GOOD NUTRITION

for cancer recovery

HIGH PROTEIN, HIGH CALORIE RECIPES FOR THOSE EXPERIENCING CANCER-INDUCED WEIGHT LOSS

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breakthrough
CANCER RESEARCH

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The production of this book was supported by Breakthrough Cancer Research, an Irish medical research charity focused on cancer.

Breakthrough is committed to funding research to improve cancer care and outcomes. We passionately believe research is the best way, to make more survivors of cancer, with the best possible quality of life.

www.breakthroughcancerresearch.ie

The contents of this book have been endorsed by the Irish Nutrition & Dietetic Institute (INDI), the Irish Society of Medical Oncology (ISMO), The Irish Society for Clinical Nutrition and Metabolism (irSPEN) and the National Cancer Control Programme (NCCP).

INDI
Irish Nutrition + Dietetic Institute

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nccp
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PLEASE NOTE:

The advice and recipes included in this book are specifically tailored for people with cancer who are losing weight due to their disease or the treatment they are receiving.

One size does not fit all - it is essential that you consult with your doctor or dietitian on whether the advice in this book is appropriate for you. If you have any other conditions besides cancer, it is important to talk to your nurse, doctor or dietitian for specific advice. This book 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.

CONTENTS

WELCOME 7

- Letters from the authors 8
- What is cancer? 14
- Benefits of good nutrition 14
- Cancer-induced weight loss 15
- Check your weight - weight tracking chart 16
- Problems which may affect eating 17
- Myths, questions and misconceptions 25
- Making every spoonful count: a guide to enriching your food 31
- Household measurement 32
- Recipe key 32
- Food safety 33
- Store cupboard essentials 34
- Making use of your freezer 36
- A note on Skimmed Milk Powder 37

INDEX OF RECIPES 38

- Soups 45
- Light meals 87
- Main meals 123
- Snacks 177
- Sides 215
- Desserts 229
- Smoothies & nourishing drinks 255

- List of contributors 274
- Acknowledgements 277

Welcome to

GOOD NUTRITION FOR CANCER RECOVERY

Not only does good nutrition during cancer recovery help you to feel better, it has also been proven to improve treatment outcomes, lower your risk of complications and help you to heal and recover faster. If you have a good appetite and your weight is normal then a healthy eating diet will provide you with the nutrients you need to fight your disease.

Unfortunately, eating and maintaining weight can be a difficult task for many cancer sufferers. Weight loss during cancer treatment has been proven to negatively impact recovery and is also distressing for patients. This book has been created by oncology dietitians to provide patients with advice on how best to combat cancer-induced 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 book you will find a bank of quick, easy and energy and protein-dense recipes that have been created specifically for people who find it hard to maintain weight.

We hope you find this book helpful and enjoy experimenting with the recipes provided.

LETTER FROM THE AUTHORS

Welcome to the second edition of Good Nutrition for Cancer Recovery.

When we published the first edition of this book in 2013 we could never have anticipated its popularity amongst health care providers and patients with cancer. Twenty thousand free copies were distributed throughout Ireland and it won 'Best Patient Education Initiative' at the Irish Health Care Awards in 2015. It has been out of print now for almost two years and we have received almost weekly requests for a second edition. Thanks to generous funding from Breakthrough Cancer Research we are now in a position to make 20,000 copies of the second edition available.

This book is for people with cancer who are experiencing cancer-induced weight loss. This affects 30-80% of patients with solid tumours and is associated with poorer tolerance to chemotherapy, impaired quality of life, more frequent hospital admissions and significantly reduced survival.

International data has shown that cancer patients who lose more than 10% of their pre-illness weight have death rates that are significantly higher than weight-stable cancer patients. The reasons for this are cancer patients tolerate less treatment (chemotherapy) and develop more side effects of treatment.

Even though many patients with cancer try to eat as much food as they can, they are unfortunately dealing with a series of complex changes in their metabolism. The cancer itself produces many 'hormones' that directly break down muscle and fat stores. It also switches on the immune system to produce chemicals that cause inflammation in the body and also reduce appetite. The net result can be rapid weight loss over a short period of time. Medics often refer to it as 'cachexia' . It is a huge challenge to get these patients to stabilise their weight, and even a greater challenge to get them to gain weight.

At present we have no effective drug therapy to either improve metabolism, cause weight gain, or safely stimulate appetite. Food and food supplements are really all we can offer at present. This book was produced with funding from Breakthrough Cancer Research and allowed us to develop a resource of nourishing recipes enriched with extra energy and protein to help slow down weight loss.

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 cancer patients who are losing weight, with the impact of treatment side effects also being considered. Nutritional targets for meals were based on nutritional requirements outlined in the British Dietetic Association's guidelines for nutrition and hydration in nutritionally vulnerable patients.

Targets for main and light meals were set at 500-800 kcals per portion or above. Protein targets were set at a minimum of 15g per portion with a target of >23g protein per portion. Snacks were set at >300kcals and 5g protein, while soups and drinks >300kcal and 3g protein per serving.

In this second edition we took the opportunity to improve a lot of the recipes. We focused on increasing the protein content of meals as much as we could and expand the book to include more options for meals and snacks. We hope that this booklet brings the nutrition advice many cancer patients receive from their doctors and dietitians to life. In turn, we hope it helps in some small way improve the difficult and challenging treatment pathways cancer patients and their families endure.

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LETTER FROM CONSULTANT MEDICAL ONCOLOGIST

Every working day as a cancer specialist I am asked the question, “The weight is falling off of me Dr, is there any special foods I can eat to gain weight?”

I find this a very difficult question to answer. The mechanisms of involuntary weight loss due to cancer are very complex; poorly understood by medical professionals, and the situation is very hard to reverse. Weight loss that is not intended is a devastating condition for patients. I see it most commonly in patients with cancers of the gut (oesophagus, stomach, and pancreas) but also in lung cancer and many cancers at other organs in the body that are at an advanced stage of disease. There are many myths out there as to how to gain weight or even maintain weight during cancer treatment. None of these work.

The fundamental issue is how do we get patients to eat more calories and more protein. Doctors often prescribe high calorie drinks or supplements. I find these are often difficult for my patients to take for long periods of time, and they frequently express a preference for normal food. Steroids are also often prescribed but this can result in many problems such as agitation, fluid retention and high blood sugars. The appetite stimulant drugs Doctors can prescribe are not without risk and can have serious side effects. The use of multi-vitamins is very common but this has *no* effect on weight loss.

The cancer journey is a difficult one and the pleasure and benefit of eating is commonly lost due to either the disease itself or the treatment. Weight loss has a huge impact on a patient’s quality of life and medical research has shown that patients losing lots of weight find it much more difficult to tolerate chemotherapy and unfortunately have a reduced survival.

I am delighted to see a second edition of ‘Good Nutrition for Cancer Recovery’. The first edition of this book was so popular we couldn’t keep it in stock in my hospital. I personally witnessed countless patients gain weight and feel much better. I am delighted that we now have a second. I would like to congratulate and thank all involved.

Dr. Derek G. Power, BSc (Pharm), MRCPI
Consultant Medical Oncologist
Mercy and Cork University Hospitals

LETTER FROM CONSULTANT SURGICAL ONCOLOGIST

As Chairman of the Irish Society for Clinical Nutrition and Metabolism (IrSPEN), I am delighted to endorse Good Nutrition for Cancer Recovery.

Weight loss with attrition of muscle mass and associated weakness is a common consequence of cancer and its treatments. For some, this is so severe as to require nutritional support and monitoring in a hospital setting. For many, weight loss may be less severe but arouses considerable concern, and good advice is needed.

That is what this highly original book provides, and the recipes included can make a significant difference to nutritional wellbeing, confidence and quality of life for many cancer patients.

Dr Aoife Ryan and her team of collaborators have done a wonderful job in bringing this idea to fruition. On behalf of IrSPEN I congratulate all concerned for this initiative. There is little comparable in the international literature, and the book represents a most valuable addition to the overall support of the wellbeing of patients facing cancer and its therapies, or in survivorship.

Professor John V Reynolds, MA, MB, BCh, MCh, FRCSI Chairman of IrSPEN,
Professor of Clinical Surgery, St. James's Hospital, Dublin and Trinity College Dublin.

LETTER FROM C.E.O OF I.N.D.I

The INDI is delighted to be involved with this very worthwhile and practical initiative for cancer patients.

There are many changes following a cancer diagnosis and often the routines and rhythms of normal life can feel suspended or altered. There is a real need to ensure that patients are well supported to ensure that they are strong enough to derive the maximum benefit from the therapies that will come their way.

This is where the dietitian can provide invaluable advice. Dietitians work with patients and their families to develop personal nutrition plans that encompass hospital and home and sustain patients on their journey back to full health and wellness.

We are very proud of our members Dr.Aoife Ryan and Dr.Éadaoin Ní Bhuachalla, that they identified a gap in knowledge support for patients and families and that they took the initiative to do something about it.

The result is this cookbook, a great resource for patient and healthcare professionals alike because we know that good nutrition input leads to better patient outcomes.

Jennifer Feighan
CEO of The Irish Nutrition and Dietetic Institute

This will only happen when we invest in research.

By donating to Breakthrough Cancer Research, you are supporting world-class research into poorer prognosis cancers. Our research focuses on developing new innovative treatments for cancer and improving the quality of lives of patients.

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INTRODUCTION

WHAT IS CANCER?

Every part of our body is made up of small units called cells. These cells are constantly growing, dividing, dying off and being replaced. This cycle is essential for the human body to function and is very tightly controlled in healthy individuals.

Cancer occurs when the body's cells divide and multiply without control. Cancerous cells rapidly split and copy themselves which results in many new cancerous cells being formed. This uncontrollable growth can cause cancer cells to spread to other parts of the body. These cells do not die off as normal cells do and eventually these accumulating cancer cells form lumps or tumours.

Cancer can occur anywhere in the body and there are many different forms. Each type of cancer will have a unique effect on the body and can cause different symptoms in different people.

BENEFITS OF GOOD NUTRITION

Eating a nutritious diet is essential during cancer.

Research has shown that weight loss caused by cancer and cancer treatment can reduce your response to treatment, increase treatment-related side effects and reduce your overall survival. This type of unintentional weight loss is stressful and can majorly affect your overall quality of life.

A healthy diet includes a variety of foods including carbohydrates, protein, fats, vitamins and minerals. A diet rich in energy and protein helps you to maintain a healthy weight during cancer. Side effects caused by the disease or its treatments can often make eating and maintaining a healthy weight a difficult task for cancer patients.

It is important to remember that keeping well-nourished is vital for recovery and yields many physical and mental benefits.

CANCER-INDUCED WEIGHT LOSS

Cancer itself or its treatments can greatly alter how your body uses the food you eat. Oftentimes your energy needs increase and your food intake decreases due to a poor appetite or other symptoms. This results in weight loss. Even if you are eating a normal amount of food, your body might not be using the nutrients in your food properly or it may be burning energy faster than usual.

No matter what the cause, it is essential that unintentional, rapid weight loss is addressed as it has a negative impact on recovery.

The most important thing you can do during cancer and weight loss is to eat little and often, snack frequently and introduce calories wherever possible. Please see page 31 for tips on enriching your meals.

CHECK YOUR WEIGHT

One of the key things you can do is monitor your weight.

To track your weight you should weigh yourself weekly. Ideally this should be done on the same day each week, 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

PROBLEMS WHICH MAY AFFECT EATING

Cancer and cancer treatments have different effects on everybody. The side effects can vary from person to person and not everybody will experience them. Chemotherapy can result in many of the side effects discussed below. Radiation therapy usually affects the area being treated e.g. receiving treatment to the head and neck may result in difficulty eating and swallowing. Surgery to remove a tumour can result in problems eating and digesting a normal diet. For some people, tube feeding may also be necessary post-surgery.

1. POOR APPETITE

A change in appetite is very common during cancer treatment. 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. See pages 179-213 for some snack ideas.
- Aim to have 1 pint of full-fat milk per day, or even better make fortified milk (see recipe on page 179).
- Drink at least 6 cups of fluids each day. However, 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 spending some 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 of sherry before a meal may boost your appetite - if your doctor allows it.

2. TIREDNESS

Fighting cancer and undergoing cancer 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.

- Get a friend or family member to do your shopping. Many larger shops deliver groceries directly to your house when you order online.

- Prepare your meals when you have energy and refrigerate or freeze them.

- Get help cooking meals.

- When too tired to cook, consume nourishing, high-calorie drinks such as milk, smoothies, juices, milkshakes 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. The most common cause of these symptoms is chemotherapy. 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 or nourishing fluids like milk and sports drinks.

- Eat little and often. Avoid skipping meals as 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 or those with strong odours.
- Drink ginger ale or include ginger in meals as ginger helps to soothe nausea.
- Avoid your favourite foods when nauseated as you may grow to dislike them.
- Avoid eating 1-2 hours before treatment as this may help to lessen nausea.
- Try not to prepare meals when nauseated and rest after meals.

4. DIARRHOEA

Various cancer treatments can cause diarrhoea by irritating the lining of your digestive system. Medications and drugs may also cause diarrhoea, so discuss these with your doctor. The tumour itself can also stimulate diarrhoea in certain gut cancers. The most important thing to do is to remain hydrated and to replace the body's lost salts, called electrolytes.

- Constantly sip fluids such as sports drinks or carbonated beverages.
- Eat little and often.
- Limit high-fibre foods like beans, wholegrains and raw fruits and vegetables, as they may worsen diarrhoea.
- Pro-biotics may help alleviate symptoms but can interfere with chemotherapy, so consult your doctor first.
- 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.
- Dairy products can sometimes aggravate symptoms due to lactose sugars in milk.

5. CONSTIPATION

Chemotherapy may interfere with the nerve supply to the bowel and can cause constipation. Certain drugs and painkillers can make this worse. Surgery to the stomach or bowel may result in constipation due to problems pushing stool out. Tumours in the abdomen or bowel may make it difficult to have a bowel movement. Constipation is also caused by a lack of fibre, not enough exercise and not drinking enough water.

- 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 fluids you consume also.
- Certain drinks stimulate a bowel motion. These include prune juice, pineapple juice and hot drinks in the morning.
- 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 in this cookbook are good sources of fibre.
- If constipation is making you bloated, avoid foods like beans, broccoli, cauliflower and carbonated drinks.
- Gentle exercise can help prevent and treat constipation.
- 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 or flaxseed you eat.
- 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 sideeffect and/or require laxatives.

6. INDIGESTION AND REFLUX

Some chemotherapy or biological therapy drugs used to treat cancer can cause indigestion.

- 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 foods, 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 doctor about medications or other treatments which can help.

7. SORE MOUTH

Some anti-cancer drugs may result in sores forming in the mouth or cause mouth pain. Treatments to the head and neck area often result in a sore mouth and it can make eating and swallowing quite difficult.

- Eat soft foods like puddings and yoghurts. Moisten foods with gravy or sauces to make them easier to eat.
- Purée foods to make them easier to eat and swallow.
- Avoid rough textured foods like toast and foods that are overly tart, salty or vinegar-based.
- Sip fluids throughout the day.
- Cold foods such as ice-cream can help soothe a sore mouth.

8. DRY MOUTH

Chemotherapy and radiation therapy can damage salivary glands, reducing the amount of saliva in your mouth. This results in a dry mouth. This makes it a lot more difficult to eat and enjoy food.

- Sip fluids throughout the day to moisten your mouth.
- Maintain good dental health and oral hygiene. Milk helps protect teeth.
- Soft, moist, puréed foods are easier to eat. Add sauces to moisten foods.
- Rinsing your mouth with water and baking soda can help stimulate saliva.
- Avoid salty foods as well as spicy food, caffeine and alcohol which dry out your mouth further.
- It is best to avoid foods that stick to the roof of your mouth e.g. fresh bread and pastry.
- Chewing gum or sucking hard-boiled sweets may help to stimulate saliva.

9. DIFFICULTY SWALLOWING

Foods and thin liquids may cause coughing, choking or it may feel as though there is food caught in your throat. This can be caused by the cancer itself or by head and neck radiotherapy. Many people with difficulty swallowing lose a lot of weight – therefore, it is very important to maintain adequate nutrition.

- Moisten foods with sauces.
- Thickening thin liquids can make them easier to swallow. This can be done with corn-starch or a prescribed thickener.
- Finely chop meat and vegetables to make them easier to chew and swallow.
- Eat little and often and consume plenty of high-calorie drinks if you cannot eat.
- Purée foods to make them easier to swallow.

10. TASTE AND SMELL CHANGES

Cancer and cancer treatments can greatly affect your taste and smell. Foods that once appealed to you may no longer be desired. Your sensitivity to smells may increase and your taste may decrease, or often patients say that they have a metallic taste in their mouth. Foods may seem bitter, bland or salty.

