

Wellness Bites

by

Holland & Barrett

DELICIOUS RECIPES TO HELP GET YOUR
WELLNESS ON TRACK



WELCOME!

We believe that taking care of yourself is just as important as taking care of your loved ones.

By showing yourself some love and taking care of your own wellness, both inside and out, you'll feel better about yourself and be in a better position to take care of others too.

To help you, we've created delicious and nutritious recipes that are not only packed with goodness, but are also sure to go down a treat with your loved ones.

We've also got our in-house Nutritionist on hand to explain some of the ingredients that are packed with nutritional value to support your wellness.



Meet Emily!



Emily is a Senior Nutritionist here at Holland & Barrett and knows her products inside out!

Emily has a long history of working with customers to guide them on what products are best suited to help achieve wellness, whilst offering practical support to help customers achieve their goals. Emily specialises in digestive health and immune support and holds a Diploma in Nutritional Therapy.

BENEFITS OF HEALTHY EATING

Here at H&B, we love to fuel our bodies with a balanced diet packed with nutrient-dense foods to help us perform our best. There's a misconception that healthy eating is boring and bland, which is why we're here to inspire your choices and help you achieve wellness by debunking a few of the common myths.

Healthy eating is not:

- A weight-loss diet
- A temporary fix
- Something we do to punish ourselves after over-indulging

Healthy eating is:

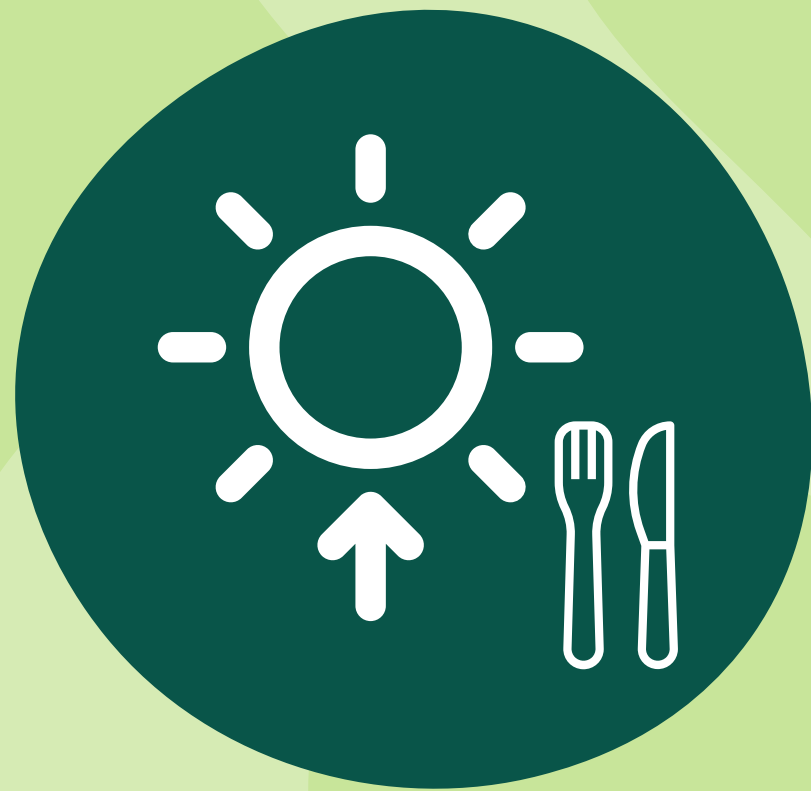
- Fuelling our bodies with nutrient dense foods
- A balance of proteins, carbohydrates and fats

Trying to cook as many meals as possible from scratch is a great way to better understand what you're putting into your body. It can also be a wonderful way to unwind at the end of a busy day while teaching yourself a new skill!

Whether that's a quick breakfast to keep us going until lunch, a post workout snack to help our muscles recover, or a delicious dinner packed with nutrients for the whole family, turn the pages to discover our pick of recipes.

Emily's top healthy eating tips:

- Drink more water
- Fill up on fibre
- Cut down on saturated fat
- Focus on unrefined foods
- Eat a rainbow! Try to include as many different coloured fruits and vegetables in a week as you can
- Opt for lean sources of protein
- Cook meals from scratch



Breakfast

Love Your
Wellness

Breakfast!

