

Nutritional Recipes





Oat Bran Pancake

Standard pancakes are high in sugar, fat and made from refined white flour, all of which can be unkind to your waistline, blood sugar levels and heart health. Pancakes needn't be unhealthy, try this protein packed high fibre oat bran pancake alternative.

INGREDIENTS (SERVES 1)

- 1/3 cup oat bran
- 1-2 eggs
- A sprinkle of cinnamon
- Almond butter or tahini spread
- ½ cup fresh berries
- 2 dessert spoons natural yogurt

DIRECTIONS

1. Place eggs in a bowl and beat well.
2. Add oat bran and cinnamon to eggs, beat well.
3. Heat non-stick frying pan to a high heat, spoon mixture into pan.
4. Cook pancake until golden brown on both sides.
5. Remove pancake from pan and spread with ½ tablespoons of almond butter or tahini.
6. Top with fresh berries and a dollop of natural yogurt.



Warm Quinoa, Chickpea & Vegetable Salad

If winter leaves you craving carbohydrate-based meals like pasta bake or risotto, a healthier alternative is a warm vegetable salad. Increase protein by adding cooked quinoa and chickpeas.

INGREDIENTS (SERVES 2)

- 2/3 cup red (rinsed)
- 1 red capsicum
- 1 zucchini
- 1 fennel
- 1 red onion
- Rind of half a lemon or whole lime
- Juice of whole lemon (small one) or lime
- Olive oil
- Bunch of parsley or mint
- 1 can of organic chickpeas
- 2 tablespoons pumpkin seeds

DIRECTIONS

1. Cut capsicum, fennel, zucchini and red onion into chunks, drizzle with olive oil and place in oven. Roast vegetables for 15 minutes or until they become char-grilled.
2. Place washed quinoa into rice cooker with 1 cup of water. Cook until fluffy.
3. Combine roasted vegetables with drained chick peas, chopped herbs, lemon and lime with the cooked quinoa and mix well.
4. Sprinkle with pumpkin seeds and serve.

Cauliflower & Cannellini Bean Mash

This protein and fibre-packed mash potato alternative can be used as a side dish with roast dinners or grilled fish.

INGREDIENTS (SERVES 2-4)

- 1 tin organic cannellini beans
- 1 small head of cauliflower cut into small pieces
- Salt and pepper for seasoning
- Drizzle of garlic-infused olive oil

DIRECTIONS

1. Place cauliflower in steamer and steam until tender.
2. Reduce heat to medium and cover, allowing to cook for 15-20 minutes or until the cauliflower is soft.
3. Drain cannellini beans, rinse under warm water and add to saucepan, heat for 1-2 minutes, stirring occasionally until beans are warm, add cooked cauliflower.
4. Blitz warm ingredients with a hand-held blender.
5. Drizzle a dash of the garlic-infused olive oil into the mash, stir well and season with salt and pepper.



Immune Power Juice

When it comes to the immune system two vitamins in particular spring to mind; vitamin A and vitamin C. Vitamin A is known as the anti-infective vitamin, deficiency in vitamin A may impair immunity and increase the risk of infectious disease.

Vitamin C is a potent antioxidant playing an important role in the protection of immune cells and enhanced immune function. This delicious vegetable and fruit juice is packed with both vitamin A and vitamin C providing more than 100% of the recommended daily intake of each.

INGREDIENTS (SERVES 2)

- 1 lemon
- 2cm slice of ginger
- 3 medium carrots
- 4 stalks of celery
- 4 kiwi fruit
- A handful of parsley



Quick Mince & Vegetables

A yummy, healthy protein and veggie based dish ready in minutes. Cook up extra for the next days lunch or to have in the freezer as a healthy back up meal.



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INGREDIENTS (SERVES 1)

- 120g mince beef, turkey or pork
- 1 cup of kale OR Chinese cabbage, shredded
- 3 spring onions, chopped
- 3 broccolini stalks and heads, chopped
- ½ corn on the cob (or ½ cup corn kernels)
- Tamari soy sauce
- 1 tbsp olive oil
- Salt and pepper to taste

DIRECTIONS

1. Heat oil in a hot frying pan, add mince, tamari soy sauce and begin to brown.
2. Once mince has started to brown add all vegetables, stir in well, add extra tamari soy sauce and cover with a lid on a low heat for 5 minutes.
3. Remove lid, stir and cover for a further 2 minutes or until vegetables are tender.
4. Serve in bowl seasoned with salt and pepper to taste.
5. Drizzle a dash of the garlic-infused olive oil into the mash, stir well and season with salt and pepper.

From making daily tasks easier such as meal preparation, to improving your health and wellness, we'll work with you to develop the right solutions that empower you to maintain your lifestyle into your senior years.

POPULAR DAY-TO-DAY LIVING SERVICES

- Housekeeping
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Catholic Healthcare would like to thank Teresa Boyce for her nutrition advice and recipes that made this booklet possible.

Teresa is a leading nutritionist with a special interest in senior health and is based in Sydney.

thehealthwhisperer.com.au

Let us walk you through your options and find the services that are right for you.

Contact us on 1800 225 474 or visit catholichealthcare.com.au



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