- Try new foods and eat whatever appeals to you. You may suddenly like foods that you once disliked.
- Rinse your mouth with a solution of water and baking powder before and after eating to help normalise taste.
- Cold or lukewarm foods have a weaker taste and smell and may be more tolerable.
- If food tastes too bland, add herbs, seasoning, spices, garlic or onions to boost flavour. Fat is a great flavour carrier so add fats to meals freely.
- If there is a metallic taste in your mouth, rinse your mouth regularly and try eating with plastic utensils instead of metal ones.
- Marinating meats can help to mask any metallic tastes.

MYTHS, QUESTIONS & MISCONCEPTIONS

Below we discuss some of the most common myths and misconceptions that exist in relation to diet and cancer.

Q. SHOULD I FOLLOW A MEAT-FREE DIET?

Red meat is actually a very nourishing and healthy food when consumed in modest amounts. It is an excellent source of nutrients like protein, iron, zinc and vitamin B12. It's certainly not a problem to include small amounts of red meat as part of a healthy and balanced diet. The same cannot be said for processed meats, which have far less nutritional value. If you are a meat-eater, then when choosing meats, it's best to go for the fresh, unprocessed variety.

Q. SHOULD I BE TAKING SUPPLEMENTS?

In general, no, a healthy balanced diet should provide you with all the essential nutrients you need. You should consume a diet rich in fruit and vegetables, wholegrains and legumes, dairy or fortified alternatives and good quality meat and fish or plant foods rich in protein (such as tofu) in addition to healthy fats from oils, nuts and seeds.

However, there are some exceptions – it is recommended that vitamin D (10mg/day) supplements should be taken throughout autumn and winter months, once approved by a doctor. During the course of cancer treatment, your doctor may also prescribe dietary supplements in certain situations. For example, if your treatment involves hormonal therapy that could weaken your bones, your doctor may prescribe calcium and vitamin D supplements. Additionally, if you are finding it difficult to eat a normal, balanced diet due to the cancer or its treatment, your doctor or dietitian may recommend a good quality, daily multivitamin and mineral supplement, to be taken at the stated dose. If you exclude certain foods from your diet (e.g. meat or animal products) you may be at risk of certain nutrient deficiencies, especially vitamin B12 which cannot be obtained from plants and will need to be supplemented and a supplement may be recommended by your doctor.
In certain circumstances you may be prescribed vitamin supplements (either orally or as an injection) if you have had your stomach removed (gastrectomy) or parts of your small intestine. Your doctor or dietitian will discuss this with you. Many patients with cancer on treatment may also be prescribed iron supplements if their blood count is low.

Dietary supplements are widely used by people with cancer to help fight their cancer or make them feel better. While most supplements are safe for people to use alongside conventional cancer treatments, there is a risk that some type of supplements could interact with particular types of cancer drugs. For this reason, it's really important for cancer patients to get advice from their doctor before starting to take any dietary supplement.

Q. IS ORGANIC FOOD BETTER?

Organic produce refers to those grown without using artificial fertilisers, pesticides or chemicals. Organic foods are generally more expensive and are becoming increasingly popular due to claims that the produce is safer and more nutritious. However, the nutritional composition of foods is not altered when grown organically so organic fruit and vegetables have the same nutritional composition as non-organic varieties.

On top of this, there is no strong evidence to link organic foods with a reduced risk of cancer. In Europe, the level of pesticides on food is tightly regulated and food safety authorities have a responsibility to ensure the levels in foods are well within safe limits. Fruit and vegetables are key components of a cancer prevention diet so the main priority is to include them however you can: organic, non-organic, fresh, frozen, tinned - they all count!

Q. DO DAIRY PRODUCTS CAUSE CANCER?

No, there is no strong evidence to clearly link dairy products and increased cancer risk. There is strong evidence that dairy products reduce the risk of colorectal cancer (WCRF, 2017), and limited evidence that dairy products decrease the risk of pre-menopausal breast cancer and that diets high in calcium can decrease the risk of both pre- and post-menopausal breast cancer. The myth that dairy is linked with cancer often comes from concerns the public have surrounding the addition of hormones to milk and meat products.
In Europe, the addition of hormones to milk or meat is strictly banned and the sale of meat from countries where the addition of hormones is allowed is also illegal. As a result, concerns over the presence of these hormones in dairy or meat products in Europe are unfounded.

Q. CAN YOU STARVE CANCER CELLS BY REDUCING YOUR OWN INTAKE OF FOOD?

No, the scientific evidence to date does not support this myth. Cancer cells are resilient and will change their metabolism to adapt to these restrictions. Cancer cells are resilient and although a tumours energy source of preference is glucose (sugar), when it's deprived of glucose it will adapt and make glucose out of fats and proteins instead. It is only specific 'toxins' (such as chemotherapy agents) or radiation which can directly kill or prevent nutrients from reaching cancer cells and hinder their growth.
Following severe calorie restriction, or fasting, simply reduces your own resilience and lowers your overall immunity. It also leads to weight loss and loss of muscle which could impair your ability to tolerate cancer treatments such as chemotherapy. Thus, this is not recommended during cancer treatment.

Q. WILL A LOW-CARBOHYDRATE, OR KETOGENIC DIET STARVE CANCER CELLS OF FUEL AND PREVENT GROWTH?

All of our cells, cancerous or not, use glucose for energy. There is no way of telling our bodies to let healthy cells have the glucose they need whilst not giving it to cancer cells, as explained above. Eating more carbohydrates will not speed up the growth of cancer cells and eliminating carbohydrates will not slow tumour growth either.

Low-carbohydrate or ketogenic diets are typically very high in fat and low in fibre due to the low-carbohydrate intake. These diets have not been proven to lower the risk of cancer.

The side effects of following a low-carbohydrate or ketogenic style diet include fatigue, micronutrient deficiency, loss of appetite, weight loss, nausea, low blood glucose, dehydration, gastrointestinal discomfort, headaches, bad breath, constipation and bone mineral content loss.
We currently do not have any large scale randomized clinical trials showing that ketogenic diets improve cancer outcomes. Also, concerns have been raised about the negative impact of weight loss on these diets while undergoing cancer treatment. Until we have further scientific evidence it is best to eat a normal diet and include carbohydrates. If you are losing weight and/or muscle, follow the recipes in this book to help you increase your energy and protein intake.

Q. DOES SUGAR FEED CANCER?

Although science has shown that cancer cells consume sugar (glucose), no human studies have shown that eating sugar will fuel cancer growth, or that avoiding sugar will halt the growth of cancer cells.
Focusing on the fact that cancer cells consume sugar is an oversimplification of a complex process. When we eat sugar, sugary foods or any carbohydrate (fruit, vegetables, bread, pasta, rice, cereals, potatoes, yoghurt etc.), they are broken down or converted to glucose in our body. Simple sugars (e.g. table sugar) are broken down into glucose a lot quicker than complex carbohydrates (e.g. porridge). Every single cell within our body then uses glucose to survive and perform their duties. If we don't consume carbohydrate, our body will convert fat and protein into glucose as a last resort because we need a supply of glucose in order to keep our cells alive. There's no way to provide our body's cells with the glucose they critically need, and still 'starve' cancer cells of glucose. In addition, cancer cells need other nutrients to survive, they don't run solely on glucose (or sugar).
However, we do know there is an indirect link between sugar and cancer. Consuming excess sugar will promote weight gain and this weight gain will increase your risk of developing cancer. For this reason, it is important to limit intakes of refined sugars, added sugars and energy dense foods.

Q. DO ARTIFICIAL SWEETENERS CAUSE CANCER?

No. Extensive studies have been performed to investigate the safety of artificial sweeteners. No evidence was found to link the use of artificial sweeteners and the development of cancer. Furthermore, as is the case for all food additives, sweeteners are regulated by the European Food Safety Authority (EFSA).
This means that they undergo rigorous safety testing and risk assessment before being allowed to go on the market in Europe. They will only be allowed go on sale if they have been deemed safe to use by EFSA and EFSA will continually review the scientific evidence and re-evaluate their decisions.

Research has shown that artificial sweeteners are safe to consume up to a certain level (the Acceptable Daily Intake (ADI)) in the general population. This excludes infants and young children as the use of artificial sweeteners is not recommended in these groups. The ADI is different for each type of artificial sweetener, but people would have to be using an excessive amount of sweetener to reach this level. Moderate use is completely safe.

(E.g. ADI for aspartame is 40 mg/kg body weight/per day (for a 70kg individual this means 2800mg/day) and there is an average of 180 mg Aspartame in a can of Diet Coke).

Q. CAN SOY-BASED PRODUCTS INCREASE MY RISK OF BREAST CANCER?

Soybeans contain compounds called phytoestrogens. Many women with hormone positive breast cancers look online for information on a 'low-oestrogen diet'. They are afraid of eating soya because they believe that the oestrogen-like properties of soya drive cancer cell growth. There is no evidence to support this claim. These plant-based oestrogens are chemically different to human oestrogen. In fact, research on consumption of soy foods and cancer suggest eating whole soybean products (tofu, tempeh, edamame, soymilk) may actually have a positive impact on overall mortality and prevention of breast cancer. There is no reason to avoid soya foods. They provide a valuable source of plant-based protein and can be useful in adding variety to your meals.

Q. DO JUICING AND 'DETOX' DIETS GET RID OF TOXINS AND REDUCE CANCER RISK AND DEVELOPMENT?

A juice cleanse, or simply juicing, is a type of detox diet that involves consuming vegetable and fruit juices for a short period of time.
These restrictive fad diets can be found floating around the internet and magazines, often publicly endorsed by celebrities. It is believed that by following this diet, it will provide concentrated nourishment while also flushing out toxins i.e. detoxifying the body. Despite the many proven benefits of fruits and vegetables, there is no scientific evidence to support the claim to rid the body of toxins which may lead to cancer by juicing or detoxing. Often this diet method causes more harm than benefit. The main health risks associated with detox diets are severe energy restriction and nutritional inadequacy, protein and vitamin deficiencies, electrolyte imbalance, lactic acidosis and even death. Detox dieters are also at risk of overdosing on supplements, laxatives, diuretics or even water. Juicing is best avoided for those on cancer treatments. If you do want to include a juice-based smoothie look at the Nourishing Drinks section of this cookbook where you will find ideas for nourishing juice-based drinks to add to your diet along with normal food.

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.

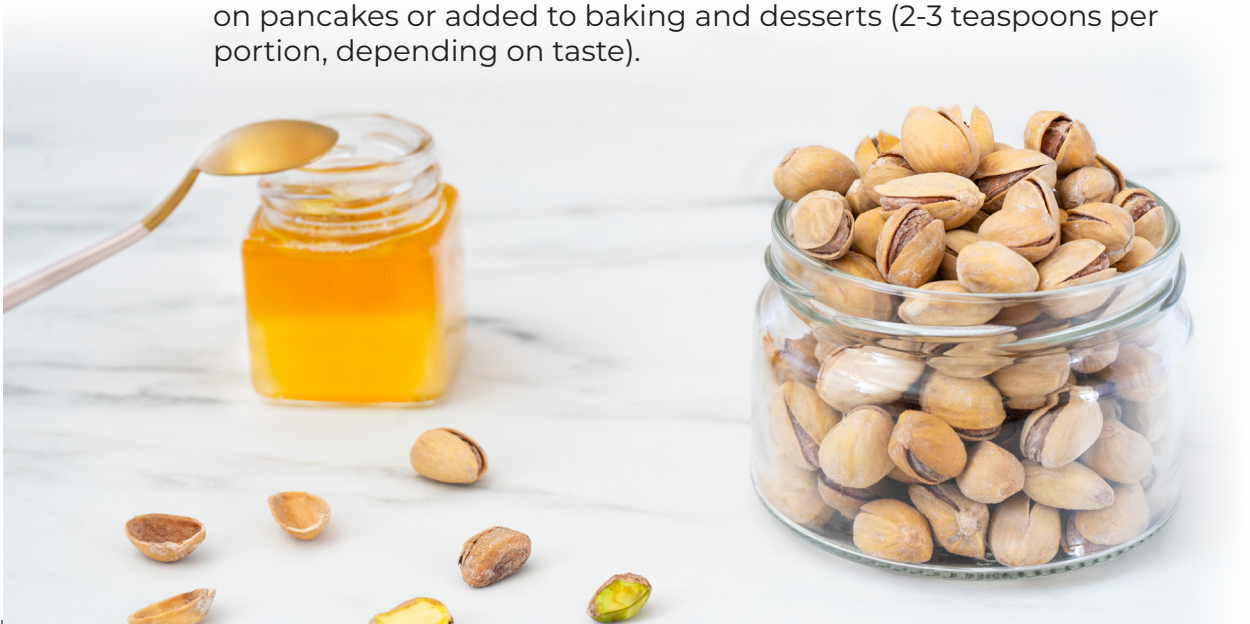
NUTS & SEEDS (Source of Fibre)

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 bread-crumbs for a crunchy coating on chicken and fish.

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 are high-fibre foods e.g. chia, flaxseed, linseed, sunflower seeds and pumpkin seeds.

SUGAR, JAM, HONEY, MAPLE SYRUP:

These can be used to sweeten breakfast cereals, smoothies, drizzled on pancakes or added to baking and desserts (2-3 teaspoons per portion, depending on taste).



FATS, OILS, SPREADS & SAUCES

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

Double Cream: Around 50mls per portion can be added to 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, mash potatoes and salads.

Sauces: Cream-based sauces, white sauces, cheese sauce or gravy can be added to pasta, vegetables or meat and fish in order to increase the energy and protein content.

HOUSEHOLD MEASUREMENTS

- 1 teaspoon (tsp.) = 5g
- 1 tablespoon (tbsp.) = 15g

RECIPE KEY

Vegetarian

Suitable for freezing

Good source of fibre

Good source of protein (>12% of total energy from protein)

High in protein (>20% of total energy from protein)

Easy to chew/swallow*
*consult with your Speech and Language Therapist and/or Dietitian if you have swallowing difficulties

FOOD SAFETY

Proper food hygiene is always vital but it is especially important for people with cancer as their immune system may be weakened. 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 separate from cooked 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 vegetables 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 vegetables 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 purée before incorporating into recipes. Tinned berries can be eaten without boiling.

Note: Recipes are not suitable for those who have been advised to follow a ‘clean diet’. You will need to speak with your dietitian about following a high-protein, high-calorie diet that is safe for you.

STORE CUPBOARD ESSENTIALS

We all live busy lives and it can be really challenging to try to eat healthy when you are short on time. A well-stocked cupboard will help you to create nutritious meals when you are in a hurry.

Tinned, dried and frozen foods are time-saving nutritious essentials that you can stock up on and store until needed. A selection of herbs and spices is particularly important for flavouring your food without adding salt, and having a variety of tinned beans in the cupboard will allow you to whip up protein-rich meat-less meals. We have compiled a list of food below, the majority of which are non-perishable, which will help you to create a well-rounded food pantry.

Although your first 'stock-up' shop may be expensive, you will then have the ingredients on hand for when you need them. The ingredients can be mixed and matched or else paired with frozen foods or few key fresh ingredients to make a variety of delicious, healthy meals.

TINS

Chickpeas
Sweetcorn
Light coconut milk
Tinned pineapple (in natural juice)

Tinned tomatoes (chopped tomatoes, plum tomatoes, passata)

Tinned beans (kidney beans, mixed beans, butter beans)

Baked beans (opt for reduced sugar and salt varieties)

Tinned fish: tuna, salmon, mackerel, sardines
(opt for varieties in spring water or tomato sauce)

PULSES & GRAINS

Rice
Pasta
Noodles
Quinoa
Lentils

OTHER

Nuts & Seeds
Dried fruit
Oats
Flour (brown, white & corn)

HERBS & SPICES

Cumin (ground, seeds)	Coriander (ground, seeds)	Smoked paprika	Chilli (powder, flakes)	Cardamom seeds
Turmeric	Cayenne	Fennel seeds	Mustard seeds	Horseradish sauce

CONDIMENTS, SAUCES & JARS

Stock cubes	Tomato purée	Mayonnaise	Black pepper	Olives
Soy sauce	Vanilla extract	Honey	Nut butter	Horseradish sauce

KEY FRESH PRODUCTS

Lean meats	Fish	Eggs	Fresh herbs	Milk
Vegetables of choice	Fruits of choice	Natural yoghurt	Crème fraiche	Cheese

MAKING USE OF YOUR FREEZER ❄

Your freezer is an important asset in your kitchen and can be used along with your store cupboard to create a selection of convenient, nutritionally-balanced meals. The key to making the most of your freezer is organisation.

Freezer space can be an issue, so freezing foods in freezer bags, instead of containers, will free up a lot of space. It is important to label and date everything so you can keep track of what needs to be used up and when.
As a rule of thumb, foods should not be stored in a freezer for longer than 6 months and only freezers that run at -18°C are suitable for long-term freezing (3-6 months).

