, peeled and chopped (150g)
- 2 small potatoes, peeled and chopped (200g)
- 1 large carrot, peeled and chopped (120g)
- 2 sticks of celery, chopped (100g)
- ½ tsp. ground cinnamon (2g)
- 1 tsp. ground cumin (5g)
- 100g ground almonds
- 1 litre of vegetable stock
- 120g skimmed milk powder

## Method

- 1 Preheat oven to 180°C.
- 2 Mix 3 Tbsp. of the olive oil with the honey and a pinch of salt and pepper. Coat the parsnips in this mixture.
- 3 Place on a baking tray and roast for approximately 30 minutes until soft.
- 4 Meanwhile, heat the remaining 3 Tbsp. oil in a pot, add chicken and onion and stir briefly. Cook for 5 minutes.
- 5 Add the chopped vegetables, cover with a lid, turn down to a low heat and sweat for 15 minutes, stirring occasionally.
- 6 Add the ground cinnamon and cumin and cook for a further 3 minutes.
- 7 Add the ground almonds, 900ml of stock and the roast parsnips, simmer for 20 minutes, until all the vegetables are soft.
- 8 Combine the remaining 100ml of cooled stock with the skimmed milk powder, stir and add to the soup.
- 9 Blend the soup until smooth. Adjust consistency by adding more liquid if required.

## Nutrition Information

Typical Values	Amount per 350g serving
Energy	459kcal
Fat	27g
Carbohydrate	30.5g
Protein	25.6g
Salt	1.4g
Fibre	6.0g

High in protein. Rich in niacin and vitamin B6. A good source of iron and other B vitamins.





# LAMB AND VEGETABLE SOUP

An easy, warming and traditional recipe for creamy soup with a superb flavour

**Preparation Time:** 15 minutes  
**Cooking Time:** 45 minutes



• SERVES 5 •

## Ingredients

- 2 Tbsp. olive oil (30ml)
- 400g lamb mince
- 1 medium onion, peeled and chopped (150g)
- 2 sticks celery, finely chopped (100g)
- 3 large carrots, peeled and chopped (300g)
- 1 medium potato, peeled and chopped (120g)
- 1/2 tsp. fresh thyme, chopped (2g)
- 800ml vegetable stock
- 150ml full-fat milk
- 120g skimmed milk powder
- 100ml double cream
- Pinch of pepper

## Method

- 1 Heat the oil in a pot and add in lamb and onion and cook for 5 minutes. Break up the lamb with a spoon into small pieces.
- 2 Add the celery and carrot and cook for 10 minutes.
- 3 Add in the potato, thyme, and stock.
- 4 Bring to the boil and then simmer for approximately 30 minutes, until the meat is tender and the vegetables are soft.
- 5 Combine the milk with the skimmed milk powder, stir and add to the pot with the cream and a pinch of pepper.
- 6 Blend the soup until smooth. Adjust consistency by adding more liquid if required.

## Nutrition Information

Typical Values	Amount per 350g serving
Energy	448kcal
Fat	23.1g
Carbohydrate	28.7g
Protein	25.9g
Salt	1.4g
Fibre	3.5g

High in protein. Rich in vitamin B12. Good source of iron and zinc.





# LEEK AND POTATO SOUP

A warm and comforting favourite with an extra protein boost

**Preparation Time:** 10 minutes  
**Cooking Time:** 45 minutes



• SERVES 5 •

## Ingredients

50g butter

1 large onion, peeled and chopped (200g)

1 large leek, thoroughly washed and chopped (200g)

2 large potatoes, peeled and chopped (400g)

750ml stock

300ml full-fat milk

100ml cream

120g skimmed milk powder

## Method

- 1 Melt the butter in a pot and add the onion and leek, cook without colour for 10 minutes.
- 2 Add the potatoes and stock and bring to the boil.
- 3 Turn down to a gentle simmer and cover, cook for 30 minutes.
- 4 Whisk together the milk, cream and skimmed milk powder. Add this mix to the soup and blend the soup until smooth. Adjust consistency by adding more liquid if required.

## Nutrition Information

Typical Values	Amount per 350g serving
Energy	305kcal
Fat	14.7g
Carbohydrate	31.5g
Protein	13.7g
Salt	1.4g
Fibre	3.2g

Good source of vitamin B6, B12 and phosphorus







# LAMB, CHICKPEA AND LENTIL SOUP

This soup is high in protein, iron and zinc and packs a fragrant punch of flavour

**Preparation Time:** 15 minutes

**Cooking Time:** 1 hour and 45 minutes



• SERVES 6 •

## Ingredients

- 3 Tbsp. olive oil (45ml)
- 2 medium onions, peeled and chopped (300g)
- 2 celery sticks, chopped (100g)
- 2 small carrots, peeled and chopped (120g)
- 3 garlic cloves peeled and chopped (10g)
- 400g lamb mince
- 1 tsp. cumin seeds (5g)
- 2 tsp. ground turmeric (10g)
- 1 tsp. paprika (5g)
- 2 Tbsp. tomato puree (30g)
- 1 litre chicken stock
- 1x400g can of chopped tomatoes
- 1x400g can of chickpeas, drained and rinsed
- 100g dried brown/green lentils or 1x400g tinned lentils, drained

## Method

- 1 Heat the oil in a pot, add the onions, celery and carrots and cook over a medium heat for 5 minutes, stirring frequently, until the onions begin to colour.
- 2 Add the garlic and lamb and cook until the lamb is lightly browned all over, about 5 minutes. Add the spices and stir in the tomato puree. Cook for 2 minutes.
- 3 Pour in the stock and bring to the boil. Reduce the heat, cover and simmer for one hour, or until the meat is tender.
- 4 Rinse and drain the lentils
- 5 Add the tomatoes, chickpeas and lentils and simmer gently for a further 30 minutes or until the lentils are soft.
- 6 Blend the soup until it is completely smooth. Adjust consistency by adding more liquid if required.

## Nutrition Information

Typical Values	Amount per 350ml serving
Energy	319kcal
Fat	17.9g
Carbohydrate	22g
Protein	21g
Salt	0.7g
Fibre	3.9g

High in protein. Rich in vitamin B12, phosphorus, iron and zinc







# MINESTRONE SOUP

A light, Italian style broth full of nutritious vegetables

**Preparation Time:** 20 minutes  
**Cooking Time:** 40 minutes



• SERVES 5 •

## Ingredients

- 3 Tbsp. olive oil (45ml)
- 5 strips streaky bacon, chopped (75g)
- 1 small onion, chopped (100g)
- 2 cloves garlic, chopped (6g)
- ½ leek, chopped (100g)
- 1 large carrot, chopped (100g)
- 1 celery stalk, chopped (30g)
- 1 large Tbsp. tomato puree (15g)
- 2 small potatoes, diced (200g)
- 3 tomatoes, skin and seeds removed (300g)
- 100g frozen peas
- 100g green beans
- 1 litre stock
- 100g spaghetti broken into small pieces

## Method

- 1 Cook the bacon in the olive oil and then add the onion, garlic, leek, celery and carrot.
- 2 Add tomato puree, followed by the stock and simmer for 10 minutes.
- 3 Add the potatoes and cook for 15 minutes. Then add the pasta and cook for 5 minutes.
- 4 Add peas and green beans, cook for 3 minutes.
- 5 Finally, add chopped tomato, season with salt and pepper and garnish with parmesan.
- 6 Serve with toasted grilled baguette topped with cheese.

## Garnish

- 5 thick slices white baguette cut on the slant (250g)
- 100g grated parmesan
- Chopped parsley

## Nutrition Information

Typical Values	Per serving (soup alone 350ml bowl)	Per serving (with bread)
Energy	364kcal	597kcal
Fat	19g	33.8g
Carbohydrate	34.4g	50g
Protein	11g	20g
Salt	1.3g	2.3g
Fibre	5.6g	6.7g

One serving with bread provides one quarter of your daily iron and calcium requirements. Good source of fibre.





# PARSNIP, GINGER AND CARROT SOUP

This colourful, tangy soup contains ginger to help sooth nausea and has a zesty kick for those with a taste for tart foods

**Preparation Time:** 10 minutes  
**Cooking Time:** 45 minutes



• SERVES 6 •

## Ingredients

- 3 Tbsp. olive oil (45ml)
- 1 medium onion, peeled and chopped (150g)
- 1 clove of garlic, peeled and chopped (3g)
- 2 large parsnips, peeled and chopped (400g)
- 3 medium carrots, peeled and chopped (300g)
- Thumb size piece of ginger, grated (20g)
- 1 tsp. orange zest (5g)
- 1 litre stock
- 1x400g can of chickpeas, drained and rinsed
- 150ml fresh orange juice
- 200ml double cream
- 120g skimmed milk powder
- Pinch of pepper

## Method

- 1 Heat the oil in a pot and add the onion, cook for 5 minutes.
- 2 Add the garlic, parsnip, carrot, ginger and orange zest. Cook for 5 minutes.
- 3 Add the stock and chickpeas and bring to the boil
- 4 Turn down the heat and allow to simmer for 30 minutes, until all of the vegetables are soft.
- 5 Mix together the skimmed milk powder and cream. Add to the soup with the orange juice and a pinch of pepper.
- 6 Blend the soup until it is completely smooth. Adjust consistency by adding more liquid if required.

## Nutrition Information

Typical Values	Amount per 350g serving
Energy	403kcal
Fat	26.3g
Carbohydrate	30.5g
Protein	11.9g
Salt	1.1g
Fibre	6.7g

A good source of vitamin A and E





# PEA AND BACON SOUP

A delicious classic that's packed full of protein and iron

**Preparation Time:** 10 minutes  
**Cooking Time:** 30 minutes



• SERVES 4 •

## Ingredients

2 Tbsp. oil (30ml)

1 medium onion, peeled and finely chopped (150g)

1 medium potato, peeled and finely chopped (175g)

400ml stock

600g frozen garden peas

100g cooked ham

300ml full-fat milk

100g skimmed milk powder

30g parmesan

Pinch of pepper

## Method

- 1 Heat the oil in a pot and add the onions. Cook for 5 minutes, until soft.
- 2 Add in the potato, stock and pepper. Boil for 15 minutes until the potato is soft.
- 3 Stir in the peas and ham and cook for 10 more minutes.
- 4 Mix the milk with the skimmed milk powder and add to the soup along with the parmesan.
- 5 Blend the soup until it is completely smooth. Adjust consistency by adding more liquid if required.

## Nutrition Information

Typical Values	Amount per 350g
Energy	354kcal
Fat	13.3g
Carbohydrate	35g
Protein	23g
Salt	2.1g
Fibre	7.7g

High in protein. A good source of vitamin C, calcium, iron, and zinc.





# PORK AND MUSHROOM SOUP

This velvety soup is rich in flavour and B vitamins but takes minimal effort to prepare

**Preparation Time:** 10 minutes  
**Cooking Time:** 35 minutes



• SERVES 5 •

## Ingredients

- 3 Tbsp. olive oil (45ml)
- 1 medium onion, peeled and finely chopped (150g)
- 300g pork mince
- 300g mushrooms, rinsed and finely chopped
- 2 cloves garlic, peeled and finely chopped (6g)
- 1 large potato, peeled and finely chopped (200g)
- 800ml stock
- 250ml full-fat milk
- 100g skimmed milk powder
- 100ml cream
- Pinch of pepper

## Method

- 1 Heat the oil in a pot and cook the onions for 5 minutes. Add the pork and brown the meat for 5 minutes.
- 2 Add the mushrooms and garlic and cook for a further 5 minutes.
- 3 Add the potato and stock. Bring to the boil and then turn down to a simmer for 20 minutes.
- 4 Combine the milk and skimmed milk powder, stir and add to the soup along with the cream and a good pinch of pepper.
- 5 Blend the soup until it is completely smooth. Adjust consistency by adding more liquid if required.

## Nutrition Information

Typical Values	Amount per 350g serving
Energy	357kcal
Fat	20.7g
Carbohydrate	21.4g
Protein	22.8g
Salt	1.4g
Fibre	2.1g

High in protein. Rich in B vitamins.









# SEAFOOD CHOWDER

This creamy chowder is bursting with protein, a good source of vitamin D and gives you your daily requirement for vitamin B12 in just one bowl!

**Preparation Time:** 15 minutes  
**Cooking Time:** 35 minutes



• SERVES 4 •

## Ingredients

- 1 Tbsp. olive oil (15ml)
- 1 medium onion, peeled and finely chopped (150g)
- 1 Tbsp. plain flour (15g)
- 2 small potatoes, peeled and finely chopped (225g)
- 600ml fish or vegetable stock
- 300ml full-fat milk
- Grated nutmeg (1g)
- 170g salmon, chopped into small chunks
- 150g cod, chopped into small chunks
- 4 Tbsp. cream (60ml)
- 250g frozen prawns
- Small bunch of parsley, chopped (5g)

## Method

- 1 Heat the oil in a saucepan and then add the onion. Cook until onion is soft, for about 5 minutes, and then add the flour and cook for a further two minutes.
- 2 Add in the potatoes and stock and bring to the boil for a minute, then turn it down to a gentle simmer. Cook for about 15 minutes, until the potatoes are soft.
- 3 Add the milk and nutmeg with the salmon and cod. Cook for 15 minutes.
- 4 Add the cream and prawns and simmer for another 5 minutes.
- 5 Finally, add the parsley and blend the soup until completely smooth. Adjust consistency by adding more liquid if required.

## Nutrition Information

Typical Values	Amount per 350g serving
Energy	322kcal
Fat	15.8g
Carbohydrate	18.6g
Protein	28.7g
Salt	2.5g
Fibre	2.1g

High in protein. Rich in vitamin B12, B6, vitamin E, and a good source of vitamin D.





# CHICKEN AND RED LENTIL SOUP

This gently spiced soup is full of protein, B vitamins, magnesium, zinc and iron

**Preparation Time:** 10 minutes  
**Cooking Time:** 40 minutes



• SERVES 5 •

## Ingredients

- 3 Tbsp. olive oil (45ml)
- 1 medium onion, peeled and finely chopped (150g)
- 2 medium chicken breasts, cut into small chunks (300g)
- 2 cloves of garlic, peeled and finely chopped (6g)
- 1 tsp. cumin seeds (5g), ground
- 2 tsp. coriander seeds (10g), ground
- 250g raw red lentils
- 1500ml chicken stock
- 50ml double cream
- 200ml Greek-style yogurt
- 1 Tbsp. fresh parsley, finely chopped (15g)
- 2 tsp. lemon juice (10ml)

## Method

- 1 Heat the oil in a frying pan over a medium heat and add the onion. Cook for 5 minutes.
- 2 Add the chicken and garlic and then cook for about 10 minutes until the chicken is slightly golden on the outside.
- 3 Add the ground spices and cook for 2 minutes.
- 4 Rinse and drain the lentils. Add the lentils and the stock to the pot, bring to the boil for 2 minutes and then reduce to a gentle simmer. Cook for 20 minutes.
- 5 Stir in the cream, Greek-style yogurt, parsley and lemon juice. Blend the soup until it is completely smooth. Adjust consistency by adding more liquid if required.