KEFIR-LAYERED BREAKFAST POTS

A super-simple breakfast to help support your gut bacteria

Difficulty: Easy • **Prep time:** 5 minutes, plus cooling
Serves: 4 • **Cook time:** 15 minutes



Ingredients

600g kefir yoghurt
200g Rude Health 'The Ultimate Organic' granola*

For the compote

400g blackberries
50g golden caster sugar
1 lemon, juiced

Nutrients per serving:

Energy 405 kcal	Total 15 g	Saturates 4 g	Protein 11 g
Fibre 8 g	Carbs 51 g	Sugar 51 g	Salt 0.2 g

Method

STEP 1

To make the compote, place the blackberries, sugar and lemon in a saucepan, then smash the blackberries with a potato masher or fork, until broken down.

STEP 2

Bring the mixture to the boil and reduce the liquid until the mixture has thickened to a jammy consistency, usually for around 15 minutes. Once ready, transfer to a bowl and allow to cool completely.

STEP 3

When you're ready to assemble, layer up small tumbler glasses with the yoghurt, granola and blackberry compote, and serve immediately

* Available at Holland & Barrett

HOW CAN A HEALTHY GUT IMPROVE OVERALL HEALTH?

A really important factor in gut health is the balance of healthy 'live' bacteria and harmful 'bad' bacteria. We have over 100 trillion live bacteria, aka our microbiome, living in our gut which help our bodies with a number of tasks. This microbiome actually accounts for 90% of the cells in our body. However, if our natural gut bacteria becomes unbalanced, we can start to experience some problems.

How to look after your gut?

Maintaining good gut health can go a long way towards making sure your digestive system is working as it should be. Signs that you have poor digestive health can include bloating and diarrhoea. Thankfully, there are several things you can do to support it according to our nutritionist, Emily.

Emily's top tips for a healthy gut:

- **Eat a balanced diet.** Eating the right foods in the correct amounts will improve your digestive health. Eat plenty of fibre, make sure you accompany every meal with water.
- **Try fermented foods.** Kefir, kimchi and sauerkraut are all packed with healthy bacteria to support your overall gut health. Introduce these slowly into your diet as some people find these foods may cause bloating if eaten in large amounts.
- **Chew food properly.** The enzymes in your saliva break down your food to ensure it can be swallowed easily and correctly digested. If we slow down the process of eating by ensuring we are chewing our food correctly, it also promotes the signalling of satiety hormones (the hormones that signal feeling full to the brain).

Breakfast!

GREEN SPINACH PANCAKES WITH MUSHROOMS & SWEETCORN

Perfect for brunching at the weekends

Difficulty: Moderate • Prep time: 10 minutes

Serves: 3-4 • Cook time: 20 minutes

Ingredients

100g spinach
100ml almond drink *
340g tinned sweetcorn *
400g tinned chickpeas *
120g spelt flour *
1tsp baking powder
200g portobello mushrooms, sliced
100g dairy-free cream cheese
1 small handful of chives, chopped

Nutrients per serving:

Energy 408 kcal	Total 12.5 g	Saturates 3 g	Protein 17 g
Fibre 8.5 g	Carbs 52.5 g	Sugar 5.5 g	Salt 0.5 g

Method

STEP 1

In a food processor, mix the spinach and almond drink. Season, and blitz until smooth. Set aside.

STEP 2

In a large bowl, make the 'egg' by whisking the liquid from the tinned chickpeas until it forms soft peaks (around 8-10 minutes).

STEP 3

Add the flour and baking powder to the bowl with the spinach mixture, and beat well to combine. Stir in a spoonful of the whisked chickpea liquid to loosen the spinach mixture, and then gently fold in the rest.

STEP 4

Heat 1 tsp of oil in a large frying pan and ladle spoonfuls into the pan to make pancakes that are 8-10cm in diameter. Fry for 1-2 minutes on each side before flipping over. Continue frying in batches until you've used all the mixture.

STEP 5

Meanwhile, heat a splash of oil in another pan and fry the mushrooms until golden. Cook the sweetcorn as per the instructions.

STEP 6

To serve, pile the pancakes on a plate, dollop over a large spoonful of cream cheese, and top with the fried mushrooms and sweetcorn. Sprinkle over chopped chives to finish.