Foods should be frozen when as fresh as possible and if you are freezing cooked food, they need to have cooled to at least room temperature before being put in the freezer. Foods can only be defrosted once and should always be defrosted in a fridge rather than at room temperature. Only defrost food in a microwave if you are cooking it immediately after defrosting.

Foods can only be refrozen if they have been cooked until piping hot (>70°C) and you can only do this once. Be mindful of portion-sizes when you are freezing foods. If you freeze a batch of food together you will have to defrost the entire batch which could result in wastage. Freezing foods in individual portions will allow you to only defrost the amount that you need.

Most foods are suitable for freezing and it is a great way of taking the hassle out of meal preparation, as well as preventing food waste.

Chopping ingredients like garlic, chilli or ginger can be tedious, and in general you won't be using up an entire bulb of garlic or root of ginger in one go. When you are preparing something like garlic for a meal, chop extra and freeze it in an ice-cube tray in a small amount of water. Then when you are short on time, or don't have fresh garlic in the house, you can pop the frozen garlic out of the tray and into your pot/pan. This is also a really handy way of storing lemon and lime juice or fresh herbs that tend to off quite quickly.

If you have lots of vegetables lying around, you can prepare them and freeze vegetable mixes in freezer bags for days when you don't have time to chop everything up.

You can also use the freezer to get the most out of leftover bread. You can freeze slices of bread, or blitz the remainder of a loaf in a food processer to make breadcrumbs. You will see any recipes in this cookbook that use breadcrumbs, it is recommended to use crumbs made from wholemeal bread (as it is higher in fibre). The next time you have a loaf of wholemeal bread left over, blitz it to make bread crumbs and freeze it. Then when you have a recipe that calls for wholemeal bread crumbs you can take a handful from your store.
Breadcrumbs defrost very quickly and can be used from frozen so they are really handy to have in the freezer. Below is a list of some of the most useful things to keep stocked in your freezer.

FREEZER STAPLES

- Chopped garlic
- Chopped chilli
- Chopped/grated ginger
- Chopped onion
- Chopped prepared vegetable mixes
- Frozen vegetables e.g. frozen peas, corn on the cob
- Frozen mixed berries
- Lemon and lime juice frozen in ice-cube trays/bags
- Wholemeal bread crumbs
- Bread
- Frozen meat/fish/prawns
- Leftovers

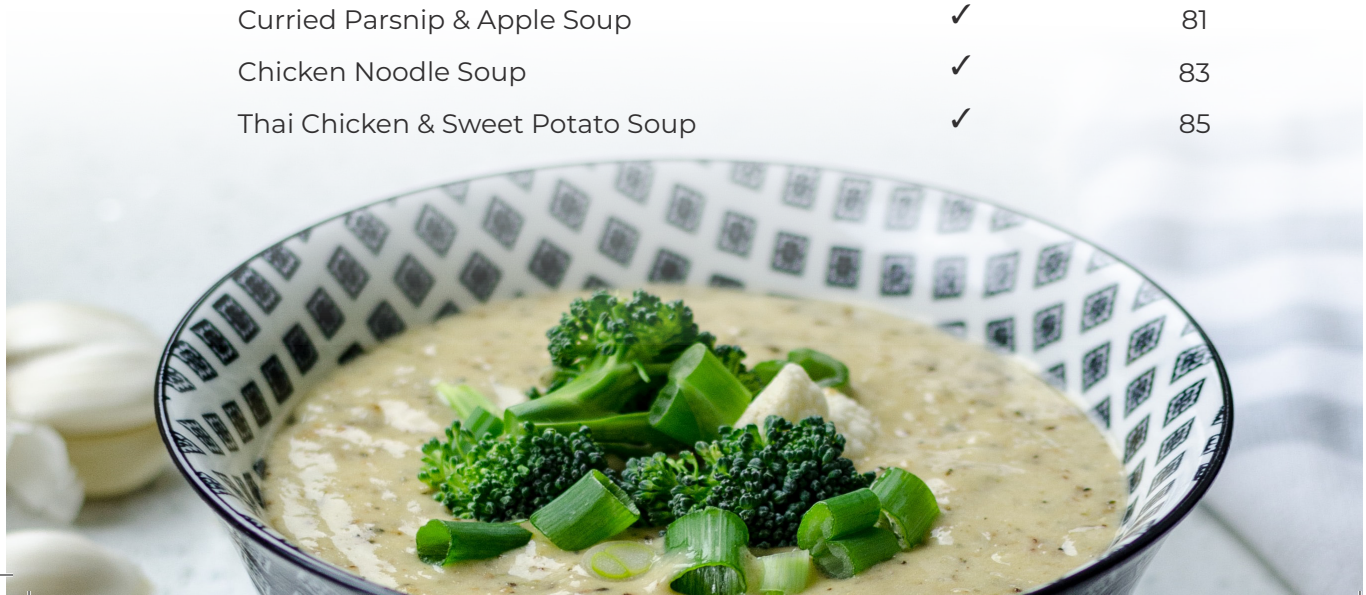
A NOTE ON SKIMMED MILK POWDER

Skimmed milk 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 page 179) 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.

INDEX OF RECIPES

	EASY TO SWALLOW	PAGE
SOUPS		**45**
Mixed Bean Soup	✓	47
Cream of Chicken Soup	✓	49
Cauliflower & Cheddar Soup	✓	51
Chicken, Honey-Roasted Parsnip, Almond & Cumin Soup	✓	53
Lamb & Vegetable Soup	✓	55
Leek & Potato Soup	✓	57
Lamb, Chickpea & Lentil Soup	✓	59
Minestrone Soup	✓	61
Parsnip, Ginger & Carrot Soup	✓	63
Pea & Bacon Soup	✓	65
Pork & Mushroom Soup	✓	67
Seafood Chowder	✓	69
Chicken & Red Lentil Soup	✓	71
Sweet Potato & Lentil Soup	✓	73
Sweetcorn, Chicken & Chickpea Soup	✓	75
Vegetable Soup	✓	77
Carrot & Coriander Soup	✓	79
Curried Parsnip & Apple Soup	✓	81
Chicken Noodle Soup	✓	83
Thai Chicken & Sweet Potato Soup	✓	85



	EASY TO SWALLOW	PAGE
LIGHT MEALS		**87**
Couscous Salad	✓	89
Egg In A Cup	✓	91
Scrambled Eggs	✓	93
Red Pepper, Mushroom & Feta Scrambled Eggs	✓	95
Salmon Fish Cakes	✓	97
Salmon Scrambled Eggs	✓	99
Cold Chicken & Rice Supper	✗	101
Creamy Salmon Sandwich	✗	103
Omelettes	✓	105
Chicken with Pecan & Mango Salad	✗	107
Cheesy Tuna Melts	✓	109
Goats Cheese Salad	✓	111
Goats Cheese & Spinach Quesadillas	✗	113
Pepper & Spinach Frittata	✗	115
Rosti & Baked Beans	✗	117
Banana Baked Oats	✗	119
Cheesy Potato Croquettes	✗	121
MAIN MEALS		**123**
Vegetarian Casserole	✗	125
Beef Stroganoff	✗	127
Chicken Casserole with Creamed Potatoes	✗	129
Easy Fish Pie	✓	131
Traditional Lamb Stew	✓	133
Spinach, Chickpea & Sweet Potato Curry	✓	135
Potato & Beef Gratin	✗	137
Chicken & Broccoli Bake	✗	139
Shepherd's Pie	✓	141
Pesto Chicken	✓	143

	EASY TO SWALLOW	PAGE
Beef & Stout Stew	✓	145
Risotto	✓	147
Tomato Butternut Squash Pasta	✗	149
Creamed Potatoes	✗	151
Fish & Chips with Mushy Peas	✗	153
Orzo Bolognese	✓	155
Chicken Curry	✗	157
Prawn Egg Fried Rice	✗	159
Beef Stir Fry	✗	161
Chicken Pie	✗	163
Peanut Chicken (slow cooker recipe)	✗	165
Bolognese Pasta Bake	✗	166
Chicken Tikka	✗	169
Spaghetti and Meatballs	✗	171
Creamy Chicken Pasta Bake	✗	173

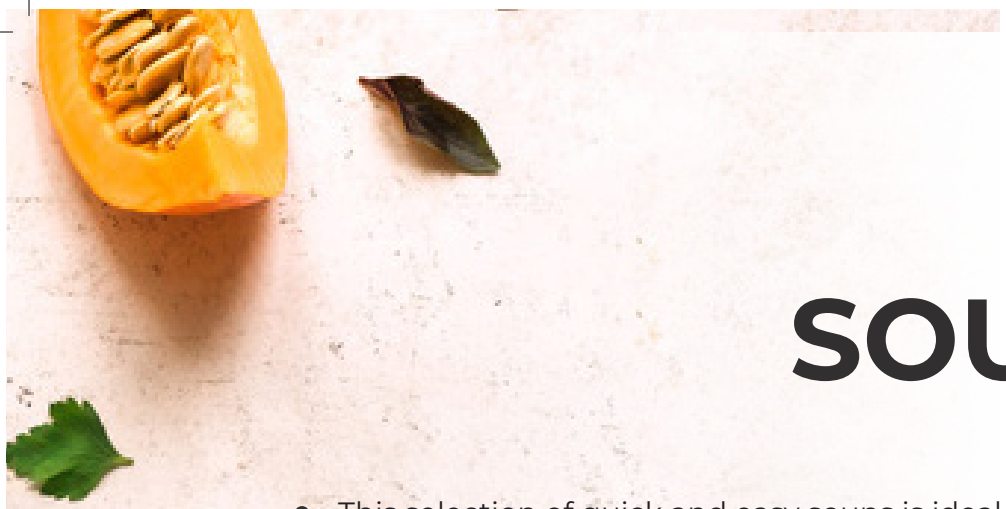
	EASY TO SWALLOW	PAGE
SNACKS		**175**
Fortified Milk	✓	177
Scones	✗	179
Rice Pudding	✓	181
Flapjacks	✗	183
Banana Bread	✗	185
Muesli	✗	187
Fortified Coffee Drink	✓	189
Bagel with Smoked Salmon & Avocado	✗	191
Yoghurt with Fruit & Seeds	✗	193
Beans on Toast	✗	195
Baked Blueberry & Apple Squares	✗	197
Berry, Honey and Yoghurt Pots	✗	199
Granola Bar	✗	201
Lemon Protein Posset	✓	203
French Toast	✗	205
Chicken Caesar Salad Crostini	✗	207
Nut Booster Bars	✗	209
Oat Cookie Bars	✓	211
SIDES		**213**
Treacle Bread	✗	215
Brown Bread with Seeds	✗	217
Oat Bread	✗	219
Roast Garlic Baby Potatoes	✗	221
Spicy Potato Wedges	✗	223
Champ Mash Potato	✓	225

DESSERTS

	EASY TO SWALLOW	PAGE
		227
Banana Dessert	✓	229
Chocolate Avocado Mousse	✓	231
Frozen Yoghurt Dessert	✓	233
Orange & Almond Cake	✗	235
Bread & Butter Pudding	✗	237
Easy Cheesecake	✗	239
Tiramisu	✗	241
White Chocolate Strawberry Mousse	✓	243
Apple with Ground Almonds & Pine Nuts	✗	245
Babycino Mousse	✓	247
Apple & Berry Oat Crumble	✓	249
Chia Pudding	✓	251
Pancake in a Cup	✓	253

SMOOTHIES & NOURISHING DRINKS

	EASY TO SWALLOW	PAGE
		255
Apple & Avocado Smoothie	✓	256
Banana & Peanut Butter Smoothie	✓	257
Chocolate Banana Smoothie	✓	258
Creamy Berry Smoothie	✓	259
Frozen Fruit Smoothie	✓	260
High-Fibre Smoothie	✓	261
Hot Chocolate	✓	262
Mint Milkshake	✓	263
Nutty Mango & Banana Smoothie	✓	264
Oatmeal Smoothie	✓	265
Orange Crush Smoothie	✓	266
Peach Smoothie	✓	267
Raspberry Mango Smoothie	✓	268
Strawberry, Peanut Butter & Banana Smoothie	✓	269
Tangy Lemon Milkshake	✓	270
Tasty Tropical Smoothie	✓	271



SOUP

- 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 consume 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.

- Skimmed milk powder can be added to soups to enhance the nutritional content.
  Skimmed milk 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.

MIXED BEAN SOUP

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

INGREDIENTS

3 tbsp. olive oil

1 medium onion, chopped (150g)

3 garlic cloves, finely chopped (10g)

1 celery stick, chopped (60g)

1 large carrot, peeled & finely chopped (100g)

1 small fennel bulb, finely chopped (150g)

¼ tsp. dried thyme (1g)

1 x 400g can of chopped tomatoes

1 litre vegetable stock

3 x 400g cans of mixed beans, drained

150g skimmed milk powder

40g grated parmesan

Pinch of pepper

SERVES 6

PREP TIME 15 mins

COOK TIME 45 mins

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	per 350ml 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 nouishing protein kick.

INGREDIENTS

2 tbsp. olive oil

1 medium onion, peeled & chopped (150g)

1 medium leek, thoroughly washed & chopped (150g)

2 large chicken breasts, chopped (400g)

600ml chicken stock

1 tsp. fresh parsley, chopped (5g)

1 tsp. fresh thyme (5g)

175ml double cream

Pinch of pepper

SERVES
4

PREP TIME
10 mins

COOK TIME
40 mins

METHOD

1. Heat the oil in a pot, add the onion and allow to soften for about 5 minutes.

2. Add the leek and 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 until the soup is smooth. Adjust consistency by adding more liquid if required.

NUTRITION INFORMATION

Typical Values	per 350ml 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 & CHEDDAR SOUP

A creamy classic combination to make a quick & easy family favourite.

INGREDIENTS

50g butter

1 medium onion, peeled & chopped (150g)

1 stick celery, chopped (60g)

1 large cauliflower, stalk removed & chopped into florets (270g)

1250ml vegetable stock

½ tsp. dry mustard powder (3g)

Small bunch of thyme leaves (1g)

200g skimmed milk powder

200ml double cream

150g cheddar

Pinch of pepper

SERVES 6

PREP TIME 15 mins

COOK TIME 40 mins

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 of required.

NUTRITION INFORMATION

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

High in protein, rich in vitamin A, B6, niacin and phosphorus

CHICKEN, HONEY-ROASTED PARSNIP & CUMIN SOUP

A tasty, lightly sweet & spiced soup, full of protein.

SERVES
5

PREP TIME
10 mins

COOK TIME
50 mins

INGREDIENTS

6 tbsp. olive oil (90ml)

2 tbsp. honey (30g)

2 large parsnips, peeled & chopped (300g)

2 medium chicken breasts, choped into chunks (300g)

2 medium onions, peeled & chopped (150g)

2 small potatoes, peeled & chopped (200g)

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 the 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 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	per 350ml 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 & VEGETABLE SOUP

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

INGREDIENTS

2 tbsp. olive oil (30ml)

400g lamb mince

1 medium onion, peeled & chopped (150g)

2 sticks of celery, finely chopped (100g)

3 large carrots, peeled & chopped (300g)

1 medium potato, peeled & chopped (120g)

½ tsp. fresh thyme, chopped (2g)

800ml vegetable stock

150ml full-fat milk

120g skimmed milk powder

100ml double cream

Pinch of pepper

SERVES 5

PREP TIME 15 mins

COOK TIME 45 mins

METHOD

1. Heat the oil in a pot, add in the 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	per 350ml 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 & POTATO SOUP

A warm & comforting favourite with an extra protein boost.

SERVES
5

PREP TIME
10 mins

COOK TIME
45 mins

INGREDIENTS

50g butter

1 large onion, peeled & chopped (200g)

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

2 large potatoes, peeled & 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 on a low heat 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 a further 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	per 350ml 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 & LENTIL SOUP

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

INGREDIENTS

3 tbsp. olive oil

2 medium onions, peeled & chopped (300g)

2 sticks of celery, chopped (100g)

2 small carrots, peeled & chopped (120g)

3 garlic cloves, peeled & chopped (10g)

400g lamb mince

1 tsp. cumin seeds (5g)

2 tsp. ground cumin (10g)

1 tsp. paprika (5g)

2 tsp. tomato purée (30g)

1 litre chicken stock

100g dried brown/green lentils **or 1 x 400g** tinned lentils, drained

1 x 400g can of chopped tomatoes

1 x 400g can of chickpeas, drained & rinsed

Pinch of pepper

SERVES	PREP TIME	COOK TIME
6	15 mins	1 hr 45 mins

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 purée. 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	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.