## Nutrition Information

Typical Values	Amount per 350g serving
Energy	385kcal
Fat	20.6g
Carbohydrate	32.9g
Protein	30g
Salt	0.8g
Fibre	7.1g

High in protein. Rich in B vitamins & iron.





# SWEET POTATO AND LENTIL SOUP

This warming and filling soup is full of iron and full of flavour

**Preparation time:** 5 minutes  
**Cooking time:** 35 minutes



• SERVES 6 •

## Ingredients

- 3 Tbsp. olive oil (45ml)
- 1 large onion, peeled and finely chopped (200g)
- 10g minced ginger
- 10g minced garlic
- 600g sweet potatoes, peeled and finely chopped
- 200g dried red lentils
- 1x400ml tin coconut milk
- 800ml vegetable stock
- 100ml double cream
- 120g skimmed milk powder

## Method

- 1 Heat the oil in a pot. Gently fry the onions, ginger and garlic for 5 minutes.
- 2 Rinse and drain the lentils. Add the sweet potatoes, lentils, coconut milk and the stock. Simmer for 30 minutes.
- 3 Mix together the cream and skimmed milk powder and add to the soup.
- 4 Blend the soup until it is completely smooth. Adjust consistency by adding more liquid if required.

## Nutrition Information

Typical Values	Amount per 350g serving
Energy	541kcal
Fat	28.8g
Carbohydrate	55.7g
Protein	18.1g
Salt	1.2g
Fibre	7.9g

**A good source of iron.**







# SWEET CORN, CHICKEN AND CHICKPEA SOUP

A quick and easy soup that's high in protein

**Preparation Time:** 10 minutes

**Cooking Time:** 40 minutes



• SERVES 6 •

## Ingredients

- 3 Tbsp. olive oil (45ml)
- 1 medium onion, peeled and finely chopped (150g)
- 2 large chicken breasts, diced small (400g)
- 2 medium potatoes, peeled and finely chopped (300g)
- 1x400g tin chickpeas, drained
- 800ml chicken stock
- 300g tinned sweet corn, drained
- 350ml full-fat milk
- 100g skimmed milk powder
- 100mls double cream
- Pepper to taste

## Method

- 1 Heat the oil in a pot and add the onions. Cook for 5 minutes.
- 2 Add the chicken and cook for 5 minutes.
- 3 Add the potatoes, chickpeas, stock and pepper. Bring to the boil, reduce the heat and cook for 15 minutes until the potato is soft.
- 4 Add the sweet corn and cook for a further 10 minutes.
- 5 Mix the milk with the skimmed milk powder. Add this mix to the soup along with the cream.
- 6 Blend the soup until it is completely smooth. Adjust consistency by adding more liquid if required.

## Nutrition Information

Typical Values	Amount per 350g serving
Energy	396kcal
Fat	20.0g
Carbohydrate	27.3g
Protein	28.0g
Salt	2.2g
Fibre	3.9g

High in protein. A good source of B vitamins and iodine.







# VEGETABLE SOUP

An easy, warming recipe for creamy vegetable soup - a lovely satisfying light meal.

**Preparation Time:** 15 minutes  
**Cooking Time:** 40 minutes



• SERVES 5 •

## Ingredients

- 3 Tbsp. olive oil (45ml)
- 1 medium onion, peeled and finely chopped (150g)
- 2 large carrots, peeled and finely chopped (200g)
- 2 sticks celery, finely chopped (100g)
- 1 medium leek, thoroughly washed and finely chopped (150g)
- ½ turnip, peeled and finely chopped diced small (250g)
- 1x400g tin butterbeans, drained
- 1 medium potato, peeled and finely chopped (150g)
- ½ tsp. fresh thyme (2g)
- 600ml stock
- 250ml full-fat milk
- 120g skimmed milk powder
- 100ml double cream

## Method

- 1 Heat the oil in a pot and cook the onion for 5 minutes.
- 2 Add in the remaining vegetables, except the potato. Cook for 10 minutes.
- 3 Add in the butterbeans, potato, thyme, and stock. Bring to the boil for 2 minutes and then simmer for 20 minutes, until the vegetables are soft.
- 4 Mix together the milk and skimmed milk powder. Add this to the soup along with the cream.
- 5 Blend the soup until completely smooth. Adjust consistency by adding more liquid if required.

## Nutrition Information

Typical Values	Amount per 350g serving
Energy	371kcal
Fat	21.0g
Carbohydrate	32.6g
Protein	14.7g
Salt	1.8g
Fibre	7.0g

A good source of vitamin C, B vitamins and iron





# CARROT AND CORIANDER SOUP

A light and zingy soup that's easy to make

**Preparation Time:** 10 minutes

**Cooking Time:** 30 minutes



• SERVES 4 •

## Ingredients

50g butter

1 medium onion peeled and chopped (150g)

1 clove of garlic, peeled and chopped (4g)

1 tsp. ground coriander (3g)

4 medium potatoes (400g), peeled and chopped

6 large carrots (600g), peeled and chopped

1.4 litre vegetable stock

100g skimmed milk protein

4 tpsps creme fraiche (20g)

Serve with fresh coriander, chopped (20g)

## Method

**1** Gently sauté the onion and garlic in the butter for 10 minutes without colouring. Add the ground coriander and cook for 1 minute.

**2** Add the potatoes and carrots and mix until well coated.

**3** Pour in the stock (1.3L), bring to the boil and then lower the heat and simmer for 20 minutes or until the vegetables are tender.

**4** Add in the crème fraîche.

**5** Combine the remaining 100ml of stock with the skimmed milk powder and blend into the soup until it is completely smooth. Adjust the consistency by adding more liquid if required.

**6** Season with salt and pepper to taste

## Nutrition Information

Typical Values	Per serving
Energy	370kcal
Fat	13.5g
Carbohydrate	44g
Protein	12.7g
Salt	1.8g
Fibre	8.7g





# CURRIED PARSNIP AND APPLE SOUP

A deliciously smooth and mildly spiced soup

**Preparation Time:** 10 minutes

**Cooking Time:** 30 minutes



• SERVES 6 •

## Ingredients

- 60g butter
- 2 onions peeled and chopped (300g)
- 2 tsp. curry powder (10g)
- 2 potatoes, peeled and chopped (300g)
- 1 Bramley cooking apple, peeled and chopped (300g)
- 6 parsnips, peeled and chopped (500g)
- 1.6 litres vegetable stock
- 20g (4 teaspoons) crème fraiche
- 100g skimmed milk powder

## Method

- 1** Sauté the onion in the butter for 5 minutes.
- 2** Add the curry powder and cook for another 2 minutes, continue to stir. Add the chopped potatoes, parsnips and apple and stir.
- 3** Add the 1.5 L stock, bring to the boil and simmer on a low heat for 20 minutes, or until all the vegetables are soft. Add in the crème fraiche.
- 4** Combine the remaining 100ml of stock with the skimmed milk powder. Blend the soup until it is completely smooth. Adjust the consistency by adding more liquid if required. Season with salt and pepper to taste.

## Nutrition Information

Typical Values	Per serving
Energy	300kcal
Fat	11.3g
Carbohydrate	33 g
Protein	10g
Salt	1.2g
Fibre	7.2g





# BUTTERNUT SQUASH AND ROAST GARLIC SOUP

**Preparation Time:** 10 minutes  
**Cooking Time:** 45 minutes

**SERVES 6**



## Ingredients

- 1 butternut squash, peeled and chopped, seeds removed (1kg)
- 2 tbsp. olive oil, plus a little extra for drizzling (50ml)
- 1 small bulb of garlic (25g)
- 1 onion, peeled and halved (150g)
- 1 tsp. fresh rosemary leaves (5g)
- 1.2L vegetable stock
- 100g skimmed milk powder
- Parmesan shavings to serve, (30g)

## Method

- 1 Preheat the oven to 220°C (Gas 7)
- 2 Toss the butternut squash in 2 Tbsp. Of olive oil and spread across a roasting tray.
- 3 Halve the bulb of garlic through the middle (leave on skin), put the halves in tinfoil, drizzle with a tsp. of olive oil and add the tinfoil packet to the roasting tray.
- 4 Roast for 30 minutes until the squash is tender, then add the onion halves and cook for another 10 minutes.
- 5 Put the roasted squash chunks and the onion halves into a large pot. Squeeze the garlic out of their skins and add them to the pot, then put in rosemary leaves and 1.1L of the stock.
- 6 Bring to the boil and remove the pot from the heat
- 7 Mix the remaining 100ml of stock with the skimmed milk powder using a fork until the powder has dissolved. Then add the milk to the soup and blend everything together using a hand blender until smooth.
- 8 Season with salt and pepper to taste and serve with parmesan shavings.

## Nutrition Information

Typical Values	Per serving
Energy	240kcal
Fat	10.4g
Carbohydrate	23.2g
Protein	10.5g
Salt	1g
Fibre	4.2g







LIGHT  
MEALS

19 Recipes





# COUSCOUS SALAD

A delicious salad rich in vitamin E that's light and refreshing.

**Preparation Time:** 15 minutes  
**Cooking Time:** 15 minutes



• SERVES 2 •

## Ingredients

- 3 Tbsp. olive oil (45ml)
- 140g butternut squash, peeled and diced into pea sized cubes
- 100g couscous
- 200ml vegetable stock
- 3 Tbsp. green pesto (45g)
- 75g feta cheese
- 1 tsp. fresh mint, finely chopped (5g)
- 150g hummus

## Method

- 1 Drizzle 2 Tbsp. of the oil over the butternut squash and roast at 180°C for 15-20 minutes until soft.
- 2 Meanwhile, in a large bowl add boiling stock to couscous and cover. Leave to stand for 10 minutes until all the water has been absorbed.
- 3 Fluff couscous with a fork once cooked and stir in the remaining olive oil and the pesto.
- 4 Add in the crumbled feta, the cooked butternut squash and mint to the coucous and serve with the hummus.

## Nutrition Information

Typical Values	Amount per serving
Energy	730kcal
Fat	55.7g
Carbohydrate	49.8g
Protein	20.1g
Salt	4.1g
Fibre	4.3g

Rich in vitamin E and phosphorus. A good source of vitamin C, B vitamins, calcium, iron, magnesium and zinc.





# EGG IN A CUP

This dish makes for a perfect simple breakfast or light meal that's rich in vitamin A, B12 and biotin

**Preparation Time:** 5 minutes  
**Cooking Time:** 10 minutes



• SERVES 1 •

## Ingredients

2 tsp. butter (10g)

1 large egg (70g)

50ml double cream

50g cheddar cheese, grated

Salt and pepper to taste

## Method

- 1 Preheat the oven to 180°C.
- 2 Use the butter to grease the inside of a ramekin dish. Break the egg into the cup and add the double cream, seasoning and cheese.
- 3 Place into the preheated oven and bake for 10 minutes.

## Nutrition Information

Typical Values	Amount per serving
Energy	568kcal
Fat	54.0g
Carbohydrate	0.9g
Protein	19.8g
Salt	2.2g
Fibre	0.3g

**A good source of protein. Rich in vitamin A, B vitamins, calcium, phosphorus and iodine.  
A good source of vitamin D and zinc.**







# SCRAMBLED EGGS

The perfect fluffy scrambled eggs. Small in volume but high in calories and protein, a little will go a long way!

**Preparation Time:** 2 minutes

**Cooking time:** 5 minutes



• SERVES 1 •

## Ingredients

2 eggs (100g)

1 egg yolk (20g)

50mls double cream

Knob of butter (10g)

Salt and pepper

## Method

- 1 Whisk together the eggs, yolk, cream and seasoning in a bowl. Heat the oil in a pan.
- 2 Cook the egg mixture over a medium low heat for about 5 minutes, occasionally stirring to scramble to eggs.

## Nutrition Information

Typical Values	Per serving
Energy	682kcal
Fat	68.0g
Carbohydrate	1.0g
Protein	16.4g
Salt	0.9g
Fibre	0.0g







# RED PEPPER, MUSHROOM AND FETA SCRAMBLED EGGS

This speedy egg dish is highly nutritious, packed with protein and providing you with a source of 17 vitamins and minerals including vitamin D, iron, folic acid and zinc

**Preparation Time:** 10 minutes

**Cooking Time:** 15 minutes



• SERVES 2 •

## Ingredients

2 Tbsp. olive oil (30ml)

200g fresh mushrooms, very finely chopped

1 clove garlic, peeled and very finely chopped (3g)

1 medium red pepper, very finely chopped (160g)

4 large eggs (280g)

100ml milk

50g feta cheese, crumbled

25g parmesan, grated

Pinch of pepper

## Method

- 1 Heat the oil in a pan over a medium-low heat. Add the mushrooms, peppers and garlic and gently cook for 10-15 minutes, until the vegetables are soft.
- 2 In a bowl, whisk together the eggs, milk, cheeses and a small sprinkle of pepper. Pour this mixture into the pan over the red peppers and mushrooms.
- 3 Gently cook the eggs in the pan for 5 minutes, stirring occasionally to scramble them, until the eggs are fully cooked through.

## Nutrition Information

Typical Values	Amount per serving
Energy	496kcal
Fat	39.0g
Carbohydrate	6.7g
Protein	30.3g
Salt	1.4g
Fibre	3.2g

High in protein. Rich in B vitamins, vitamin D, E, C, calcium, phosphorus, zinc, iodine, and iron.