* Available at Holland & Barrett



Ingredients

25ml sunflower oil *
75ml maple syrup *
75ml Manuka honey *
300g oats *
100g seeds *
90g sultanas *
50g desiccated coconut *
100ml flaked coconut *

Nutrients per serving:

Energy 405 kcal	Total 15 g	Saturates 4 g	Protein 11 g
Fibre 8 g	Carbs 51 g	Sugar 51 g	Salt 0.2 g

Difficulty: Easy • **Prep time:** 10 minutes • **Makes:** 18-20 servings
Cook time: 25 minutes

“Manuka honey contains a ‘secret ingredient’ known as MGO (or methylglyoxal) which boosts its profile due to its antibacterial properties.”



Emily says...

Method

STEP 1

Preheat the oven to 150°C/130 °C fan/gas mark 2. In a large bowl, combine the oil, maple syrup, honey, oats and seeds. Spread the mixture between two trays and bake for 15 minutes.

STEP 2

Once lightly toasted, add in the sultanas and both types of coconut, mix well together and then bake for a further 10 minutes or until golden and toasted. Allow to cool completely on the trays and then transfer to a sealable container. Serve with yoghurt or milk and fresh fruit.

WHAT IS MANUKA HONEY?

Manuka honey is not your average runny honey!

Manuka honey contains a ‘secret ingredient’ known as MGO (or methylglyoxal) which boosts its profile due to its antibacterial properties.

Manuka honey’s proven antibacterial properties can make it a natural skin soother and active ingredient in face masks. And when eaten, Manuka honey may be beneficial to your throat and contains important nutrients and beneficial sugars.

Unlike other nectars, those produced by the Manuka bush’s flowers – native to New Zealand – mean bees can create a honey containing high levels of methylglyoxal (MGO), which has antibacterial properties. The higher the MGO rating (all certified by independent labs, down-under), the better the antibacterial effects. But no matter which strength you choose, every jar will be packed full of benefits.

Emily's top pick!



Manuka Doctor Manuka Honey MGO 40 250g

MANUKA HONEY & COCONUT GRANOLA

Get involved with tasty, oaty bliss

5 great ways to use Manuka Honey

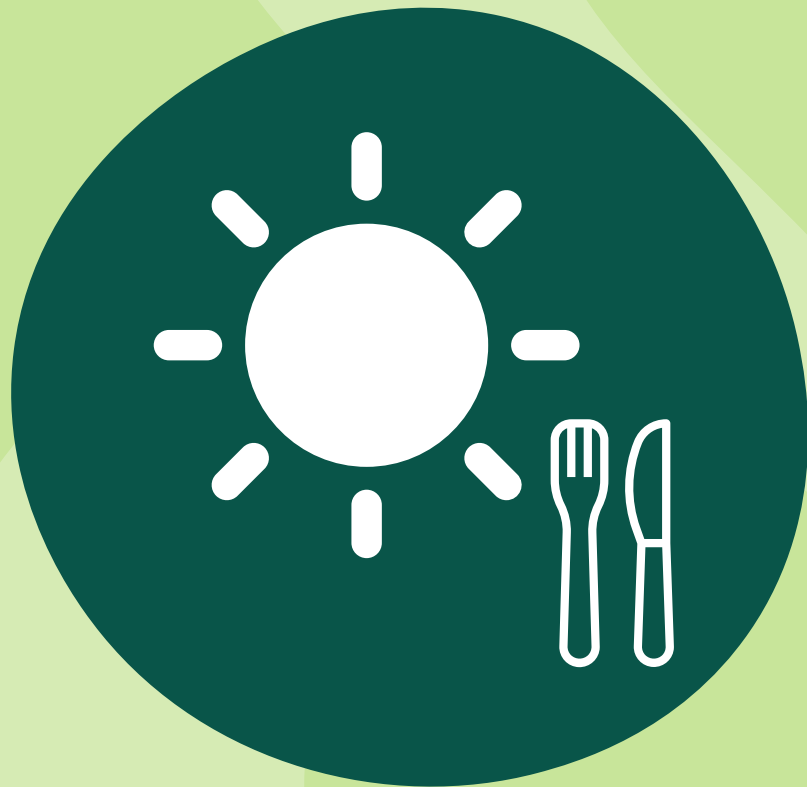
1. Eat it straight off the spoon!
2. Add it into your favourite smoothie for sweetness
3. Smear it onto your skin to moisturise or calm your skin
4. Add to your favourite meals. Create your own salad dressing or drizzle over yoghurt and berries
5. Swirl into hot water and lemon to soothe a sore throat



Breakfast!



