

The background is a vibrant red color, overlaid with several overlapping, semi-transparent heart shapes. The hearts are arranged in a vertical stack, with each heart slightly offset from the one below it, creating a layered, depth effect. The text is centered on the largest heart in the middle of the composition.

**WEEK 3**  
RECIPE BOOKLET



# HEART HEALTH

WEEK 3 RECIPE BOOKLET





# HEART HEALTHY BRAN MUFFINS

**SERVES 24**

**INGREDIENTS**

- 1 Ready-made bran muffin mix (500g)
- 175g Low fat plain yoghurt
- 1/3 cup Flora margarine
- ½ cup Low fat milk
- 1 Large egg
- 3 cups Bran stick cereal
- 1 Grated carrot
- 1 Grated apple
- 1 tsp Cinnamon

**DIRECTIONS**

1. Pre-heat oven to 180°C.
2. Place oven racks in the middle of the oven. Place paper cup cake holders in a 12-cup muffin tray.
3. Pour muffin mix into bowl & make a well in the centre.
4. Mix yoghurt & milk, oil and egg together.
5. Pour into well & mix into a smooth batter.
6. Stir in bran sticks, apple, carrots and cinnamon.
7. Fill each muffin cup to 3/4 full, then bake for 15 - 25 mins until golden brown & just cooked. Muffins are done when inserted skewer comes out clean.
8. Remove from oven & cool on rack. NB: Baking times may vary due to temperature fluctuations in ovens and size of muffin



*Nutrition Nibble*

The added bran sticks is packing in the fibre and the addition of the fruit & apple is increasing the nutritional value of each muffin while increasing the volume of the batter so that it makes more muffins.



*Nutritional Solutions*  
REGISTERED DIETITIANS





# BREAKFAST EGG MUFFIN



## SERVES 6

### INGREDIENTS

- 12 Large eggs
- 2 Tbs Finely chopped onion, sautéed
- Salt and pepper, to taste
- $\frac{1}{2}$  cup Fresh spinach, thinly chopped & sautéed
- 8 Rosa tomatoes, halved & sautéed
- $\frac{1}{4}$  Packet sliced mushrooms, sautéed

### DIRECTIONS

1. Preheat oven to 180°C. Lightly coat a 12-cup capacity muffin tin with Flora margarine.
2. In a large bowl, whisk together the eggs and add the sautéed onion. Season with salt and pepper, to taste.
3. Add egg mixture halfway up into each tin of a greased muffin tin.
4. Divide the topping combinations into the muffin cups.
5. Bake for 15-20 minutes, until set.
6. Enjoy hot or store in an airtight container in the refrigerator for up to 4 days and reheat or enjoy cold.



### *Nutrition Nibble*

Eggs contain an important nutrient called choline which is not found in many foods. Choline is important in DNA creation and repair in newly forming cells. This is why it is a critical nutrient during pregnancy.



*Nutritional Solutions*  
REGISTERED DIETITIANS





# PORK STROGANOFF

## SERVES 4

### INGREDIENTS

- 1 thick pork fillet (600g OR 800g)
- 2 Tbs English mustard powder
- 2 Tbs Wholegrain mustard
- 2 Tbs Dijon mustard
- 2 punnets mushrooms, thinly sliced
- 400 ml full cream plain yoghurt
- 2 Tbs Flora margarine
- 2 Onions, peeled, halved and thinly sliced
- 2/3 cup Dry white wine
- Salt and freshly ground black pepper

### DIRECTIONS

1. Trim any visible fat from the pork fillet, and slice into strips.
2. In a small bowl, mix together the 3 mustards with the yoghurt.
3. Heat the margarine and gently sauté the onions.
4. Remove the onions from heat, increase the temperature and flash fry the pork until browned, add a splash of water if it starts to stick.
5. Add the mushrooms and keep stirring until these have cooked, then add back the onions.
6. Season well with salt and pepper.
7. Add the wine and let it bubble and reduce, before adding the yoghurt.
8. Stir everything together, warm through to a slow simmer, serve and enjoy.