# SALMON FISH CAKES

A delicious high protein lunch that provides you with over 100% of your daily requirement for vitamin D

**Preparation Time:** 10 minutes  
**Cooking Time:** 30 minutes



• SERVES 4 •

## Ingredients

- 4 medium potatoes, peeled and chopped into small pieces (600g)
- 2x180g tins of good quality skinless and boneless salmon, flaked
- Zest of 1 lemon (3g)
- 1 Tbsp. flour (15g)
- 15g fresh chives, finely chopped
- 1 medium egg (50g)
- 30g grated parmesan
- Pinch of black pepper
- 2 Tbsp. olive oil (30ml)

## Method

- 1 Preheat the oven to 180°C.
- 2 Put the potato pieces into a pot, cover with water and bring to the boil. Cover with a lid, turn down the heat to medium and cook for 10-15 minutes, until the potatoes are soft. Drain and mash the potato and allow to cool.
- 3 Add the flaked salmon, lemon zest, flour, chives, egg, pepper and parmesan to a large bowl.
- 4 Add the potato to the bowl and mix well until all ingredients are combined.
- 5 Divide the mixture into 8 cakes, roughly 2cm thick, and shape.
- 6 Place the cakes on a baking tray and brush with olive oil.
- 7 Cover with tin foil and bake for 10-15 minutes until heated through.

## Nutrition Information

Typical Values	Amount per 2 fishcakes
Energy	342kcal
Fat	15.2g
Carbohydrate	27.4g
Protein	25.8g
Salt	1.1g
Fibre	2.9g

High in protein. Rich in vitamin D & B vitamins.





# SALMON SCRAMBLED EGGS

A sophisticated yet simple take on scrambled egg

**Preparation Time:** 2 minutes  
**Cooking Time:** 5 minutes



• SERVES 1 •

## Ingredients

2 medium eggs (100g)

1 egg yolk (20g)

2 Tbsp. double cream (30ml)

1 Tbsp. oil (15ml)

30g smoked salmon,  
chopped very finely

Pinch of pepper

## Method

- 1 Whisk together the eggs, yolk, cream and seasoning in a bowl. Heat the oil in a pan.
- 2 Cook the egg mixture over a medium-low heat for about 5 minutes until the eggs are cooked through, occasionally stirring to scramble the eggs.
- 3 Remove from the heat and stir in the salmon.

## Nutrition Information

Typical Values	Amount per serving
Energy	539kcal
Fat	49.5g
Carbohydrate	0.6g
Protein	23.4g
Salt	1.3g
Fibre	0.3g

Good source of protein. Rich in B vitamins, vitamins A, D, & E. Good source of iron and zinc







# BROWN BREAD WITH SEEDS

Each slice is packed with fibre to keep your bowel moving and your digestive system healthy.

**Preparation Time:** 5 minutes  
**Cooking Time:** 45 minutes



• **MAKES 1 LOAF** •

## Ingredients

- 400g brown flour
- 100g white flour
- 25g bran
- 50g mixed seeds
- 1 tsp. bread soda (5g)
- 1 medium egg (50g)
- 50g melted butter
- 1 tsp. treacle (5g)
- 425ml buttermilk

## Method

- 1 Preheat oven to 200°C. Grease a loaf tin.
- 2 Place the dry ingredients in a bowl and mix.
- 3 Mix the butter, egg, treacle and buttermilk together and pour into the dry ingredients and mix until there are no lumps of flour.
- 4 Pour into the loaf tin, reduce the oven to 180°C, and bake for 45 minutes.

## Nutrition Information

Typical Values	Per Slice
Energy	226kcal
Fat	6.8g
Carbohydrate	30.7g
Protein	8.5g
Salt	0.4g
Fibre	4g

**Good source of iron and fibre**







# COLD CHICKEN AND RICE SUPPER

This cold meal is perfect for anyone who is nauseated by the smell of cooking- not only is it cold and odour free, it is so quick and easy to make!

**Preparation Time:** 10 minutes

**Cooking Time:** 20-30 minutes



• SERVES 2 •

## Ingredients

- 150g long grain rice
- 4 Tbsp. mayonnaise (150g)
- 4-6 Tbsp. full-fat milk (60-90mls)
- 150g seedless grapes, washed and halved.
- 200g cooked, cold chicken, cut into bite sized pieces.
- ½ an apple, chopped (60g)
- Salt and pepper to taste
- Handful chopped parsley (5g)

## Method

- 1 Cook the rice according to the packet, drain and fluff with a fork. Divide between two plates.
- 2 Put the mayonnaise in a bowl and mix in the milk to make a fairly thick dressing, of pouring consistency.
- 3 Add the grapes, apple and the chicken pieces to the bowl. Mix well so all of the ingredients are coated with the mayonnaise. Add salt and pepper to taste.
- 4 Place this mixture over the rice. Finish with a sprinkle of chopped parsley on top.

## Nutrition Information

Typical Values	Per serving
Energy	834kcal
Fat	44g
Carbohydrate	74g
Protein	34g
Salt	3g
Fibre	3g

**Food Safety Tip:** Cooked rice should not be left to stand at room temperature for extended periods after cooking as bacteria may be allowed to multiply. Cooked rice should be eaten shortly after preparation or else cooled quickly and stored in the fridge. For this recipe rice should be allowed to cool quickly and then mixed with the above ingredients and eaten straight away. Alternatively rice should be cooked, cooled quickly and stored in the fridge for later use.





# CREAMY SALMON SANDWICH

A quick everyday sandwich. Seasonings like lemon, black pepper, capers or herbs really lift the flavour.

**Preparation Time:** 2 minutes  
**Cooking Time:** Nil



• SERVES 1 •

## Ingredients

1 small tin pink or red salmon,  
drained (110g)

2 Tbsp. full-fat cream cheese  
(30g)

Juice and zest of ½ a lemon  
(10ml)

1 tsp. chives or herb of your  
choice (5g)

2 slices of bread, buttered

## Method

- 1 Mash the salmon, cream cheese, lemon and herbs together using a fork.
- 2 Make a sandwich with soft, buttered loaf bread, pita bread or serve as an open sandwich on buttered brown bread.

## Nutrition Information

Typical Values	Per sandwich
Energy	617kcal
Fat	40.6g
Carbohydrate	32.3g
Protein	30g
Salt	2.5g
Fibre	2g

One sandwich provides roughly ¼ of your daily calcium and iron requirements as well as 100% of your daily vitamin D requirement.



### Nutrition Information with no filling:

Typical Values	Per serving
Energy	508kcal
Fat	49g
Carbohydrate	0.6g
Protein	16g
Salt	0.7g
Fibre	0.0g





# OMELETTES

Omelettes are really versatile and can be whipped up in a matter of minutes- experiment with different fillings and find your perfect combination.

**Preparation Time:** 5 minutes  
**Cooking Time:** 5-10 minutes



• SERVES 1 •

## Ingredients

- 2 medium eggs (100g)
- 1 egg yolk (20g)
- 3 Tbsp. double cream
- Knob of butter (10g)
- Salt and pepper
- Filling of your choice

## Fillings:

### Ham and cheese:

- 1 slice of ham, chopped
- 30g grated cheese

- 1 Sprinkle the ham and cheese over the omelette before folding.

### Nutrition Information

Typical Values	Per serving
Energy	713kcal
Fat	66g
Carbohydrate	0.6g
Protein	28.4g
Salt	1.6g
Fibre	0.0g

**One omelette provides roughly ¼ of your daily iron, calcium and vitamin D requirements.**

## Method

- 1 Whisk the eggs, egg yolk, cream and seasoning in a bowl. Heat the butter in a pan.
- 2 Cook the egg mix over a medium-low heat for a few minutes. Sprinkle your filling of choice over the omelette. Fold half of the omelette over the other half and cook for a further 2 minutes.

### Spinach and mushroom with cheese:

- 50g mushrooms
- 30g spinach
- 50g cheddar cheese

- 1 Cook mushroom in butter and oil until soft. Add spinach and wilt. Set filling aside in a bowl.
- 2 Reheat the pan and add the egg mixture. Briefly cook.
- 3 Place filling in centre. Before folding add grated cheese.

### Nutrition Information

Typical Values	Per serving
Energy	807kcal
Fat	74g
Carbohydrate	1.2g
Protein	32.2g
Salt	1.7g
Fibre	1.4g

**One omelette provides ¼ of your daily vitamin D and folate requirements and roughly half of your daily iron and calcium requirements.**

### Streaky bacon and tomato

- 2 rashers
- 2 tomatoes, chopped

### Nutrition Information

Typical Values	Per serving
Energy	662kcal
Fat	60g
Carbohydrate	3.5g
Protein	26g
Salt	2.6g
Fibre	1.3g

**One omelette provides roughly ¼ of your daily folate and vitamin C requirements and ¼ of your iron and vitamin D requirements.**

### Spinach and pine nuts

- 30g spinach
- 50g pine nuts

### Nutrition Information

Typical Values	Per serving
Energy	873kcal
Fat	83.8g
Carbohydrate	3.0g
Protein	25g
Salt	0.8g
Fibre	3.1g

**One omelette provides roughly ¼ of your daily folate and vitamin D requirements and ½ of your daily iron requirements.**





# FRENCH TOAST

This recipe elevates one slice of bread to a light but nourishing meal. Your favourite topping will add even more flavour and nutrition.

**Preparation Time:** 3 minutes  
**Cooking Time:** 5 minutes



• SERVES 1 •

## Ingredients

- 1 slice day-old white or wholemeal bread (45g)
- 1 egg (50g)
- 1 egg yolk (20g)
- 2 Tbsp. of full-fat milk (30ml)
- 1 Tbsp. olive oil (15ml)

## Method

- 1 Beat the egg, egg yolk, and milk together and pour into a wide bowl or plate.
- 2 Heat the oil in a frying pan over a medium heat. Meanwhile soak the bread in the egg mix until the mixture is absorbed by the bread.
- 3 Place the soaked bread in the hot pan and cook for 2-3 minutes on either side, until golden.

## Delicious served with

- Honey or jam
- Chocolate spread
- Peanut butter
- Mashed banana
- Fresh fruit and cream
- Raisins and cinnamon
- Bacon and maple syrup
- Beans

## Nutrition Information

Typical Values	Per slice (white bread)
Energy	341kcal
Fat	24.0g
Carbohydrate	17.3g
Protein	13.5g
Salt	0.7g
Fibre	0.8g







# CHICKEN, PECAN AND MANGO SALAD WITH A PASSION FRUIT DRESSING

This crisp salad is perfect if you are too tired to cook or put off by smells. The combination of sweet and savoury makes for delicious tangy flavours.

**Preparation Time:** 10 minutes  
**Cooking Time:** Nil



• SERVES 2 •

## Ingredients

2 chicken breast fillets,  
cooked, and chopped (200g)  
1 ripe mango, cut into cubes  
(150g)  
2 spring onions, chopped  
(20g)  
100g pecans, toasted  
50g mixed leaves  
Seasoning

## Method

- 1 To make the dressing, whisk all ingredients together and place in a bottle for later use.
- 2 Place the chicken in a bowl, and add the mango, spring onion and  $\frac{3}{4}$  of the pecan nuts.
- 3 Dress with 2-3 Tbsp. of passion fruit dressing and place on mixed leaves.
- 4 Garnish with the remaining pecans.

## Passion fruit dressing

200ml good quality  
vegetable oil  
50g good quality mayonnaise  
Juice of 2-3 passion fruits  
Seasoning

## Nutrition Information

Typical Values	Per serving
Energy	768kcal
Fat	61.5g
Carbohydrate	14g
Protein	36g
Salt	0.2g
Fibre	7.0g





# CHEESY TUNA MELTS

A delicious high-protein, high-calorie snack made in minutes.

**Preparation Time:** 5 minutes  
**Cooking Time:** 3 minutes



• **SERVES 1** •

## Ingredients

½ small tin of tuna or salmon  
(50g)

1 spring onion, chopped (10g)

Knob of butter (10g)

1 Tbsp. full fat mayonnaise  
(15g)

1 slice of thick granary bread  
(45g)

Small handful of grated  
cheddar cheese (30g)

Pinch of paprika/Salt and  
pepper to season

## Method

- 1 Pre-heat grill at a high setting.
- 2 Drain salmon or tuna, flake into a bowl and mix the mayonnaise and spring onions.
- 3 Season with salt and ground black pepper.
- 4 Toast the bread under the grill until nicely brown on both sides. Butter to the bread and spread the fish mixture on top.
- 5 Scatter over the cheese and put back under the grill until the cheese is bubbling.
- 6 Season with a small pinch of paprika if desired.

## Nutrition Information

Typical Values	Per serving
Energy	519kcal
Fat	35g
Carbohydrate	21g
Protein	28g
Salt	2g
Fibre	3.3g

Each portion provides ¼ of your daily iron requirements, ¼ of your daily calcium requirements and has 3.3g of fibre. Also a good source of vitamin D.





# OAT BREAD

An alternative to soda bread that is full of calcium, iron and soluble fibre.

**Preparation Time:** 5 minutes  
**Cooking Time:** 1 hour



• **MAKES 1 LOAF** •

## Ingredients

1 large pot full-fat yogurt

(500ml)

500g oats

1 egg (50g)

1 egg yolk (20g)

½ tsp. salt

¾ tsp. bread soda

50g mixed seeds

## Method

- 1 Preheat the oven to 170°C. Grease a loaf tin.
- 2 Mix all the ingredients together in a large bowl, pour into the tin and bake for 1 hour.

## Nutrition Information

Typical Values	Per slice
Energy	231kcal
Fat	7.3g
Carbohydrate	31g
Protein	9g
Salt	0.5g
Fibre	3.3g

Good source of calcium, iron and fibre (3.3g fibre per slice).







# CHICKEN CAESAR SALAD CROSTINI

A fun twist on a classic Caesar salad

**Preparation Time:** 10 minutes

**Cooking Time:** 5 minutes



• SERVES 2 •

## Ingredients

(For 4 slices- Serves 2)

4 slices (1 inch thick) diagonal from white/brown baguette loaf (60g)

1 Tbsp. olive oil (15g)

2 tablespoons (30g) full fat garlic mayonnaise or Creamy Style Caesar Dressing

¼ teaspoon Dijon mustard (2g)

½ teaspoon lemon juice (3g)

Pinch black pepper (1g)

½ a cooked chicken breast (130g) (left over roast chicken or packet chicken slices will do)

2 leaves of Romaine lettuce

1-2 anchovies drained (or substitute garlic mayo for a creamy Caesar dressing (6g)

1 tablespoon finely grated parmesan cheese (15g)

## Method

- 1 Brush both sides of each slice of bread with olive oil and bake in a pre-heated oven at 190°C for 4-5 minutes.
- 2 Add Garlic Mayo, dijon mustard, lemon juice and pepper to taste to a small bowl and mix than set aside.
- 3 Chop the chicken into small pieces.
- 4 Chop 1-2 anchovies into small pieces.
- 5 Chop/Shred the lettuce into small pieces as desired.
- 6 Add the chicken, anchovies, lettuce to the garlic mayo mixture.
- 7 Divide the mixture evenly over the four bread slices and sprinkle the grated Parmesan over the top of each.
- 8 Serve immediately.

