



The Healthy, Easy,  
Dietitian Approved



# Cookbook

by Kelly Bramble, Accredited Practicing Dietitian





My name is Kelly Bramble and I am an Accredited Practicing Dietitian (APD).

I have created this cookbook filled with healthy recipes that are simple, delicious and easy to make! It includes a range of meals from breakfast, lunch, dinner, to desserts and snacks! These recipes are nutritionally balanced and provide optimal nourishment for you and your family.

I tried to include a range of ingredients that the average family will have and incorporated similar ingredients across the recipes to ensure they remain affordable! I have made some notes throughout the book with simple swaps or cooking tips.

I hope this cookbook can be a helpful tool for incorporating new healthy options into your diet.

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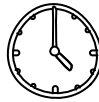
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# Mixed Berry Pancakes



Prep time: 10 min



Total time: 20 min



Servings: 8 - 10

## Ingredients

- 1 cup wholemeal flour
- 2 tsp baking powder
- 2 eggs
- 1 ¼ cup Greek yoghurt
- 1 tsp chia seeds
- ½ cup frozen berries – sliced
- 1 tsp vanilla essence
- 1-2 tsp Nutellex, for frying

## Method

1. Whisk eggs, Greek yoghurt and vanilla in a bowl
2. In another bowl, sift flour and baking powder then stir in chia seeds and mixed berries
3. Combine yoghurt mix with the flour mix
4. Heat a large non-stick frying pan over medium-low heat
5. Grease pan with Nutellex or cooking spray
6. Pour the mixture onto the pan using a tablespoon and cook for 2 minutes (1 heaped tbsp = 1 pancake)
7. After 2 minutes, flip and cook for another 1-2 minutes
8. Transfer onto a plate and serve with extra berries and maple syrup

## Notes

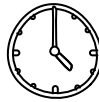
These pancakes will not produce the same 'bubbles' as you're use to with other mixes, however they will cook evenly after 2 minutes.



# Hash Brown Stack



Prep time: 20 min



Total time: 30 min



Servings: 4

## Ingredients

### Hash browns

- 2 potatoes
- ½ carrot
- 1 egg
- Pinch of salt and onion powder (optional)

### Eggs on Toast

- 4 eggs
- 4 pieces of wholemeal toast
- 1 avocado, diced
- 1 tomato, diced
- 1 cup spinach

## Method

1. Preheat oven to 200°C
2. Grate potato and carrot using the large side of the box grater (or food processor)
3. Place the potato mixture into a tea towel and squeeze out the excess liquid
4. Put the mixture into a bowl and add egg, salt and onion powder
5. Lightly grease a baking tray with olive oil and place the mixture into rounds (makes 8)
6. Bake at 200°C for 20 minutes until crispy
7. Toast your bread, sliced avocado, tomato and spinach
8. Cook eggs to your liking
9. Assemble toast – spinach, avocado, tomato and then egg
10. Serve with hash browns and a side of tomato sauce

## Notes

The hash browns would also work in an air fryer at 200°C for 5-8 mins.

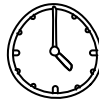
Always try to serve your eggs on toast with a side of veggies!



# Beef Burrito Bowl



Prep time: 15 min



Total time: 40 min



Servings: 4

## Ingredients

- 500g lean mince
- 1 head cos lettuce, shredded
- 1 tomato, diced
- 1 avocado, diced
- 1 carrot, grated
- 1 Lebanese cucumber, diced
- 1 cup cooked quinoa
- 1 cup cheese, grated
- ½ tbsp olive oil to fry mince
- Spice blend
- Serve with Greek yoghurt dip

## Method

1. In a non-stick pan heat ½ tbsp oil
2. Fry lean mince until brown and add spice blend (see spice blend recipe below)
3. Prepare 1 cup quinoa as per instructions (see quinoa packet). Add a small pinch of salt reduced stock powder into the quinoa when cooking for an added flavour.
4. Dice tomato, avocado, lettuce, grated carrot and cheese
5. Prepare bowl – add all ingredients in a bowl and serve with the Greek yoghurt dip (see below)

## Spice blend

1 tsp cumin, 1 tsp paprika, 1 tsp oregano, sprinkle of salt and pepper.

You can use a taco blend from the supermarket instead of the homemade blend but watch out for added sodium.

## Greek yoghurt dip

1 cup plain Greek yoghurt, 1 tsp dill, 1 tsp parsley, 1 tsp minced garlic, ¼ lemon rind, splash of lemon juice and pinch of salt and pepper.

Note: save time by making 2 batches of dip (also used for Easy Chicken Sliders).

