



RECIPE GUIDE 2026



Breakfast



Baked egg cups

INGREDIENTS

- 6 large eggs
- 60ml (¼ cup) milk
- 2.5ml (½ tsp) Aromat seasoning
- Salt and black pepper to taste
- 125ml (½ cup) chopped spinach
- 125ml (½ cup) diced bell peppers
- 125ml (½ cup) chopped tomatoes or sundried tomatoes
- 125ml (½ cup) grated cheddar or mozzarella cheese
- Optional: 60g chopped bacon or ham

Method

- Preheat your oven to 180°C.
- Grease a 6-hole or 12-hole muffin pan thoroughly with butter or non-stick spray.
- Whisk the eggs, milk, Aromat, salt, and pepper together in a large bowl.
- Stir the chopped spinach, peppers, tomatoes, and meat (if using) directly into the egg mixture, or divide the veggies evenly into the muffin cups.
- Pour the egg mixture into the muffin cups, filling each about three-quarters full.
- Top each cup with a sprinkle of grated cheese.
- Bake for 20 to 25 minutes until the eggs are completely set and slightly golden on top.
- Cool for 5 minutes before gently removing them from the pan

Creamy oats with cinnamon and banana

INGREDIENTS

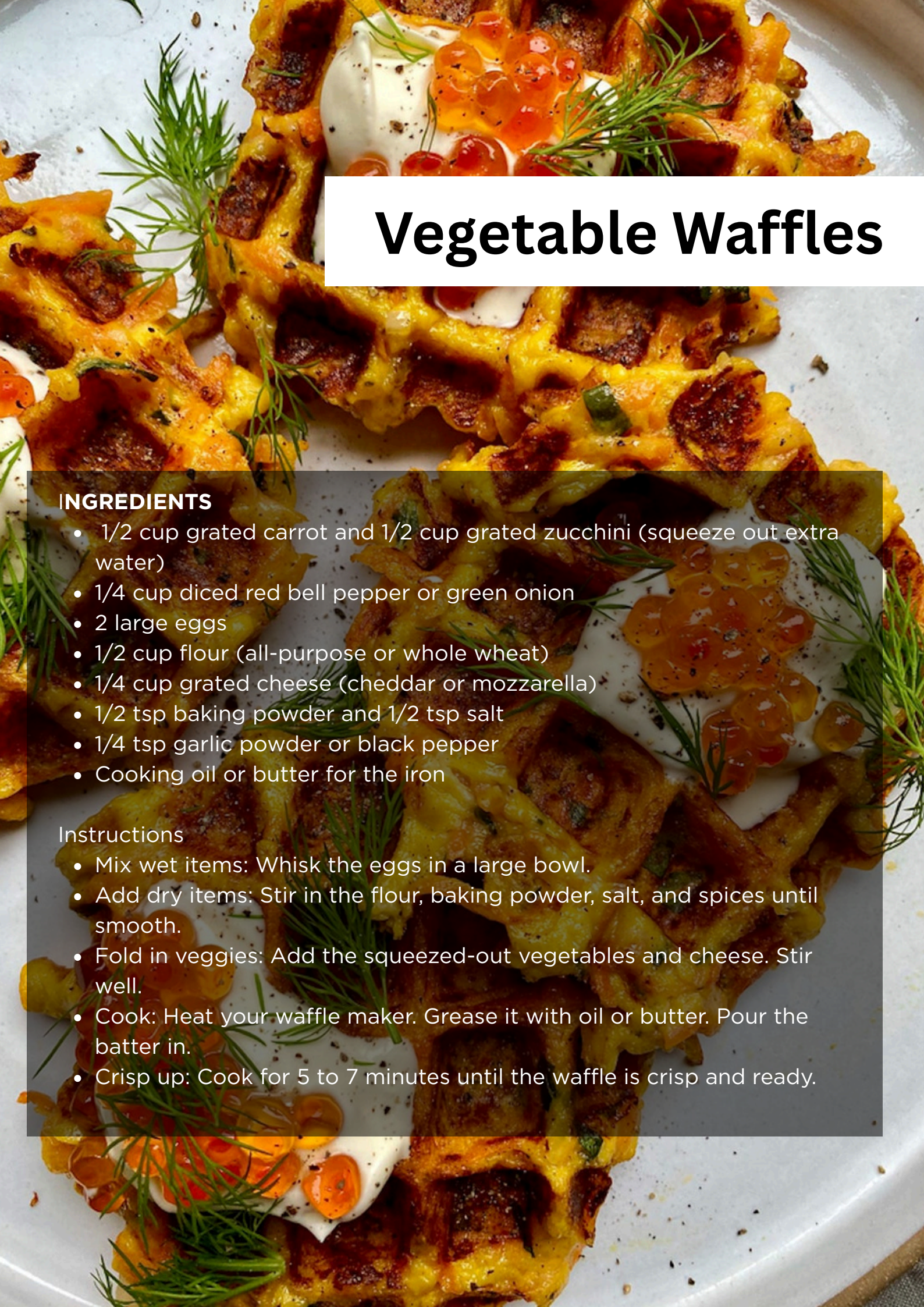
- 1 cup (250 ml) uncooked oats
- 1½ cups (375 ml) water
- 1½ cups (375 ml) low-fat milk
- ¼ tsp (1,2 ml) salt
- 1-2 bananas, sliced
- 1 tsp (5 ml) ground cinnamon

