

# healthyfood

GUIDE

## Wholesome whole grains

Gut-loving  
Buckwheat  
bowl

Practical  
WAYS TO  
MAKE GOING  
WHOLE GRAIN  
EASY!

Plus!

Expert advice, wholegrain day on a plate, triple-tested recipes





- Two slices of **Tip Top 9 Grain Classic** contributes 20% of the 48 g Whole Grain Daily Target Intake. It's high in fibre, a source of protein and low GI to keep you fuller for longer.

# Delicious sandwiches

## THE WHOLE FAMILY WILL LOVE

Get creative at lunchtime with **Tip Top 9 Grain**. Add your favourite fillings for an easy and nutritious lunch!

### CHICKEN SALAD SANDWICH

Prep time **5 mins** | Serves **2**

- |   |                             |
|---|-----------------------------|
| <b>4 Slices Tip Top 9 Grain Classic Bread</b> | <b>1 Tomato, sliced</b>     |
| <b>1 tsp Butter, optional</b>                 | <b>170g Chicken, sliced</b> |
| <b>1/2 Cucumber, sliced</b>                   | <b>2 Cheese slices</b>      |
| <b>1/2 cup Salad Leaves</b>                   | <b>1 tbsp Mayonnaise</b>    |
| <b>1/2 Avocado, sliced</b>                    | <b>Pickles, optional</b>    |

1. Butter the slices of Tip Top 9 Grain bread and spread mayonnaise on two of them.
2. Layer the remaining ingredients on top of the mayonnaise-covered slices.
3. Place the other slices of bread on top, then cut the sandwich in half.



✓HIGH IN FIBRE ✓LOW GI ✓SOURCE OF PROTEIN



# Welcome

**Whole grains are the often-unsung heroes of a healthy diet, despite being very important sources of dietary fibre, vitamins, minerals and phytochemicals.**

Grains are a staple, supplying around half the world's kilojoules, and include corn (or maize), rice, wheat, barley, oats, millet, sorghum, rye and so-called 'pseudo grains' like quinoa and buckwheat. These grains are used in foods that commonly form the base of our meals and snacks – think breakfast cereal, bread, crackers, pasta and noodles.

Given how often we're eating grains, choosing whole over refined or highly processed grains is one of the easiest changes we can make to immediately improve the overall quality of our diet.

Regularly eating whole grains is linked to numerous health benefits including reduced risk of obesity, cardiovascular disease, type 2 diabetes, certain cancers and other chronic diseases. And, including wholegrain foods in your daily diet is key to promoting a healthy gut microbiome and keeping your digestive system working like clockwork.

Plus, whole grains are more flavourful than their refined counterparts and add extra 'bite' or texture to your dishes.

This ebook is brimming with practical advice and carefully selected dietitian-approved recipes to make going whole grain easy and delicious. What's not to love!

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Wholesome whole grains are a fantastic addition to a healthy diet. We show you how to get more into every meal of the day!

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**8 A DAY OF WHOLE GRAINS** How to get more into your meals, from breakfast to dessert and everything in between.

**13 RECIPES** Can't wait to get cooking? Get started with delicious ideas that are all packed with the goodness of whole grains.





# GO whole grain!

For optimal nutrition, when you have grains go WHOLE!

## What are grains?

Grains are the edible seeds of specific grasses which are grown all over the world as a source of food. The most common grains you may be aware of are wheat, rye, oats, rice, barley and corn (maize).