INGREDIENTS

5 strips streaky becon, chopped (75g)

3 tbsp. olive oil (45ml)

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 purée (15g)

1 litre stock

2 small potatoes, diced (200g)

100g spaghetti broken into small pieces

100g frozen peas

100g green beans

3 tomatoes, skin and seeds removed (300g)

GARNISH

5 thick slices white baguette cut on the slant (250g)

100g grated parmesan

Chopped parsley

SERVES 5

PREP TIME 20 mins

COOK TIME 40 mins

METHOD

1. Cook the bacon in the olive oil and then add the onion, garlic, leek, carrot and celery.

2. Add tomato purée, 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 tomatoes, season with salt and pepper.

6. Serve with toasted grilled baguette topped with cheese.

NUTRITION INFORMATION

Typical Values	per 350ml serving (soup alone)	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 & 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.

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

1 x 400g can of chickpeas, drained and rinsed

120g skimmed milk powder

200ml double cream

150ml fresh orange juice

Pinch of pepper

SERVES 6

PREP TIME 10 mins

COOK TIME 45 mins

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	per 350ml 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 & BACON SOUP

A delicious classic packed full of protein & iron.

SERVES
4

PREP TIME
10 mins

COOK TIME
30 mins

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	per 350g serving
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 & MUSHROOM SOUP

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

INGREDIENTS

3 tbsp. olive oil (45ml)

1 medium onion, peeled and 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

SERVES
5

PREP TIME
10 mins

COOK TIME
35 mins

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	per 350ml 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!

INGREDIENTS

1 tbsp. olive oil (15ml)

1 medium onion, peeled and 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)

SERVES
5

PREP TIME
15 mins

COOK TIME
35 mins

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	per 350ml 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 & RED LENTIL SOUP

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

INGREDIENTS

3 tbsp. olive oil (45ml)

1 medium onion, peeled and 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 yoghurt

1 tbsp. fresh parsley, finely chopped (15g)

2 tsp. lemon juice (10ml)

SERVES 5

PREP TIME 10 mins

COOK TIME 40 mins

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 yoghurt, parsley and lemon juice. Blend the soup until it is completely smooth. Adjust consistency by adding more liquid if required.

NUTRITION INFORMATION

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

High in protein. Rich in B vitamins.

SWEET POTATO & RED LENTIL SOUP

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

SERVES
6

PREP TIME
5 mins

COOK TIME
35 mins

INGREDIENTS

3 tbsp. olive oil (45ml)

1 large onion, peeled & chopped (200g)

10g minced ginger

10g minced garlic

600g sweet potatoes, peeled & finely chopped

200g dried red lentils

1 x 400ml 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	per 350ml serving
Energy	541kcal
Fat	28.8g
Carbohydrate	55.7g
Protein	18.1g
Salt	1.2g
Fibre	7.9g

A good source of Iron.

SWEETCORN, CHICKEN & CHICKPEA SOUP

A quick & easy soup that's high in protein.

INGREDIENTS

3 tbsp. olive oil (45ml)

1 medium onion, peeled and chopped (150g)

2 large chicken breasts, diced small (400g)

2 medium potatoes, peeled and finely chopped (300g)

1 x 400g tin chickpeas, drained

800ml chicken stock

300g tinned sweetcorn, drained

350ml full-fat milk

100g skimmed milk powder

100mls double cream

Pepper to taste

SERVES 6

PREP TIME 10 mins

COOK TIME 40 mins

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 sweetcorn 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	per 350ml 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.

INGREDIENTS

3 tbsp. olive oil (45ml)

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

2 large carrots, peeled & finely chopped (200g)

2 sticks celery, finely chopped (100g)

1 medium leek, thoroughly washed and finely chopped (150g)

½ turnip, peeled & finely chopped diced small (250g)

1 x 400g tin of 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

SERVES 4

PREP TIME 15 mins

COOK TIME 40 mins

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	per 350ml 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 & CORIANDER SOUP

A light and zingy soup that's easy to make.

INGREDIENTS

1 medium onion peeled and chopped (150g)

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

50g butter

1 tsp. ground coriander (3g)

4 medium potatoes (400g), peeled and chopped

6 large carrots (600g), peeled and chopped

1.4 litres vegetable stock

100g skimmed milk powder

4 tsps. crème fraiche (20g)

Serve with fresh coriander, chopped (20g)

100ml double cream

SERVES 4

PREP TIME 10 mins

COOK TIME 30 mins

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 fraiche.

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 350ml serving
Energy	370kcal
Fat	13.5g
Carbohydrate	44g
Protein	12.7g
Salt	1.8g
Fibre	8.7g

CURRIED PARSNIP & APPLE SOUP

A deliciously smooth and mildly spiced soup.

INGREDIENTS

60g butter

2 onions peeled & chopped (300g)

2 tsp. curry powder (10g)

2 potatoes, peeled and chopped (300g)

6 parsnips, peeled and chopped (500g)

1 Bramley cooking apple, peeled and chopped (300g)

1.6 litres vegetable stock

4 tsp. crème fraiche (20g)

100g skimmed milk powder

SERVES 6

PREP TIME 10 mins

COOK TIME 30 mins

METHOD

1. Melt the butter in a pot. 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 continue to stir.

3. Add 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 and add to the soup.

5. 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 350ml serving
Energy	300kcal
Fat	11.3g
Carbohydrate	33g
Protein	10g
Salt	1.2g
Fibre	7.2g

CHICKEN NOODLE SOUP

A deliciously smooth and mildly spiced soup.

SERVES
6

PREP TIME
5 mins

COOK TIME
35 mins

INGREDIENTS

1 tbsp. sunflower oil

2 chicken thighs

1 large onion, diced

2 stalks of celery, sliced

2 medium carrots, sliced thinly

2 tsp. mixed dried herbs

1 clove of garlic, minced

200ml of chicken stock

250g egg noodles, uncooked

½ tbsp. freshly squeezed lemon juice

1 tsp. parsley, chopped

100ml double cream

100ml skimmed milk powder

Fresh ground black pepper, to taste

METHOD

1. Heat the oil in a large pan over medium heat and brown the chicken for several minutes on each side.

2. Place the chicken in a saucepan along with the onions, celery, carrots, mixed dried herbs and garlic. Pour in the chicken stock, cover, and cook on a medium heat until the chicken is cooked through and vegetables are soft.

3. Carefully remove the chicken and place on a cutting board. Add the egg noodles, lemon juice and parsley to the saucepan and set to a medium to high heat for 9-10 minutes.

4. While the noodles are cooking, use two forks to gently shred the chicken. Once the noodles are cooked, return the chicken to the saucepan.
Stir in the cream, skimmed milk powder and pepper.

NUTRITION INFORMATION

Typical Values	per 350ml serving
Energy	347kcal
Fat	14g
Carbohydrate	36g
Protein	17g
Salt	1.1g
Fibre	3.1g

THAI CHICKEN & SWEET POTATO SOUP

A fragrant and comforting soup bursting with Thai flavours.

INGREDIENTS

1200ml low-sodium vegetable stock

2 medium chicken fillets (260g)

2 tbsp. olive oil (30ml)

1 large onion, finely chopped

1 red chilli, finely chopped (20g)

2 cloves garlic, minced (10g)

Thumb size piece of ginger, minced (10g)

40g Thai red curry paste

500g sweet potato, peeled & chopped (2 cm pieces)

200g butternut squash, peeled & chopped (2 cm pieces)

200g dried red lentils

1 can of full fat coconut milk (400ml)

60g smooth almond butter

120g skimmed milk powder

30g lime juice (juice of ½ lime)

100ml double cream

Coriander, chopped (garnish)

NUTRITION INFORMATION

Typical Values	per serving
Energy	460kcal
Fat	23g
Carbohydrate	41g
Protein	22g
Fibre	5g

SERVES 8

PREP TIME 20 mins

COOK TIME 30 mins

METHOD

1. In a medium pot, bring stock to the boil. Add the chicken fillets to the stock, cover pot and simmer for 25-30 minutes on a low heat.

2. Once chicken is cooked, remove it from the stock, cover in tinfoil and put aside. Put the stock aside to add to the soup later.

3. Heat the oil in a separate medium pot. Gently fry the onions for 5 minutes. Add the chilli, garlic, ginger and Thai red curry paste and fry for another 5 minutes on a low heat, stirring to prevent sticking to the pot.

4. Add the sweet potato, butternut squash, red lentils and stock. Bring to the boil, cover and lower the heat. Simmer until the sweet potato and butternut squash are tender-approximately 20 minutes.

5. In a ramekin or small bowl, combine a small amount of coconut milk with the almond butter to make a smooth paste.

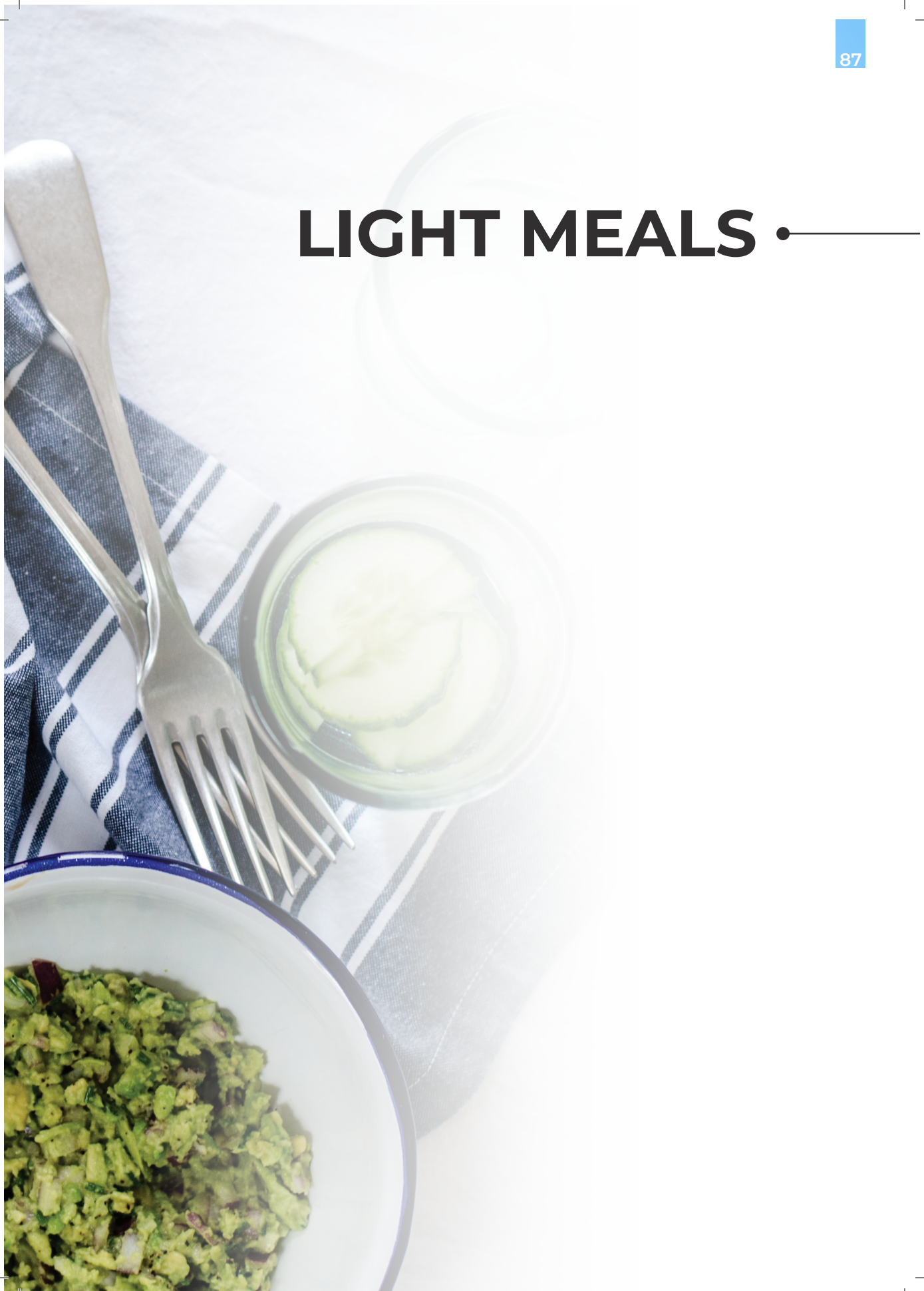
6. In another ramekin or small bowl, mix the skimmed milk powder with a small amount of water to from a paste.

7. Mix the two pastes with the rest of the coconut milk and add to the pot. Stir well and heat through on a medium heat for approximately 10 minutes

8. Remove from heat, add in the lime juice and season to taste.

9. Blend the soup until smooth. Shred or dice the cooked chicken and add to the soup. Garnish with a swirl of double cream and chopped coriander.

LIGHT MEALS



COUSCOUS SALAD

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

INGREDIENTS

3 tbsp. olive oil (45ml)

140g butternut squash, peeled and diced into pea sized cubes

200ml vegetable stock

100g couscous

3 tbsp. green pesto (45g)

75g feta cheese

1 tsp. fresh mint, finely chopped (5g)

150g hummus

SERVES 2

PREP TIME 15 mins

COOK TIME 15 mins

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 couscous and serve with the hummus.

NUTRITION INFORMATION

Typical Values	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.

Martina Rd Lucca

EGG IN A CUP

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

SERVES 1

PREP TIME 5 mins

COOK TIME 10 mins

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	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!

SERVES 1

PREP TIME 2 mins

COOK TIME 5 mins

INGREDIENTS

2 eggs (100g)

1 egg yolk (20g)

50mls double cream

10g knob of butter

Salt and pepper

METHOD

1. Whisk together the eggs, yolk, cream and seasoning in a bowl. Heat the butter 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	68g
Carbohydrate	1.0g
Protein	16.4g
Salt	0.9g
Fibre	0.0g

RED PEPPER, MUSHROOM & 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.

SERVES
2

PREP TIME
10 mins

COOK TIME
15 mins

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, garlic and peppers 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	per serving
Energy	469kcal
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.

SERVES
4

PREP TIME
10 mins

COOK TIME
30 mins

INGREDIENTS

4 medium potatoes, peeled and chopped into small pieces (600g)

2 x 180g tins of good quality skinless and boneless salmon, flaked

3g zest of 1 lemon

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)

GUACAMOLE:

1 ripe avocado

1 tsp. olive oil

1 tsp. lime juice

1 small handful coriander, chopped

Pinch of salt

SALMON FISHCAKES

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

METHOD

1. Preheat the oven to 180ºC.

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, parmesan and pepper 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.

8. Mash the avocado with the olive oil until smooth. Add in the lime juice, coriander and season. Serve alongside the fishcakes.

NUTRITION INFORMATION

Typical Values	Amount per 2 fishcakes	with guacamole
Energy	342kcal	521kcal
Fat	15.2g	33.2g
Carbohydrate	27.4g	28.9g
Protein	25.8g	27.2g
Salt	1.1g	1.6g
Fibre	2.9g	5.4g

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

SALMON SCRAMBLED EGGS

A sophisticated yet simple take on the scrambled egg.

SERVES 1

PREP TIME 2 mins

COOK TIME 5 mins

INGREDIENTS

2 medium eggs (100g)

1 egg yolk (20g)

2 tbsp. double cream (30ml)

1 tbsp. oil (15ml)

30g smoked salmon, chopped very finely

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	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, and E. Good source of iron and zinc.

COLD CHICKEN & 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!

SERVES
2

PREP TIME
10 mins

COOK TIME
20-30 mins

INGREDIENTS

150g long grain rice

4 tbsp. mayonnaise (150g)

4-6 tbsp. full-fat milk (60-90ml)

150g seedless grapes, washed & halved

½ an apple, chopped (60g)

200g cooked, cold chicken, cut into bite sized pieces

Salt and pepper to taste

5g chopped parsley

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	844kcal
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.

SERVES 1

PREP TIME 2 mins

COOK TIME nil

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 serving
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.

OMELETTES

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

SERVES
1

PREP TIME
5 mins

COOK TIME
5-10 mins

INGREDIENTS

2 medium eggs (100g)

1 egg yolk (20g)

3 tbsp. double cream

10g knob of butter

Filling of your choice

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.

1. HAM & CHEESE:

FILLINGS

1 slice of ham, chopped

30g grated cheese

METHOD

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 ⅓ of your daily iron, calcium and vitamin D requirements.

2. SPINACH & MUSHROOM WITH CHEESE:

FILLINGS

50g mushrooms

30g spinach

50g cheddar cheese

METHOD

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 roughly ⅓ of your daily iron, calcium and requirements.

3. STREAKY BACON & TOMATO:

FILLINGS

2 rashers

2 tomatoes, chopped

NUTRITION INFORMATION

Typical Values	per serving
Energy	662kcal
Fat	60g
Carbohydrate	3.5g
Protein	26g
Salt	2.6g
Fibre	1.4g

One omelette provides roughly ¼ of your daily folate and vitamin C requirements and ⅓ of your iron and vitamin D requirements.