* Available at Holland & Barrett



Lunch

BUTTERNUT SQUASH MOROCCAN SALAD WITH COUSCOUS & CHICKPEAS

Lunch!



Full of spice and zing!

Difficulty: Easy • Prep time: 20 minutes Serves: 4-6 • Cook time: 45 minutes

Ingredients

1 butternut squash, peeled and cubed
2 tbsp harissa
1 x 400g tinned chickpeas *
2 tbsp ras el hanout
200g couscous *
50g mint, finely chopped
2 preserved lemons
3 tbsp extra virgin olive oil *

Nutrients per serving 4/6:

Energy 437/291 kcal	Total fat 12/8 g	Saturates 1.5/1 g	Protein 14/9 g
Fibre 10/7 g	Carbs 64.5/42.5 g	Sugar 10/7 g	Salt 0.8/0.55 g

Method

STEP 1

Preheat the oven to 180°C/160°C fan/gas mark 4.
Toss the butternut squash cubes in the harissa and roast for 40 minutes or until soft and golden.
Drain and rinse the chickpeas, toss in the ras el hanout, and roast on a separate tray for 20 minutes.

STEP 2

Boil the kettle and measure the couscous into a large heatproof bowl and season well.
Cover with the hot water – it needs to be 1 inch above the couscous. Cover the bowl with cling film and allow to steam for 10 minutes.

STEP 3

Once the butternut squash and chickpeas are cooked, remove from the oven.
Use a fork to fluff up the couscous. All the water should have been absorbed. Combine with the squash and chickpeas and mix well. Add in the chopped mint, stir through, and pile on to a serving dish.
Quarter the preserved lemons and slice off the inside of the fruit, and then slice the skin into long strips.
Drizzle the salad with the extra virgin olive oil and top with the preserved lemons skins. Serve while warm.

* Available at Holland & Barrett



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Lunch!

CHICKPEA & PEA KEDGEREE

The traditional breakfast dish – with a clever, healthy twist

Difficulty: Easy • Prep time: 10 minutes

Serves: 2 • Cook time: 25 minutes

Ingredients

- 1 tbsp olive oil *
- 1 onion, finely chopped
- 1 red chilli, finely chopped
- 1 tsp ground coriander *
- 1 tsp turmeric *
- 1 tsp curry powder
- 1 x 400g tin of chickpeas *
- 250g microwave wholegrain basmati rice
- 200ml vegetable stock *
- 200g frozen peas
- 2 tbsp parsley, finely chopped
- 2 tbsp coriander, finely chopped

Nutrients per serving:

Energy 479 kcal	Total 10 g	Saturates 2 g	Protein 22 g
Fibre 18 g	Carbs 66 g	Sugar 8 g	Salt 0.6 g

Method



STEP 1

In a large frying pan, heat the oil and cook the onion until very soft. Add in the red chilli, spices and seasoning. Cook for 2-3 minutes.

STEP 2

Add in the chickpeas and microwave rice, then toss in the spices. Pour in the stock, bring to a simmer and cook for 5-10 minutes, or until the liquid has absorbed completely.

STEP 3

Once the stock has absorbed into the rice, add in the peas and toss them through and cook for 2-3 more minutes.

STEP 4

Divide the kedgeree between two plates, sprinkle over the parsley and coriander, and serve.

* Available at Holland & Barrett

COURGETTE AND ASPARAGUS SALAD

WITH PUMPKIN SEED PESTO

Lunch!

Who says salads have to be boring?

Difficulty: Easy • Prep time: 15 minutes • Serves: 4-6 as a side dish



Ingredients

For the pesto

1 garlic clove, peeled
30g Parmesan (or vegetarian alternative) *
15g pine nuts, toasted *
50g pumpkin seeds *
50g basil *
100ml extra virgin olive oil

For the salad

2 courgettes, 1 sliced into rounds and 1 sliced into ribbons
200g asparagus, finely sliced
1 lemon, juiced
50g rocket

Nutrients per serving 4/6:

Energy 338/226 kcal	Total 30/20g	Saturates 5.5/3.5g	Protein 11/7.5g
Fibre 3.2/2.5g	Carbs 5.5/3.5g	Sugar 3/2g	Salt 0.15/0.1g

* Available at Holland & Barrett

Method

STEP 1

Firstly, make the pesto. In a food processor, blitz the garlic clove and Parmesan. Add in the toasted pine nuts and pumpkin seeds and blitz again to break down. Add in the basil and blitz briefly until roughly chopped.

