



# #LiveMoreLife

## 21 DAY STRONG HEART challenge

### Week 1

WELCOME TO THE FIRST WEEK  
OF THE #LIVEMORELIFE 21 DAY  
STRONG HEART CHALLENGE

As the saying goes, good things take time. The key to achieving a heart-healthy lifestyle is balance – and breakfast is a good place to start. Substituting just one meal a week to be plant-based has a wealth of benefits not just for you, but also for the planet.



MADE FROM 100% PLANT BASED OILS



Flora

Gold

60%  
FAT SPREAD

Week 1

## BREAKFAST RECIPE 1

# Flora Breakfast bars

## YOUR HEART DESERVES A GREAT BREAKFAST.

Now it's time for the good stuff. After all that's why we're here, right? Keep reading for everything you need to make breakfast your favourite time of the day!

### INGREDIENTS

- 500ml (2 cups) oats
- 125ml (1/2 cup) pumpkin seeds
- 60ml (1/4 cup) linseeds
- 500ml (2 cups) rice crispies
- 125ml (1/2 cup) almonds, coarsely chopped
- 60ml (1/4 cup) chia seeds
- 125ml (1/2 cup) fried cranberries
- 125ml (1/2 cup) soft Turkish apricots
- 60ml (1/4 cup) goji berries
- 100ml Flora
- 100g brown sugar
- 150g honey or syrup
- Pinch of salt
- 5ml (1 tsp) cinnamon
- 250ml (1 cup) chopped dark chocolate

### INSTRUCTIONS

Preheat the oven to 180C.  
Place the oats, pumpkin seeds and linseeds on a baking tray and bake for 10 minutes.

Place the rice crispies, almonds, chia seeds, cranberries, apricots and goji berries in a bowl and mix

Place the Flora, brown sugar, honey, salt and cinnamon in a pot and bring to the boil.

Add the toasted oats, pumpkin seeds and linseeds into the bowl with the other seeds and berries, add the chopped chocolate and mix well.

Pour the hot Flora mix into the bowl and mix until combined.

Place the mix in a parchment lined baking tray and press down firmly using a potato masher.



**Flora Super Foods  
Breakfast Bars**  
Makes: 42 bars

Place in the fridge for an hour or overnight.

Remove the parchment with the set slab of superfood bars and slice into the sizes you want.

Store in a container in the fridge for 3 - 4 weeks.



#LiveMoreLife  
21 DAY STRONG HEART challenge





BREAKFAST RECIPE 1

# Discover the power of the ingredients.

The Flora breakfast recipes make for the ultimate on-the-go breakfast snack, and since the recipes allow you to make them in one large batch, you will have breakfast for days!

Who says heart healthy eating can't be quick, easy, convenient and delicious!

## Pumpkin Seeds

They may be small but don't underestimate their size – these seeds are packed with nutritional information you need to boost your energy levels. A small handful of can provide you with a substantial quantity of healthy fats, magnesium and zinc.

### Did you know?

Pumpkin seeds have been known to cure certain cancers.

- Rich in antioxidants
- High in healthy fats
- Boost energy levels
- Rich in magnesium



### Did you know?

The high levels of Thiamine and Magnesium which are sleep inducing ingredients to help give you a great night's sleep.

## Goji berries.

These wonderful berries not only provide us immense support, but they're packed with antioxidants – so packed that they even protect our eyes from UV damage caused by the sun.

- Boost immune system
- High in antioxidants
- Rich in vitamins
- Rich in fiber

## Linseed

Also known as Flaxseeds, this amazing ingredient is one of the plant-based oils used in the making of Flora. They provide us with healthy fats, antioxidants, proteins and Omega 3.

- Helps lower cholesterol
- High healthy fats
- Rich in antioxidants
- High in protein



### Did you know?

Flax seeds' health benefits are attributed to the Omega-3 fatty acids, lignans and fiber they contain.





CULTIVATE A HEALTHY HEART AND

*Win with*

WE'VE TEAMED UP WITH PICK N PAY  
THIS HEART HEALTH AWARENESS  
MONTH TO GIVE YOU THE TOOLS YOU  
NEED TO START YOUR HEART HEALTH  
JOURNEY. SIMPLY TRY ANY OF OUR  
RECIPES AT HOME, SNAP A PIC AND  
POST IT ON SOCIAL MEDIA AND YOU  
COULD **WIN A STRONG HEART MEAL  
BASKET** WITH ALL THE INGREDIENTS  
YOU NEED TO START YOUR JOURNEY.



Tore natur maiones ipitium volupis sitist, occaeaped magnit quo tem que velique sitae nosam recipiendion prat odit as rerit pratempor mi, omnia sanimolore ne officiis aurecturerro ea nem. Nequatectur? Quibus es sit ut facimusapiet od quae sto maio. Nemolut oditem volo idis ut re, voloreperum quiam, con ex et aut oditiatur? Qui ommissinti cus, volupti scimus el eiusam et ex-perovidem quunt mi, sediti aut que simagnata quam volupta voluptus et quae cae duolis doloribus molypta con eaqui am fugia parios etus etur mincita tiiscoil lecatem sam fugitibus se plitium essi omniti coribusciunt et resed quam debisiti iisita sperum velit laboriam, cus porum ne paribusam verum aut odit a inotibus, ut aria cus ad mo duoluptat.