3. SPINACH & PINE NUTS:

FILLINGS

50g 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 ⅓ of your daily iron requirement.

CHICKEN, PECAN & MANGO SALAD WITH PASSIONFRUIT 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.

SERVES 2

PREP TIME 10 mins

COOK TIME nil

INGREDIENTS

2 chicken breast fillets, cooked & chopped (200g)

1 ripe mango, cut into cubes (150g)

2 spring onions, chopped (20g)

100g pecans, toasted

50g mixed leaves

Seasoning

Passion fruit dressing:

200ml good quality vegetable oil

50g good quality mayonnaise

Juice of **2-3** passion fruits

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 ¾ 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.

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.

SERVES 1

PREP TIME 5 mins

COOK TIME 3 mins

INGREDIENTS

½ small tin of tuna or salmon (50g)

1 spring onion, chopped (10g)

1 tbsp. full-fat mayonnaise (15g)

10g knob of butter

1 slice of thick granary bread(45g)

30g grated cheddar cheese

Pinch of paprika

METHOD

1. Preheat grill at a high setting.

2. Drain salmon or tuna, flake into a bowl and mix the spring onions and mayonnaise.

3. Season with salt and ground black pepper.

4. Toast the bread under the grill until nicely brown on both sides. Butter the bread andspread 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

Provides ¼ of your daily iron, ⅓ of your daily calcium requirements and has 3.3g fibre. Also a good source of vitamin D.

GOATS CHEESE SALAD

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

SERVES 2

PREP TIME 10 mins

COOK TIME 5 mins

INGREDIENTS

100g rice

30g fresh parmesan grated

50g green salad leaves

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 & SPINACH QUESADILLAS

A nutritious spin on a classic cheesy quesadilla.

SERVES
2

PREP TIME
5 mins

COOK TIME
15 mins

INGREDIENTS

30g butter

140g baby spinach leaves

4 soft flour tortillas (240g)

125g goats cheese

1 tbsp. drained, chopped sun dried tomatoes (15g)

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

½ red onion thinly sliced (75g)

Juice of **½** a lime (15g)

1 tbsp. chopped fresh coriander (15g)

METHOD

1. Heat the butter in a pan, add the spinach and cook until wilted.

2. Heat a non-stick frying pan over a medium heat until hot. Add one tortilla and then crumble 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.

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.

INGREDIENTS

200g potato, peeled & chopped

1 tbsp. olive oil (15g)

1 red pepper, chopped (160g)

1 yellow pepper, chopped (160g)

5 eggs (280g)

50g cheddar cheese, grated

2 tomatoes, chopped (260g)

50g spinach

NUTRITION INFORMATION

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

SERVES 2

PREP TIME 10 mins

COOK TIME 40 mins

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.

ROSTI & BAKED BEANS

A quick, simple and tasty rosti recipe which can be served as a light lunch or as an accompaniment to a main meal.

INGREDIENTS

2 large potatoes, peeled

1 courgette

1 red onion

1-2 handful parsley (roughly chopped)

2 tbsp. olive oil

250g baked beans

SERVES
2 (2 Rostis = 1 serving)

PREP TIME
10 mins

COOK TIME
10 mins

NUTRITION INFORMATION

Typical Values	per serving
Energy	627kcal
Fat	19g
Carbohydrate	91g
Protein	15g
Salt	0.84g
Fibre	16g

METHOD

1. Grate the potato and courgette into a bowl.

2. Peel and thinly slice the onion and add this to the bowl along with the parsley.

3. Give the ingredients a good mix and drain out any excess liquid into a bowl.

4. Heat a frying pan with oil and place a quarter of the mixture into the pan at a time – forming a thick pancake shape.

5. Push down the sides and cook on high heat for 2 minutes. Then turn down to a medium heat and cook for 4 minutes each side.

6. Heat beans in a separate pot and serve with the rostis once cooked.

BANANA BAKED OATS

Warm from the oven, these baked oats are lovely as a breakfast - a comforting way to start a cold Winter day.

SERVES 1

PREP TIME 5 mins

COOK TIME 30 mins

INGREDIENTS

1 large banana

60g porridge oats

2 tbsp. Greek yoghurt

1 tsp. honey

1 tsp. baking powder

1 egg

50ml milk

Handful of chopped walnuts

NUTRITION INFORMATION

Typical Values	per serving
Energy	585kcal
Fat	25g
Carbohydrate	56g
Protein	15g
Fibre	8g

METHOD

1. Preheat the oven to 200°C. Line a ramekin or small oven-proof dish with greaseproof paper

2. In a bowl mash up ¾ of the banana until there are no lumps. Keep a small piece of banana for the top.

3. Add in the porridge oats, Greek yoghurt, honey, baking powder, egg and milk. Stir to combine.

4. Add the mixture to your lined ramekin/ oven-proof dish. Chop the remaining banana into slices and place on top along with the chopped walnuts.

5. Bake in the oven for 30 minutes until golden brown on top.

6. Serve with some Greek yoghurt and berries.

CHEESY POTATO CROQUETTES

Crisp on the outside and stuffed with melted cheese on the inside, these croquettes can be served alone, as part of a meal or even alongside some fresh guacamole.

SERVES 2

PREP TIME 25 mins

COOK TIME 15 mins

INGREDIENTS

200g potatoes

1 medium egg

30g cheddar cheese, grated

30g mozzarella cheese, grated

1 tsp. paprika

2 tbsp. white flour

50g breadcrumbs

NUTRITION INFORMATION

Typical Values	per serving (2 croquettes)
Energy	418kcal
Fat	12g
Carbohydrate	56g
Protein	18g
Salt	0.7g
Fibre	3.9g

METHOD

1. Preheat the oven to 190°C.

2. Boil or bake the potatoes until soft and mash until smooth. Season with salt and pepper if preferred. Set aside to cool.

3. Whisk the egg and set aside half for later use. Add the remaining egg, paprika, cheddar and mozzarella to the cooled mashed potato.

4. Shape the potato mixture into a sausage shape. This recipe should make approximately 4 croquettes.

5. Place the flour onto a plate and place the breadcrumbs into a bowl.

6. Roll the 'sausages' in the flour, then dip into the remaining beaten egg and finally into the breadcrumbs, ensuring they are evenly coated. Place the croquettes on a baking sheet.

7. Cook for 10-15 minutes or until golden brown in colour and crisp on the outside. Serve immediately.

MAIN MEALS

VEGETARIAN CASSEROLE

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

SERVES 4

PREP TIME 20 mins

COOK TIME 40 mins

INGREDIENTS

1 red pepper, chopped (150g)

1 yellow pepper, chopped(150g)

1 courgette, diced (100g)

1 carrot, diced (100g)

1 tbsp. olive oil (15ml)

600g Baby potatoes (roughly 4-5 per person)

1 red onion, sliced (100g)

1 fennel bulb, sliced (150g)

4 cloves garlic, chopped (10g)

2 x 400g tins plum tomatoes

2 tbsp. tomato purée (30g)

½ tsp. dried oregano (3g)

1 x 400g tin kidney beans, drained

1 x 400g tin butter beans *or* mixed beans, drained

½ tin of chickpeas, drained (120g)

1 tsp. brown sugar (5g)

50g pine nuts

METHOD

1. Preheat oven to 200°C. Chop the peppers, courgette and carrots and toss them with olive oil and roast in the 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 purée, 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.

NUTRITION INFORMATION

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

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!

SERVES 4

PREP TIME 10 mins

COOK TIME 15 mins

INGREDIENTS

400g tail end of fillet of beef

2 tbsp. olive oil (30ml)

50g butter

1 small onion, chopped (60g)

1 clove garlic, chopped

100g mushrooms, sliced

1 tbsp. brandy (optional - 15ml)

2 tbsp. dry white wine (30ml)

200ml single cream

Paprika and seasoning to taste

Juice of **¼** lemon

2 tomatoes, skinned & deseeded (100g)

Handful of parsley, chopped

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 of 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.

INGREDIENTS

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

2 ½ Tbsp. olive oil

50g butter

1 medium onion, chopped(100g)

½ leek, chopped (75g)

2 cloves garlic, chopped

1 x 400g tin of chopped tomatoes

1 litre stock

2 large carrots, chopped(200g)

450g potatoes, quartered

SERVES 4

PREP TIME 10 mins

COOK TIME 15 mins

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 151).

NUTRITION INFORMATION

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

SERVES
4

PREP TIME
10 mins

COOK TIME
50 mins

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

FOR THE POTATO TOPPING:

3 medium potatoes, peeled & cut into even-sized chunks (500g)

50g butter

150ml full-fat milk

100g cheddar, grated

EASY FISH PIE

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

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 mins, 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.

NUTRITION INFORMATION

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

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!

SERVES 4

PREP TIME 10 mins

COOK TIME 1hr 40mins

INGREDIENTS

600g lamb pieces

1 onion, diced (100g)

2 celery stalks, chopped (100g)

1 small leek, washed & 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. Serve with a slice of white bread to soak up the excess sauce.

NUTRITION INFORMATION

Typical Values	per serving (stew alone)	per serving (with bread)
Energy	439kcal	499kcal
Fat	19.6g	20.1g
Carbohydrate	35.4g	46.4g
Protein	33.3g	35.7g
Salt	1.0g	1.25g
Fibre	6.7g	7.4g

Each portion provides roughly ⅓ of your daily iron and vitamin C requirements.

SPINACH, CHICKPEA & SWEET POTATO CURRY

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

INGREDIENTS

1 medium onion, (150g)

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)

1 x 400g tin chickpeas, drained

1 x 400g tin chopped tomatoes

1 x 400g tin coconut milk

200g fresh/frozen spinach

Fresh coriander to garnish

SERVES	PREP TIME	COOK TIME
5	15 mins	1hr

METHOD

1. Finely dice the onion. Heat the olive oil and curry paste in a large pan, then fry the onion until soft.

2. Add the ginger, sweet potatoes and chickpeas, 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 ⅓ of your daily iron requirement and ¼ of your daily folate requirement.

POTATO & BEEF GRATIN

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

SERVES
4

PREP TIME
20 mins

COOK TIME
1 hr

INGREDIENTS

100ml olive oil

450g potatoes, sliced

1 large onion, sliced (100g)

2 cloves of garlic, chopped

400g minced beef

3 tomatoes, skinned & chopped (150g)

2 tbsp. tomato purée(30g)

Salt and pepper to taste

Pinch of cayenne pepper

¼ tsp. ground cinnamon

½ tsp. ground all-spice

3 tbsp. fresh parsley, chopped (optional)

75g cheddar cheese

SAUCE INGREDIENTS:

300ml full-fat milk

50g butter

50g flour

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

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

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 a further minute.

4. Increase heat to medium-high and add the minced beef. Stir and cook until 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 1/3 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.

CHICKEN & BROCCOLI BAKE

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

INGREDIENTS

1 tbsp. of olive oil (15ml)

4 small chicken breast fillets (skinless), chopped (400g)

1 small onion, chopped (60g)

1 small broccoli, florets (450g)

2 tbsp. cream cheese (30g)

170ml full-fat milk

100ml cream

100g mushrooms

100g grated parmesan cheese

150g dried breadcrumbs

SERVES 4

PREP TIME 10 mins

COOK TIME 20 mins

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 to a low heat 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 parmesan cheese and breadcrumbs 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 151), 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.

INGREDIENTS

4 potatoes, peeled & chopped (600g)

2 tbsp. olive oil (30ml)

1 small onion, chopped (60g)

350g minced beef

100g mushrooms, chopped

2 medium carrots, chopped (150g)

100g roux (**50g** butter + **50g** flour)

350ml beef stock

2 tbsp. tomato relish (30g)

80ml full-fat milk

80ml cream

40g butter

100g grated cheddar cheeses

NUTRITION INFORMATION

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

SERVES 4

PREP TIME 10 mins

COOK TIME 40 mins

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.

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.

PESTO CHICKEN

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

SERVES
4

PREP TIME
5 mins

COOK TIME
10 mins

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

Handful of basil leaves, to garnish

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 onion, garlic, 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 & STOUT STEW

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

INGREDIENTS

2 tbsp. olive oil (30ml)

800g beef mince

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

2 medium carrots, peeled & very finely chopped/grated (130g)

2 tbsp. plain flour (30g)

2 cloves garlic, peeled & very finely chopped (6g)

150ml beef stock

500ml Stout

Pinch of pepper

SERVES 6

PREP TIME 10 mins

COOK TIME 1 hr 45 mins

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 ½ hours, until the liquid has reduced.

5. Serve with creamed potatoes (see page 151).

NUTRITION INFORMATION

Typical Values	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 and zinc. A good source of iron.

RISOTTO

This classic Italian one-pot wonder is bursting with flavour.

INGREDIENTS

1 litre stock

60g butter

2 tbsp. olive oil (30ml)

2 small onions, peeled & very finely chopped (120g)

200g mushrooms, chopped

250g Arborio risotto rice

Grated zest & 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 & very finely chopped (185g)

SERVES 4

PREP TIME 5 mins

COOK TIME 45 mins

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, mascarpone, ground almonds and green beans.

8. Cook for a further 2 minutes and serve.

NUTRITION INFORMATION

Typical Values	per serving
Energy	706kcal
Fat	45g
Carbohydrate	61.9g
Protein	18.6g
Salt	1.g
Fibre	6.1g

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

TOMATO BUTTERNUT SQUASH PASTA

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

INGREDIENTS

3 tbsp. olive oil (45ml)

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

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

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

800g passata *or* **2 x 400g** cans of tomatoes

200g dried split red lentils, rinsed

200g orzo pasta

150g mature cheddar cheese, grated

SERVES 4

PREP TIME 10 mins

COOK TIME 40 mins

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	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.

SERVES 5-6

PREP TIME 10 mins

COOK TIME 30 mins

INGREDIENTS

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

100ml double cream

60g butter

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	per 3 scoops
Energy	300kcal
Fat	21g
Carbohydrate	26.1g
Protein	3.1g
Salt	0.2g
Fibre	2.6g

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

FISH & CHIPS WITH MUSHY PEAS

Our take on the traditional comfort food that is fish and chips, served with minty mushy peas.

INGREDIENTS

50g plain flour

2 eggs, whisked

120g wholemeal breadcrumbs (made from wholemeal bread)

1 tbsp. dried herbs (mix of herbs of your choice)

4 raw cod fillets (500g), skin and bones removed

320g frozen peas

1 heaped tbsp. of half fat crème fraiche

1 tbsp. of fresh mint leaves

Squeeze of lemon

Black pepper to season

Serving of homemade wedges in 'sides' section

SERVES 6

PREP TIME 15 mins

COOK TIME 30 mins

METHOD

1. Preheat the oven to 200°C.

2. Place the flour, whisked eggs and bread-crumbs (mixed with the dried herbs) on three separate plates.

3. Cover each cod fillet in the flour, then in the egg and finally in the breadcrumb and herb mix.

4. Place the fillets on a baking tray, and place in the preheated oven for 12-15 minutes until cooked through.

5. To make the mushy peas, cook the frozen peas in boiling water as per the packet instructions. Drain and mash the peas with a potato masher. Add the crème fraiche and the chopped mint, along with a squeeze of lemon.

6. Serve the fish with the crispy wedges and minty mushy peas.

NUTRITION INFORMATION

Typical Values	per serving
Energy	503kcal
Fat	10g
Carbohydrate	71g
Protein	28g
Salt	1.1g
Fibre	2.5g

ORZO BOLOGNESE

This is a twist on the classic Italian spaghetti bolognese that uses orzo pasta. A serving provides you with a third of your daily recommendation of Iron.

INGREDIENTS

50ml olive oil

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

2 cloves garlic, peeled & very finely chopped (6g)

2 medium carrots, peeled & grated (120g)

500g mince beef

800g passata *or* **2 x 400g** cans of tomatoes

1 tsp. dried oregano (2g)

1 tsp. sugar (5g)

200g orzo pasta

100g freshly grated parmesan

SERVES 4

PREP TIME 15 mins

COOK TIME 1 hr

METHOD

1. Heat the oil in a saucepan and sauté the onion over a low heat for about 5 minutes, stirring occasionally until softened.

2. Add the garlic and cook for one minute.

3. Add the grated carrot and sauté for 2 minutes.

4. Add the minced beef and cook until browned, stirring occasionally.

5. Add the passata/tomatoes, oregano and sugar.

6. Bring to the boil, then turn the heat to low, cover and cook for about 45 minutes.

7. Meanwhile, cook the orzo pasta according to package instructions.

8. Toss the cooked orzo and parmesan into the bolognese and cook over a low heat for five minutes and serve.

NUTRITION INFORMATION

Typical Values	per serving
Energy	733kcal
Fat	41.3g
Carbohydrate	50.7g
Protein	42.7g
Salt	0.7g
Fibre	4.2g

High in protein. Rich in B vitamins, iron and zinc. A good source calcium.