METHOD

- Place oats, water, milk and salt in a saucepan and bring to the boil over a medium heat. Once it starts to simmer, stir constantly to prevent lumps. Simmer for 5-10 minutes or until cooked.
- Serve oats with banana and cinnamon.

TIPS

1. **Oats for one:** ¼ cup (60 ml) uncooked oats with ¾ cup (180 ml) water (or half water and half low-fat milk) and a small pinch of salt. Prepare as explained, or mix in a big enough glass bowl and microwave for 3-5 minutes, depending on your microwave. Stir often and make sure it does not boil over.
2. Pumpkin or sunflower seeds are delicious with oats and fruit. Try chopped raw, unsalted almonds – use 30 ml (2 tbsp) per portion of oats.
3. If you are used to sugar on your oats, try this version– the fruit adds a natural sweetness and you won't miss the sugar. If you struggle at first, gradually reduce your sugar until you don't need it at all anymore.



Vegetable Waffles

INGREDIENTS

- 1/2 cup grated carrot and 1/2 cup grated zucchini (squeeze out extra water)
- 1/4 cup diced red bell pepper or green onion
- 2 large eggs
- 1/2 cup flour (all-purpose or whole wheat)
- 1/4 cup grated cheese (cheddar or mozzarella)
- 1/2 tsp baking powder and 1/2 tsp salt
- 1/4 tsp garlic powder or black pepper
- Cooking oil or butter for the iron

Instructions

- Mix wet items: Whisk the eggs in a large bowl.
- Add dry items: Stir in the flour, baking powder, salt, and spices until smooth.
- Fold in veggies: Add the squeezed-out vegetables and cheese. Stir well.
- Cook: Heat your waffle maker. Grease it with oil or butter. Pour the batter in.
- Crisp up: Cook for 5 to 7 minutes until the waffle is crisp and ready.

Banana Crumpets

INGREDIENTS

- 3 large eggs, separated
- 365 ml wholewheat flour
- 1 ½ tsp baking powder
- 350 ml fat-free milk
- 25 ml lemon juice
- 2 tsp vanilla essence
- 1 tsp ground cinnamon
- 3 medium bananas
- 20 ml honey
- ¼ tsp caramel essence

METHOD

- Whisk egg whites until they form stiff peaks and set aside.
- In a separate bowl, whisk together the flour, egg yolks, baking powder, milk, vanilla extract and cinnamon to form a batter.
- Add the bananas and mix well.
- Gently fold in the egg whites.
- Coat a non-stick frying pan with spray and cook and drop generous spoons of batter into the pan, turning them when the crumpets start to bubble.
- Cook until the undersides are browned, then remove from the pan and serve.
- You can also place them on a baking tray if you want to serve them later and warm them up in the oven