### Tips

- Slices of Fresh Ready Made Garlic Bread can be substituted for the baked bread and Olive Oil above.
- If anchovies not liked substitute garlic mayo for a creamy Caesar dressing. Note this will reduce the calorie & protein content slightly.

## Nutrition Information

Typical Values	Per serving
Energy	376kcal
Fat	23g
Carbohydrate	16g
Protein	26g
Salt	0.9g
Fibre	1.1g







# GOATS CHEESE SALAD

An earthy salad packed full of nutritious vegetables and creamy goats cheese

**Preparation Time:** 10 minutes

**Cooking Time:** 5 minutes



• SERVES 2 •

## Ingredients

100g rice  
50g green salad leaves  
30g fresh parmesan grated  
1 red pepper, chopped (160g)  
1 cucumber, sliced (150g)  
150g tomatoes, chopped  
200g goats cheese, crumbled  
100g cooked beetroot, sliced  
50g pine nuts or flaked almonds

## Method

- 1 Put the rice in a pot of boiling water and cook until light and fluffy. Once cooked place in a salad bowl and add the fresh parmesan.
- 2 In a large bowl, combine the salad greens, pepper, cucumber and tomatoes
- 3 To serve place the salad mixture on top of the rice. Then layer with the crumbled goats cheese and beetroot.
- 4 Finish sprinkled with toasted nuts

## Nutrition Information

Typical Values	Per serving
Energy	780kcal
Fat	49g
Carbohydrate	50g
Protein	37g
Salt	2g
Fibre	5.7g





# GOATS CHEESE AND SPINACH QUESADILLAS

A nutritious spin on a classic cheesy quesadilla

**Preparation Time:** 5 minutes

**Cooking Time:** 15 minutes



• SERVES 2 •

## Ingredients

30g butter

140g baby spinach leaves

4 soft flour tortillas (240g)

125g goats cheese

1 tablespoon drained, chopped sun dried tomatoes (15g)

1 ripe avocado, peeled, stoned and diced (140g)

½ red onion thinly sliced (75g)

Juice of half a lime (15g)

1 Tbsp.chopped fresh coriander (15g)

## Method

- 1 Heat the butter in a pan, add the spinach cook until wilted.
- 2 Heat a non-stick frying pan over a medium heat until hot. Add one tortilla and then crumble a half of the goats cheese, followed by a quarter of the spinach and sundried tomatoes over the tortilla.
- 3 Place one tortilla on top and cook for 3-4 minutes until golden underneath. Carefully turn the quesadilla over and cook for a further 3-4 minutes. Remove from the pan and keep warm. Repeat for remaining 2 tortillas
- 4 Meanwhile mix the avocados, onion, lime juice and coriander in a bowl.
- 5 Serve the warm quesadillas cut into wedges with the avocado salsa.

## Nutrition Information

Typical Values	Per serving
Energy	846kcal
Fat	50g
Carbohydrate	66g
Protein	27g
Salt	3.3g
Fibre	8.9g





# PEPPER & SPINACH FRITTATA

A simple lunch dish made with protein-rich eggs and peppers for a healthy dose of vitamin C

**Preparation Time:** 10 minutes

**Cooking Time:** 30 minutes



• SERVES 2 •

## Ingredients

1 Tbsp. olive oil (15g)

200g potato, peeled and chopped

1 red pepper, chopped (160g)

1 yellow pepper, chopped (160g)

5 eggs (280g)

50g cheddar cheese, grated

2 tomatoes, chopped (260g)

50g spinach

## Method

- 1 Boil the potatoes for 10 minutes, until soft
- 2 Place oil in pan over a medium heat
- 3 Add in diced potato and peppers, stirring continuously for 8-10 minutes
- 4 In a bowl whisk the eggs, cheese, and tomatoes
- 5 Add the egg mixture to the pan, cooking until set. Once the bottom is browned place under the grill (on medium heat) for 25 minutes, until browned on top and the inside is completely cooked and no longer runny
- 6 Top with spinach and serve

## Nutrition Information

Typical Values	Per serving
Energy	518kcal
Fat	30g
Carbohydrate	29g
Protein	29g
Salt	1.1g
Fibre	7.8g





MAIN  
MEALS

15 Recipes







# VEGETARIAN CASSEROLE

A warming bean casserole; a hearty stew for vegetarians or those who are put off by the taste of meat during treatment.

**Preparation Time:** 20 minutes

**Cooking Time:** 40 minutes



• SERVES 4 •

## Ingredients

- 1 red pepper, chopped (150g)
- 1 yellow pepper, chopped (150g)
- 1 carrot, diced (100g)
- 1 courgette, diced (100g)
- 1 red onion, sliced (100g)
- 1 fennel bulb, sliced (150g)
- 4 cloves garlic, chopped (10g)
- 2X400g tins plum tomatoes
- 1X400g tin butter beans or mixed beans, drained
- 1X400g tin kidney beans, drained
- ½ tin of chickpeas, drained (120g)
- 2 Tbsp. tomato puree (30g)
- 1 Tbsp. olive oil (15ml)
- 1 tsp. brown sugar (5g)
- 1/2 tsp. dried oregano (3g)
- 50g pine nuts
- 600g Baby potatoes (roughly 4-5 per person)

## Nutrition Information

Typical Values	Per serving
Energy	515kcal
Fat	17g
Carbohydrate	62.9g
Protein	18g
Salt	1.5g
Fibre	20g

## Method

- 1 Pre heat oven to 200°C. Chop peppers, courgette and carrots and toss them with olive oil and roast in oven. Set aside when ready. Boil the potatoes until almost fully cooked, strain and set aside.
- 2 While the vegetables are roasting slice the onion and fennel thinly and chop the garlic. Sweat these ingredients together for 15 minutes, stirring occasionally.
- 3 Add in the chopped tomatoes, tomato puree, and teaspoon of dried oregano. Cook for 20-30 minutes on a low heat until the sauce has thickened.
- 4 Stir in the roast vegetables, kidney beans, butter beans, chickpeas and baby potatoes. Season with some pepper. Add a pinch of brown sugar. Simmer for a further 5 minutes.
- 5 Sprinkle with pine nuts and serve.

Each serving contains greater than 50% of your daily Iron requirements, almost 40% of your daily folate requirements and over 100% of your daily vitamin C requirements





# BEEF STROGANOFF

Classic beef stroganoff- full of creamy goodness!

**Preparation Time:** 10 minutes  
**Cooking Time:** 15 minutes



• SERVES 4 •

## Ingredients

400g tail end of fillet of beef  
 200ml single cream  
 100g mushrooms, sliced  
 1 small onion, chopped (60g)  
 50g butter  
 2 Tbsp. olive oil (30ml)  
 2 Tbsp. dry white wine (30ml)  
 1 Tbsp. brandy (optional) (15ml)  
 2 tomatoes, skinned and deseeded (100g)  
 1 clove garlic, chopped  
 Juice of ¼ lemon  
 Handful of parsley, chopped  
 Paprika and seasoning to taste

## Method

- 1 Cut the beef fillet in fine strips. Heat the oil and butter until foaming and then add the beef and lightly colour. Remove the beef and keep warm.
- 2 Add the onion and garlic to the pan and cook until soft. Add the mushrooms and briefly cook.
- 3 Turn the heat up high and add the brandy and white wine. Reduce the liquid.
- 4 Add the cream to the onions and mushrooms and reduce.
- 5 Return the beef to the pan. Season with paprika, salt, pepper and lemon juice.
- 6 Skin and deseed tomatoes by placing in boiling water and immediately into cold water- remove skin and seeds. Garnish with chopped tomato and serve with rice/ potato.

## Nutrition Information

Typical Values	Per serving (with portion brown rice)
Energy	687kcal
Fat	46.9g
Carbohydrate	37g
Protein	28g
Salt	0.4g
Fibre	3.1g







# CHICKEN CASSEROLE

This recipe for chicken casserole is very simple yet it is packed full of wholesome and nourishing ingredients.

**Preparation Time:** 15 minutes  
**Cooking Time:** 1 hour



• SERVES 4 •

## Ingredients

4 chicken breast fillets, with skin and wing bone (600g)

1 medium onion, chopped (100g)

½ leek, chopped (75g)

2 large carrots, chopped (200g)

2 cloves garlic, chopped

450g potatoes, quartered

1 tin chopped tomatoes (400g)

1 litre stock

50g butter

2 ½ Tbsp. olive oil

## Method

- 1 Cut the chicken breasts into 2 pieces each. Heat oil and butter in heavy pot suitable for the oven. Add chicken, skin down and cook until brown. Turn chicken over and colour.
- 2 Add onion, leek, garlic and stir. Add tinned tomato and stock and bring to the boil.
- 3 Add the carrots and potatoes and season.
- 4 Cover with lid and place in oven at 170°C for 35-45 minutes.
- 5 Serve with creamed potatoes (see page 139).

## Nutrition Information

Typical Values	Per serving (casserole only)
Energy	515kcal
Fat	27.7g
Carbohydrate	28.7g
Protein	39.4g
Salt	2.0g
Fibre	6.0g







# EASY FISH PIE

'A comforting and quick fish pie, suitable for freezing for days when energy levels are low'.

**Preparation Time:** 10 minutes

**Cooking Time:** 50 minutes



• SERVES 4 •

## Ingredients

- 2 skinless white fish fillets (200g)
- 2 skinless smoked haddock fillet (200g)
- 400ml full-fat milk
- 1 small onion, quartered (60g)
- 4 cloves
- 2 bay leaves
- 2 eggs (100g)
- Small bunch parsley leaves, chopped
- 50g butter
- 3 heaped Tbsp. plain flour (50g)
- A pinch of freshly grated nutmeg
- 100g cheddar, grated

## For the Potato Topping

- 3 medium potatoes, peeled and cut into even-sized chunks (500g)
- 50g butter
- 150ml full-fat milk

## Nutrition Information

Typical Values	Per serving
Energy	674kcal
Fat	42.3g
Carbohydrate	35.7g
Protein	36.0g
Salt	1.2g
Fibre	3.5g

## Method

- 1 Put the fish in the frying pan and pour over the milk. Stud each onion quarter with a clove and then add the onion and bay leaves to the milk.
- 2 Bring the milk just to the boil, reduce the heat and simmer for 8 minutes. Lift the fish onto a plate and strain the milk into a jug to cool. Flake the fish into large pieces in a baking dish.
- 3 Hard-boil the eggs for 10 minutes, then drain and cool. Peel, slice into quarters and arrange on top of the fish, then scatter over the chopped parsley.
- 4 Melt the butter in a pan, stir in the flour and cook for 1 min over moderate heat. Take off the heat, pour in a little of the cold poaching milk, then stir until blended.
- 5 Continue to add the milk gradually, mixing well until you have a smooth sauce. Return to the heat, bring to the boil and cook for 5 minutes, stirring continually, until it coats the back of a spoon.
- 6 Remove the sauce from the heat, season with salt, pepper and nutmeg, and then pour over the fish.
- 7 Heat the oven to 200°C.
- 8 Boil the potatoes for 20 minutes. Drain, season and mash the boiled potatoes with the butter and milk.
- 9 Use the potatoes to top the pie, starting at the edge of the dish and working your way in – push the mash right to the edges to seal. Fluff the top with a fork, sprinkle with cheese and bake for 30 minutes.

Each portion provides roughly 40% of your daily calcium and vitamin D requirements





# TRADITIONAL LAMB STEW

This one-pot lamb stew is the perfect comfort food for cold winter evenings. With a healthy dose of Iron and zinc, this is one for in front of the fire!

**Preparation Time:** 10 minutes

**Cooking Time:** 1 hour 30 minutes



• SERVES 4 •

## Ingredients

- 600g lamb pieces
- 2 celery stalks, chopped (100g)
- 1 onion, diced (100g)
- 1 small leek, washed and chopped (150g)
- 60g barley
- 1 litre stock
- 3 medium potatoes, peeled and cut into chunks (400g)
- Handful of parsley, chopped

## Method

- 1 Place the lamb in a pot of cold water and bring to the boil. Then remove the meat and rinse in a sieve under cold running water.
- 2 Place the meat in a clean pot, add the diced onion, celery, leek and barley.
- 3 Cover the meat with stock and simmer for 1 hour.
- 4 Add the potato and simmer until tender, about 30 minutes.
- 5 Season and garnish with chopped parsley.

## Nutrition Information

Typical Values	Per serving
Energy	439kcal
Fat	19.6g
Carbohydrate	35.4g
Protein	33.3g
Salt	1.0g
Fibre	6.7g

Each portion provides roughly 1/3 of your daily iron and vitamin C requirements.





# SPINACH, CHICKPEA AND SWEET POTATO CURRY

A vegetarian dish that doesn't compromise on energy or flavour

**Preparation Time:** 15 minutes  
**Cooking Time:** 1 hour



• SERVES 4-6 •

## Ingredients

- 1 medium onion, finely chopped (80g)
- 1 Tbsp. olive oil (15ml)
- 2 Tbsp. curry paste (korma or Rogan josh work well) (30g)
- 2cm piece of ginger, grated (optional)
- 2 sweet potatoes, peeled and grated (350g)
- 1x400g tin chick peas, drained
- 1x400g tin chopped tomatoes
- 1x400g tin coconut milk
- 200g fresh/frozen spinach
- Fresh coriander to garnish

## Method

- 1 Heat the olive oil and curry paste in a large pan, then fry the onion until soft.
- 2 Add the ginger, sweet potatoes and chick peas, and cook for 5 minutes.
- 3 Add the tomatoes and approximately ½ can of water and bring to the boil. Reduce the heat and cook with the lid on for approximately 20 minutes.
- 4 Remove the lid, and continue to simmer for another 20-30 minutes, stirring occasionally, until the sauce has thickened.
- 5 Add the coconut milk and stir well, cook for another 10 minutes, then add the spinach. If using fresh spinach, cook until this has wilted (approximately 5 minutes). If using frozen spinach, simmer until this has completely defrosted and mix through.
- 6 Serve with rice and garnish with freshly chopped coriander.

## Nutrition Information

Typical Values	Per serving (with brown rice)
Energy	599kcal
Fat	23g
Carbohydrate	78g
Protein	15g
Salt	0.6g
Fibre	11.0g

Each portion contains 65% of your daily vitamin C requirement, over 1/3 of your daily iron requirement and ¼ of your daily folate requirement.







# POTATO AND BEEF GRATIN

This flavoursome potato gratin is a great way to boost your energy and your iron, calcium and vitamin C intake.