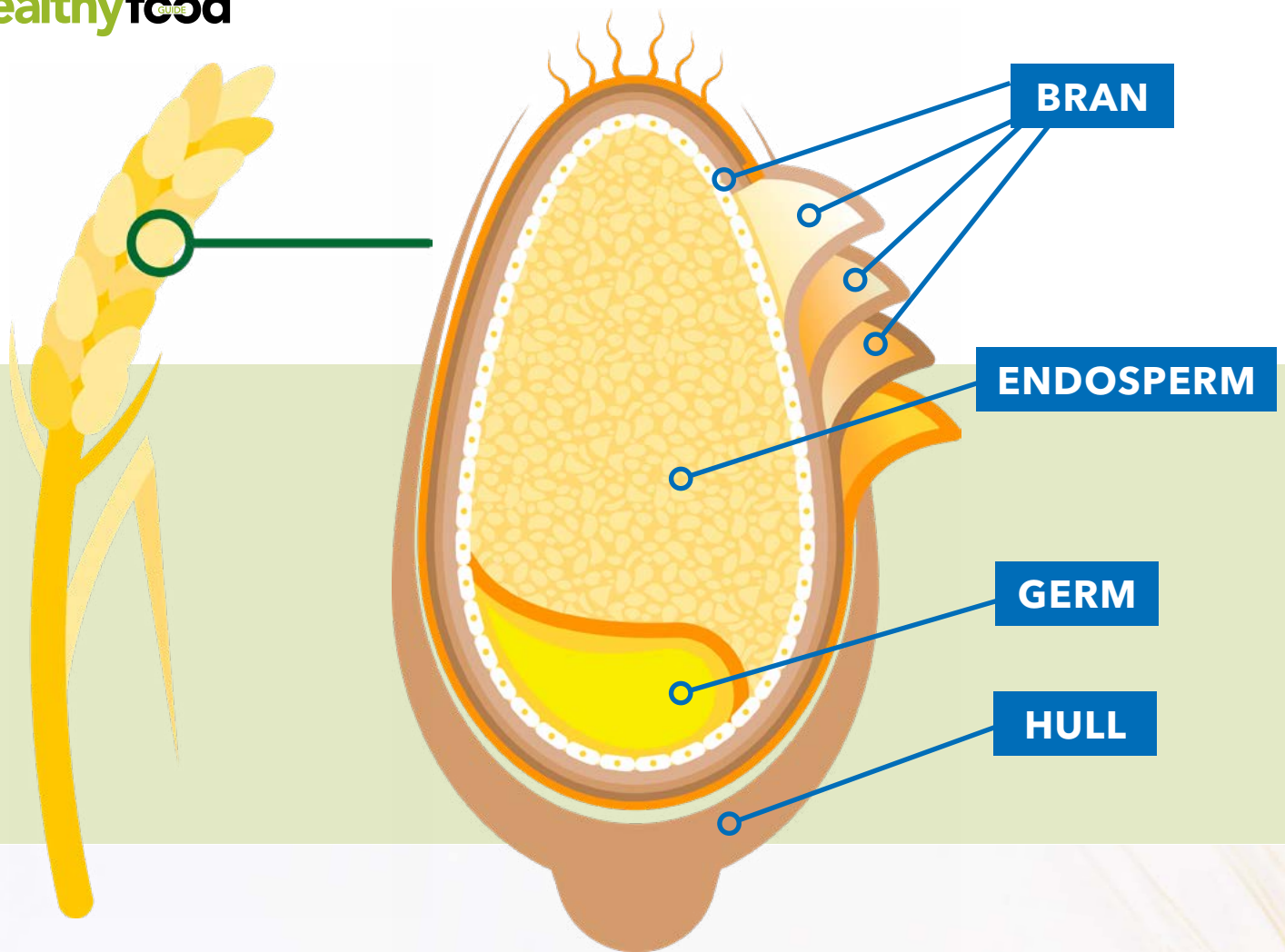
When the 'grain' is removed from the plant from which it grows it is 'whole', which is where the term 'whole grain' comes from. To get the most from grains nutrition-wise, it is better to have most of your grains whole rather than heavily processed and all ground up.

Eating just three serves of wholegrain foods a day can reduce your risk of heart disease, diabetes and even certain cancers.

## Gut health essential

Wholegrain foods like bran-based breakfast cereals, wholemeal bread and wholegrain pasta and rice are essential for gut health. They contain insoluble fibre that helps to hold on to water, creating bulkier and softer stools. Additionally, insoluble fibre speeds up the passage of food through the digestive system. Be sure to include higher-fibre varieties of staple foods in your diet daily to help calm digestive issues. Whole grains also provide prebiotics which ferment and feed our gut bacteria, helping improve their numbers and variety.





### Whole grains

A whole grain has three parts to it, a bit like an egg. The outside layer is the bran layer (like the eggshell), the middle part (like the white of an egg) is called the endosperm, and at the centre of the grain (much like an egg yolk) is the germ. When you eat the 'whole grain' you are eating all three parts of the grain and, nutrition-wise, this is by far the best thing for you!

The bran layer is where a lot of the fibre is. It also contains B vitamins (which you need to help your body convert food into energy) and a whole host of other vitamins, minerals and phytonutrients, which play an important role in protecting your body from cancer and other diseases.

The germ part is where you will find essential fatty acids, vitamin E as well as B vitamins, minerals and phytonutrients.

The endosperm is the food supply for the germ (if the seed was to be planted and grow) and is a dense source of carbohydrate and protein.