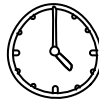




# Easy Chicken Sliders



Prep time: 5 min



Total time: 10 min



Servings: 4

## Ingredients

- 1 cup rotisserie chicken from supermarket or local chicken shop
- 1 cup cos lettuce, shredded
- 1 tomato, diced
- 1 Lebanese cucumber, diced
- 4 wholemeal bread rolls
- Greek yoghurt dip

## Method

1. Preheat oven to 180°C
2. Shred chicken breast from rotisserie chicken
3. Toast bread rolls in oven for 5 minutes
4. Prepare Greek yoghurt dip – add all dip ingredients together in a bowl
5. Slice cucumber, tomato and lettuce
6. Assemble sliders – spread yoghurt dip on bread, place cucumber, tomato and lettuce on the bread with the chicken
7. Serve with veggie sticks or a piece of fruit

### Greek yoghurt dip

1 cup plain Greek yoghurt, 1 tsp dill, 1 tsp parsley, 1 tsp minced garlic, ¼ lemon rind, splash of lemon juice and pinch of salt and pepper.

Note: save time by making 2 batches of dip (also used for Beef Burrito Bowl).

### Notes

Wholemeal rolls or wholegrain rolls are the best choice as they provide added fibre.

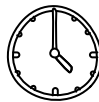
Rotisserie chickens are a great hack for saving time during the week.



# Loaded Baked Potatoes



Prep time: 10 min



Total time: 45 min



Servings: 4

## Ingredients

- 2 skinless chicken breasts
- 2 tbsp olive oil
- Zest from ½ lemon
- 1 large garlic clove, minced
- 2 tsp thyme
- Sprinkle of pepper
- 4 extra-large potatoes, skin left on
- 1 carrot shredded
- ½ can corn, drained
- 1 tomato, diced
- 1 avocado, diced
- 2 tbsp olive oil
- ½ cup Greek yoghurt

## Method

1. Preheat oven to 180°C
2. Slice chicken breasts in half into 4 even pieces (slice along the long side of the breast)
3. Combine garlic, lemon, thyme and olive oil together
4. Place chicken in a baking dish and marinade with the garlic lemon mix for 15-20 minutes
5. Once marinated, place in the oven for 20-25 minutes until chicken is completely cooked through
6. Leave chicken to rest for an additional 5 minutes after cooking
7. As the chicken is cooking, prepare potatoes – pierce potatoes all over with a fork
8. Place in the microwave and cook for 3-4 minutes until soft (do 1-2 potatoes at a time). Alternatively, cook potato in the oven in foil with the chicken for 20 minutes approximately.
9. Combine shredded carrot, diced tomato and avocado
10. Drain corn and lightly fry in a pan with a touch of salt and pepper (no oil needed)
11. Run a knife through half of the potato and place in a baking tray, cover each potato with 2 tsp of oil and cook for 15 minutes until steaming
12. Once chicken is rested and potato is cooked, assemble potato with avocado, cheese, corn, Greek yoghurt, baked chicken and tomato
13. Garnish with a sprinkle of spring onion

## Notes

Chicken tenderloins work well in this recipe.

Alternative spice blends could include oregano + paprika, rosemary + garlic, thyme + tomato passata.

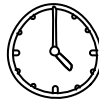




# Veggie Lasagne



Prep time: 20 min



Total time: 60 min



Servings: 6

## Ingredients

### Filling

- 1 x eggplant sliced length ways
- 1 x red capsicum, sliced lengthways
- 1 x zucchini, sliced lengthways
- 1/3 packet of lasagna sheets

### Cheese sauce

- 1 x 500g tub of cottage cheese
- 1 cup reduced fat cheese shredded, 1 handful to top

### Napoli sauce

- 500ml passata
- 2 cloves garlic, minced
- 2 tsp dried basil
- 1 tsp dried oregano
- 1 tsp dried thyme

## Method

1. Preheat oven to 180°C
2. Prepare eggplant, capsicum and zucchini by slicing them lengthways
3. Place on a baking tray (might need two baking trays) and drizzle with a small amount of olive oil
4. Cook for 20 minutes
5. Finely mince garlic and fry in a saucepan with 2 tablespoons of olive oil
6. Add passata, oregano, thyme and basil and cook until warm
7. In a bowl, combine all the cottage cheese and 1 cup of regular low-fat cheese
8. Cover a 18x26cm baking dish with olive oil and Napoli sauce
9. Layer vegetables (1-2 slices of eggplant and zucchini), lasagna sheet, cottage cheese mixture and then Napoli sauce
10. Repeat until filled to the top
11. Sprinkle another handful of grated cheese over the top
12. Bake in the oven for 35 minutes

## Notes

You can use a tin loaf – it will likely make two lasagnas.