### *Nutrition Nibble*

Mustard is a nutrient dense food bringing in lots of minerals such as selenium, manganese and zinc. It also contains monounsaturated fats which are heart healthy fats that we should include in our diet.



*Nutritional Solutions*  
REGISTERED DIETITIANS



# CREAMY CHICKEN CURRY

## SERVES 4

### INGREDIENTS

6 Spring onions  
 3 Garlic cloves, finely chopped  
 2 Tbs Flora margarine  
 200g Tinned chopped tomatoes  
 2 Tbs Curry powder  
 1 tsp Ground ginger  
 480g OR 640g Boneless skinless chicken thigh, cut into 2.5cm pieces  
 100ml Low fat plain yoghurt, plus extra to serve  
 Salt and pepper

### DIRECTIONS

1. Thinly slice the spring onions, reserving a handful of the sliced green parts for garnish. Place the margarine into a large saucepan over a medium heat and cook the spring onions and garlic for a few minutes.
2. Add curry powder and ground ginger and cook for 1-2 minutes.
3. Add the chicken and cook for 5 minutes. Add the tomato.
4. Add 250ml water and bring to the boil. Reduce to a medium to low heat and cook for 10-15 minutes, or until the chicken is cooked.
5. Take the curry off the heat, stir in the yoghurt then season with salt and pepper.
6. Serve the curry with the rice and garnish with a drizzle of yoghurt.



### *Nutrition Nibble*

Taking the skin off the chicken dramatically reduces the fat content of this curry. The type of fat found within chicken skin is saturated fat which when eaten in excess raises cholesterol levels.



*Nutritional Solutions*  
 REGISTERED DIETITIANS




 Flora

# MEDITERRANEAN FISH BAKE

## SERVES 4

### INGREDIENTS

4 Fillets of white fish (210g or 280g per fillet)

8 tsp. Basil pesto 1 Punnet rosa tomatoes, halved

1 Punnet mushrooms, finely sliced

1 Tbs Flora margarine

$\frac{1}{4}$  cup white wine

Fresh basil leaves

### DIRECTIONS

1. Place the fish fillets into an oven proof dish and top each fillet with 2 tsp of pesto.
2. Surround the fish with a punnet of halved rosa tomatoes and a punnet of sliced button mushrooms.
3. Drizzle over 1 Tbs melted margarine and a splash of white wine.
4. Throw in a handful of freshly chopped herbs of choice such as basil leaves.
5. Bake until the fish flakes easily (20 – 30 minutes), serve and enjoy.



### *Nutrition Nibble*

Tomatoes get their red colour from a phytonutrient called lycopene which helps our bodies fight off potential cancer cells. Cooking tomatoes breaks down their cell walls releasing more lycopene from the tomato!



*Nutritional Solutions*  
REGISTERED DIETITIANS





# LOVELY LENTIL BAKE



## SERVES 6

### INGREDIENTS

- 1 Tbs Flora margarine
- $\frac{1}{2}$  Onion (100g), chopped
- 2 x 410g Canned brown lentils, drained
- 500g Cubed butternut
- 2 tsp Paprika
- $\frac{1}{2}$  tsp Cayenne pepper 1 tsp Cumin 1 tsp Curry powder
- 1 x 50g Packet tomato paste
- $\frac{1}{2}$  x 410 g tin whole tomatoes, drained and mashed
- Pepper and a pinch of sugar
- 3 eggs
- $\frac{1}{2}$  cup Low fat milk

### DIRECTIONS

1. Cook the butternut until soft then mash. Heat the margarine in a pan and sauté onions until clear but not brown.
2. Add all spices, lentils, whole tomatoes and tomato puree to onions, let this cook for 2 minutes then mix with the mashed butternut, and season with salt, pepper and sugar.
3. Scoop the mixture into an oven proof dish.
4. Beat the eggs with milk and pour this mixture over the top of the dish. Make small holes for egg drain into the lentil dish.
5. Bake at 180°C for 30 minutes until the mixture sets and golden brown.