## New ways to include whole grains every day

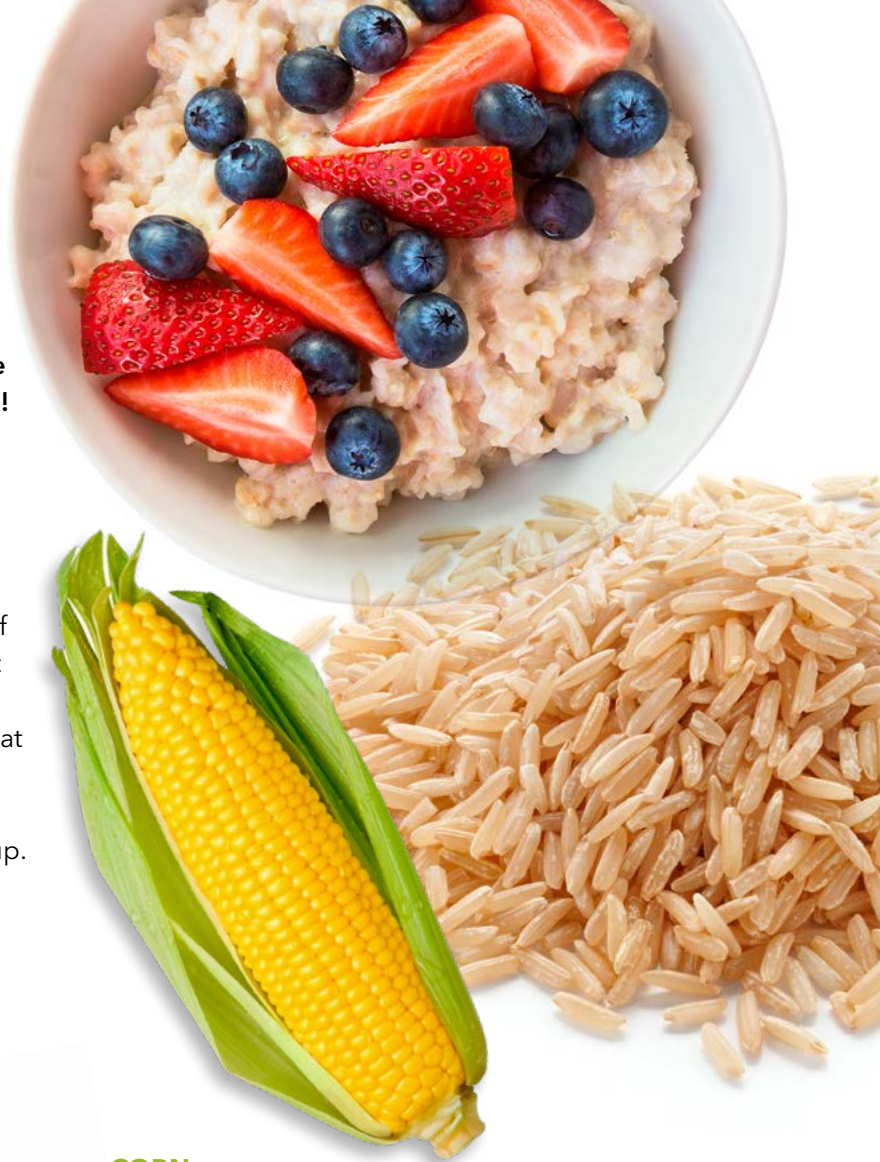
Here are some quick and easy ways you can include more of the wholegrain versions of the grains, so you can reap the nutritional benefits!

### OATS

Oats are a great way to get into whole grains if you aren't eating them already. They are packed with fibre and have a positive impact on cholesterol levels. Oats are a great source of beta-glucan, a type of soluble fibre that can act as a prebiotic and help support the growth of beneficial bacteria in the gut. Plus, they are great at helping you feel full. Try porridge, Bircher muesli, overnight oats, DIY muesli or add a tablespoon of oats to a smoothie to thicken it up.

### BROWN RICE

This delicious nutty rice is very versatile – it might take longer to cook than white rice, but it's well worth including it where you can. Rice is perfect with a stir-fry, chilli con carne or curry. Wherever you normally have white rice, try brown for a change. The cooking time is a little longer but well worth it.



### CORN

Popcorn is a whole grain. Even though corn can be classified as a vegetable, it is a cereal grain so we can include it here.

Popcorn provides gut-loving fibre, as well as disease-fighting antioxidants called polyphenols. It also contains small amounts of zinc necessary for wound healing, plus iron for oxygen transport. Popcorn is also naturally low in kilojoules/calories!

### BREAD

Wholegrain breads come in all shapes and sizes, some dark, dense and packed with grains, others light, soft and with only a scattering of grains. The best everyday breads are those which have a high percentage of whole grains – these are often the heavier, denser loaves – and can apply to both wholegrain and rye breads.