CHICKEN CURRY

A one-pot mild curry that doesn't compromise on flavour.

SERVES
6

PREP TIME
10 mins

COOK TIME
20 mins

INGREDIENTS

1 tbsp. olive oil (15ml)

2 breasts (200g) of chicken, diced

1 large onion, roughly chopped

2 peppers, chopped

3 tbsp. mild curry paste

400g chopped tomatoes

2 tsp. ground ginger

1 chicken stock cube

250ml of tinned full-fat coconut milk

120g skimmed milk powder

Handful of coriander, chopped

320g of rice

60g butter

METHOD

1. Add the olive oil to a frying pan and add the diced chicken, frying until fully cooked.

2. Add in the onion and peppers. Add the curry paste, chopped tomatoes, ginger, chicken stock and coconut milk. Allow to simmer for 15-20 minutes.

3. Meanwhile, cook the rice according to the instructions on the packet.

4. For the last 5 minutes of cooking add the skimmed milk powder to the curry mixture.

5. Once the rice is cooked, drain it, add in the butter and stir.

6. Serve the chicken curry on a bed of the buttered rice and garnish with chopped coriander.

NUTRITION INFORMATION

Typical Values	per serving
Energy	542kcal
Fat	21g
Carbohydrate	62g
Protein	23g
Salt	1.9g
Fibre	4.6g

PRAWN EGG-FRIED RICE

A quick and satisfying version of the classic takeaway meal.

INGREDIENTS

200g brown rice

150g frozen peas

3 eggs

1 tbsp. butter

1 tbsp. oil

260g chicken (2 chicken breasts)

150g cooked prawns

3 tbsp. soy sauce

1 red pepper, sliced

50g cashew nuts

SERVES 4

PREP TIME 10 mins

COOK TIME 20 mins

NUTRITION INFORMATION

Typical Values	per serving
Energy	550kcal
Fat	21g
Carbohydrate	46g
Protein	41g
Salt	0.8g
Fibre	6.2g

METHOD

1. Cook brown rice and frozen peas as per packet instructions.

2. While they are cooking, beat the eggs and season with freshly ground black pepper.

3. Heat some butter in a frying pan over medium-high heat until hot. Add eggs and cook for 2 minutes. Remove the thin omelette to a chopping board and thinly slice.

4. Add the oil and chicken to the wok. Stir-fry until fully cooked. Add in the prawns and continue to fry for 1-2 minutes.

5. Reduce the heat and stir in the soy sauce, sliced pepper, sliced omelette, cooked rice and peas. Gently stir-fry for 1-2 minutes or until heated through. Finally, stir in the chives and cashew nuts and serve.

7. Return to the pan and add in the pasta and cook for a further 5 minutes before serving.

BEEF STIR-FRY

Crunchy vegetables and tender beef in a sticky soy and honey sauce.

INGREDIENTS

100g broccoli, chopped

130g baby sweetcorn

150g mangetout

30g ginger, finely chopped

2 cloves of garlic, finely chopped

300g rump steak

1 tbsp. soy sauce

1 tbsp. oyster sauce

2 tbsp. honey

3 tbsp. water

400g dried egg noodles

NUTRITION INFORMATION

Typical Values	per serving
Energy	506kcal
Fat	12g
Carbohydrate	64g
Protein	33g
Salt	1.9g
Fibre	5.2g

SERVES 5

PREP TIME 15 mins

COOK TIME 20 mins

METHOD

1. Chop the vegetables into bite-sized pieces. Slice the beef into thin strips.

2. Heat the oil in a large frying pan or wok over a medium heat. Add all the vegetables, the ginger and the garlic and stir-fry for 2 minutes.

3. Add the beef and stir-fry for about 5 minutes, until the beef is cooked through. Add in the sauces, honey and the water and stir them through.

4. Cook the noodles in boiling water according to the packet instructions.

5. Toss to combine until the noodles are heated through.

CHICKEN PIE

Warming to the heart and soul, our chicken pie is a great comforting meal. It can be topped with pastry as suggested, or alternatively, with some creamy mashed potato.

INGREDIENTS

50g butter

1 onion

2 garlic cloves

1-2 carrots

1 stalk of celery

A sprig of thyme

2 tbsp. plain flour

300ml chicken stock

100ml cream

½ tsp. wholegrain mustard

1 whole roast chicken *or* any type of leftover cooked chicken

1 cup of broccoli

1 sheet of ready-made puff pastry

NUTRITION INFORMATION

Typical Values	per serving
Energy	622kcal
Fat	32g
Carbohydrate	37g
Protein	44g
Salt	0.7g
Fibre	4.2g

SERVES 6

PREP TIME 20 mins

COOK TIME 40 mins

METHOD

1. Preheat the oven to 180°C.

2. Melt the butter in a large saucepan over a medium heat.

3. Chop the vegetables into bite size chunks and add them (except the broccoli) to the butter along with the thyme and sauté until soft.

4. Take the vegetable mixture off the heat and add the flour. Return to the heat and cook for 1-2 minutes stirring continuously.

5. Add the stock slowly and stir to remove any lumps.

6. Add the cream and mustard and allow to cook for 2-3 minutes. .

7. Add the cooked chicken and broccoli and cook for a further 5-10 minutes

8. Place the contents of the saucepan into an oven proof dish.

9. Cover the dish with the sheet of puff pastry and cook in the oven for 30-40 minutes at 180°C.

SLOW COOKER PEANUT CHICKEN

This one-pot wonder can be prepared in minutes, resulting in tender chicken stewed in a delicious peanut sauce.

INGREDIENTS

1kg chicken breast, chopped

1 onion, chopped

120g crunchy peanut butter

1 tbsp. tomato puree

2 cloves of garlic (crushed)

1 tsp. cornflour

1 x 400g tin of chopped tomatoes

1 red chilli, diced

2 tbsp. of lime juice

1 tbsp. curry powder

2 tbsp. soy sauce

320g basmati rice, uncooked

Handful of coriander to garnish

SERVES 6

PREP TIME 5-10 mins

COOK TIME 3-5 hrs

METHOD

1. Place all ingredients into the slow cooker, or a large pot, and cook on low for 5 hours.

2. Alternatively, you can put the ingredients into a casserole dish, place a lid on top and cook in the oven at 150°C for 3-4 hours.

NUTRITION INFORMATION

Typical Values	per serving
Energy	540kcal
Fat	12g
Carbohydrate	53g
Protein	51g
Salt	1.1g
Fibre	5g

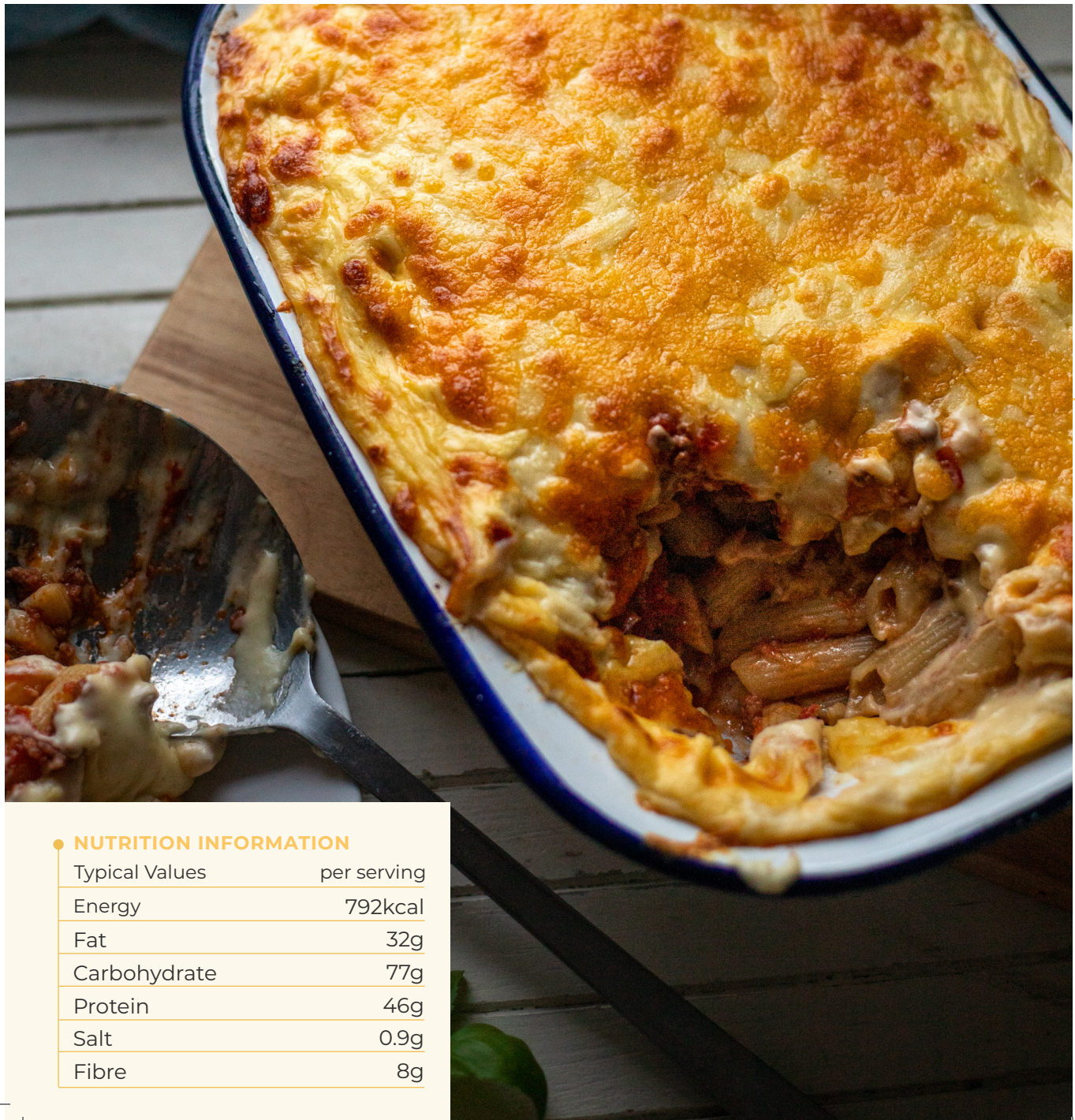
BOLOGNESE PASTA BAKE

A hearty pasta bake topped with a creamy cheese sauce.

SERVES 6

PREP TIME 30 mins

COOK TIME 30 mins



NUTRITION INFORMATION

Typical Values	per serving
Energy	792kcal
Fat	32g
Carbohydrate	77g
Protein	46g
Salt	0.9g
Fibre	8g

INGREDIENTS

FOR THE BOLOGNESE:

2 carrots, finely chopped

2 onions, finely chopped

1 celery stick, finely chopped

70g mushrooms, finely chopped

3 garlic cloves, finely chopped

500g beef

190g dried red lentils

800g tinned tomatoes

1 beef stock cube

FOR THE WHITE SAUCE:

30g butter

30g plain flour

600ml milk

50g grated cheese

FINAL INGREDIENTS:

375g penne pasta, cooked

150g cheddar cheese, grated

METHOD

FOR THE BOLOGNESE:

1. Add the chopped vegetables to a frying pan and allow to cook until they reduce in size and the onion begins to brown.

2. Add the beef mince to the pan and allow to cook until it is browned, breaking up constantly to ensure there are no lumps.

3. Add the dried lentils, followed by the tinned tomatoes.

4. Crumble the stock cube and add it to the pan.

5. Allow to simmer for 30 minutes to an hour.

FOR THE WHITE SAUCE:

1. Melt the butter in saucepan over a medium heat.

2. Once melted, take the pan off the heat and add the flour. Stir to combine into a paste like mixture.

3. Return the pan to the heat and add in your milk slowly. Whisk continuously over a medium heat until the mixture thickens.

4. Once the mixture has thickened add in the grated cheese and stir through.

TO COMBINE

1. Mix the cooked pasta with the bolognese mixture and white sauce.

2. Sprinkle the grated cheddar cheese on top and bake in the oven for 20 minutes until the cheese has melted.

CHICKEN TIKKA

A mild and creamy take on the classic curry dish. For those who want more heat, you can add a little more cayenne.

INGREDIENTS

1 large onion, roughly chopped (240g)

4 large garlic cloves (12g)

5g thumb-sized piece of ginger

2 tbsp. olive oil

4 small skinless chicken breasts, cut into chunks

2 tbsp. tikka spice powder

1 tsp. cayenne pepper

1 x 400g can of chopped tomatoes

60g ground almonds

200g spinach

100ml double cream

½ small bunch of coriander, chopped

480g brown basmati rice, to serve

SERVES
4

PREP TIME
10 mins

COOK TIME
55 mins

METHOD

1. Place the onion, garlic and ginger in a food processor and blitz to a smooth paste.

2. Heat 1 tbsp. of the oil in a pan over a medium heat. Add the paste mixture and fry for 15 mins. Tip into a bowl.

3. Add the remaining oil and the chicken and fry for 5 minutes, or until lightly brown.

4. Add in the tikka spice and cayenne and fry for a further minute.

5. Place the onion mixture back into the pan, along with the tomatoes and 1 can full of water.

6. Bring to the boil, then reduce to a simmer and cook, uncovered, for 15 mins.

7. Stir in the almonds and spinach and cook for a further 10 mins. Season, then stir though the cream and coriander.

8. Serve with brown rice, cooked according to the instructions.

NUTRITION INFORMATION

Typical Values	per serving
Energy	535kcal
Fat	24g
Carbohydrate	40g
Protein	36g
Salt	0.51g
Fibre	4.8g

SPAGHETTI & MEATBALLS

Beef meatballs, packed full of flavour, in a rich tomato sauce - always a winner.

INGREDIENTS

FOR THE SAUCE:

1 tbsp. olive oil

1 medium onion, finely chopped

2 cloves of garlic, finely chopped

½ a chilli pepper, finely chopped

½ tsp ground cumin

1 tsp. paprika

200g cherry tomatoes, halved

1 can of chopped tomatoes

FOR THE MEATBALLS:

500g minced beef

2 medium eggs

½ a red onion

1 tbsp. tomato purée

Zest of **½** a lime

1 tbsp. olive oil

SERVE WITH:

100g broccoli, steamed

60g cheddar cheese, grated

160g spaghetti, cooked

SERVES	PREP TIME	COOK TIME
3	10 mins	25 mins

METHOD

1. Preheat the oven to 180°C.

2. For the sauce, heat the olive oil and sauté the onion for 2 minutes over a medium heat until beginning to soften.

3. Add the garlic, chilli, cumin and paprika and continue to cook on a low heat for 1 minute. Add the cherry tomatoes and mix together. Simmer on a low heat while you make the meatballs.

4. Combine all the meatball ingredients together in a bowl and mix well so that everything is combined. Using clean hands roll the mixture into balls of desired size.

5. Place the meatballs on a frying pan with a tablespoon of olive oil one by one. Cook on a high heat for about 2 minutes turning them until browned. Reduce the heat and continue to cook for 5-10 minutes.

6. Tip the browned meatballs into the pan with the sauce mixing through. Serve with steamed broccoli, grated cheddar cheese and a portion of spaghetti.

7. Serve with brown rice, cooked according to the instructions.

NUTRITION INFORMATION

Typical Values	per serving	with 40g spaghetti
Energy	444kcal	501kcal
Fat	25g	26g
Carbohydrate	14g	25g
Protein	37g	39g
Salt	0.64g	0.64g
Fibre	3.2g	3.9g

CREAMY CHICKEN PASTA BAKE

This pasta bake is prepared in only 15 minutes making it an easy but tasty midweek meal.

SERVES 4

PREP TIME 15 mins

COOK TIME 30 mins

INGREDIENTS

250g white pasta

2 tbsp. olive oil

1 onion, peeled and chopped

2 cloves of garlic, crushed

400g chicken, diced

2 medium carrots, peeled and chopped

160g mangetout, washed

500ml passata

1 tbsp. dried basil

100ml double cream

75g cheese, grated

METHOD

1. Cook the pasta as per packet instructions.

2. Heat the oil in a frying pan. Add the onion and garlic and cook for about 3 minutes. Add the chicken and cook for 5 minutes. Then add in the carrots and mangetout and cook for a further 5 minutes.

3. Add in the passata and basil. Cook for about 3 minutes, bring to the boil and them simmer for 5 minutes. Then turn off the heat and add in the double cream, mixing well.

4. Transfer to an overproof dish. Add the cooked pasta and mix. Sprinkle the grated cheese over the top.

5. Bake in the oven for 10-12 minutes until the cheese is melted.

NUTRITION INFORMATION

Typical Values	per serving
Energy	670kcal
Fat	28g
Carbohydrate	63.5g
Protein	41g
Salt	1g
Fibre	8g

SNACKS

- Eating little amounts of food throughout the day 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 consuming 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.