Smoothies





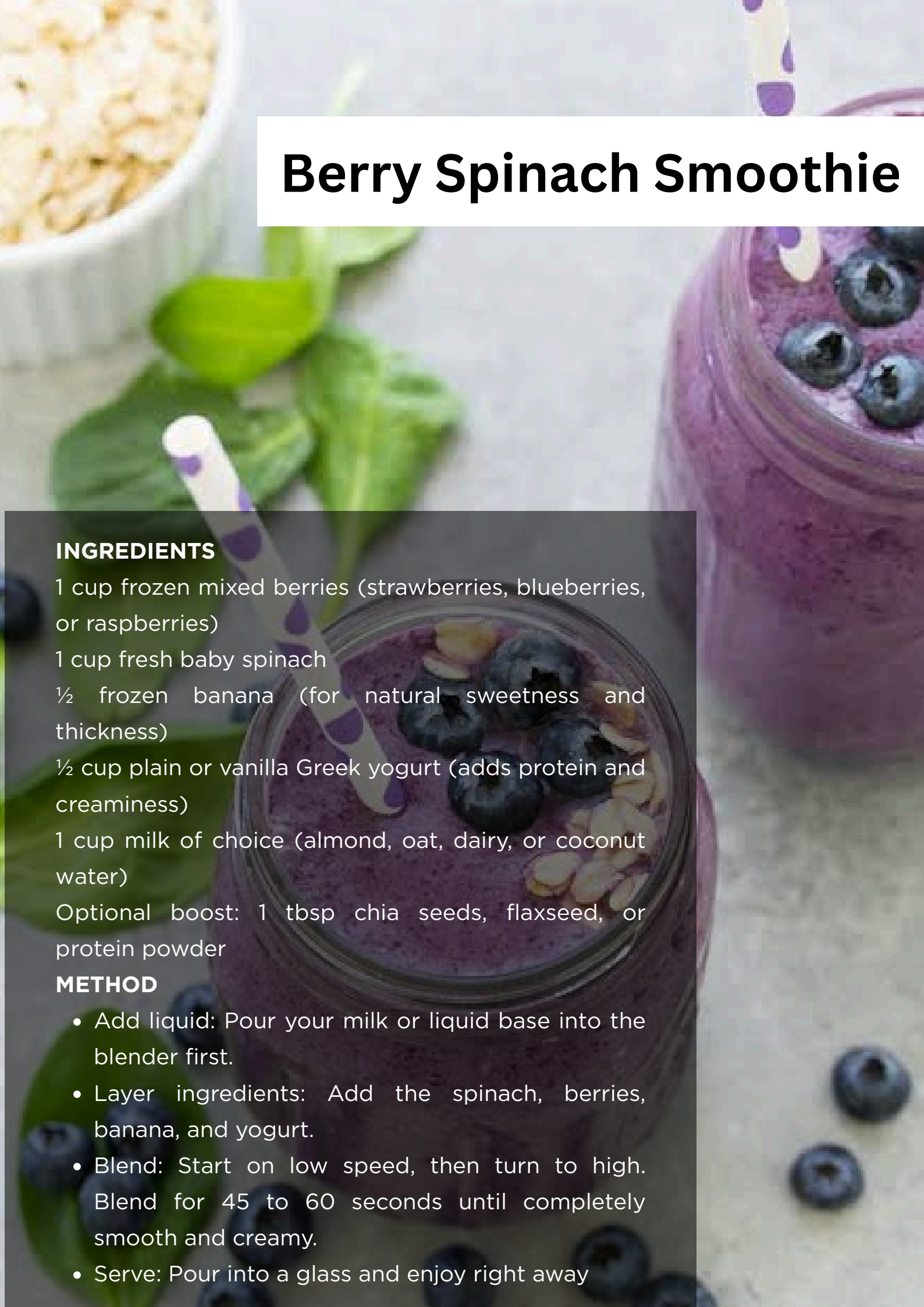
Green Power Smoothie

INGREDIENTS

- Liquid base: 1 cup of almond milk, coconut water, oat milk, or plain water.
- Leafy greens: 2 large handfuls of fresh baby spinach or de-stemmed kale.
- Fruit for sweetness and texture: 1 frozen banana, or 1 cup of frozen mango and pineapple chunks.
- Boosters (optional): 1 tablespoon of chia seeds, hemp hearts, or flax meal for healthy fats and fiber.

METHOD

- Pour your liquid base into the blender first to help the blades spin smoothly.
- Add the leafy greens and press them down slightly.
- Add your fruits and any extra seeds or protein powders.
- Start the blender on a low speed, then turn it up to high until the texture is completely smooth.

A top-down view of a berry spinach smoothie. In the center is a glass jar filled with a thick, purple smoothie, topped with fresh blueberries and sliced almonds. A white straw with purple polka dots is inserted into the smoothie. To the right, another similar jar is partially visible. In the background, there's a bowl of oatmeal on the top left and a bunch of fresh green spinach leaves on the left. Several loose blueberries are scattered on the light-colored surface at the bottom right.