### PASTA

Wholemeal pasta has far more fibre than white pasta as it's made from wholegrain wheat flour which retains the fibre-rich bran of the grain. Legume-based pastas, made from beans, chickpeas and lentils are also excellent fibre-filled choices. Simply follow packet directions for cooking and use in place of white pasta.





# A DAY OF whole grains

Niki Bezzant shows us how simple it can be to ensure you get enough wholegrain foods in your daily meals.

**W**hole grains are something we often see in healthy eating guidelines, but they don't get a lot of attention. Recent research and more focus on fibre has thrown these humble diet superstars back into the spotlight.

The Global Burden of Disease study published earlier this year in *The Lancet* found low intake of whole grains was one of the top dietary risk factors for death and disability-adjusted life-years (DALYs), responsible for around 3 million deaths globally in 2017. This study used an optimal intake level of 100g-150g daily for whole grains, while average intakes in Australasia are only around 30g.

This was on top of another study led by Otago university researchers, also published in *The Lancet*. This study found a strong link between higher intakes of dietary fibre and wholegrain foods, and a reduction in the risk of a wide range of diseases. The researchers noted there was 'convincing evidence' that replacing refined grains with whole grains has a protective effect on health.

A 2011 review published in the *BMJ* found higher intake of wholegrain cereals helped protect against colorectal cancer, one of our biggest killers. It found 90g of whole grains in a day lowered the relative risk for colorectal cancer by 17 per cent, and the higher the amounts the better. The diets the study included contained 61g-128g of whole grains a day.

So, what is a whole grain? Technically speaking, it's a grain that has all three of its parts intact – the endosperm, germ and bran. Whole grains have more fibre, protein and vitamins than refined grains, so they help us feel fuller for longer, provide more nutrients and give us greater health benefits than refined grains.

There are lots of ways to get whole grains into your day, so think beyond bread and cereal to help you embrace their easy, delicious and inexpensive goodness.

**Here's how we can include whole grains at every meal. While we don't have a specific recommended target for wholegrain intake, this shows we can easily beat the numbers talked about in the burden of disease study. This 8700kJ day has around 470g whole grains.**

Because we've taken every opportunity to include whole grains, this day is super high in fibre (52g). When increasing your fibre intake, it's best to do it gradually and ensure you get plenty of water as well to help keep everything moving.







## BREAKFAST

### Bircher muesli or porridge

- ⅓ cup **wholegrain oats\***
- 3 tablespoons  
**nuts or seeds**
- 1 **apple**, grated
- ½ cup **reduced-fat milk**
- ½ cup **reduced-fat  
Greek yoghurt**
- ¼ cup **fresh or  
frozen berries**

## SNACKS

- 1 slice **dark whole  
rye bread\*** with  
peanut butter
- 1 cup **carrot sticks**
- 2 cups **spiced  
popcorn\***





## Some whole grains to try

- barley
- brown rice\*
- buckwheat\*
- bulgur (cracked wheat)
- corn\*
- freekeh
- millet\*
- popcorn\*
- quinoa\*
- sorghum\*
- spelt
- wholegrain bread
- wholegrain rye
- wholegrain couscous
- wholegrain oats
- wholegrain pasta

\*gluten free



## LUNCH

### Mexi bowl

- 1 cup cooked **barley**\*
- ¼ cup **sweetcorn kernels**\*
- ½ red **capsicum**, diced
- 1 cup shredded **lettuce**
- ¾ cup shredded **cooked chicken**
- ¼ **avocado**, sliced
- 1 tablespoon **chipotle sauce**
- 1 tablespoon **low-fat plain yoghurt**  
or **reduced-fat sour cream**



## DINNER

### Harissa-spiced fish with tabouleh

Combine the below  
to make tabouleh:

- 1 cup cooked **bulgur wheat\***
- ¼ cup chopped **fresh parsley**
- 1 **tomato**, chopped
- ½ cup chopped **fresh mint**
- 1 **lemon**, juice and zest
- 1 tablespoon **olive oil**