1 Pint
ml 500
400
300
200
100
¾
½
¼

FORTIFIED MILK

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

60g skimmed milk powder (4 heaped tbsp.)

500ml whole milk

UTENSILS

Measuring jug

Tablespoon

Fork/Whisk

SERVES
1

PREP TIME
2 mins

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	per 500ml
Energy	534kcal
Fat	18g
Carbohydrate	55g
Protein	39g
Salt	1.4g
Fibre	0g

SCONES

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

INGREDIENTS

400g self-raising flour

110g butter

120g sultanas

1 tsp. cinnamon

65g caster sugar

80g ground almonds

75g chopped pecan nuts

2 eggs (100g) & **1** egg yolk (20g)

210ml butter milk

SERVES 10

PREP TIME 10 mins

COOK TIME 15 mins

METHOD

1. Preheat the oven to 200°C.

2. Sift the flour. Rub in the butter.

3. Add in the sultanas, cinnamon, sugar, ground almonds and pecans 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 until golden brown.

NUTRITION INFORMATION

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

A 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.

SERVES
10

PREP TIME
5 mins

COOK TIME
35 mins

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 star anise to the milk, instead of the vanilla or cinnamon.

NUTRITION INFORMATION

Typical Values	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!

SERVES 14

PREP TIME 10 mins

COOK TIME 20 mins

INGREDIENTS

200g porridge oats

75g sieved flour

75g ground almonds

100g brown sugar

100g mixed nuts, chopped

225g butter

3 tbsp. of golden syrup (45g)

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

A 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.

INGREDIENTS

240g plain flour

Pinch salt

2 tsp. baking powder (10g)

1 tsp. cinnamon

100g caster sugar

1 egg

70ml sunflower oil

Few drops of vanilla essence

75g pecan nuts, chopped

4 medium, ripe bananas, mashed (400g)

NUTRITION INFORMATION

Typical Values	per serving (per 2 slices)
Energy	321kcal
Fat	14.8g
Carbohydrate	40.5g
Protein	5.0g
Salt	0.5g
Fibre	3.1g

SERVES 1 loaf

PREP TIME 10 mins

COOK TIME 1 hr

METHOD

1. Preheat the oven to 180°C and grease a loaf tin.

2. Sift the flour, salt, 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.

MUESLI

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

SERVES
16 portions

PREP TIME
5 mins

COOK TIME
15 mins

INGREDIENTS

300g jumbo oats

200g mixed nuts, chopped (walnuts/hazelnuts/pecan nuts/pistachios)

300g mixed dried fruit, (dates/figs/cherries/ cranberries/apricot/mango)

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 yoghurt.

NUTRITION INFORMATION

Typical Values	per 50g serving (muesli alone)	with 125g full-fat yoghurt
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

QUICK FORTIFIED COFFEE DRINK

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

SERVES 1

PREP TIME 1 mins

COOK TIME 0 mins

INGREDIENTS

Instant coffee granules *or* latté *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 and 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

BAGEL WITH SMOKED SALMON & AVOCADO

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

SERVES 1

PREP TIME 3 mins

COOK TIME 2 mins

INGREDIENTS

½ bagel (45g)

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

30g smoked salmon

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

YOGHURT WITH FRUIT & SEEDS

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

SERVES 1

PREP TIME 3 mins

COOK TIME 0 mins

INGREDIENTS

125g pot custard-style yoghurt

100g fresh berries

25g of toasted seeds *or* nuts

METHOD

1. Place yoghurt 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

Beans are a good source of protein and fibre. They also contain minerals such as iron and zinc, and are a good source of B vitamins.

SERVES
1

PREP TIME
3 mins

COOK TIME
2 mins

INGREDIENTS

200g tin baked beans

1 slice wholemeal toast (40g)

1 tbsp. butter (10g)

METHOD

1. Warm beans in pot or covered in microwave for 1 minute.

2. Toast wholemeal bread.

3. Serve beans on top of buttered toast.

NUTRITION INFORMATION

Typical Values	per serving
Energy	337kcal
Fat	9.3g
Carbohydrate	43g
Protein	14g
Salt	1.9g
Fibre	13g

BLUEBERRY, APPLE & LEMON SQUARES

A fun alternative to a bowl of porridge, this recipe uses oats to make these healthy oat squares instead.

INGREDIENTS

20g butter

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

240g rolled oats

40g brown sugar

1 tbsp. sunflower seeds (15g)

½ tsp. baking powder

Zest of **1** unwaxed lemon

2 eggs (110g)

240ml whole milk

100g blueberries

NUTRITION INFORMATION

Typical Values	per 2 squares
Energy	300kcal
Fat	9g
Carbohydrate	42g
Protein	8.8g
Salt	0.2g
Fibre	4.8g

SERVES 12

PREP TIME 15 mins

COOK TIME 30 mins

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 12 equal-sized squares.

BERRY, HONEY & YOGHURT POT

Smooth yoghurt, a zingy fruit purée and crunchy granola makes for a great breakfast or brunch.

SERVES 2

PREP TIME 10 mins

COOK TIME 0 mins

INGREDIENTS

200g frozen mixed berries, defrosted

Juice of **½** an orange (30ml)

3 tbsp. of clear honey (45g)

200ml full-fat vanilla yoghurt

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 yoghurt.

4. Layer with half the remaining berry mixture and top with the remaining yoghurt.

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!

MAKES
9

PREP TIME
5 mins

COOK TIME
20 mins

INGREDIENTS

75g butter, plus extra for greasing

75ml clear honey

½ tsp. ground cinnamon

100g dried apricots, finely chopped

50g dried mango, finely chopped

50g raisins

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

50g pecan nuts, finely chopped

150g porridge oats

METHOD

1. Grease 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.

MAKES
4 large or 8 small

PREP TIME
5 mins & 1 hr chilling

COOK TIME
10 mins

INGREDIENTS

500ml double cream

100g caster sugar

Zest of **1** lemon

100g skimmed milk powder

Juice of **2** whole lemons

NUTRITION INFORMATION

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

METHOD

1. Put the double cream, sugar and lemon zest into a non-stick saucepan. Cook on a low heat until the sugar is dissolved.

2. 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 large portions or 8 small portions).

5. Chill for at least 1 hour to set.

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.

SERVES 1

PREP TIME 3 mins

COOK TIME 5 mins

INGREDIENTS

1 egg (50g)

1 egg yolk (20g)

2 tbsp. of full-fat milk (30ml)

1 tbsp. olive oil (15ml)

1 slice day-old white *or* wholemeal bread (40g)

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 & cream

Raisins & cinnamon

Bacon & maple syrup

Beans

NUTRITION INFORMATION

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

CHICKEN CAESAR SALAD CROSTINI

A fun twist on a classic Caesar salad.

INGREDIENTS

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

1 tbsp. olive oil (15g)

2 tbsp. (30g) full-fat garlic mayonnaise or creamy style Caesar dressing (*or* substitute garlic mayo for a creamy Caesar dressing (6g)

¼ teaspoon Dijon mustard

½ teaspoon lemon juice (3g)

Pinch of black pepper (1g)

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

1-2 anchovies drained

2 leaves of Romaine lettuce

1 tablespoon finely grated parmesan cheese (15g)

NUTRITION INFORMATION

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

SERVES
2(4 slices)

PREP TIME
10 mins

COOK TIME
5 mins

METHOD

1. Brush both sides of each slice of bread with olive oil and bake in a preheated oven at 190°C for 4-5 minutes.

2. Add garlic mayonnaise, Dijon mustard, lemon juice and pepper to taste to a small bowl and mix then set aside.

3. Chop the chicken into small pieces.

4. Chop 1-2 anchovies into small pieces.

5. Shred the lettuce into small pieces as desired.

6. Add the chicken, anchovies and 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 are not liked substitute garlic mayo for a creamy Caesar dressing. ***Note*** this will reduce the calorie and protein content slightly.

NUT BOOSTER BARS

Packed with flavour, these nutty bars are energy dense and delicious.

INGREDIENTS

70g rolled oats

4 tbsp. chia seeds

1 ½ tbsp. sunflower seeds

1 ½ tbsp. pumpkin seeds

5 tbsp. ground almonds

2 tbsp. dark chocolate chips (could also use milk)

60g chopped hazelnuts

2 tbsp. desiccated coconut

3 tbsp. crunchy peanut butter

2 tbsp. honey

70ml milk

80g dark chocolate

30g flaked almonds

NUTRITION INFORMATION

Typical Values	per bar
Energy	304kcal
Fat	22g
Carbohydrate	16g
Protein	8.6g
Salt	0.1g
Fibre	5.4g

MAKES 9

PREP TIME 10 mins

CHILL TIME 1 hour

METHOD

1. Mix all dry ingredients in large bowl and stir.

2. Add the honey and peanut butter and mix well.

3. Add the milk in small amounts until the mix becomes like a thick paste. Don't add too much milk all at once as mixture will be too sticky.

4. Line a baking tin with baking paper and add the mixture, spreading evenly with the back of a spoon. Press firmly down on the mixture to compress it.

5. Melt the chocolate and pour over the top.

6. Sprinkle with flaked almonds on top & place in the fridge to set for 1 hour.

7. Remove from the fridge and slice into 9 bars. These can be stored in an airtight container for up to 1 week.

OAT COOKIE BARS

Luxurious and rich cookies, these go down a treat with a glass of cold milk.

INGREDIENTS

BASE:

200g porridge oats

20g hazelnuts, chopped

360g peanut butter

160ml maple syrup

ICING:

180g cashew butter

40g butter, melted

80ml maple syrup

TOPPING:

100g dark chocolate, melted

NUTRITION INFORMATION

Typical Values	per bar
Energy	477kcal
Fat	32g
Carbohydrate	31g
Protein	14g
Salt	0.42g
Fibre	4.9g

MAKES 12

PREP TIME 15 mins

CHILL TIME 1 hour

METHOD

1. In a large bowl, mix the oats, hazelnuts, peanut butter and maple syrup until fully combined, forming one large ball of mixture.

2. Place the oat and peanut butter mixture into a deep dish lined with baking parchment.

3. Flatten and smooth the mixture out using the back of a spoon, working from the middle toward the edges.

4. In another bowl, mix the icing ingredients until a paste has formed. Place this on top of the base and let set in the fridge for an hour.

5. Melt the dark chocolate and drizzle it over the cookie bar mixture. Let the chocolate set. Cut into 12 pieces. Store in an airtight container for two weeks.

SIDES

TREACLE BREAD

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

INGREDIENTS

450g self-raising flour, sieved

2 tbsp. sugar (30g)

1 tsp. mixed spice (5g)

1 tsp. ginger (5g)

125g raisins

3 tbsp. black treacle (45g)

200ml full-fat milk

2 eggs (110g)

MAKES
1 x 2lb loaf
(serves 8)

PREP TIME
5 mins

COOK TIME
40 mins

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 minutes.

4. Serve with butter.

NUTRITION INFORMATION

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

BROWN BREAD WITH SEEDS

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

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 egg, butter, 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

OAT BREAD

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

MAKES
1 loaf

PREP TIME
5 mins

COOK TIME
1 hour

INGREDIENTS

1 large pot full-fat yoghurt (500ml)

500g oats

1 egg (50g)

1 egg yolk (20g)

½ tsp. salt

¾ tsp. bread soda

50g mixed seeds

METHOD

1. Preheat 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).

ROAST GARLIC BABY POTATOES

The addition of garlic and rosemary make for a tasty alternative to traditional roast potatoes.

SERVES
1 loaf

PREP TIME
10 mins

COOK TIME
30 mins

INGREDIENTS

800g baby potatoes

2 tbsp. olive oil

2-3 cloves garlic, chopped

2 tbsp. fresh rosemary, finely chopped

METHOD

1. Rinse the baby potatoes and chop in half.

2. Place in a roasting dish and use enough olive oil to coat potatoes lightly.

3. Stir in chopped garlic and season with herbs, salt and pepper.

4. Roast in the oven for 25-35 minutes at 180°C.

NUTRITION INFORMATION

Typical Values	per serving
Energy	193kcal
Fat	6g
Carbohydrate	30g
Protein	3g
Fibre	4g

SPICY POTATO WEDGES

These lightly spiced wedges are the perfect accompaniment to any meal.

SERVES
4

PREP TIME
10 mins

COOK TIME
30 mins

INGREDIENTS

4 large potatoes

2 tbsp. olive/sunflower/ rapeseed oil

Salt and freshly ground black pepper

1-2 tsp. Cajun seasoning

NUTRITION INFORMATION

Typical Values	per serving
Energy	234kcal
Fat	7g
Carbohydrate	38g
Protein	4g
Fibre	5g

METHOD

1. Scrub potatoes well and cut into wedges.
2. Rinse, dry and put on a baking tray.
3. Toss in oil and season with salt and pepper.
4. Add Cajun seasoning.
5. Cook at 200°C for approximately 30-40 minutes.

CHAMP MASH POTATO

An alternative to regular mashed potatoes with a hint of onion.

SERVES
4

PREP TIME
10 mins

COOK TIME
30 mins

INGREDIENTS

600g potatoes, peeled & cut in even chunks

100ml semi-skimmed milk approximately

4 spring onions, chopped

15g butter

Seasoning

METHOD

1. Boil the potatoes until cooked.

2. Drain and mash.

3. Warm the milk and stir into potatoes, season.

4. Cook the spring onions gently in the butter and beat into the potatoes.

NUTRITION INFORMATION

Typical Values	per serving
Energy	153kcal
Fat	4g
Carbohydrate	25g
Protein	4g
Fibre	3g

DESSERTS

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!

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)

SERVES 1

PREP TIME 5 mins

FREEZE TIME 2 hours

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 puréed texture. Add some milk if it is difficult to blend.

3. Serve or freeze for later.

NUTRITION INFORMATION

Typical Values	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.

SERVES 4

PREP TIME 10 mins

CHILL TIME 4 hours

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 and place 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.

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	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 and B6.

FROZEN YOGHURT 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.

SERVES
4

PREP TIME
5 mins

FREEZE TIME
30 mins

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, including those used in this recipe.

2. Place yoghurt, 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	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 and B2. A good source of B12, calcium and iron.

ORANGE & ALMOND CAKE

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

SERVES 8

PREP TIME 15 mins

COOK TIME 45 mins

INGREDIENTS

100g caster sugar

2 eggs (100g)

100g olive oil

100g ground almonds

150g self-raising flour (150g plain flour + 1 ½ tsp. baking powder)

Zest and juice of **1** orange (50mls)

100g small pot Greek yoghurt (100g)

NUTRITION INFORMATION

Typical Values	per slice served with yoghurt & 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.

METHOD

1. Preheat the oven to 180°C. Grease a 20cm round tin.

2. Beat together the sugar and eggs.

3. Add the olive oil and mix well.

4. Gently stir in the ground almonds and flour.

5. Mix in the zest of the orange, half of the juice and the yoghurt.

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 yoghurt and a spoon of syrup.

SERVES
4

PREP TIME
20 mins

COOK TIME
60 mins

NUTRITION INFORMATION

Typical Values	per serving (pudding alone)	with ice-cream & fudge sauce
Energy	728kcal	1223kcal
Fat	35.8g	70.6g
Carbohydrate	80.6g	121.6g
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 ⅓ of your calcium requirements and ⅕ of your vitamin D requirements.

APRICOT & RAISIN, BREAD & BUTTER PUDDING

WITH VANILLA ICE CREAM, WARM FUDGE AND CHOCOLATE SAUCE

A luxurious twist on classical bread pudding.

INGREDIENTS

25g butter, for greasing

150ml full-fat milk

150ml double cream

1 tsp. vanilla extract

75g dried apricots, chopped

75g raisins

½ loaf of sliced white bread, buttered

3 eggs

2 egg yolks

4 tbsp. caster sugar (60g)

HOT CHOCOLATE SAUCE:

85g dark chocolate

150ml double cream

85g fudge

METHOD

1. Preheat 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.

EASY CHEESECAKE

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

SERVES
4

PREP TIME
10 mins

CHILL TIME
2 hours

INGREDIENTS

100g shortbread biscuits, crushed

1 x 300g tub full-fat soft cheese

Zest and juice of **1** lemon (20ml)

60g icing sugar

100g punnet of berries

METHOD

1. Divide the crushed biscuits between 4 glasses.

2. Beat the soft cheese, lemon juice, zest and ¾ 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 very soft and easy to chew.

SERVES
8-10 portions

PREP TIME
10 mins

CHILL TIME
2 hours

INGREDIENTS

500ml cream

1 x 250g tub mascarpone cheese

8 tbsp. icing sugar (120g)

1 strong cup 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 (100g)

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.