### *Nutrition Nibble*

We know that including more plant-based meals into our diet is beneficial for our heart and the planet! This lentil bake creates a warm and satisfying meal with lentils providing high quality plant-based



*Nutritional Solutions*  
REGISTERED DIETITIANS

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**WEEK 3**  
SHOPPING LIST



# SHOPPING LIST

WEEK 3



## GROCERIES

Oats  
Vanilla essence  
Air popped popcorn  
Wholewheat high fiber  
breakfast bars  
Salt and pepper  
Garlic powder  
Ginger  
Paprika  
Cayenne pepper  
Cumin  
Cinnamon  
Italian herbs  
Pretzels  
High fiber crackerbreads  
High fiber rice cakes  
Quinoa or bulgar wheat  
Brown rice  
Lentils  
Beetroot  
Peanut butter  
Reduced oil mayonnaise  
Sardines or pilchards  
Wholewheat pasta  
Wholewheat couscous  
Basil pesto  
Tomato  
paste  
Tomato and onion mix  
Chopped / diced tomato  
Whole tomato  
English mustard  
Wholegrain mustard  
Dijon mustard

## GROCERIES

Curry powder  
White wine  
Maize meal  
Bran muffin mix  
Sugar  
Bran stick  
cereal

## DAIRY & EGGS

Flora margarine  
Eggs  
Fat free plain cottage  
cheese  
Low fat milk  
Low fat yoghurt  
Low fat plain yoghurt  
Reduced fat Feta cheese

## VEGETABLES

Onion  
Red onion  
Spring onions  
Spinach  
Cherry tomato  
Carrots  
Cucumber  
Brown mushrooms  
Mushrooms  
Corn on cob  
Red pepper  
Herbs, parsley, mint,  
coriander, rocket, basil  
Baby spinach  
Baby marrows  
Tomatoes  
Garlic  
Baby potatoes  
Red Cabbage  
Cabbage  
Avocado  
Green beans  
Cauliflower  
Broccoli  
Butternut  
Lettuce  
Gem Squash





# SHOPPING LIST

WEEK 3



## MEATS & FISH

Biltong powder  
Lean Biltong  
Wafer ham / chicken / turkey /  
pastrami  
Chicken mince frikkadels  
Extra lean beef mince  
Pork fillet  
Chicken thighs boneless and  
skinless  
Chicken thighs or breast  
boneless and skinless  
Chicken kebab / rump / fillet or  
lamb chop  
White fish fillets