### Pan-fry or grill:

- 150g **firm white fish**
- 1 teaspoon **harissa paste**  
or **curry paste**

### Serve with

- 4 stalks **broccolini**,  
or 2 cups  
**broccoli florets**





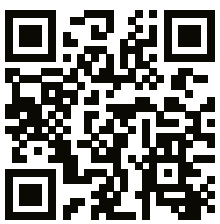
# START YOUR MORNING | WITH A



## HIGH PROTEIN PEANUT BUTTER OVERNIGHT WEET-BIX™

✓ Easy 5 mins + refrigeration 1 Serve

Scan here for more  
delicious recipes



### INGREDIENTS

2 Weet-Bix™, roughly crushed  
1/3 cup So Good™  
High Protein Almond Milk  
150 g vanilla protein yoghurt

1 tsp peanut butter  
1 tsp chopped peanuts  
1 tsp dark chocolate chips

### METHOD

1. In a small container or bowl, combine Weet-Bix™ and almond milk to form the base.
2. Spread yoghurt on top of the base.
3. Drizzle peanut butter over yoghurt. Sprinkle with chopped peanuts and chocolate chips.
4. Place in the fridge for 2-3 hrs, or overnight.

**Tip:** If desired, thin peanut butter with hot water before drizzling over yoghurt. Add 1/2 tsp water at a time and stir well. The mixture will initially look thicker, but will thin as you stir in additional water.



healthyfood  
**AWARDS**  
AUSTRALIA  
**WINNER**  
★  
2024



**HOW DO YOU DO YOURS?**



# cook FRESH

buckwheat bowl with bite! | terrific toasties | healthy sweet treats



Cheesy stuffed  
roasted red capsicums  
(See recipe p21)

Our food writers work with **qualified dietitians** to develop these recipes for maximum **health benefits**.

LOW  
kJ

HIGH  
PROTEIN

HIGH  
FIBRE

LOW  
SODIUM

HIGH  
CALCIUM

HIGH  
IRON

2  
VEGIE  
serves





### Cook's tip

#### Make it gluten free

Check mayonnaise, and sriracha are gluten free.

## Kimchi buckwheat bowl

Serves 4 Time to make 25 mins

✓vegetarian

- 1 cup **toasted buckwheat groats**
- 1 cup **shelled edamame beans**
- 2 **radishes**, very finely sliced
- 1 cup **mung bean sprouts**
- 2 **Lebanese cucumbers**, sliced into ribbons
- 1 **avocado**, sliced
- ¼ cup **chilli vegannaise** (¼ cup **vegan mayonnaise** plus ½ teaspoon **chilli flakes**)
- 1 cup **kimchi**
- 1 sheet **nori**, cut into thin strips
- 2 tablespoons **toasted sesame seeds**
- Handful **fresh coriander**, to serve
- Sriracha** (optional)

- 1** Rinse and drain buckwheat well. In a saucepan, cover buckwheat with 4 cups water and a pinch of salt. Bring to the boil, the reduce heat to low, cover and cook for 20 minutes, stirring occasionally.
- 2** Thoroughly rinse and drain cooked buckwheat and divide among 4 bowls. Arrange edamame, radish, bean sprouts, cucumber and avocado over the buckwheat. Drizzle with vegannaise and top with kimchi, nori, sesame seeds and coriander.
- 3** Drizzle with sriracha, if desired.

**Note** If you have a nut allergy and are using packaged goods in recipes, please check the allergen warning on the packet regarding nuts. Despite its name, buckwheat is gluten free. Mainly carbohydrate, it is not a grain, it's actually a seed.



PER SERVE	
2000 kJ/467cal	Sugar 4g
Protein 15g	Fibre 12g
Total fat 28g	Sodium 430 mg
Sat fat 3g	Calcium 80mg
Carbs 40g	Iron 3mg



## Pumpkin, feta and chunky pesto toastie

Serves 1 Time to make 15 mins

✓vegetarian

½ cup sliced **button mushrooms**  
1 sprig **fresh thyme**, leaves picked  
100g **roasted pumpkin** (see Cook's tip)  
25g **reduced-fat feta**, crumbled  
2 thick slices **rye bread**  
1½ tablespoons store-bought **chunky pesto dip**  
20g **baby spinach leaves**

**1** Lightly spray a non-stick frying pan with olive oil and heat over high heat. Add mushrooms and thyme and cook for 3 minutes or until golden and fragrant.

**2** Preheat a sandwich press. In a small bowl, place pumpkin and feta, and mix to combine.

**3** Spread one slice of rye bread with pesto dip. Top with cooked mushrooms, pumpkin and feta mixture, then baby spinach. Top with remaining bread slice and cook in sandwich press for 3 minutes until golden. Serve.

**Cook's tip** To roast pumpkin ahead of time, peel and dice and place in one layer on a baking tray lined with baking paper. Drizzle with oil and roast at 180°C for 25 minutes until cooked.