**Preparation Time:** 20 minutes  
**Cooking Time:** 1 hour



• **SERVES 4** •

## Ingredients

450g potatoes, sliced  
 100ml olive oil  
 1 large onion, sliced (100g)  
 400g minced beef/ lamb  
 3 tomatoes, skinned and chopped (150g)  
 2 Tbsp. tomato purée(30g)  
 Salt and pepper to taste  
 Pinch of cayenne pepper  
 ¼ tsp. ground cinnamon  
 1/2 tsp. ground allspice  
 2 cloves of garlic, chopped  
 3 Tbsp. fresh parsley, chopped (optional)  
 75g cheddar cheese

### Sauce

50g butter  
 50g flour  
 300ml full-fat milk  
 75g cheddar cheese  
 Salt and pepper to season

## Nutrition Information

Typical Values	Per serving
Energy	913kcal
Fat	67.8g
Carbohydrate	36.8g
Protein	36.7g
Salt	1.2g
Fibre	4.7g

## Method

- 1 Preheat oven to 200°C.
- 2 Heat oil in a large pan and cook the potatoes until golden brown, set aside on kitchen paper to drain off excess fat.
- 3 Heat more oil in a large frying pan over low heat. Cook sliced onion until soft, for about 4 minutes. Add garlic and cook for further minute.
- 4 Increase heat to medium-high and add the minced beef. Stir and cook till browned, for about 5 minutes.
- 5 Add in tomatoes, tomato purée, and seasoning. Simmer for 10 minutes.
- 6 At the end of cooking allow to cool slightly and add in the chopped parsley.
- 7 Arrange ⅓ of the potatoes in the base of a 1 litre casserole dish greased with olive oil, sprinkle with half the onions, grated cheese, cooked meat, and remaining potato.
- 8 For the sauce, heat the milk in a saucepan. Melt the butter in another saucepan, add flour stirring until smooth.
- 9 Lower the heat and add the warm milk, stirring all the time until it thickens. If lumps form, whisk until smooth and season to taste.
- 10 Mix in 25g cheese and stir until melted. Remove from the heat and allow to cool slightly.
- 11 Pour the sauce over the mixture, sprinkle with the remaining grated cheese and bake for 45 minutes until golden brown.

Each portion provides roughly ⅓ of your daily iron requirements and over 40% of your calcium and vitamin C requirements.







# CHICKEN AND BROCCOLI BAKE

This chicken dish works perfectly with whatever is in your press- pasta, rice, potatoes or fresh crusty bread!

**Preparation Time:** 10 minutes

**Cooking Time:** 20 minutes



• SERVES 4 •

## Ingredients

- 1 small broccoli, florets (450g)
- 100g mushrooms
- 1 Tbsp. of olive oil (15ml)
- 4 small chicken breast fillets (skinless and boneless), chopped (400g)
- 1 small onion, chopped (60g)
- 2 Tbsp. cream cheese (30g)
- 170ml full-fat milk
- 100ml cream
- 100g grated parmesan cheese
- 150g dried breadcrumbs

## Method

- 1 Heat the oil in a pan and add the chicken and onions. Cook until the chicken juices run clear and the chicken is completely white throughout.
- 2 Cook the broccoli in boiling water for 3 minutes.
- 3 In a bowl whisk together the cream cheese, milk, and cream until smooth. Add the sauce and mushrooms to the chicken and onions and bring to a boil. Reduce heat to low and simmer for 5 minutes, or until slightly thickened. Toss in the broccoli. Pour this mix into a casserole dish. Turn on the grill to medium-high heat.
- 4 Sprinkle the bread crumbs and parmesan cheese over the casserole, and put under the grill until the cheese is melted and the bread crumbs are golden brown.
- 5 Serve with creamed potatoes (see page 139), rice, pasta or crusty bread

## Nutrition Information

Typical Values	Per serving (alone)
Energy	530kcal
Fat	26.5g
Carbohydrate	31.6g
Protein	39.7g
Salt	1.4g
Fibre	2.8g

Each portion contains close to 40% of your daily iron requirement and over 45% of your daily calcium requirement.







# SHEPHERD'S PIE

Many people's childhood favourite, Shepherd's Pie is always a reliable and nutritious choice.

**Preparation Time:** 10 minutes

**Cooking Time:** 40 minutes



• **SERVES 4** •

## Ingredients

- 350g minced beef
- 2 Tbsp. olive oil (30ml)
- 1 small onion, chopped (60g)
- 100g mushrooms, chopped
- 2 medium carrots, chopped (150g)
- 2 Tbsp. tomato relish (30g)
- 4 potatoes, peeled and chopped (600g)
- 80ml full-fat milk
- 80ml cream
- 40g butter
- 350ml beef stock
- 100g roux (50g butter + 50g flour)
- 100g grated cheddar cheese

## Method

- 1 Boil the potatoes until soft.
- 2 Heat the olive oil in a pan and add the onions and soften. Add the mince and allow to brown.
- 3 Add the mushrooms and carrots. Cover the pan with a lid and leave to cook on a medium heat, stirring regularly.
- 4 To make the roux, melt the butter in a small saucepan. Using a whisk add the flour and whisk until well combined.
- 5 Add the beef stock, a little at a time, to the roux whisking very well with each addition to make a thick sauce.
- 6 Add this sauce and the tomato relish to the minced beef and stir well. Replace the lid.
- 7 Mash the potatoes well. Heat the milk, cream and butter in a pan and add to the potatoes.
- 8 In a casserole dish place the meat mixture in the bottom and layer the creamy mash on top.
- 9 Sprinkle the grated cheese over the top and bake/grill for 10 minutes until melted.

## Nutrition Information

Typical Values	Amount per serving
Energy	738kcal
Fat	52g
Carbohydrate	34g
Protein	30g
Salt	1.3g
Fibre	4.5g





# PESTO CHICKEN

This quick and easy chicken dish is full of Mediterranean flavours- perfect for those with reduced taste sensations.

**Preparation Time:** 5 minutes  
**Cooking Time:** 10 minutes



• SERVES 4 •

## Ingredients

- 1 Tbsp. olive oil (15ml)
- 4 small, skinless chicken breasts, sliced (400g)
- 1 medium onion, chopped (75g)
- 2 crushed garlic cloves
- 1 Tbsp. green pesto (15g)
- 20 cherry tomatoes (200g)
- 12 sun dried tomatoes, halved (100g)
- 400ml full-fat crème fraiche
- 200g rice, cooked

## Method

- 1 Heat olive oil in a frying pan over a medium heat. Add the chicken and brown on all sides, cooking for 4-5 minutes.
- 2 Add the garlic, onion, pesto and both types of tomatoes. Stir continuously, cooking for roughly 5 minutes until tomatoes start to soften.
- 3 Ensure chicken is fully cooked. Stir in the crème fraiche and season with pepper.
- 4 Serve with cooked rice and some torn basil leaves scattered on top.

## Nutrition Information

Typical Values	Per Serving
Energy	764kcal
Fat	62g
Carbohydrate	22g
Protein	27g
Salt	1.1g
Fibre	2.5g







# BEEF AND STOUT STEW

This is a classic, comforting yet simple dish prepared in just one pot.

**Preparation Time:** 10 minutes  
**Cooking Time:** 1 hour 45 minutes



• SERVES 6 •

## Ingredients

- 2 Tbsp. olive oil (30ml)
- 800g beef mince
- 1 medium onion, peeled and very finely chopped (150g)
- 2 medium carrots, peeled and very finely chopped/ grated (130g)
- 2 Tbsp. plain flour (30g)
- 2 cloves garlic, peeled and very finely chopped (6g)
- 150ml beef stock
- 500ml Stout
- Pinch of pepper

## Method

- 1 Heat half the oil in a large pot and brown the meat in two batches. Remove and set aside on a plate.
- 2 Add the remaining oil and then fry off the onion and carrot for 5 minutes. Add the flour and cook for another minute while stirring.
- 3 Add the meat back into the pot along with the garlic, stock, stout and pepper.
- 4 Bring to the boil, then turn down the heat and simmer gently for about 1 1/2 hours, until the liquid has reduced.
- 5 Serve with creamed potatoes. (see page 139)

## Nutrition Information

Typical Values	Amount per serving (with mashed potatoes)
Energy	664kcal
Fat	44.5g
Carbohydrate	32.4g
Protein	30.4g
Salt	0.9g
Fibre	3.8g

A good source of protein. Rich in B vitamins & zinc. A good source of iron.





# RISOTTO

This classic Italian one-pot wonder is bursting with flavour

**Preparation Time:** 5 minutes

**Cooking Time:** 45 minutes



• **SERVES 4** •

## Ingredients

- 1 litre stock
- 60g butter
- 2 Tbsp. olive oil (30ml)
- 2 small onions, peeled and very finely chopped (120g)
- 200g mushrooms, chopped
- 250g Arborio risotto rice
- Grated zest and juice of ½ a lemon (10ml)
- 1 tsp. chives, finely chopped (5g)
- 100g freshly grated parmesan
- 100g mascarpone cheese
- 50g ground almonds
- 1 tin green beans, drained and very finely chopped (185g)

## Method

- 1 Put the stock in a pan, bring to the boil and keep at a slow, steady simmer while you cook the risotto.
- 2 Melt half the butter with the olive oil over a medium heat in a pot, and cook the onion and mushrooms until soft, about 5 minutes.
- 3 Add the rice and stir until each grain is thoroughly coated with the butter and oil.
- 4 Pour in a cupful of hot stock and stir until the rice has absorbed nearly all the liquid.
- 5 Add in the lemon zest and chives.
- 6 Ladle in another cupful of hot stock, occasionally stir the rice until the liquid has been absorbed. Continue in this manner, adding the stock a cupful at a time, until the rice is fully cooked through, this will take approximately 20-30 minutes.
- 7 Stir in the lemon juice with the parmesan, remaining butter, ground almonds, mascarpone and green beans.
- 8 Cook for a further 2 minutes and serve.

## Nutrition Information

Typical Values	Amount per serving
Energy	706kcal
Fat	45g
Carbohydrate	61.9g
Protein	18.6g
Salt	1.8g
Fibre	6.1g

Rich in B12 and phosphorus. A good source of vitamin A, calcium and zinc





# TOMATO AND BUTTERNUT SQUASH PASTA

This vegetarian pasta dish uses lentils to add protein and give the sauce a thick, creamy consistency. One serving contains your daily recommendation for Vitamin E.

**Preparation Time:** 10 minutes

**Cooking Time:** 40 minutes



• SERVES 4 •

## Ingredients

3 Tbsp. olive oil (45ml)

1 medium onion, peeled and very finely chopped (150g)

2 small carrots, peeled and very finely chopped/grated (120g)

1 butternut squash, peeled and chopped into small cubes (600g)

800g passata or 2x400g cans of tomatoes

200g dried split red lentils, rinsed

200g orzo pasta

150g mature Cheddar cheese, grated

## Method

- 1 Heat the oil in a pan and sauté the onion and carrot for 5 minutes.
- 2 Add the butternut squash and sauté for 5 minutes.
- 3 Pour in the passata/tinned tomatoes and the lentils and bring to the boil.
- 4 Turn down the heat to low, cover and cook for about 30 minutes.
- 5 Meanwhile, cook the pasta according to the packet instructions.
- 6 Add the cheese to the tomato sauce and blend the sauce to a smooth consistency.
- 7 Return to the pan and add in the pasta and cook for a further 5 minutes before serving.

## Nutrition Information

Typical Values	Amount per serving
Energy	705kcal
Fat	27.2g
Carbohydrate	89.7g
Protein	32.4g
Salt	0.8g
Fibre	4.3g

A good source of protein. Rich in vitamin E, C, B1, B6, calcium, iron and zinc.









# CREAMED POTATOES

A creamy comforting dish that's delicious on its own or makes the perfect accompaniment for any meal

**Preparation Time:** 10 minutes  
**Cooking Time:** 30 minutes



• SERVES 5-6 •

## Ingredients

6 medium potatoes, peeled and chopped into chunks (800g)

60g butter

100mls double cream

Salt and Pepper

## Method

- 1 Place the potatoes in a pot and cover with cold water.
- 2 Bring the water to a boil, put on the lid and turn the heat down to medium-low.
- 3 Leave to cook for 20 minutes, until the potatoes are soft.
- 4 Drain off any remaining water, add the cream and butter to the pot and gently heat.
- 5 Mash the potatoes or beat in a mixer until completely smooth. Season to taste.

## Nutrition Information

Typical Values	Amount per 3 scoops
Energy	300kcal
Fat	21.0g
Carbohydrate	26.1g
Protein	3.1g
Salt	0.2g
Fibre	2.6g

Rich in vitamin B6. A good source of vitamin A, C and B1





# — SNACKS —

## 16 Recipes

Eating little amounts of food and often can help to increase overall energy and protein intake. Aim for three small meals as well as two to three snacks every day. Try to eat a small snack between each of your meals so that you don't leave long gaps between eating.

When snacking try to focus on nourishing foods, make these snacks high in calories and protein. Avoid low calorie, 'light', low-fat, reduced fat, reduced sugar and 'diet' foods.

It is best to drink milk (or fortified milk) with your snacks. Drinks like tea and coffee, Bovril, and packet soups might taste nice but they tend to be very low in calories and protein and so can fill you up without giving you much nourishment between meals.





# SCONES

Freeze a batch and defrost as needed for a convenient, high-calorie snack.

**Preparation Time:** 10 minutes

**Cooking Time:** 15 minutes



• SERVES 10 •

## Ingredients

400g self-raising flour

110g butter

2 eggs (100g) & one  
egg yolk (20g)

210ml butter milk

120g sultanas

1 tsp. cinnamon

65g caster sugar

80g ground almonds

75g chopped pecan nuts

## Method

- 1 Preheat the oven to 200°C.
- 2 Sift the flour and baking powder together. Rub in the butter.
- 3 Add in ground almonds, sugar, cinnamon, pecan nuts and sultanas and mix together with a spoon.
- 4 Whisk the eggs and buttermilk together and gradually add most of this mixture (leave about 10% aside) to the other ingredients with a spoon first and then with your hands. Don't over-mix. The ingredients should be moist but not sticky and easily rolled into a ball.
- 5 Roll out with rolling pin and cut into circular shapes. Rub some of the remaining buttermilk and egg mixture onto the top of each scone. Bake for 12-15 minutes.

## Nutrition Information

Typical Values	Per serving
Energy	416kcal
Fat	21.1g
Carbohydrate	47.4g
Protein	7.4g
Salt	0.7g
Fibre	3.7g

**Good source of iron and calcium**







# RICE PUDDING

Always a favourite of patients, rice pudding makes a delicious and nutritious snack when you don't feel like a main meal.