Berry Spinach Smoothie

INGREDIENTS

1 cup frozen mixed berries (strawberries, blueberries, or raspberries)

1 cup fresh baby spinach

½ frozen banana (for natural sweetness and thickness)

½ cup plain or vanilla Greek yogurt (adds protein and creaminess)

1 cup milk of choice (almond, oat, dairy, or coconut water)

Optional boost: 1 tbsp chia seeds, flaxseed, or protein powder

METHOD

- Add liquid: Pour your milk or liquid base into the blender first.
- Layer ingredients: Add the spinach, berries, banana, and yogurt.
- Blend: Start on low speed, then turn to high. Blend for 45 to 60 seconds until completely smooth and creamy.
- Serve: Pour into a glass and enjoy right away



Peanut Butter Oatmeal Smoothie

INGREDIENTS

- **Oats:** 1/4 cup old-fashioned rolled oats.
- **Banana:** 1 frozen banana for a cold, creamy texture.
- **Peanut Butter:** 1 to 2 tablespoons creamy peanut butter.
- **Milk:** 1/2 to 3/4 cup almond milk, oat milk, or dairy milk.
- **Flavor Boosters:** 1/2 teaspoon cinnamon, a splash of vanilla extract, and a touch of honey or maple syrup if you want it sweeter.

METHOD

- **Add to Blender:** Put the oats, frozen banana, peanut butter, milk, and spices into your blender.
- **Blend:** Mix on high speed for 60 seconds until completely smooth and creamy.
- **Adjust Texture:** If the smoothie is too thick, add a splash more milk and blend again.
- **Serve:** Pour into a glass and drink right away



Lunch & Dinner

Spicy wrap with scrambled egg, spiced fillet, avocado and red pepper salsa

INGREDIENTS

For the wrap:

- 1 egg
- ¼ cup rolled oats
- Pinch of salt

For the filling:

- 2 eggs, scrambled
- 100 g spiced chicken fillet, sliced
- ½ avocado, sliced

For the salsa:

- ¼ red pepper, finely diced
- 1 tbsp red onion, finely chopped
- 1 tsp lemon juice
- Salt and pepper to taste

Method

1. Blend the egg, rolled oats, and salt until smooth. Pour into a non-stick pan and cook for 2-3 minutes per side to form a wrap.
2. Mix the red pepper, onion, lemon juice, salt, and pepper to make the salsa.
3. Scramble the eggs until light and fluffy.
4. Place the scrambled eggs, spiced fillet, avocado, and salsa onto the oat wrap.
5. Roll up tightly and serve.

A top-down view of a black tray containing several Bunless Burgers. Each burger is topped with a layer of fresh green lettuce, followed by slices of red tomato, red onion, and a slice of cooked bacon. The burgers are arranged in a row on the tray.