# #LiveMoreLife

## 21 DAY STRONG HEART challenge

### Week 1

WELCOME TO THE FIRST WEEK  
OF THE #LIVEMORELIFE 21 DAY  
STRONG HEART CHALLENGE

As the saying goes, good things take time. The key to achieving a heart-healthy lifestyle is balance - and breakfast is a good place to start. Substituting just one meal a week to be plant-based has a wealth of benefits not just for you, but also for the planet.



MADE FROM 100% PLANT BASED OILS





## BREAKFAST RECIPE 2

# Flora Savoury Muffins

## THIS BREAKFAST IS WORTH THE WAIT!

The second breakfast recipe of the week is our Flora Savoury Muffins. The classics never fade so we've decided to add a few ingredients to make this recipe truly unforgettable. Enjoy!

### INGREDIENTS

- 250ml (1 cup) quinoa
- 500ml (2 cups) vegetable stock
- 45ml (3 TBSP) Flora
- 250ml (1 cup) roughly chopped baby spinach
- 3 XL eggs
- 60ml (1/4 cup) grated parmesan
- 125ml (1/2 cup) hopped spring onions
- 125ml (1/2 cup) chopped mushrooms
- 125ml (1/2 cup) chopped ham
- Salt and pepper to taste

### INSTRUCTIONS

Place the quinoa, vegetable stock and Flora in a small pot and boil for 10 to 12 minutes or until all the water is absorbed.

Stir in the chopped spinach and leave to wilt.

In a bowl, mix the remaining ingredients and pre heat the oven to 180C.

When the quinoa is cool, add it to the egg mixture and stir until combined.

Grease your muffin pan of choice and spoon the mixture into the muffin tin until each indentation is 3/4 full.

Bake for 20 minutes or until firm. Serve warm for breakfast or cold for lunch.



Spinach, mushroom, ham and egg muffins with Quinoa and parmesan

**Makes:** 6 large /10 medium muffins



#LiveMoreLife  
21 DAY STRONG HEART challenge





BREAKFAST RECIPE 2

# Discover the power of the ingredients.

The Flora breakfast recipes make for the ultimate on-the-go breakfast snack, and since the recipes allow you to make them in one large batch, you will have breakfast for days!

Who says heart healthy eating can't be quick, easy, convenient and delicious!

## Quinoa

Originally from South America this ancient grain has developed quite a name for itself in recent years and you can understand why - they're a great source of protein, fibre and they help fight bad cholesterol.

- **Gluten-free**
- **High in protein**
- **High in fiber**
- **Rich amino acids**

### Did you know?

Quinoa is one of the few plant foods considered a complete protein, offering all of the essential amino acids.

### Did you know?

To tell if an egg is raw or hard-cooked, spin it! If the egg spins easily, it is hard-cooked but if it wobbles, it's raw.



## Eggs

The humble egg has really impressive health credentials - especially if you're looking for a heart healthy protein kick. Fun fact: more than half the protein found in an egg lies in the egg white.

- **Inexpensive rich form of protein**
- **Rich in vitamin D**
- **High in iron**
- **High in zinc**

## Spring Onion

This versatile spring onion with its vivid green stem have been a long-time favourite addition to dishes the world over. They're a great source of vitamin C, B6 and they're rich in iron.

- **Rich in vitamin C**
- **Rich in calcium**
- **Rich in iron**
- **Rich in magnesium**

### Did you know?

Over the years spring onions have been known to cure colds, improve poor eyesight and even ward off evil spirits.







CULTIVATE A HEALTHY HEART AND

*Win with*

WE'VE TEAMED UP WITH PICK N PAY  
THIS HEART HEALTH AWARENESS  
MONTH TO GIVE YOU THE TOOLS YOU  
NEED TO START YOUR HEART HEALTH  
JOURNEY. SIMPLY TRY ANY OF OUR  
RECIPES AT HOME, SNAP A PIC AND  
POST IT ON SOCIAL MEDIA AND YOU  
COULD **WIN A STRONG HEART MEAL  
BASKET** WITH ALL THE INGREDIENTS  
YOU NEED TO START YOUR JOURNEY.



Tore natur maiones ipitium volupis sitist, occaeaped magnit quo tem que velique sitae nosam recipiendion prat oditet as rerit pratempor mi, omnia sanimolore ne officiis aurecturerro ea nem. Nequatectur? Quibus es sit ut facimusapiet od quaeato maio. Nemolut oditem volo idis ut re, voloreperum quiam, con ex et aut oditiatur? Qui ommissinti cus, volupti scimus et eiusam et ex-perovidem quunt mi, sediti aut que simagnata quam volupta voluptus et quaecae duolis doloribus molypta con eaqui am fugia parios etus etur mincita tiiscoil lecatem sam fugitibus se plitium essi omniti coribusciunt et resed quam debisiti iisita sperum velit laboriam, cus porum ne paribusam verum aut odit a inctibus, ut aria cus ad mo doluptat.