**Preparation Time:** 5 minutes  
**Cooking Time:** 35 minutes



• SERVES 10 •

## Ingredients

120g pudding rice

700ml full-fat milk

100g sugar

200ml cream

Half a vanilla pod (or 1 tsp.  
vanilla extract)

½ tsp. ground cinnamon (2g)

A pinch of salt

75g ground almonds

100g skimmed milk powder

## Method

- 1 Blanch the rice in a pot of boiling water for 3 minutes.
- 2 In another pot, mix 600ml milk with the sugar, cream, vanilla, cinnamon and salt and bring to the boil.
- 3 Add the blanched rice and ground almonds and leave to simmer for 30 minutes, stirring occasionally.
- 4 Combine the remaining 100ml milk with the skimmed milk powder and add to the pot. Stir well to combine.
- 5 Fill into small ramekin dishes or cups. (Even if it seems too runny, it will firm up eventually and you can keep eating small portions regularly.) Serve warm or cold.

## Tip

Try it with other flavours as well, by adding lemon zest or a star anise to the milk, instead of the vanilla or cinnamon.

## Nutrition Information

Typical Values	Amount per serving
Energy	422kcal
Fat	18.8g
Carbohydrate	50.6g
Protein	15g
Salt	0.8g
Fibre	1.7g

Rich in B12. A good source of B2, calcium, phosphorus and iodine.





# FLAPJACKS

The perfect high-calorie snack to take with you when you are out and about

**Preparation Time:** 10 minutes

**Cooking Time:** 20 minutes



• SERVES 14 •

## Ingredients

200g porridge oats

225g butter

75g sieved flour

75g ground almonds

100g brown sugar

3 Tbsp. of golden syrup (45g)

100g mixed nuts, chopped

## Method

- 1 Preheat oven to 180°C and line a Swiss roll tin.
- 2 Mix all the dry ingredients together.
- 3 Melt the butter and golden syrup.
- 4 Add the warm butter and syrup to the dry ingredients and mix well.
- 5 Place into the tin and cook for 20 minutes, or until golden brown.
- 6 Cut when hot and allow to partially cool in the tin before removing and cutting.

## Nutrition Information

Typical Values	Per Serving
Energy	305kcal
Fat	21.3g
Carbohydrate	22.8g
Protein	4.3g
Salt	0.3g
Fibre	2.5g

**Good source of iron.**





# BANANA BREAD

This banana bread is extremely trouble-free. It can be prepared and put in the oven in a matter of minutes and does not need a food mixer.

**Preparation Time:** 10 minutes  
**Cooking Time:** 1 hour



• **MAKES 1 LOAF** •

## Ingredients

- 75g pecan nuts, chopped
- 4 medium, ripe bananas, mashed (400g)
- Few drops of vanilla essence
- 240g plain flour
- Pinch salt
- 2 tsp. baking powder (10g)
- 1 tsp. cinnamon
- 100g caster sugar
- 1 egg (50g)
- 70ml sunflower oil

## Method

- 1 Preheat the oven to 180°C and grease a loaf tin.
- 2 Sift the flour, baking powder and cinnamon together and stir in the sugar.
- 3 Beat the egg, sunflower oil and vanilla essence together. Add this to the flour mixture using a fork.
- 4 If using whole pecan nuts, put them in a food bag and crush with a rolling pin. Add to the mixture along with 4 mashed bananas.
- 5 Spoon into a greased loaf tin and bake for 50-60mins. The loaf should spring back when prodded gently with your finger. Allow to cool on a baking rack.

## Nutrition Information

Typical Values	Per serving
Energy	321kcal
Fat	14.8g
Carbohydrate	40.5g
Protein	5.0g
Salt	0.5g
Fibre	3.1g









# MUESLI

Seeds, nuts and dried fruit are healthy sources of calories.  
Snack on a fist-full of crunchy muesli or enjoy with  
yogurt or hot/cold milk for a more nourishing snack

**Preparation Time:** 5 minutes  
**Cooking Time:** 15 minutes



• SERVES 16 PORTIONS •

## Ingredients

- 300g jumbo oats
- 300g mixed dried fruit,  
chopped (dates/figs/  
cherries/cranberries/  
apricot/mango)
- 200g mixed nuts, chopped  
(almonds/walnuts/  
hazelnuts/pecan nuts/  
pistachios)
- 100g mixed seeds

## Method

- 1 Preheat the oven to 180°C. Put the oats and nuts on a baking tray with a pinch of salt and bake for 15 minutes.
- 2 Roughly chop the dried fruit and mix with the seeds and cooked oats and nuts.
- 3 Store in an air tight container.
- 4 Serve with full-fat yogurt.

## Nutrition Information

Typical Values	Per 50g serving (muesli alone)	Per serving of muesli with 125g full-fat yogurt
Energy	200kcal	342kcal
Fat	9.9g	13.9g
Carbohydrate	18.7g	40.0g
Protein	6.9g	12.0g
Salt	0.1g	0.3g
Fibre	4.2g	4.3g

**One serving of muesli with full-fat yogurt provides 1/5 of your daily iron and calcium requirements.  
Good source of fibre**





# QUICK FORTIFIED COFFEE DRINK

The addition of skimmed milk powder turns a simple coffee into a protein packed hot drink

**Preparation Time:** 1 minute  
**Cooking Time:** 0 minutes



• SERVES 1 •

## Ingredients

Instant coffee granules or  
latte or mocha sachet

2 Tbsp. skimmed milk  
powder (30g)

100mls full fat milk

Boiling water

## Method

- 1 To any instant coffee sachet e.g. Latté, mocha add skimmed milk powder & full fat milk and stir to dissolve the skimmed milk powder.
- 2 Add boiling water and serve.

## Nutrition Information

Typical Values	Per serving
Energy	174kcal
Fat	4g
Carbohydrate	20g
Protein	15g
Salt	0.5g
Fibre	0g





# CRACKERS & CHEESE

A quick and easy macronutrient balanced snack

**Preparation Time:** 1 minute

**Cooking Time:** 0 minutes



• SERVES 1 •

## Ingredients

2 wholewheat crackers (40g)

2 Tbsp. cream cheese (30g)

## Method

1 Spread the cream cheese over the crackers & serve.

## Nutrition Information

Typical Values	Per serving
Energy	245kcal
Fat	11.5g
Carbohydrate	29g
Protein	5.5g
Salt	0.4g
Fibre	2.2g









# BREADSTICKS WITH HUMMUS

Hummus makes a heart-healthy dip for a nutritious snack

**Preparation Time:** 1 minute  
**Cooking Time:** 0 minutes



• SERVES 1 •

## Ingredients

20g Breadsticks

3 Tbsp. Hummus (45g)

## Method

- 1 Serve together.
- 2 Dip breadsticks into hummus and enjoy.

## Nutrition Information

Typical Values	Per serving
Energy	215kcal
Fat	13g
Carbohydrate	17g
Protein	6g
Salt	1g
Fibre	2.6g





# BAGEL WITH SMOKED SALMON & AVOCADO

A quick and easy snack that gives you a serving of protein and healthy fats

**Preparation Time:** 3 minute  
**Cooking Time:** 2 minutes



• SERVES 1 •

## Ingredients

½ bagel (45g)

30g smoked salmon

½ medium avocado, peeled  
and stone removed (70g)

## Method

- 1 Toast the bagel.
- 2 Mash the avocado and spread on top of bagel.
- 3 Finish with slices of smoked salmon.
- 4 Serve wedge of fresh lemon on the side.

## Nutrition Information

Typical Values	Per serving
Energy	313kcal
Fat	18g
Carbohydrate	24g
Protein	13g
Salt	1.6g
Fibre	3.7g



EAT

WELL





# YOGURT WITH FRUIT AND SEEDS

Add an extra nutritious punch to a simple yogurt by adding fruit and nuts

**Preparation Time:** 3 minute

**Cooking Time:** 0 minutes



• SERVES 1 •

## Ingredients

Custard style yogurt (125g pot)

100g fresh berries

25g of toasted seeds or nuts

## Method

- 1 Place yogurt in a bowl and layer with fresh berries.
- 2 Sprinkle toasted seeds or nuts on top and serve.

## Nutrition Information

Typical Values	Per serving
Energy	371kcal
Fat	19g
Carbohydrate	35g
Protein	11g
Salt	0.2g
Fibre	7.4g









# BEANS ON TOAST

**Preparation Time:** 3 minute

**Cooking Time:** 2 minutes

• SERVES 1 •



## Ingredients

1/2 small tin Baked Beans  
(100g)

2 tsp.butter (10g)

1 slice wholemeal toast (40g)

## Method

- 1 Warm beans in pot or covered in microwave for 1 minute.
- 2 Toast wholemeal bread and butter.
- 3 Serve beans on top of buttered toast.

## Nutrition Information

Typical Values	Per serving
Energy	250kcal
Fat	10g
Carbohydrate	28g
Protein	9g
Salt	1.2g
Fibre	7.5g





# PEANUT BUTTER ON TOAST

Swap butter for peanut butter on your toast for an extra protein punch

**Preparation Time:** 3 minute

**Cooking Time:** 2 minutes



• SERVES 1 •

## Ingredients

1 Tbsp. Peanut butter (15g)

1 slice wholemeal toast (40g)

## Method

1 Toast the wholemeal bread and spread the peanut butter over it.

## Nutrition Information

Typical Values	Per serving
Energy	180kcal
Fat	9g
Carbohydrate	16g
Protein	7g
Salt	0.5g
Fibre	3.6g





# BLUEBERRY, APPLE & LEMON SQUARES

A fun alternative to a bowl of porridge, use oats to make these healthy oat squares instead

**Preparation Time:** 15 minute

**Cooking Time:** 30 minutes



• MAKES 12 •

## Ingredients

1 large cooking apple, peeled, cored and chopped (300g)

20g butter

240g rolled oats

40g brown sugar

1 Tbsp. sunflower seeds (15g)

½ teaspoon baking powder

zest of 1 unwaxed lemon

2 eggs (110g)

240ml whole milk

100g blueberries

## Method

**1** Preheat oven to 175°C (gas 4). Line a 9" baking tin with parchment paper.

**2** Melt the butter in a small saucepan, add the chopped apple and cook for approximately 10 minutes on a low heat until soft. Allow to cool.

**3** Mix the oats, brown sugar, sunflower seeds, baking powder and the zest of a lemon together in a large bowl.

**4** Whisk the eggs and milk together and then add in the apple and stir through.

**5** Add the egg mixture into the dry ingredients in the bowl and fold in the blueberries.

**6** Pour into the baking tin.

**7** Bake in oven for approximately 30 minutes.

**8** Cut into 16 equal-sized squares.

## Nutrition Information

Typical Values	Per serving
Energy	150Kcal
Fat	4.5g
Carbohydrate	21g
Protein	4.4g
Salt	0.1g
Fibre	2.4g









# BERRY, HONEY AND YOGURT POTS

Smooth yogurt, a zingy fruit puree and crunchy granola makes for a great breakfast or brunch

**Preparation Time:** 10 minute

**Cooking Time:** 0 minutes



• SERVES 2 •

## Ingredients

200g frozen mixed berries,  
defrosted

Juice of ½ an orange (30ml)

3 Tbsp.of clear honey (45g)

200ml full fat vanilla yogurt

50g granola

## Method

**1** Blend half the berries (100g) with the orange juice and honey in a blender or food processor until smooth.

**2** Transfer the mixture to a bowl and stir in the remaining berries (100g).

**3** Divide one third of the berry mixture between 2 glasses or small bowls. Top with yogurt.

**4** Layer with half the remaining berry mixture and top with the remaining yogurt.

**5** Finish with the remaining berry mixture, then sprinkle the granola on the top.

## Nutrition Information

Typical Values	Per serving
Energy	307Kcal
Fat	8g
Carbohydrate	45g
Protein	10g
Salt	0.2g
Fibre	4.6g





# GRANOLA BARS

These healthy granola bars make for a tasty snack to grab on the go!

**Preparation Time:** 5 minute

**Cooking Time:** 20 minutes



• **MAKES 9** •

## Ingredients

75g butter, plus extra for greasing

75ml clear honey

½ teaspoon ground cinnamon

100g ready to eat dried apricots, finely chopped

50g ready to eat dried mango finely chopped

50g raisins

60g mixed seeds (such as pumpkin, sesame, sunflower)

50g pecan nuts, finely chopped

150g porridge oats

## Method

- 1 Greece a shallow 20cm (8 inch) square tin.
- 2 Place the butter and honey in a saucepan and bring gently to the boil, stirring continuously, until the mixture bubbles.
- 3 Add the cinnamon, dried fruit, seeds and nuts, then stir and heat for 1 minute.
- 4 Remove from the heat and add the oats. Stir well, then transfer to the prepared tin and press down well.
- 5 Bake in a preheated oven, 190°C (gas mark 5) for 15 minutes until the top is just beginning to brown.
- 6 Leave to cool in the tin. Then cut into 9 squares or bars to serve.
- 7 Store in an airtight container for up to 3 days.

## Nutrition Information

Typical Values	Per serving
Energy	305Kcal
Fat	15g
Carbohydrate	32g
Protein	5g
Salt	0.2g
Fibre	5.3g





# LEMON PROTEIN POSSET

A protein enriched take on the classic creamy posset

**Preparation Time:** 5 mins + 1 hour chilling time

**Cooking Time:** 10 minutes



• MAKES 4 LARGE OR 8 SMALL PORTIONS •

## Ingredients

500ml Double Cream

100mls Caster Sugar

Zest 1 lemon

Juice of 2 whole lemons

100g Skimmed Milk Powder

## Method

- 1 Put sugar/ lemon zest and double cream into a non-stick saucepan on a low heat until the sugar is dissolved.
- 2 Then pour in the skimmed milk powder and turn up the heat a little, keep stirring until the skimmed milk powder dissolves completely into the mixture and it is starting to bubble at the edges.
- 3 Remove from the heat and stir in the lemon juice, then strain the liquid into a jug.
- 4 Pour equal volume into serving dishes (makes 4 medium portions or 8 small portions).
- 5 Chill for at least 1 hour to set.