Bunless Burger

INGREDIENTS

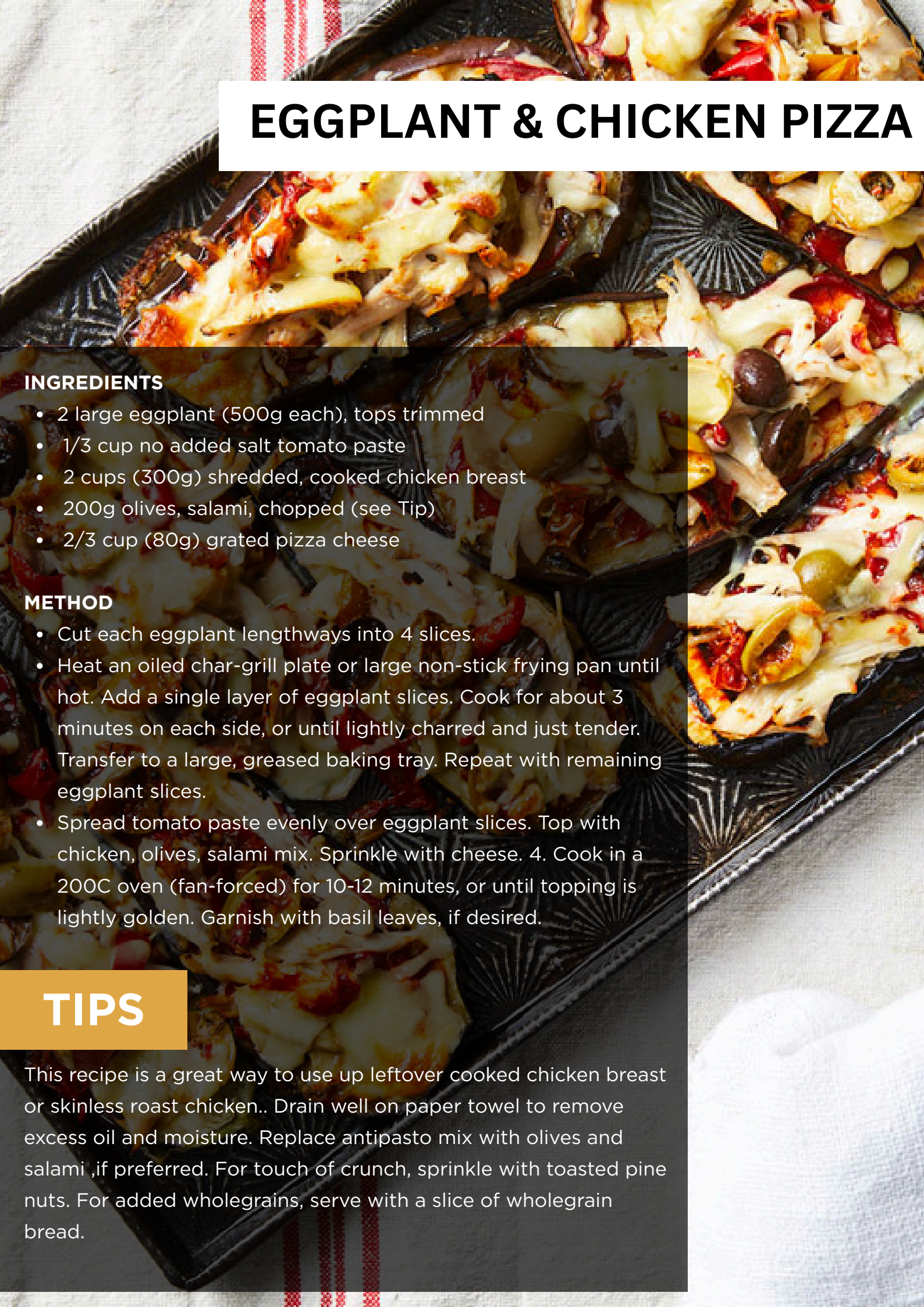
- 450g lean ground beef
- 1 egg
- $\frac{3}{4}$ cup white onions *chopped*
- Kosher/Himalayan salt and freshly ground black pepper *to taste*
- 1 tsp smoked paprika
- $\frac{3}{4}$ tsp chili powder
- $\frac{1}{2}$ tsp ground cumin
- $\frac{1}{2}$ tsp garlic powder
- 2 teaspoons extra virgin olive oil

For serving

- Slices of iceberg lettuces *red onions, tomatoes, and bacon.*

METHOD

- Combine all ingredients, except the olive oil, in a large bowl. Mix everything together well.
- Using your hands divide the mixture into 4-6 burgers.
- Heat the olive oil in a non-stick grill pan (or simply cook your burger in a BBQ) over a medium-high heat. Cook the burger for 3-5 minutes on each side, or until reach 145°F for medium-rare or 160°F for well-done. Set them aside.
- To build each burger, top one iceberg lettuce, patty burger, ketchup, two slices of red onions, 2 slices of bacon, 2 slices of tomatoes and top with second iceberg lettuce
- Serve with sweet potato fries



EGGPLANT & CHICKEN PIZZA

INGREDIENTS

- 2 large eggplant (500g each), tops trimmed
- 1/3 cup no added salt tomato paste
- 2 cups (300g) shredded, cooked chicken breast
- 200g olives, salami, chopped (see Tip)
- 2/3 cup (80g) grated pizza cheese

METHOD

- Cut each eggplant lengthways into 4 slices.
- Heat an oiled char-grill plate or large non-stick frying pan until hot. Add a single layer of eggplant slices. Cook for about 3 minutes on each side, or until lightly charred and just tender. Transfer to a large, greased baking tray. Repeat with remaining eggplant slices.
- Spread tomato paste evenly over eggplant slices. Top with chicken, olives, salami mix. Sprinkle with cheese. 4. Cook in a 200C oven (fan-forced) for 10-12 minutes, or until topping is lightly golden. Garnish with basil leaves, if desired.