## FRESH FOODS

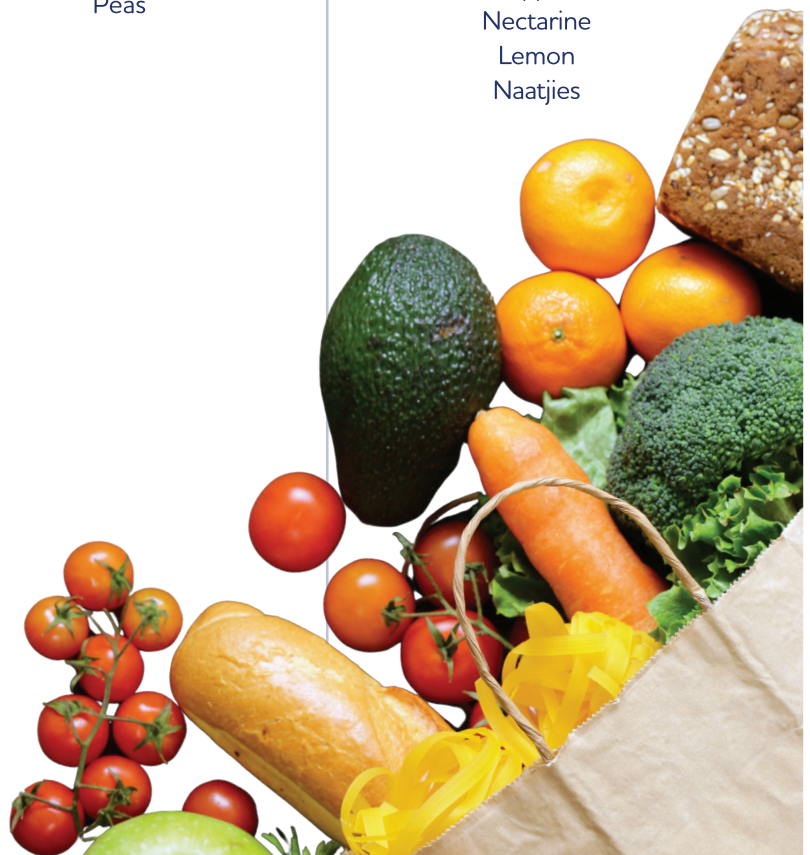
Reduced fat hummus

## FROZEN FOODS

Peas

## FRUIT

Mixed berries  
Strawberries  
Papaya  
Green melon  
Watermelon  
Banana  
Apple  
Nectarine  
Lemon  
Naatjies



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**WEEK 4**  
RECIPE BOOKLET



# HEART HEALTH

WEEK 4 RECIPE BOOKLET







# HEARTY FISH PIE

## SERVES 4

### INGREDIENTS

- 1 Tbs Flora margarine
- 1 Onion, diced
- 2 Garlic cloves crushed
- 2 Tins tuna
- 4 x Fish fillets (300g OR 560g)
- $\frac{1}{4}$  cup White wine
- 1 cup Peas
- 2 tsp Flora margarine
- 1 Tbs Cake flour
- 1 cup Low fat milk
- 1 Head Cauliflower, chopped
- $\frac{1}{4}$  cup Low fat milk
- 60g Mozzarella cheese
- $\frac{1}{2}$  tsp Paprika

### DIRECTIONS

1. Steam the cauliflower, until tender and cooked.
2. Heat the margarine in a large pan, and sauté the onion then add the garlic, cook for a further minute.
3. Add fish to the pan, cook through, then flake. Add the wine and peas and simmer.
4. In a separate pan make the white sauce, heat the margarine, add the flour and cook for 1 minute.
5. Add the 1 cup of milk gradually, stirring constantly. Cook until thickened. Add the white sauce to the fish. Season with salt and pepper to taste.
6. In a bowl, add  $\frac{1}{2}$  cup milk to the cauliflower and mash until smooth.
7. Divide the fish mixture into a casserole dish.
8. Dollop the cauliflower over the fish filling, sprinkle with the cheese and paprika.
9. Bake for 30 minutes at 180 °C



### *Nutrition Nibble*

Using low fat milk instead of cream for this white sauce gives it an A+. Plus your veggie intake is bumped up with the cauliflower topping. It's a winner of a dinner.



*Nutritional Solutions*  
REGISTERED DIETITIANS



# BREAKFAST EGG MUFFIN



## SERVES 6

### INGREDIENTS

- 12 Large eggs
- 2 Tbs Finely chopped onion, sautéed
- Salt and pepper, to taste
- $\frac{1}{2}$  cup Fresh spinach, thinly chopped & sautéed
- 8 Rosa tomatoes, halved & sautéed
- $\frac{1}{4}$  Packet sliced mushrooms, sautéed

### DIRECTIONS

1. Preheat oven to 180°C. Lightly coat a 12-cup capacity muffin tin with Flora margarine.
2. In a large bowl, whisk together the eggs and add the sautéed onion. Season with salt and pepper, to taste.
3. Add egg mixture halfway up into each tin of a greased muffin tin.
4. Divide the topping combinations into the muffin cups.
5. Bake for 15-20 minutes, until set.
6. Enjoy hot or store in an airtight container in the refrigerator for up to 4 days and reheat or enjoy cold.



### *Nutrition Nibble*

Eggs contain an important nutrient called choline which is not found in many foods. Choline is important in DNA creation and repair in newly forming cells. This is why it is a critical nutrient during pregnancy.