## Nutrition Information

Typical Values	Per serving (serves 8)
Energy	413Kcal
Fat	34g
Carbohydrate	21g
Protein	6g
Salt	0.2g
Fibre	0.1g









# TREACLE BREAD

A heart-warming treat that's quick and easy to make

**Preparation Time:** 5 minutes

**Cooking Time:** 40 minutes



• MAKES 1X 2LB LOAF / SERVES 8 SLICES (APPROX.) •

## Ingredients

450g self-raising flour, sieved

3 Tbsp. black treacle (45g)

200mls. full fat milk

2 eggs (110g)

2 Tbsp. sugar (30g)

1 tsp. mixed spice (5g)

1 tsp. ginger (5g)

125g raisins

## Method

**1** In a large bowl mix together the flour, sugar, mixed spice, ginger and raisins.

**2** Mix the treacle, milk, and eggs together and add into the dry ingredients.

**3** Place mixture into a 2lb loaf tin that has been greased and bake for 40 minutes at 180°C, test the centre of the loaf with a knife, if it is still too moist continue cooking for another 10 mins.

**4** Serve with butter.

## Nutrition Information

Typical Values	Per serving
Energy	314Kcal
Fat	3g
Carbohydrate	61g
Protein	8g
Salt	0.1g
Fibre	3.2g





— DESSERTS —

**15 Recipes**





# BANANA DESSERT

This quick dessert couldn't be more simple to make. Prepare a large batch and keep in the freezer for a failsafe tasty treat, ready to eat at any time!

**Preparation Time:** 5 minutes  
**Freezing Time:** 2 hours



• SERVES 1 •

## Ingredients

1 medium banana, peeled and sliced into rounds (100g)

10g ground almonds

2 tsp. maple syrup (10ml)

2 Tbsp. double cream (30ml)

20g skimmed milk powder

1 tsp. vanilla extract (5ml)

## Method

- 1 Freeze the banana pieces for at least 2 hours.
- 2 Blend the frozen banana pieces, almonds, maple syrup, cream, skimmed milk powder and vanilla extract until the mixture is soft, creamy and pureed texture. Add some milk if it is difficult to blend.
- 3 Serve or freeze for later.

## Nutrition Information

Typical Values	Amount per serving
Energy	392kcal
Fat	22.7g
Carbohydrate	38.2g
Protein	10.3g
Salt	0.6g
Fibre	2.5g

A good source of vitamin A and B6







# CHOCOLATE AVOCADO MOUSSE

A dairy-free twist on chocolate mousse uses the creamy texture of avocados to replace cream and add nutrition

**Preparation Time:** 10 minutes  
**Chilling Time:** 4 hours



• SERVES 4 •

## Ingredients

- 2 Tbsp. coconut oil (30ml)
- 150g 70% dark chocolate
- 1 Tbsp. cocoa powder (15g)
- 6 pitted Medjool dates (150g)
- 2 large ripe avocados, pitted (400g)
- 4 Tbsp. coconut milk (60ml)
- 2 Tbsp. maple syrup (30ml)
- 1 tsp. vanilla extract (5ml)

## Method

- 1 Make a bain-marie by filling a small pot half full with water with water and placing a small metal bowl on top of the pot. Make sure the bowl is not touching the water in the pot. Boil the water and then turn down to a simmer.
- 2 Place the oil, chocolate and cocoa in the bowl and leave to slowly melt. Set aside.
- 3 In a blender or food processor, add the remaining ingredients and blend until almost smooth.
- 4 Add in the chocolate mixture and continue to blend until completely smooth.
- 5 Scoop the mix into a large bowl, or 4 small ramekins. Place in refrigerator to firm up for 4 hours.

## Nutrition Information

Typical Values	Amount per serving
Energy	605kcal
Fat	42.8g
Carbohydrate	37.8g
Protein	7.2g
Salt	0.1g
Fibre	2.9g

A good source of vitamin E & B6.





# FROZEN YOGURT DESSERT

A high protein, low guilt sweet treat, which provides you with part of your daily recommendation for calcium, iron and is a good source of fibre.

**Preparation Time:** 5 minutes  
**Freezing Time:** 30 minutes



• SERVES 4 •

## Ingredients

500g Greek-style yoghurt

500g frozen raspberries/  
berries

5 Tbsp. honey (75g)

50g chopped dark or milk  
chocolate chips

## Method

- 1 For food safety, fresh or frozen berries should be stewed first to kill any bacteria and allowed to cool before including in this recipe.
- 2 Place yogurt, frozen berries and honey in a food processor. Mix until blended and the mix is completely smooth.
- 3 Add chocolate pieces and stir by hand until combined.
- 4 Chill in freezer for at least 30 minutes and serve.

## Nutrition Information

Typical Values	Amount per serving
Energy	302kcal
Fat	15.7g
Carbohydrate	31.7g
Protein	10.5g
Salt	0.3g
Fibre	8.8g

A good source of protein and fibre. Rich in vitamin C & B2. A good source of B12, calcium and iron.





# ORANGE AND ALMOND CAKE

'A soft and mouth-watering cake that uses heart-healthy fats'

**Preparation Time:** 15 minutes

**Cooking Time:** 45 minutes



• **SERVES 8** •

## Ingredients

- 100g olive oil
- 100g caster sugar
- 2 eggs (100g)
- 100g ground almonds
- 150g self-raising flour /150g plain flour + 1 ½ tsp. baking powder
- Zest and juice of 1 orange (50ml)
- Small pot Greek yogurt (100g)

## Method

- 1 Preheat the oven to 180°C. Grease a 20cm round tin.
- 2 Beat together the eggs and sugar.
- 3 Add the olive oil and mix well.
- 4 Gently stir in the ground almonds and flour.
- 5 Mix in 40g yogurt, zest of the orange and half of the juice.
- 6 Bake for 45 minutes.
- 7 Put the rest of the orange juice in a pan over high heat, and allow to reduce to syrup.
- 8 Serve the cake with a tbsp. of Greek-style yogurt and a spoon of syrup.

## Nutrition Information

Typical Values	Per slice (served with yogurt and syrup)
Energy	352kcal
Fat	22.6g
Carbohydrate	28.4g
Protein	7.7g
Salt	0.2g
Fibre	1.8g

**Good source of calcium. High in heart healthy, unsaturated fats.**









# APRICOT AND RAISIN BREAD AND BUTTER PUDDING, VANILLA ICE CREAM AND WARM FUDGE AND CHOCOLATE SAUCE

A luxurious twist on classical bread pudding

**Preparation Time:** 20 minutes

**Cooking Time:** 60 minutes



• SERVES 4 •

## Ingredients

- 150ml full-fat milk
- 150ml double cream
- 1 tsp. vanilla extract
- 25g butter, for greasing
- 1/2 loaf of sliced white bread
- 75g dried apricots, chopped
- 75g raisins
- 3 eggs
- 2 egg yolks
- 4 Tbsp. caster sugar (60g)

### Hot chocolate sauce

- 85g dark chocolate
- 150ml double cream
- 85g fudge

## Method

- 1 Preheat the oven to 150°C. Grease a casserole dish with the butter.
- 2 Place the milk, cream and vanilla into a saucepan over a low heat and heat until steaming, but not boiling. Remove from the heat and leave to infuse for ten minutes.
- 3 Place dried fruit between the layers of buttered bread in the dish.
- 4 Whisk the eggs, egg yolks and caster sugar together in a bowl, and then gradually pour over the infused milk mixture, stirring constantly.
- 5 Pour the custard mixture over the bread and dried fruit and transfer to the oven to bake for 45-60 minutes, or until the custard is set and the bread is golden-brown.
- 6 Meanwhile, for the chocolate sauce, heat the chocolate and cream together in a pan over a low heat, stirring continuously until combined. Once combined stir in the fudge and stir until dissolved.
- 7 Serve the bread and butter pudding with chocolate sauce and a scoop of ice-cream.

## Nutrition Information

Typical Values	Per serving (pudding alone)	Per serving (with ice-cream and fudge sauce)
Energy	728kcal	1223kcal
Fat	35.8g	70.6g
Carbohydrate	80.6g	121.3g
Protein	18.5g	22.9g
Salt	1.7g	1.8g
Fibre	4.7g	5.4g

One portion served with ice-cream and sauce provides half of your daily iron requirement, over 1/3 of your calcium requirements and 1/4 of your vitamin D requirements.





# EASY CHEESECAKE

A colourful dessert that takes virtually no preparation- just assemble and leave to chill for a cool, zesty treat

**Preparation Time:** 10 minutes  
**Chilling Time:** 2 hours



• SERVES 4 •

## Ingredients

100g shortbread biscuits,  
crushed

1 x 300g tub full-fat soft  
cheese

Zest and juice of 1 lemon  
(20ml)

60g icing sugar

A punnet of berries

## Method

- 1 Divide the crushed biscuits between 4 glasses.
- 2 Beat the soft cheese, lemon juice, zest and 3/4 of the sugar together and spoon this mixture on top of the biscuits.
- 3 Heat the berries slightly and mix in the remaining icing sugar. Allow to cool.
- 4 Spoon the berries over the cheesecake mixture. Leave to set in the fridge for a few hours.

## Nutrition Information

Typical Values	Per serving
Energy	440kcal
Fat	30.2g
Carbohydrate	31.9g
Protein	8.4g
Salt	0.8g
Fibre	3.3g





# TIRAMISU

A pared-back version of the decadent Italian favourite- the biscuits are soaked in liquid making the dessert is very soft and easy to chew.

**Preparation Time:** 10 minutes  
**Cooking Time:** Nil



• SERVES 8-10 PORTIONS •

## Ingredients

- 1 tub mascarpone cheese (250g)
- 1 large carton cream (500ml)
- 8 Tbsp. icing sugar (120g)
- 1 small cup strong coffee (200ml)
- 3 ½ Tbsp. Tia Maria or Kahlua (50ml)
- 1 Tbsp. vanilla extract
- 24 sponge finger biscuits
- 2 tsp. cocoa powder (10g)
- 100g flaked almonds

## Method

- 1 Whisk the cream, mascarpone and sugar until thick.
- 2 Mix the coffee, Tia Maria and vanilla in a bowl.
- 3 Dip the biscuits into the coffee mixture and place 12 in a bowl/dish or divide among individual glasses.
- 4 Top with half of the mascarpone mix, then the rest of biscuits and finish with the remainder of the mascarpone mix.
- 5 Sieve the cocoa powder over the top and sprinkle with flaked almonds. Chill for 2 hours in the fridge.

## Nutrition Information

Typical Values	Per serving
Energy	433kcal
Fat	33.7g
Carbohydrate	26.3g
Protein	5.4g
Salt	0.1g
Fibre	1.6g







# WHITE CHOCOLATE-STRAWBERRY MOUSSE

A simple sweet dessert that couldn't be easier to make

**Preparation Time:** 10 minutes  
**Chilling Time:** 2 hours



• SERVES 6 •

## Ingredients

### Mousse

350ml double cream

230g premium quality white chocolate, finely chopped

1 tsp. orange zest (5g)

### Strawberry Sauce

300g fresh strawberries, stemmed and hulled

2 Tbsp. honey (30g), optional

Juice of one orange (50ml)

## Method

- 1 Heat half the cream in a pot until it comes to the boil.
- 2 Place the chopped white chocolate in a bowl and immediately pour on the boiled cream.
- 3 Allow to sit for one minute without stirring.
- 4 After one minute gently stir until all the chocolate has melted.
- 5 Allow to cool but not set and add the orange zest.
- 6 Lightly whisk the remaining cream and fold into the cooled chocolate mixture.
- 7 Pour mixture into six individual glasses or one large serving bowl.
- 8 Heat the strawberries in a pot and allow to stew.
- 9 In a food processor or blender, puree the strawberries with the honey and orange juice on high speed until smooth. Chill the sauce and serve with the mousse.

## Nutrition Information

Typical Values	Amount per serving
Energy	525kcal
Fat	43.5g
Carbohydrate	30.9g
Protein	4.4g
Salt	0.1g
Fibre	2.0g

Rich in vitamin A and C. A good source of riboflavin and phosphorus





# APPLE WITH GROUND ALMONDS AND PINE NUTS

This recipe is a great way of getting fruit into your diet without compromising on calories and protein.

**Preparation Time:** 5 minutes  
**Cooking Time:** 15 minutes



• SERVES 2 •

## Ingredients

50g butter

2 cooking apples, peeled and chopped (300g)

60g ground almonds

50g pine nuts, toasted

2 Tbsp. caster sugar (30g)

50ml double cream,  
whipped/ custard

## Method

- 1 Heat the butter in a pan and cook the apples until soft.
- 2 Add the ground almonds, nuts and sugar and cook for a further 2 minutes.
- 3 Serve the stewed apple hot or cold with whipped cream or custard.

## Nutrition Information

Typical Values	Per serving
Energy	673kcal
Fat	58.8g
Carbohydrate	27.6g
Protein	5.4g
Salt	0.4g
Fibre	6.0g





# SMOOTHIES & — NOURISHING — DRINKS

## 17 Recipes

These recipes are particularly useful for those with swallowing difficulties or a sore mouth. They are also ideal snacks if cooking smells are off-putting. Having a ready supply of fruit and ice-cream in the freezer means a variety of chilled, refreshing smoothies can be whipped up in very little time.

Normal bananas can be peeled, chopped and frozen in freezer bags for easy use. Tinned or frozen fruit also work well in smoothies. Any fresh or frozen berries used should be boiled briefly and allowed to cool before they are added to smoothies- this is to kill any bacteria that might be present. Any of the recipes below can also be made with fresh fruit and a few cubes of ice blitzed through too to chill it and thicken the consistency.

Using cream, full-fat milk, ice-cream, honey or flaxseed not only helps to thicken the smoothie but also boosts the nutritional content. Experiment with different fruits and additions in order to find the consistency and flavour that suits you best.



# APPLE AND AVOCADO SMOOTHIE

Preparation Time: 5 minutes

• SERVES 1 •



## Ingredients

- 1 small apple, peeled, cored and roughly chopped (100g)
- 1 small avocado (100g)
- Juice of ½ a lime (10ml)
- 1 Tbsp. honey (15g)
- 100ml full-fat milk
- Handful of ice
- 20g skimmed milk powder

## Method

- 1 Blend all of the ingredients together until smooth.

## Nutrition Information

Typical Values	Amount per serving
Energy	418kcal
Fat	23.6g
Carbohydrate	39.9g
Protein	12.9g
Salt	0.7g
Fibre	7.9g

Rich in vitamin E, B6 and B12





# BANANA PEANUT BUTTER SMOOTHIE

Preparation Time: 5 minutes

• SERVES 2 •



## Ingredients

- 1 large ripe banana, peeled (120g)
- 100ml full-fat milk
- A scoop of vanilla ice-cream (60g)
- 2 Tbsp. smooth peanut butter (30g)
- 50ml cream
- Handful of ice
- 20g skimmed milk powder

## Method

- 1 Blend all of the ingredients together until smooth.