LOW  
kJ

HIGH  
FIBRE

3  
VEGIE  
serves

### PER SERVE

1580kJ/378cal	Sugar 8.5g
Protein 17.2g	Fibre 6.6g
Total fat 13.6g	Sodium 592mg
Sat fat 4.1g	Calcium 162mg
Carbs 42.3g	Iron 2.3mg







## Vegan bean chilli

Serves 4 Prep 20 mins Cook 30 mins  
✓gluten free ✓vegetarian ✓dairy free

1 teaspoon olive oil  
1 onion, diced  
4 cloves garlic, chopped  
2 tablespoons tomato purée  
1 teaspoon paprika  
1 teaspoon cumin  
400g can no-added salt chopped tomatoes  
400g can red kidney beans, drained and rinsed  
400g can black beans, drained and rinsed  
1 tablespoon balsamic vinegar  
1 tablespoon maple syrup  
Pinch chilli flakes, plus extra to sprinkle  
250g pack microwavable brown rice  
1 medium avocado, sliced, to serve  
Fresh parsley or coriander leaves, to garnish (optional)

**1** Add oil to a heavy-based pan and place over medium-low heat. Cook the onion and garlic for 5-10 minutes until transparent.  
**2** Add tomato purée, paprika and cumin to the pan and cook, stirring, for 2 minutes.  
**3** Add chopped tomatoes, kidney beans, black beans, balsamic vinegar, maple syrup and chilli flakes. Season with black pepper. Bring to the boil, then reduce to a simmer for 25-30 minutes, stirring occasionally.  
**4** Cook rice according to packet instructions. Serve beans over rice garnished with avocado, topped with parsley or coriander leaves if you like, and extra chilli flakes.

### Serving suggestion

Serve with a dollop of dairy-free yoghurt, and lime wedges for a hint of freshness.



#### PER SERVE

1500 kJ/360cal	Sugar 13g
Protein 18g	Fibre 22.5g
Total fat 9g	Sodium 390mg
Sat fat 1.5g	Calcium 82mg
Carbs 42g	Iron 3.6mg





## Quinoa and beetroot burgers

Serves 4 Time to make 30 mins

✓vegetarian

1½ tablespoons **extra-virgin olive oil**  
 1 **red onion**, finely chopped  
 2 teaspoons **ground cumin**  
 400g can **no-added-salt cannellini beans**, rinsed and drained  
 300g fresh **beetroot**, peeled, finely grated  
 1 cup cooked **quinoa**  
 1 **egg**, whisked  
 ¼ cup chopped **fresh flat-leaf parsley leaves**  
 100g **feta**, crumbled  
 ½ cup **quinoa flakes**  
 2 teaspoons **tahini**  
 1 tablespoon **lemon juice**  
 1 **avocado**, mashed  
 4 mini **Turkish bread rolls**, halved, toasted  
 2 **vine-ripened tomatoes**, sliced  
 1 **carrot**, peeled into ribbons  
 120g **baby rocket leaves**  
**Microherbs** (optional)

**1** Heat 2 teaspoons oil in a large non-stick frying pan. Add onion and cook, stirring, for 5-10 minutes until softened. Add cumin and cook, stirring, for 1 minute or until fragrant. Remove pan from heat.

**2** In a large bowl place cannellini beans and mash roughly, leaving some texture. Squeeze excess moisture from beetroot, then add to beans. Add cooled onion mixture, cooked quinoa, egg, parsley and 80g feta. Mix well to combine. Shape mixture into four 2cm-thick patties. Place quinoa flakes on a large plate. Press patties into flakes to lightly coat.

**3** Heat remaining oil in a large non-stick frying pan over medium-high heat. Add patties and cook for 3 minutes each side or until golden and cooked through. Meanwhile, in a small bowl combine tahini and lemon juice with a tablespoon of warm water and mix until smooth.

**4** Spread mashed avocado on roll bases. Top each with a beetroot and quinoa patty, then tomato, carrot, rocket and microherbs, if using. Drizzle over tahini dressing, crumble over remaining feta and add roll tops to serve.