*Nutritional Solutions*  
REGISTERED DIETITIANS





# APPLE PIE OVERNIGHT OATS

## SERVES 2

### INGREDIENTS

- ½ cup Oats
- 2 Small red apples, grated
- 2 tsp Cinnamon
- 1 – 2 cups Low fat plain yoghurt
- 2 Tbs almonds, roughly chopped

### DIRECTIONS

1. Mix together the uncooked oats with the grated apple, cinnamon and low-fat plain yoghurt.
2. Divide evenly between two small containers and leave in the fridge overnight. Overnight the oats swell and become soft.
3. In the morning, give the oats a good mix and scatter on top of each portion of oats 1 Tbs of chopped almonds.



### *Nutrition Nibble*

Did you know that oats naturally contain a cholesterol lowering compound called beta-glucan? This is one of the reasons why oats are a popular heart-healthy breakfast.



*Nutritional Solutions*  
REGISTERED DIETITIANS



# EASY EGG FRITTATA



## SERVES 2

### INGREDIENTS

- 2 tsp Flora margarine
- $\frac{1}{2}$  Onion, diced
- 1 tsp Garlic, fresh
- $\frac{1}{2}$  Packet sliced mushrooms
- 1 Small baby marrow, sliced
- 1 Small ripe tomato, chopped
- 1 Red bell pepper, sliced
- 4 - 6 Eggs, large
- 100 ml Low fat milk
- $\frac{1}{2}$  tsp salt and pepper
- 20 g Mozzarella cheese, grated

### DIRECTIONS

1. Heat the flora margarine in large frying pan.
2. Sauté the onion, fresh garlic, mushrooms, baby marrow, tomato and red pepper on a high heat for 5 minutes then reduce to a low heat.
3. In a separate bowl, whisk the eggs and milk together with the salt and pepper and light and fluffy.
4. Immediately pour the egg over the vegetables. Let this sit for 2 minutes then sprinkle over the grated mozzarella and place under the grill until the cheese starts to bubble.
5. Divide into two and enjoy as a quick and nutritious meal.

Note: You can use any vegetables of choice in this recipe!



### *Nutrition Nibble*

You will have this meal ready in 10 minutes! Eggs are packed with Vitamin A in their yolks which is needed for good eyesight and a healthy immune system.



*Nutritional Solutions*  
REGISTERED DIETITIANS

# VEGETABLE MINCE

**SERVES 6**

**INGREDIENTS**

- 1 Tbs Flora margarine
- 1 Medium onion, chopped
- 2 - 3 Cloves garlic, crushed 500g
- Extra lean mince
- 1 Packet tomato paste
- 2 Medium carrots, grated
- 2 Mushrooms, grated
- 4 - 5 Baby marrows, grated
- 2 Tomatoes, diced
- 1 Tin tomato & onion mix
- 1 Tin lentils
- Bunch fresh basil/thyme
- 1 tsp. sugar &  $\frac{1}{2}$  tsp. salt

**DIRECTIONS**

1. Sauté the onion & garlic in the Flora margarine until translucent then add the mince & brown it.
2. Add the tomato paste, then add the remaining ingredients.
3. Season with salt, sugar and black pepper to taste.
4. Allow to cook on a high heat for 2 minutes then reduce the heat to a simmer.
5. Let the mince sit over a low heat for 15 – 20 minutes.



*Nutrition Nibble*

This mince recipe is loaded with extra vitamins and minerals from the 5 included vegetables. The lentils also add fibre and are a cheap protein source.



*Nutritional Solutions*  
REGISTERED DIETITIANS





# TASTY TUNA QUICHE



## SERVES 6

### INGREDIENTS

- 1 Bell pepper of choice
- 2 Small onions
- 1 Medium grated carrot
- 1 tsp Flora margarine
- 2 Tins tuna
- 4 Eggs
- 1 1/2 cups low fat milk
- Salt and pepper to taste
- Fresh parsley, chopped
- 2 Tbsp Sweet chilli sauce

### DIRECTIONS

1. Fry the bell pepper and onion together with 1 tsp Flora margarine. Add the tuna and carrot. Add salt and pepper to taste.
2. Whisk together the eggs, milk, sweet chili sauce and a big handful of chopped parsley.
3. Divide tuna mixture into a large 6 tin muffin tray.
4. On top of the tuna, add the egg mixture and mix with a fork to combine.
5. Bake for 25 minutes at 180°C.
6. Serve warm or cold!