TIPS

This recipe is a great way to use up leftover cooked chicken breast or skinless roast chicken.. Drain well on paper towel to remove excess oil and moisture. Replace antipasto mix with olives and salami ,if preferred. For touch of crunch, sprinkle with toasted pine nuts. For added wholegrains, serve with a slice of wholegrain bread.

Sheet Pan Rosemary Balsamic Chicken and Vegetables

INGREDIENTS

- 2 teaspoons Dijon mustard
- 2 teaspoons minced fresh rosemary leaves
- 1 tablespoon butter
- 1 medium garlic clove
- 1/4 teaspoon salt
- 1/4 teaspoon coarsely ground black pepper
- 2 tablespoons balsamic vinegar
- 4 4-ounce boneless, skinless chicken breasts, all visible fat discarded
- 12 ounces baby red potatoes, cut into bite-size pieces (about 2 heaping cups)
- 1 small red onion, sliced (optional)
- 12 ounces broccoli florets (about 4 cups)

METHOD

- Preheat the oven to 425°F. Line a large baking sheet with shallow sides with aluminum foil.
- In a small bowl, stir together the margarine spread, mustard, rosemary, garlic, salt and pepper. Gradually whisk in the balsamic vinegar until blended.
- Spread 2 tablespoons of the mixture over the chicken.
- Toss the potatoes and onion if desired with the 2 tablespoons until evenly coated. Toss the broccoli with the remaining 2 tablespoons mixture until evenly coated.
- Place the chicken, potatoes and broccoli on the baking sheet.
- Cook for 25 minutes, or until the chicken is cooked through (no longer pink in the center and registers 165°F on an instant-read thermometer) and vegetables are tender.
- Transfer the chicken, potatoes and broccoli to a serving platter. Drizzle with any pan juices.