### PER SERVE

2549 kJ/610 cal	Sugar 13.5g
Protein 26.2g	Fibre 18g
Total fat 19.4g	Sodium 875mg
Sat fat 4.9g	Calcium 295mg
Carbs 73.5g	Iron 6.1mg





# Boost Your Wellbeing



DELICIOUS WRAPS WITH VITAMINS,  
MINERALS & PREBIOTICS,  
BENEFICIAL FOR YOUR GUT







## Pasta with meatballs and broccoli

Serves **4** Time to make **30 mins**

✓vegetarian ✓diabetes friendly

1 tablespoon **canola oil**  
 1 **onion**, peeled and diced  
 2 cloves **garlic**, crushed  
 1 tablespoon **fennel seeds**  
 2 **lean pork sausages**  
 400g **dried wholemeal spaghetti**  
 1 head **broccoli**, chopped into small florets  
 1 cup **frozen peas**  
 1 **lemon**, juice  
 Pinch **chilli flakes**  
 40g finely **grated parmesan cheese**  
 Handful **parsley** (optional), to garnish

**1** Heat oil in a large pan over medium heat. Add onion and fry until the onion until translucent, 5-10 minutes. Add garlic and fennel seeds and cook for another minute.  
**2** Squeeze chunks of sausage meat into the pan and cook another 4-5 minutes until browned.  
**3** Bring a large pot of water to the boil and cook pasta according to packet instructions until al dente, adding the broccoli and peas in the last 3 minutes.  
**4** Reserve a about a cup of pasta cooking water, then drain spaghetti, broccoli and peas.  
**5** Add spaghetti and vegetables into the sausage mixture, stir through

lemon juice and chilli flakes, and add a little of the cooking liquid if needed.  
**6** Serve in pasta bowls and top with parmesan and parsley if using.



### PER SERVE

2614kJ/625cal	Sugar 4.2g
Protein 29.7g	Fibre 18.1g
Total fat 21.0g	Sodium 500mg
Sat fat 6.8g	Calcium 233mg
Carbs 69.2g	Iron 6.3mg





**HIGH  
FIBRE**

# Chilli tuna, couscous and slaw salad

Serves 1 Time to make 10 mins

- ¼ cup wholemeal couscous
- 95g can tuna in chilli oil
- 1 cup kaleslaw (or any bagged pre-cut slaw)
- 2 teaspoons lemon juice
- 25g feta, crumbled, to serve

- 1 Place couscous in a heatproof bowl. Add ¼ cup boiling water and stir to combine. Cover bowl with a tea towel and set aside for 3 minutes or until water is absorbed. Fluff and separate steamed grains with a fork.
- 2 Drain and flake tuna, reserving 1-2 teaspoons chilli oil. Add tuna, kaleslaw and lemon juice to couscous. Drizzle with reserved oil and toss to combine. Transfer to lunch container or small salad bowl and serve topped with feta.

**Elevate it!** Add fresh herbs (try mint, parsley and basil) for extra flavour and a boost of antioxidants.



PER SERVE	
1317kJ/315cal	Sugar 5.5 g
Protein 31.3 g	Fibre 7.1 g
Total fat 10.5 g	Sodium 683 mg
Sat fat 4.8 g	Calcium 222 mg
Carbs 21.2 g	Iron 3.1 mg





PER SERVE

1650kJ/394 cal	Sugar 22g
Protein 22g	Fibre 12g
Total fat 14g	Sodium 390mg
Saturated fat 7g	Calcium 390mg
Carbs 40g	Iron 5mg



## Cheesy stuffed roasted red capsicums

Serves **4** Time to make **40 mins**

✓vegetarian

**8 red capsicums**  
**½ cup quinoa**  
**1 red onion**, finely chopped  
**1 clove garlic**, finely chopped  
**2 zucchini/courgettes**, diced  
**2 tomatoes**, diced  
**1 teaspoon cumin**  
**1 teaspoon smoked paprika**  
**400g can lentils**, drained and rinsed  
**4 cups baby spinach**  
**140g reduced-fat cheddar**, grated  
**Fresh basil**, to garnish

**1** Preheat oven to 200°C. Line an oven dish with baking paper. Cut tops off capsicums (keep these aside) and remove ribs and seeds from inside. Cook quinoa according to packet instructions.

**2** Spray a pan with oil and set over medium heat. Add onion and garlic and cook for 5 minutes. Add zucchini, tomatoes and spices and cook, stirring, for 2 minutes. Add lentils and spinach. Cook until leaves are wilted. Combine lentil mixture and quinoa.

**3** Fill capsicums with mixture. Place in oven dish along with capsicum tops. Bake in the oven for 10 minutes. Remove from oven and add equal amounts of cheese, then cook another 5 minutes, until cheese is melted.