## Nutrition Information

Typical Values	Amount per serving
Energy	309kcal
Fat	17.6g
Carbohydrate	28.0g
Protein	11.3g
Salt	0.5g
Fibre	2.0g

Rich in vitamin B12 and biotin



# CHOCOLATE BANANA SMOOTHIE

Preparation Time: 5 minutes

• SERVES 2 •



## Ingredients

300ml full-fat milk  
1 Tbsp. chocolate spread (15g)  
1 medium banana, peeled and frozen (100g)  
2 Tbsp. double cream (30ml)  
2 Tbsp. milled flaxseed (30g)  
Handful of ice  
20g skimmed milk powder

## Method

- 1 Blend all of the ingredients together until smooth.

## Nutrition Information

Typical Values	Amount per serving
Energy	391kcal
Fat	24.7g
Carbohydrate	28.3g
Protein	13.1g
Salt	0.4g
Fibre	5.2g

Rich in vitamin B12 and iodine



# CREAMY BERRY SMOOTHIE

Preparation Time: 5 minutes

• SERVES 2 •



## Ingredients

200ml apple or any fruit juice  
6 Tbsp. Greek-style yogurt (90g)  
6 Tbsp. vanilla ice-cream (90g)  
6 Tbsp. full-fat cream cheese (90g)  
50g fresh or frozen strawberries/  
raspberries  
2 tsp. honey (10g)  
Handful of ice  
20g skimmed milk powder

## Method

- 1 Blend all of the ingredients together until smooth.

## Nutrition Information

Typical Values	Amount per serving
Energy	373kcal
Fat	23.1g
Carbohydrate	31.3
Protein	11.6g
Salt	0.8g
Fibre	0.6g

A good source of vitamin C, B2 and phosphorus



# FROZEN FRUIT SMOOTHIE

Preparation Time: 5 minutes

• SERVES 2 •



## Ingredients

- 1 medium ripe banana, peeled (100g)
- 150g frozen strawberries
- 5 Tbsp. Greek-style yogurt (75g)
- 50g unsalted cashew nuts
- 50g oats
- 200ml full-fat milk
- 20g skimmed milk powder

## Method

- 1 Blend all of the ingredients together until smooth.

## Nutrition Information

Typical Values	Amount per serving
Energy	446kcal
Fat	21.3g
Carbohydrate	48.8g
Protein	17.4g
Salt	0.5g
Fibre	5.0g

**A good source of protein. Rich in vitamin C & B vitamins. Good source of calcium, iron, & zinc.**



# GINGER AND RASPBERRY SMOOTHIE

Preparation Time: 5 minutes

• SERVES 2 •



## Ingredients

- 1 tsp. fresh ginger, chopped (10g)
- 140g frozen raspberries
- 1 glass apple juice (200ml)
- 2 tsp. honey (15g)
- 2 Tbsp. milled flaxseed (30g)
- 20g skimmed milk powder

## Method

- 1 Blend all of the ingredients together until smooth.

## Nutrition Information

Typical Values	Amount per serving
Energy	174kcal
Fat	5.0g
Carbohydrate	25.1g
Protein	6.8g
Salt	0.3g
Fibre	7.8g

**A good source of fibre. Rich in vitamin C**



# HIGH FIBRE SMOOTHIE

Preparation Time: 5 minutes

• SERVES 2 •



## Ingredients

8 dried figs (150g)

2 Tbsp. cold, cooked porridge (30g)

200g Greek-style yogurt

100ml full-fat milk

2 Tbsp. honey (30g)

Handful of ice

20g skimmed milk powder

## Method

- 1 Blend all of the ingredients together until smooth.

## Nutrition Information

Typical Values	Amount per serving
Energy	417kcal
Fat	14.2g
Carbohydrate	61.4g
Protein	14.4g
Salt	0.8g
Fibre	9.4g

**A good source of fibre. Rich in vitamin B12, calcium & iron.**





# HOT CHOCOLATE

Preparation Time: 10 minutes

• SERVES 1 •



## Ingredients

150ml full-fat milk

75ml single cream

50g chocolate, chopped

20g skimmed milk powder

## Method

- 1 Heat the milk and cream in a saucepan, stirring gently.
- 2 Once boiling, remove from the heat and add in the chocolate pieces and stir until melted.
- 3 Add the skimmed milk powder and stir.
- 4 Pour into a mug and serve.

## Nutrition Information

Typical Values	Amount per serving
Energy	570kcal
Fat	34.3g
Carbohydrate	50.5g
Protein	17.1g
Salt	0.8g
Fibre	1.9g

Rich in B vitamins. A good source of vitamin A & calcium.



# MINT MILKSHAKE

Preparation Time: 5 minutes

• SERVES 1 •



## Ingredients

2 large scoops vanilla ice-cream (150g)

75ml full-fat milk

1 drop of peppermint

3 Tbsp. chocolate syrup/spread (45g)

20g skimmed milk powder

## Method

- 1 Blend all of the ingredients together until smooth.

## Nutrition Information

Typical Values	Amount per serving
Energy	659kcal
Fat	35.8g
Carbohydrate	70.7g
Protein	17.0g
Salt	0.9g
Fibre	0.2g

**Rich in B vitamins. A good source of vitamin A & calcium**



# NUTTY MANGO AND BANANA SMOOTHIE

Preparation Time: 5 minutes

• SERVES 2 •



## Ingredients

250ml orange juice

5 Tbsp. Greek-style yogurt (75g)

150g mango

1 medium banana, peeled (100g)

50g oats

2 Tbsp. smooth peanut butter (30g)

20g skimmed milk powder

## Method

- 1 Blend all of the ingredients together until smooth.

## Nutrition Information

Typical Values	Amount per serving
Energy	397kcal
Fat	13.9g
Carbohydrate	56.9g
Protein	14.3g
Salt	0.5g
Fibre	3.8g

**A good source of protein. Rich in vitamin C & B vitamins.  
A good source of iron.**



# OATMEAL SMOOTHIE

Preparation Time: 5 minutes

• SERVES 2 •



## Ingredients

100g porridge oats

1 Tbsp. honey (15g)

200g Greek-style yogurt

1 medium banana, peeled (100g)

30g ground almonds

100g Strawberries

Handful of ice

20g skimmed milk powder

## Method

- 1 Blend all of the ingredients together until smooth.

## Nutrition Information

Typical Values	Amount per serving
Energy	510kcal
Fat	21.3g
Carbohydrate	63.7g
Protein	19.3g
Salt	0.5g
Fibre	7.2g

**Rich in vitamin C & B vitamins. A good source of calcium & iron.**



# ORANGE CRUSH SMOOTHIE

Preparation Time: 5 minutes

• SERVES 1 •



## Ingredients

100mls orange juice

50mls pineapple juice

50ml full-fat milk

5 Tbsp. Greek-style yogurt (75g)

1 Tbsp. milled flaxseed (15g)

20g skimmed milk powder

## Method

- 1 Blend all of the ingredients together until smooth.

## Nutrition Information

Typical Values	Amount per serving
Energy	352kcal
Fat	17.3g
Carbohydrate	30.5g
Protein	17.3g
Salt	0.8g
Fibre	4.7g

A good source of protein, vitamin B12 and calcium.  
Rich in vitamin C



# PEACH SMOOTHIE

Preparation Time: 5 minutes

• SERVES 1 •



## Ingredients

150g tinned peaches  
80ml full-fat milk  
80g ice-cream  
2 Tbsp. honey (30g)  
Pinch cinnamon (1g)  
20g skimmed milk powder

## Method

- 1 Blend all of the ingredients together until smooth.

## Nutrition Information

Typical Values	Amount per serving
Energy	417kcal
Fat	11.1g
Carbohydrate	69.0g
Protein	13.6g
Salt	0.8g
Fibre	2.7g

**Rich in vitamin B12. A good source calcium.**





# RASPBERRY MANGO SMOOTHIE

Preparation Time: 5 minutes

• SERVES 2 •



## Ingredients

100g frozen raspberries

100g mango

300ml full-fat milk

100ml cream

2 tsp. honey (10g)

30g ground almonds

20g skimmed milk powder

## Method

- 1 Blend all of the ingredients together until smooth.

## Nutrition Information

Typical Values	Amount per serving
Energy	376kcal
Fat	23.8g
Carbohydrate	27.7g
Protein	14.0g
Salt	0.5g
Fibre	6.7g

Rich in vitamin C & B vitamins. A good source of vitamin A & calcium.



# STRAWBERRY, PEANUT BUTTER AND BANANA SMOOTHIE

Preparation Time: 5 minutes

• SERVES 2 •



## Ingredients

200g Greek-style yogurt

100g strawberries

1 medium banana, peeled (100g)

3 Tbsp. smooth peanut butter (45g)

50ml full-fat milk

20g skimmed milk powder

## Method

- 1 Blend all of the ingredients together until smooth.

## Nutrition Information

Typical Values	Amount per serving
Energy	375kcal
Fat	23.2g
Carbohydrate	25.5g
Protein	17.1g
Salt	0.7g
Fibre	3.7g

**A good source of protein, calcium & vitamin E.  
Rich in vitamin C & B Vitamins.**



# TANGY LEMON MILKSHAKE

Preparation Time: 5 minutes

• SERVES 1 •



## Ingredients

- 2 scoops vanilla ice-cream (150g)
- 50ml full-fat milk
- 1 tsp. lemon juice (5ml)
- 1 Tbsp. lemon curd (15g)
- 20g skimmed milk powder

## Method

- 1 Blend all of the ingredients together until smooth.

## Nutrition Information

Typical Values	Amount per serving
Energy	412kcal
Fat	17.5g
Carbohydrate	51.6g
Protein	14.3g
Salt	0.9g
Fibre	0.3g

Rich in B vitamins. A good source of calcium.



# TASTY TROPICAL SMOOTHIE

Preparation Time: 5 minutes

• SERVES 2 •



## Ingredients

1 large banana, peeled (120g)  
1 small peach, stone removed (80g)  
1 small mango, skin and stone removed (160g)  
100ml full-fat milk  
2 Tbsp. honey (30g)  
1 Tbsp. ground almonds (15g)  
20g skimmed milk powder  
100ml cream

## Method

- 1 Blend all of the ingredients together until smooth.

## Nutrition Information

Typical Values	Amount per serving
Energy	337kcal
Fat	14.7g
Carbohydrate	44.6g
Protein	9.6g
Salt	0.4g
Fibre	5.0g

**Rich in vitamin C. A good source of B vitamins.**

# CONTRIBUTORS



## **Dr. Aoife Ryan PhD BSc, MINDI, Lecturer in Nutritional Sciences, University College Cork**

Aoife graduated from TCD/DIT with a BSc Human Nutrition & Dietetics in 2000 and completed her PhD at Trinity College Dublin in 2007. She was Assistant Professor of Nutrition at New York University from 2008–2010 and took up position as Lecturer in Nutritional Sciences at University College Cork in 2011. She has been awarded a number of research grants to investigate nutrition and cancer. Her main area of interests are: disease related malnutrition, cancer cachexia and sarcopenia. Her team at UCC have previously developed three cookbooks for patients with cancer.



## **Dr. Éadaoin Ní Bhuachalla PhD, RD, BSc, MINDI**

Éadaoin graduated with an honours degree in Human Nutrition and Dietetics from DIT/TCD 2013. Since then she has worked as a research dietitian in University College Cork and Mercy University Hospital, Cork where her research has focused on the role of nutrition in cancer recovery and cancer prevention. She completed her PhD at UCC in 2017. She is also a member of the Irish Nutrition and Dietetics Institute (INDI).



## **Fiona Dwyer BSc MSc**

Fiona graduated with a BSc Nutritional Sciences degree from UCC in 2015. After graduating she worked as a research nutritionist at UCC with Dr Aoife Ryan and completed her MSc in 2017. She has a strong passion for cooking and a keen interest in tailoring recipes to suit people's needs and believes that food can sometimes be the best medicine.



### **Ann O' Connor**

Ann O' Connor MA in Management in Education is currently employed as a Culinary Arts Lecturer in the Department of Tourism and Hospitality at The Cork Institute of Technology. Ann is course coordinator of The Total Immersion chef Programme (TICP) an innovative programme devised to assist career changer pursue qualification in culinary disciplines. She also lecturer on the BA in Culinary Arts Programme, which is a part-time course for advanced students working in the hospitality industry.. Her main area of expertise is pastry and confectionery. Ann's research interests include Nutritional Analysis, Recipe Testing and Development. Ann has extensively researched Emotional Intelligence of chef's and its impact on workplace behaviour. She has judged culinary competitions both nationally and internationally.



### **Jane Healy BSc BA MA, DipTLHE**

Jane Healy works as a part time Culinary Arts lecturer in The Tourism and Hospitality Department in Cork Institute of Technology. Jane graduated from UCC with a BSc and also studied in CIT as a mature student to complete a BA in Culinary Arts. She has recently written an MA by research thesis focussing on food choices made by consumers and associated health issues. Jane has many years of experience teaching cooking skills and the benefits of a healthy diet, combining a life-long interest in food, cooking and nutrition.



### **Dr Sharon Kennelly PhD RD MINDI**

Sharon Kennelly is employed by the HSE as Clinical Specialist Community Dietitian for Older Persons, and has been re-assigned since 2016 to lead nutrition projects as part of the national HSE service improvement programme for community funded schemes. Sharon completed her PhD in the area of appropriate management of malnutrition in the community which involved training healthcare professionals to identify and manage malnutrition . She has clinical experience of over 10 years working with patients who are have lost weight unintentionally because of their disease or social circumstances. She set up the HSE national malnutrition working group for community dietitians to improve communication, share resources and help improve practices among community dietitians working with clients who are at risk of malnutrition.





## **Marta & Jakub Miklinska**

Marta is a Dublin-based freelance food & lifestyle photographer. Her affection for photography started along with her journal Loaf Story where she documents beautiful food she discovers on her way throughout her passion. Jakub is a full time chef with over 15 years of experience in the United States and Ireland. They regularly collaborate with other creative types & brands and work with variety of editorial and advertising clients as well as cookbook publications.

After 6 years together, they are always continuing to evolve together as husband and wife and professional colleagues.

### **A special thanks to the following dietitians for their help with this project:**

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### **Thanks also to the following people who made contributions to this book:**

Cathriona Brennan (Cork) recipe page 89; Philip Brazil (Chef) recipe page 187.





## NOTES

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