STEP 2

Drizzle in the olive oil with a little salt and stir to combine. Set aside until required.

STEP 3

Place the courgette and asparagus in a large bowl and then add in the lemon juice with a little seasoning and mix well. Leave to soften for 5-10 minutes.

STEP 4

Once you're ready to serve, drizzle over the pesto and mix well. Add in the rocket and gently toss. Pile on to a large plate and serve.



Emily says...



"Pumpkin seeds are a good source of omega-6 fatty acids, protein, phosphorus, magnesium, vitamin e, vitamin b3 and zinc!"





Dinner

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"Tofu is a great ingredient for so many reasons. It's versatile and takes on flavour so well, packed with protein, and is vegan friendly"



Dinner!

SMOKY TOFU FAJITAS

WITH SPICY TOMATO SALAD

That's dinner wrapped up nicely

Difficulty: Easy • Prep time: 20 minutes • Serves: 4 • Cook time: 15 minutes

Ingredients

- 1 tbsp extra virgin olive oil
- 2 red peppers, sliced
- 1 red onion, sliced into thin wedges
- 400g tofu or soya chunks
- 2 tbsp fajita spice
- 4 wholemeal seeded wraps
- 2 avocado, halved and sliced
- 150ml vegan sour cream
- 20g coriander
- 1 lime, cut into wedges

For the tomato salad

- 400g mixed tomatoes
- 1 red chilli, finely chopped
- 1 shallot, finely chopped
- 3 tbsp extra virgin olive oil
- 1 lime, juiced

Nutrients per serving:

Energy 781 kcal	Total 47 g	Saturates 14 g	Protein 25 g
Fibre 16 g	Carbs 57 g	Sugar 14.5 g	Salt 2.3 g

Method

STEP 1

To make the tomato salad, half and quarter the tomatoes and mix with the red chilli and shallot. Add in the olive oil and lime juice and plenty of salt and pepper. Stir well and set aside to marinate.

STEP 2

In a large frying pan, heat the olive oil and add the peppers and onions. Fry for 4-5 minutes until beginning to soften. Slice the tofu into fingers and add to the vegetable pan. Turn occasionally until golden and then sprinkle over the fajita spice. Fry for a further 3-4 minutes and then divide between the seeded wraps. Top with sliced avocado, spoonfuls of sour cream, coriander leaves and a squeeze of lime.

STEP 3

Toss the tomato salad through again and serve with the wraps.



Ingredients

For the chilli

- 1 onion, finely diced
- 1 garlic clove, crushed
- 1 sweet potato, peeled and cut into a 1cm dice
- 2 tsp chilli powder *
- 2 tsp cumin seeds *
- 2 tsp paprika *
- 1 tbsp chipotle in adobo
- 200g mixed colour quinoa *
- 1 x 400g tinned black beans *
- 800ml vegetable stock *
- 1 x 400g tinned tomatoes *

For the topping

- 1 avocado, sliced
- 20g coriander
- 100g grated mature cheddar
- 50g sour cream
- 1 lime, cut into wedges

Dinner!



Method

STEP 1

In a large pan, add in all the chilli ingredients and stir well to combine. Bring to the boil and reduce to a simmer. Cook for 25-30 minutes, stirring occasionally.

STEP 2

Once the chilli is cooked, the quinoa should be cooked and the sweet potatoes softened, season well with salt and pepper and ladle into large bowls. Serve with the sliced avocado, coriander leaves, cheddar, sour cream and lime to squeeze over.

Nutrients per serving:

Energy 490 kcal	Total 22 g	Saturates 9 g	Protein 19 g
Fibre 12 g	Carbs 47 g	Sugar 10 g	Salt 2 g

CHIPOTLE BLACK BEAN AND QUINOA CHILLI

That's comfort in a bowl, right there!

Difficulty: Easy • **Prep time:** 10 minutes

Serves: 4 • **Cook time:** 35 minutes

WHY IS PROTEIN SO IMPORTANT?

Protein is a macronutrient, needed by our bodies for a number of essential functions, including the maintenance and growth of cells and tissues like muscles. It is also a major constituent of hair, skin and nails.

Protein is made up of twenty different amino acids. Some of these amino acids are created inside the body, while nine can only be found in foods. These nine are called 'essential amino acids'.