**4** Serve garnished with basil.

**Make it gluten free** Check ground spices are gluten free.





# Baking bread has never been so satisfying.

- NO PRESERVATIVES
- QUALITY AUSTRALIAN WHEAT
- AUSTRALIAN MADE AND OWNED



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[www.laucke.com.au](http://www.laucke.com.au)



PER SERVE

902kJ/216cal	Sugar 23.6g
Protein 4.7g	Fibre 5.8g
Total fat 6.0g	Sodium 47mg
Sat fat 1.5g	Calcium 74mg
Carbs 32.9g	Iron 1.1mg



## Apple and mixed berry crumble

Serves **8** Prep **20 mins** Hands-on time **20 mins**

**6** Granny Smith apples, cored, sliced  
**2** teaspoons sugar  
**2** cups mixed frozen berries, defrosted  
**1** cup reduced-fat custard,  
 to serve (optional)

### Crumble

**1** cup wholegrain oats  
**¼** cup plain flour  
**¼** cup sunflower seeds  
**¼** cup natural almonds, roughly  
 chopped  
**1** teaspoon ground ginger  
**2** tablespoons reduced-fat spread  
**1** tablespoon honey  
**1** tablespoon brown sugar

**1** Preheat oven to 180 °C. Lightly grease a 6-cup capacity baking dish.  
**2** In a medium saucepan, place apples, sugar and just enough water to come halfway up the apples. Cover with lid. Set over a high heat and bring to the boil, then reduce heat to low and simmer for 5-10 minutes or until apples are very soft and breaking apart. Keep an eye on the water level so it doesn't boil dry. Drain apples and place in prepared baking dish. Scatter defrosted berries over the apples.  
**3** To make crumble, place all ingredients in a mixing bowl. Using clean fingers, rub ingredients together to form a crumbly texture.

**4** Sprinkle crumble mixture evenly over fruit. Bake for 20 minutes until topping is golden. Serve drizzled with custard, if using.

### HFG tip

Oats are a source of heart-healthy beta-glucan, which can help keep you feeling full and satisfied for longer.



PER SERVE

733kJ/175cal	Sugar 9.6g
Protein 3.4g	Fibre 4.3g
Total fat 7.1g	Sodium 23mg
Sat fat 3.1g	Calcium 15mg
Carbs 22.6g	Iron 1.1mg



## Blueberry macadamia oat slice

Serves **16** Prep **10 mins** Cook **45 mins**

1½ cups **rolled oats**  
 1½ cups **plain wholemeal flour**  
 ¾ cup **shredded coconut**  
 1 teaspoon **ground cinnamon**  
 1 teaspoon **baking powder**  
 ½ cup **unsalted macadamias, chopped**  
 ⅓ cup **honey**  
 100g **reduced-fat spread, melted**  
 500g **fresh or frozen blueberries**  
 ¼ cup **cornflour**

**1** Preheat oven to 170°C. Lightly grease a 20cm square cake pan and line with baking paper, leaving an overhang of 3cm.  
**2** In a large mixing bowl, place oats, flour, coconut, cinnamon, baking powder, macadamias, honey and spread, and stir well to combine. Press a third of the mixture into base of prepared pan and bake for 20 minutes.  
**3** In a microwave-safe bowl, heat berries on high for 40 seconds or until just soft. Add cornflour and lightly crush with a fork to combine.

**4** Spread blueberry mixture over oat mixture to form an even layer. Scatter remaining oat mixture on top and bake slice for a further 25 minutes or until golden. Cool completely in pan, then cut into 16 squares.

### HFG tip

Dark red berries contain anthocyanins, a protective antioxidant. Instead of blueberries, try using blackberries, mulberries or boysenberries.



# Discover the Amazing Taste of CORN THINS® Slices

Corn Thins® slices are delicious not only due to their popcorn taste, but because there are sooo many mouth-watering ways to use them, and not just with your favourite toppings.



## Gluten Free Meatballs

### INGREDIENTS

12 CORN THINS® Multigrain slices  
500g pork mince (or chicken, or vegan mince)  
500g beef mince (or chicken, or vegan mince)  
1 clove garlic crushed  
2 eggs  
2 brown onions, finely chopped  
2 tbsp finely chopped parsley  
Sea salt and freshly cracked black pepper  
High smoke-point oil, to fry  
Tzatziki, to serve

### DIRECTIONS

1. Process CORN THINS® slices in a food processor until a fine crumb.
2. Combine  $\frac{3}{4}$  of the CORN THINS® crumbs with the remaining ingredients and use clean hands to mix very well.
3. Form into large balls, around 1  $\frac{1}{2}$  tbsp each. Roll each ball in remaining CORN THINS® crumbs to coat.
4. Heat oil in a large frypan over medium heat and fry meatballs in batches, turning regularly, 5-6 mins or until cooked through.
5. Serve with tzatziki.



For this and many more ways to enjoy Corn Thins® products, download our free recipe book, today! Scan the QR code, or visit [www.cornthins.com](http://www.cornthins.com)



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