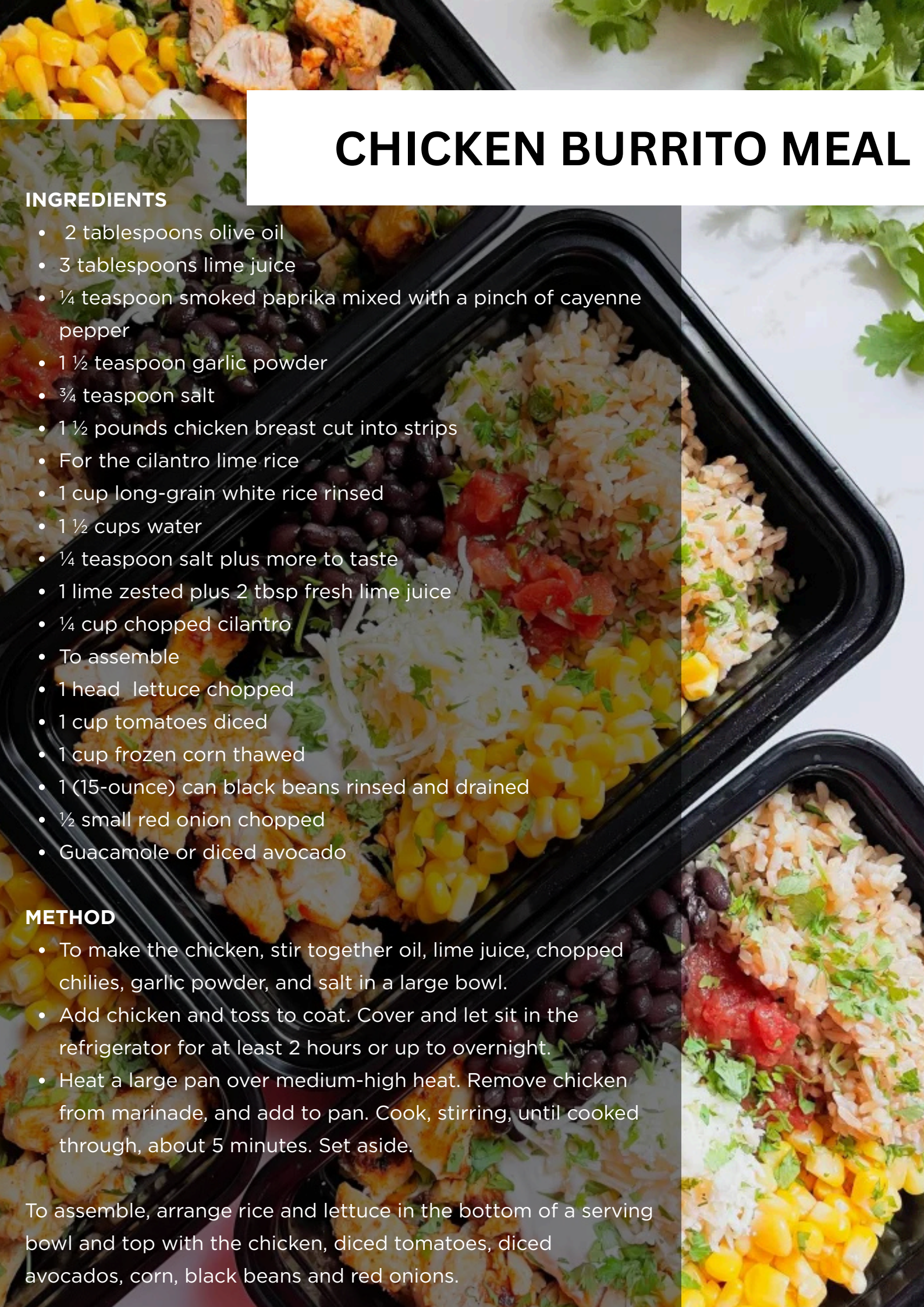
KETO SHEPHERDS PIE

INGREDIENTS

- 1 1/2 tablespoons olive oil 22mL
- 2 cloves garlic *minced*
- 1 large onion *chopped*, 150g
- 1 1/2 pounds ground beef 680g
- 2 tablespoons almond flour 14g
- 1 cup canned tomatoes 240g
- 1 tablespoon Worcestershire sauce 15mL
- 1 bay leaf
- 1/2 cup beef broth 120mL
- **For the mashed cauliflower**
- 1 medium cauliflower *chopped*, 700g florets
- 1/2 cup heavy cream 120mL
- 1/4 cup butter 55g
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 1/2 cup shredded cheese *optional*, 50g

Instructions

- Heat oil in a large pan and place over medium heat. Once hot, add the onions and garlic and cook for a minute. Add the beef and cook until no longer pink.
- Turn the heat to medium-high and add the flour and mix in. Add the crushed tomatoes, Worcestershire sauce, and bay leaves, then the beef stock. Bring it to simmer, before reducing it to medium heat. Cook for 10-15 minutes, until thick and gravy-like.
- Transfer the filling into a 9 x 13-inch baking dish or a 9-inch cast iron skillet.
- Preheat the oven to 180C/350F.
- Steam your cauliflower in a pot until soft and tender. Drain and place in a food processor. Add the butter and blend until combined. Add the cream, salt, pepper, and shredded cheese and blend until smooth.
- Spread the cauliflower mixture on top of the pie. Bake for 20-25 minutes, or until deep golden brown and bubbling on the sides. Remove from the oven and sit for 5 minutes, before sprinkling with fresh thyme and serving.



CHICKEN BURRITO MEAL

INGREDIENTS

- 2 tablespoons olive oil
- 3 tablespoons lime juice
- ¼ teaspoon smoked paprika mixed with a pinch of cayenne pepper
- 1 ½ teaspoon garlic powder
- ¾ teaspoon salt
- 1 ½ pounds chicken breast cut into strips
- For the cilantro lime rice
 - 1 cup long-grain white rice rinsed
 - 1 ½ cups water
 - ¼ teaspoon salt plus more to taste
 - 1 lime zested plus 2 tbsp fresh lime juice
 - ¼ cup chopped cilantro
- To assemble
 - 1 head lettuce chopped
 - 1 cup tomatoes diced
 - 1 cup frozen corn thawed
 - 1 (15-ounce) can black beans rinsed and drained
 - ½ small red onion chopped
 - Guacamole or diced avocado

METHOD

- To make the chicken, stir together oil, lime juice, chopped chilies, garlic powder, and salt in a large bowl.
- Add chicken and toss to coat. Cover and let sit in the refrigerator for at least 2 hours or up to overnight.
- Heat a large pan over medium-high heat. Remove chicken from marinade, and add to pan. Cook, stirring, until cooked through, about 5 minutes. Set aside.