### *Nutrition Nibble*

These quiches can be frozen. Double up the recipe to make a batch of 12 and freeze them for a super convenient lunchbox friendly meal.



*Nutritional Solutions*  
REGISTERED DIETITIANS

# APRIL CHICKEN

## SERVES 6

### INGREDIENTS

- 4 skinless chicken breasts (480g or 640g)
- 2 Tbs. Low fat mayonnaise
- 2 Tbs. Tomato sauce
- 1 Tbs. Chutney
- 1 tsp. Garlic
- 1 tsp. Mixed herbs
- 2 Tbs. Lemon juice
- 1 Tbs. Balsamic vinegar

### DIRECTIONS

1. Mix all ingredients together in a large bowl. Place the chicken breasts into the mixture and coat
2. Bake at 180°C for 20 minutes, covered with foil or a lid.
3. Bake for an additional 10 minutes uncovered.
4. Serve and enjoy.



### *Nutrition Nibble*

Chicken is a lean protein providing essential amino acids that the body uses essential for building and maintaining your muscle mass. This recipe uses house hold staples to make a tasty marinade.



*Nutritional Solutions*  
REGISTERED DIETITIANS

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# **WEEK 4**

**SHOPPING LIST**





# SHOPPING LIST

WEEK 4



## GROCERIES

Oats  
High fiber bran flakes  
Peanut butter  
Raisins  
Peppadews/sundried tomatoes  
Hummus  
Gherkins  
Reduced oil mayonnaise  
Sweet chili sauce  
Tinned corn  
Bulghur wheat  
Wholewheat pasta  
Air popped popcorn  
High fiber crackerbreads  
High fiber rice cakes  
Canned beetroot  
Lentils  
Tomato sauce  
Tomato soup  
Tomato Paste  
Maize Meal  
Lemon juice  
Chutney  
Baked pretzels  
Brown rice  
Cake Flour  
White wine  
Cinnamon  
Paprika  
Italian herbs  
Salt & pepper  
Balsamic vinegar  
SugarAlmonds

## DAIRY & EGGS

Flora margarine  
Low fat milk  
Fat free milk  
Low fat cottage cheese  
Low fat plain yoghurt  
Eggs  
Mozzarella  
Mozzarella cheese rounds  
Feta cheese

## MEATS & FISH

Chicken breasts or thighs, skinless  
Beef, chicken, ostrich or fish burger patties  
White fish fillets  
Extra lean beef mince  
Lean biltong  
Wafer thin chicken, turkey or ham slices  
Meatballs  
Tuna

## VEGETABLES

Baby carrots  
Sugar snap peas  
Rosa tomato  
Celery Carrots  
Mini sweet peppers  
Red pepper  
Yellow pepper  
Baby potatoes  
Baby spinach  
Tomato  
Lettuce  
Cucumber  
Red onion  
Onion  
Garlic  
Red cabbage  
Green cabbage  
Herbs – coriander, parsley, basil  
Baby marrows  
Gem squash  
Broccoli  
Cauliflower  
Cauliflower rice  
Butternut  
Mint  
Radish  
Mushrooms  
Avocado



# SHOPPING LIST

WEEK 4

## BAKERY

Low GI brown wholewheat bread  
Brown seeded roll  
Brown wrap – small

## FRESH FOODS

Butternut Soup



## FROZEN FOODS

Peas

## FRUIT

Watermelon  
Apple  
Banana  
Pineapple  
Mango  
Naartjies  
Apples  
Fresh/Frozen Berries  
Plums  
Strawberries