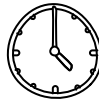
If wanting to include meat – fry 500g lean mince and add to the Napoli sauce.



# Banana Split



Prep time: 10 min



Total time: 10 min



Servings: 1

## Ingredients

- 1 banana
- 1 tbsp dark chocolate
- 1 heaped tbsp Greek yoghurt
- A drizzle of honey
- A sprinkle of chopped peanuts

## Method

1. Place chocolate in a small microwave safe bowl and microwave for 30 seconds, mix and microwave for another 30 seconds until melted
2. Place chopped banana into a bowl, drizzle chocolate over and top with peanuts
3. Serve with yoghurt and a drizzle of honey

## Notes

You can alternatively serve with whipped cream or ice cream because they are delicious!

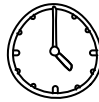
Or you can dip the bananas in chocolate and peanuts and freeze for 2-4 hours for a delicious frozen treat.



# Carrot Cake



Prep time: 10 min



Total time: 1 hr 20 min



Servings: 10

## Ingredients

- 1 cup of carrot – grated
- 1 cup wholemeal flour
- 2 eggs
- 2 tsp baking powder
- 1 tsp cinnamon
- ¾ cup olive oil
- 1 tsp vanilla extract
- ¼ cup brown sugar

## Topping

- ¼ cup pepita seeds
- ½ cup walnuts
- 1 cup Greek yoghurt
- 1 tbsp maple syrup
- 1 tsp cinnamon

## Method

1. Preheat oven to 170°C
2. Grease 20 cm (base) round cake pan lightly with olive oil and line with non-stick baking paper
3. Whisk olive oil, eggs, sugar and vanilla in a bowl
4. In another bowl, sift flour, baking powder and cinnamon
5. Pour oil mixture into the flour mixture – stir gently until combined
6. Bake for 1 hour
7. Allow the cake to cool
8. For the yoghurt topping – combine Greek yoghurt, maple syrup and cinnamon
9. Spread over the cooled cake and sprinkle chopped walnuts and pepita seeds over the top

## Notes

You can add extra nuts into the mixture for an additional crunch.

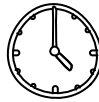
Alternatively, use low fat cream cheese for the frosting.



# Cheese and Tomato Puffs



Prep time: 10 min



Total time: 30 min



Servings: 16

## Ingredients

- ½ cup milk
- 2 cups cheese, grated
- 1 cup self-raising wholemeal flour
- ½ can corn (150g)
- ½ cup spring onion
- 1 egg
- 1 fresh tomato
- 1 tsp dried thyme
- 1 tsp dried oregano

## Method

1. Combine cheese, tomato, spring onion, corn and flour in a large bowl
2. Add egg, milk, thyme and oregano and mix well
3. Roll small handfuls of mixture on oven trays lined with baking paper
4. Bake at 180°C for 20 minutes

## Notes

These are a great snack for school or work.

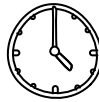
They are best served warm with a bit of tomato sauce.



# Yoghurt Bark



Prep time: 10 min



Total time: 3 - 4 hrs



Servings: 10

## Ingredients

- 2 cups Greek yoghurt
- 2 tbsp maple syrup
- ¼ cup passionfruit
- 5 strawberries, sliced

## Method

1. Mix yoghurt and honey together until well combined
2. Line baking tray with foil and pour the yoghurt mixture on top
3. Spread it depending how thick or thin you want your bark to be
4. Sprinkle passionfruit, sliced strawberries on top and place in the freezer for 2-4 hours until it is completely frozen
5. Remove from freezer and use a sharp knife to break into pieces, bark can be stored in the freezer in food bags

## Notes

This recipe will melt if left out longer than 30 minutes.

Left over yoghurt bark is nice in a smoothie with a bit of milk and extra berries.





# Healthy choices explained

## Wholemeal (flour/rolls)

- Wholemeal flour, rolls or bread are used because they are the unrefined flour versions of ingredients.
- Wholemeal ingredients provide added fibre which supports a healthy gut microbiome and makes you feel fuller for longer.

## Greek yoghurt

You'll notice I use a lot of Greek yoghurt in my recipes, mostly because I really enjoy it! However, Greek yoghurt is a versatile ingredient that is high in protein and calcium which supports healthy bones and muscle growth.

Another great recipe for homemade pizza dough:

- 1 cup plain Greek yoghurt
- 1 cup plain flour
- Both ingredients mixed and rolled out to form a dough.

## Lean mince and skinless chicken breast

- Opting for lean mince or skinless chicken breast reduces the saturated fat content in the overall recipes.
- Reducing saturated fat is helpful in regulating cholesterol levels for good heart health.

# Your OSHC.