To assemble, arrange rice and lettuce in the bottom of a serving bowl and top with the chicken, diced tomatoes, diced avocados, corn, black beans and red onions.



SPINACH, MUSHROOM + FETA SALAD

INGREDIENTS

- 400g mixed mushrooms
- 1 large Avocado, cubed
- 1/2 medium red Onion
- 1 Large/ Cherrie Tomatoes
- 2 Tablespoons Olive oil
- 1/2 Teaspoon Seasoned Salt
- 1/2 Teaspoon Black Pepper
- 1 cup pitted Black Olives
- 200g Feta Cheese, cubed
- Fresh mint leaves

Salad dressing

- Juice of 1 lemon
- 2 Tablespoons Balsamic Vinegar
- 1/2 cup olive oil
- 1/4 Teaspoon salt
- 1/4 Teaspoon black pepper

METHOD

- Arrange salad items in a bowl, blend ingredients together drizzle on salad and serve.



CHICKEN GREENS STIR FRY

INGREDIENTS

- 500 g chicken strips
- 1 red pepper, sliced
- 1 green pepper, sliced
- 1 broccoli head, chopped
- 1 onion, sliced
- 2 tbsp low-sodium soy sauce
- 1 tbsp olive oil
- 2 cups cooked brown rice

METHOD

- Heat oil in a large pan.
- Stir-fry chicken strips for 4 to 5 minutes.
- Add vegetables and cook until tender-crisp.
- Stir in soy sauce.
- Serve over brown rice.



Dessert

The background image shows a bowl of Yoghurt Cheesecake. The dessert is a thick, white, creamy layer topped with a generous amount of crushed golden-brown cookies. Several fresh raspberries are scattered around the bowl. In the foreground, a silver fork holds a small portion of the dessert, showing the texture of the yogurt and the cookie crumbs. The lighting is soft and natural, highlighting the textures of the ingredients.

Yoghurt Cheesecake

INGREDIENTS

1 1/2 cups (375 g) Greek yogurt or plain

1 2 tbsp (30 g) cream cheese, optional

12-16 coconut sable cookies- Biscoff, Oreos or any type of drier cookies can be used

Optional Flavouring (choose any!)

- 1 tsp lemon juice
- 1 1/2 tsp vanilla extract or 1/2 vanilla bean pod
- 1 tbsp maple syrup, or to taste
- 1 tbsp honey, or to taste
- 1-2 tbsp jam

Optional toppings

- Honey
- Jam
- Berry compote
- Cocoa powder
- Fresh fruit
- Crushed cookies

METHOD

- Mix Greek yogurt with cream cheese, sweetener or other flavourings if using.
- Place cookies upright or layered in the yogurt, leaving a little space between them.
- Cover and chill in the fridge until set, usually a few hours.
- Turn over onto a serving plate or enjoy straight out of the bowl.

Keto chocolate cake

INGREDIENTS

- 2 1/2 cups almond flour
- 1 cup cocoa powder *sifted*
- 1 cup keto sugar substitute
- 1 tablespoon baking powder
- 8 large eggs *room temperature*
- 1/2 cup butter *melted*
- 2/3 cup milk of choice/ *unsweetened almond milk*
- 1 teaspoon vanilla extract
- 1 cup keto frosting

METHOD

- Preheat the oven to 160C/325F. Grease two 9-inch cake pans and set aside.
- In a small bowl, whisk together the dry ingredients and mix well. In a mixing bowl, whisk together the eggs, butter, milk, and vanilla extract until smooth. Gently add the dry ingredients and mix until completely combined.
- Evenly distribute the batter amongst the two cake pans. Bake the cakes for 27-30 minutes, or until a skewer comes out mostly clean.
- Remove the cakes from the oven and let them cool completely, before frosting.



Homemade blueberry banana ice cream

INGREDIENTS

- 1 cup frozen banana coins
- ¼ cup frozen blueberries
- 1 teaspoon sugar

Instructions

- Remove the frozen fruit from the freezer, and let it sit for about five minutes, so it softens up a little bit.
- Put all three ingredients in a food processor, and process on high speed. It will be difficult to blend at first, but it will start to break down and eventually it will become smooth.
- Process until very thick and smooth.
- Scoop out and serve immediately.

Notes

- Makes one large serving, or two small servings.
- This ice cream is best enjoyed immediately. If you freeze it, it will become very hard and difficult to scoop, so allow it to thaw for a bit before serving.