Foods that offer all nine essential amino acids are called 'complete proteins', and include eggs, fish, dairy and a few plant foods, like quinoa and soya.

By eating a range of lean proteins including plant proteins like tofu, beans, pulses, fish, eggs, seeds, nuts, quinoa and soya – you'll be meeting not just your protein requirements, but also getting your fill of vitamins, minerals and healthy fats, too.

On average, women should eat 45g of protein a day and men 56g. Aim to eat protein two to three times a day.

Emily says...

If you struggle to eat enough protein and have a busy day, try making a shake with protein powder, fruit and water. Protein shakes aren't just for bodybuilders, they are a super easy way to up your intake of protein, and they taste great!

Emily's top protein picks:
Tofu
Beans
Quinoa
Nuts
Eggs
Dairy

VEGGIE MEATBALL & NEW POTATO BAKE

Dinner!

A veggie twist on a classic crowd pleaser

Difficulty: Easy • Prep time: 20 minutes • Serves: 4 • Cook time: 45 minutes



Ingredients

For the veggie meatballs

1 shallot, finely chopped
1 tsp salt *
½ tsp paprika *
¼ tsp mustard powder
75g brown rice cooked *
1 x 400g tinned black beans, drained and rinsed *
30g breadcrumbs *

For the tomato sauce

1 tbsp olive oil *
1 onion, finely diced
1 garlic clove, crushed
680g passata
1 tbsp olive oil *
450g baby new potatoes, halved if large
1 ball mozzarella

Nutrients per serving:

Energy 460 kcal	Total 16 g	Saturates 5.5 g	Protein 17 g
Fibre 8 g	Carbs 58 g	Sugar 11 g	Salt 2.4 g

Method

STEP 1

Preheat the oven to 200°C/ 180C°fan/ gas mark 6. Blitz together the shallot, salt, paprika and mustard powder in a food processor until well combined. Add in the rice and pulse briefly and then add in the black beans and breadcrumbs and pulse briefly until just combined. Remove from the food processor and roll into 10-12 'meatballs'. Place them in a large roasting dish with the new potatoes, drizzle over the olive oil with plenty of salt and pepper and roast for 20 minutes.

STEP 2

Meanwhile, fry the onion and garlic in the olive oil for 8-10 minutes until very soft, then stir in the passata and allow to simmer for 10 minutes.

STEP 3

Once the meatballs are golden and the potatoes are nearly cooked and slightly golden, pour over the tomato sauce and top with torn pieces of mozzarella. Return to the oven and bake for a further 10 minutes or until the cheese is melted and golden.



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“If you are following a gluten-free diet, it doesn't mean pasta is off the menu! Look for pastas made from quinoa, rice, corn or even peas!”

Emily says...



AUBERGINE & RED ONION QUINOA PASTA BAKE

Dinner!



It's pasta, but not as we know it...

Difficulty: Easy • Prep time: 15 minutes • Serves: 4 • Cook time: 45 minutes

Ingredients

1 tbsp olive oil
1 red onion, finely diced
1 garlic clove, crushed
1 aubergine, cut into 1cm dice
1 tsp dried oregano *
1 tsp chilli flakes *
680g passata
2 tbsp red wine vinegar *
500g rice quinoa pasta *
100g gluten-free Parmesan or vegan substitute *
Large handful of basil leaves

Nutrients per serving:

Energy 662 kcal	Total 14 g	Saturates 5.5 g	Protein 25.4 g
Fibre 7 g	Carbs 105 g	Sugar 10 g	Salt 1.3 g

Method

STEP 1

Preheat the oven to 180°C/ 160°C fan/gas mark 4 and bring a large pan of water to the boil. In a large frying pan, heat the olive oil and fry the red onion and garlic for 3-4 minutes until softened. Add in the aubergine and fry for a further 5 minutes or until golden.

STEP 2

Sprinkle over the oregano and chilli flakes with a plenty of seasoning and then stir through the passata and red wine vinegar. Bring to a simmer and cook for 10 minutes.

STEP 3

Meanwhile, cook the pasta according to the packet instructions. Once cooked, drain and stir through the tomato sauce. Pour into a large ovenproof dish and sprinkle over the Parmesan. Bake in the oven for 15 minutes or until golden and cooked through. Serve with the basil leaves sprinkled over the top.



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