SERVES 6

PREP TIME 10 mins

CHILL TIME 2 hours

INGREDIENTS

MOUSSE:

350ml double cream

230g premium quality white chocolate, finely chopped

1 tsp. orange zest (5g)

STRAWBERRY SAUCE:

300g fresh strawberries, stemmed & hulled

2 tbsp. honey (30g), optional

Juice of **1** orange (50ml)

NUTRITION INFORMATION

Typical Values	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.

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, purée the strawberries with the honey and orange juice on high speed until smooth. Chill the sauce and serve with the mousse.

APPLE WITH GROUND ALMONDS & PINE NUTS

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

SERVES 2

PREP TIME 5 mins

COOK TIME 15 mins

INGREDIENTS

50g butter

2 cooking apples, peeled & chopped (300g)

60g ground almonds

50g pine nuts, toasted

2 tbsp. caster sugar (30g)

50ml double cream, whipped/custard (100g)

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

BABYCINO MOUSSE

A light and fluffy chocolate mousse that isn't overly sweet.

SERVES
4

PREP TIME
10 mins

CHILL TIME
1 hour +

INGREDIENTS

½ tsp. of gelatine powder

200ml of double cream

45g of chocolate powder (cocoa/hot chocolate/ milkshake), with extra to dust

15g skimmed milk powder

SERVING SUGGESTION:
Top with mini marshmallows!

NUTRITION INFORMATION

Typical Values	per serving
Energy	305kcal
Fat	28g
Carbohydrate	8g
Protein	6g
Salt	0.1g
Fibre	1.4g

METHOD

1. Place 2 teaspoons of water in a small microwave safe bowl and sprinkle with the gelatine. Set aside for 2-3 minutes or until the gelatine is absorbed into the water. Microwave on high heat for 15 seconds. Stir until the gelatine is dissolved. Set aside to cool.

2. Pour in 100ml of cream into a bowl. Add the chocolate powder, skimmed milk powder and cooled gelatine. Use an electric whisk to beat half of this mixture until firm peaks form.

3. Divide among four 100ml serving glasses. Place in the fridge for 1 hour or until set.

4. Spoon out the remaining 100ml of the cream mix and put in a clean bowl. Beat until soft peak forms. Spoon the whipped cream on top of each mousse cup. Dust with extra chocolate powder and top with some marshmallows.

APPLE BERRY OAT CRUMBLE

Perfect served from the oven with a spoonful of Greek yoghurt.

SERVES 6

PREP TIME 10 mins

COOK TIME 1 hr

INGREDIENTS

6 small red apples, peeled, cored & chopped

1 small pear, peeled & chopped

250ml apple juice

1 tsp. vanilla extract

1 tsp. ground cinnamon

Zest of **½** an orange

CRUMBLE:

100g oats

100g ground almonds

50g desiccated coconut

1 tsp. ground cinnamon

1 tsp. vanilla extract

3 tbsp. honey

50g mixed nuts

3 tbsp. coconut oil

30g blueberries

SERVING SUGGESTION:

Greek yoghurt

METHOD

1. Preheat the oven to 180°C.

2. Place the apple and pear in a large pot with the apple juice, vanilla, cinnamon and orange zest. Cook over a medium heat for about 30 minutes, stirring occasionally until the fruit has softened.

3. To make the crumble place the oats, ground almonds, desiccated coconut, cinnamon, vanilla, honey and nuts into a food processor and blend for a few seconds. Melt the coconut oil and stir into the crumble mixture.

4. Pile the cooked apple mixture into a baking dish. Spread over the fresh blueberries and scatter the crumble mixture evenly over the top of everything.

5. Bake for 30 minutes or until the crumble is golden.

6. Serve alone or with Greek yogurt.

NUTRITION INFORMATION

Typical Values	per serving
Energy	448kcal
Fat	26g
Carbohydrate	40g
Protein	10g
Salt	0.1g
Fibre	6.8g

CHIA PUDDING

You can also prep this chia seed pudding the night before and let it sit in the fridge overnight.

SERVES
1

PREP TIME
5 mins

INGREDIENTS

2 tsp. cocoa powder

1 tbsp. warm water

40g chia seeds

200ml full-fat milk

2 tbsp. maple syrup

NUTRITION INFORMATION

Typical Values	per serving
Energy	454kcal
Fat	22g
Carbohydrate	39g
Protein	16g
Salt	0.2g
Fibre	17g

METHOD

1. In a small bowl, mix the cocoa powder with a tablespoon of warm water to create a chocolate paste.

2. In a bowl, glass or jar, stir together chia seeds, milk, maple syrup and chocolate paste.

3. Once the chia pudding mixture is well combined, let it sit for 5 minutes, give it another stir/shake to break up any clumps of chia seeds, cover and put the mixture in the fridge to “set” for 1-2 hours or overnight.

4. The chia pudding should have a thick consistency.

5. When ready to serve top the pudding with berries and enjoy. Chia pudding can be stored for up to 5-7 days in an airtight container in the refrigerator.

PANCAKE IN A CUP

A quick dessert for one!

SERVES
1

PREP TIME
2 mins

COOK TIME
2 mins

INGREDIENTS

1 tbsp. butter

2 tbsp. full-fat milk

1 tbsp. skimmed milk powder

1 tbsp. maple syrup

2 heaped tbsp. self-raising flour

NUTRITION INFORMATION

Typical Values	per serving
Energy	303kcal
Fat	14g
Carbohydrate	35g
Protein	9.3g
Salt	0.76g
Fibre	1.2g

METHOD

1. In a cup, melt the butter in the microwave for 20 seconds.

2. Add the milk, skimmed milk powder and maple syrup and warm in the microwave for another 30 seconds.

3. Mix in the self-raising flour, stirring until there are no lumps remaining.

4. Cook the mixture in the microwave for approximately 2 minutes until light and fluffy with no wet batter remaining.

5. Serve with a handful of berries of your choice.

SMOOTHIES
& NOURISHING DRINKS

- 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.

- Note: all smoothies are vegetarian and easy to chew/ swallow.

APPLE & AVOCADO SMOOTHIE

SERVES
1

PREP TIME
5 mins

INGREDIENTS

1 small apple, peeled, cored & 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	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

SERVES
2

PREP TIME
5 mins

INGREDIENTS

1 large ripe banana, peeled (120g)

100ml full-fat milk

1 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	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

SERVES
2

PREP TIME
5 mins

INGREDIENTS

300ml full-fat milk

1 tbsp. chocolate spread (15g)

1 medium banana, peeled & 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	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

SERVES 2

PREP TIME 5 mins

INGREDIENTS

200ml apple or any fruit juice

6 tbsp. Greek-style yoghurt (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	per serving
Energy	373kcal
Fat	23.1g
Carbohydrate	31.3g
Protein	11.6g
Salt	0.8g
Fibre	0.6g

A good source of vitamin C, B2 and phosphorus.

FROZEN FRUIT SMOOTHIE

SERVES
2

PREP TIME
5 mins

INGREDIENTS

1 medium ripe banana, peeled (100g)

150g frozen strawberries

5 tbsp. Greek-style yoghurt (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	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 and B vitamins. Good source of calcium, iron, and zinc.

HIGH-FIBRE SMOOTHIE

SERVES
2

PREP TIME
5 mins

INGREDIENTS

8 dried figs (150g)

2 tbsp. cold, cooked porridge (30g)

200g Greek-style yoghurt

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	per serving
Energy	417kcal
Fat	14.2g
Carbohydrate	61.4g
Protein	14.4g
Salt	0.5g
Fibre	9.4g

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

HOT CHOCOLATE

SERVES 1

PREP TIME 10 mins

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	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 and calcium.

MINT MILKSHAKE

SERVES
1

PREP TIME
5 mins

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	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 and calcium.

NUTTY MANGO & BANANA SMOOTHIE

SERVES
2

PREP TIME
5 mins

INGREDIENTS

250ml orange juice

5 tbsp. Greek-style yoghurt (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	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 and B vitamins.

OATMEAL SMOOTHIE

SERVES
2

PREP TIME
5 mins

INGREDIENTS

100g porridge oats

1 tbsp. honey (15g)

200g Greek-style yoghurt

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

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

ORANGE CRUSH SMOOTHIE

SERVES
1

PREP TIME
5 mins

INGREDIENTS

100ml orange juice

50ml pineapple juice

50ml full-fat milk

5 tbsp. Greek-style yoghurt (75g)

1 tbsp. milled flaxseed (15g)

20g skimmed milk powder

METHOD

1. Blend all of the ingredients together until smooth.

NUTRITION INFORMATION

Typical Values	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

SERVES
1

PREP TIME
5 mins

INGREDIENTS

150g tinned peaches

80ml full-fat milk

80g ice-cream

2 tbsp. honey (30g)

Pinch of cinnamon (1g)

20g skimmed milk powder

METHOD

1. Blend all of the ingredients together until smooth.

NUTRITION INFORMATION

Typical Values	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

SERVES
2

PREP TIME
5 mins

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

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

STRAWBERRY, PEANUT BUTTER & BANANA SMOOTHIE

SERVES
2

PREP TIME
5 mins

INGREDIENTS

200g Greek-style yoghurt

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	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 and vitamin E. Rich in vitamin C and B vitamins.

TANGY LEMON MILKSHAKE

SERVES
1

PREP TIME
5 mins

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	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

SERVES
2

PREP TIME
5 mins

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

NUTRITION INFORMATION

Typical Values	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.

METHOD

1. Blend all of the ingredients together until smooth.

CONTRIBUTORS

Aoife Ryan PhD, RD

Aoife graduated from TCD/DIT with a BSc Human Nutrition and 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 joined the academic staff at University College Cork in 2011 where she is now a Senior Lecturer. She is a CORU registered Dietitian. 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.

Éadaoin Ní Bhuachalla PhD, RD

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 and since then has worked as a Senior Dietitian in the HSE. She is a CORU registered Dietitian.

Michelle Hanna BSc

Michelle graduated from UCC in 2020 with a BSc (Hons) degree in Nutritional Sciences and is currently working on her MSc (Research), supervised by Dr. Aoife Ryan. Michelle is a member of The Nutrition Society. She is passionate about providing evidence-based nutritional support to those vulnerable to malnutrition, namely those with cancer and geriatric populations. She also believes that food is more than just fuel and has a keen interest in its social and cultural connotations.

Dr. Derek Power MRCPI

Dr. Power has a BSc Pharmacy (TCD) and a medical degree (MB BCh BAO) from Royal College of Surgeons in Ireland. He completed his basic medical training and specialist training in medical oncology in Ireland and then was awarded a research/clinical fellowship at Memorial Sloan-Kettering Cancer Centre in New York for 3 years. In New York he worked in solid tumour medical oncology and cancer genetics. He took up the post of consultant medical oncologist in the Mercy and Cork University Hospitals in 2010. His specialist interests are in gastrointestinal, genitourinary cancer and malignant melanoma.

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 Munster Technological University. Ann is course coordinator of The Total Immersion Chef Programme (TICP) an innovative programme devised to assist career changers to pursue a qualification in culinary disciplines. She also lectures 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.

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Jane Healy works as a part time Culinary Arts lecturer in The Tourism and Hospitality Department in the Munster Technological University. 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.

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 and Jakub Miklinska

Marta is a Dublin-based freelance food and 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 and 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.

Eoghan O'Sullivan

Eoghan joined Breakthrough Cancer Research in 2012 and is responsible for the charity's national fundraising campaigns. Having worked at senior management level for over 10 years in 4 and 5* hotels and resorts throughout Ireland, he has extensive experience in running major events in high profile venues as well as dealing with major multinational corporate clients about all aspects of their business needs. In addition to holding two business certificates from Fáilte Ireland, Eoghan also holds an honours BA in Hotel and Catering management from Galway Mayo Institute of Technology. A subsequent Fáilte Ireland Marketing course in conjunction with Cornell University, with a residential module in Boston College in the US, led to an interest in campaign work, building on numerous years as a volunteer for cancer research.

Orla Dolan

Orla Dolan is a graduate of University College Cork and University of Limerick's Kemmy Business School. Originally educated as a Microbiologist, she went on to work in Business Management specifically in Workforce Development and HR systems in the Social and Health Sectors in the United States. While in Delta-T Group, she developed and enforced standards for the front-end processes of the business in all States. She led the transformation of HR practices for over 1500 employees at 22 sites at VisionQuest, and was successful in achieving Joint Commission Health Accreditation for the company in multiple States. On her return to Ireland in 2005 she was appointed Director of External Affairs for Cork Cancer Research Centre (CCRC). In 2011 she led the launch of Breakthrough Cancer Research a national cancer research charity and funder of which she is now Chief Executive. She is a board member of the National Cancer Registry of Ireland since 2013.

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NOTES:

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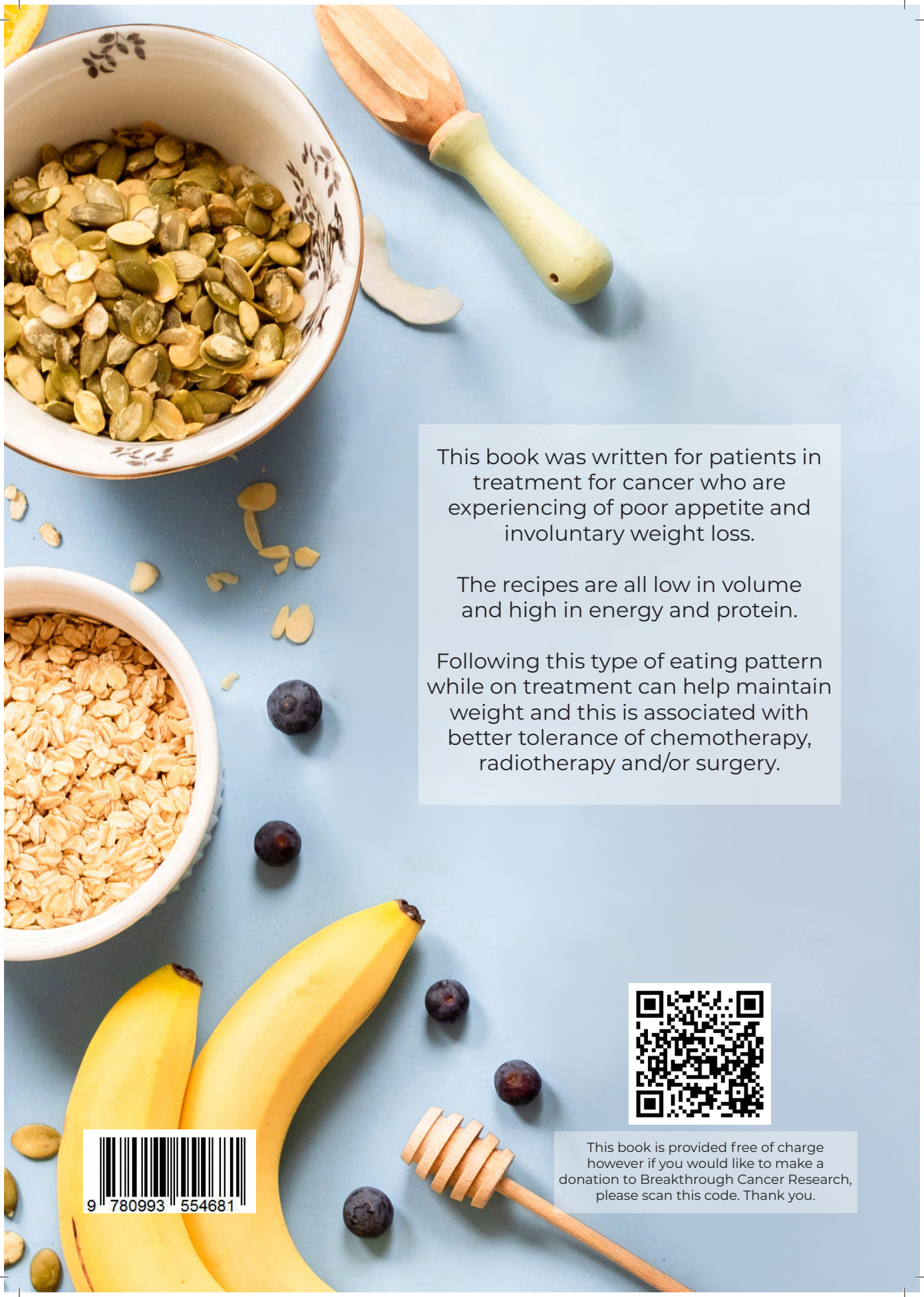

This book was written for patients in treatment for cancer who are experiencing of poor appetite and involuntary weight loss.

The recipes are all low in volume and high in energy and protein.

Following this type of eating pattern while on treatment can help maintain weight and this is associated with better tolerance of chemotherapy, radiotherapy and/or surgery.

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This book is provided free of charge however if you would like to make a donation to Breakthrough Cancer Research, please scan this code. Thank you.