

Have you got a workplace celebration coming up?

Why not prepare some healthy food to share with your colleagues?

Tips for your next occasion:

- Always provide fresh fruit
- Always have drinking water available
- Small pots of low fat yoghurt with raw muesli
- Dried fruit and nuts in patty pans
- Chop colourful vegetables to serve with dips
- Sandwiches, wraps, rolls with cheese and salad

- Make muffins with wholemeal flour and low fat dairy
- Small serves of low fat, low sugar cakes and slices
- Add fruit or vegetables to muffin recipes
- 99% fruit juice in small serves

- Avoid chocolates and confectionary
- Avoid deep fried finger foods
- Avoid sugar-sweetened beverages such as soft drinks
- Alcohol should be consumed responsibly and in line with The Australian Guidelines



Choose well. Feel great.

Making healthy choices easier.

To help you make healthier choices, food and drinks have been classified according to their nutritional value.



For healthy eating tips visit healthytogether.vic.gov.au



Healthy Together Victoria, funded by the Victorian Government, is improving the health of our community.

See over leaf for healthy recipe ideas!



Bellarine Community Health Ltd



Barwon
Health



Banana muffins

Ingredients serves 12

- 3/4 cup self-raising flour
- 3/4 cup wholemeal flour
- 1/4 teaspoon bicarbonate of soda
- 2/3 teaspoon ground cinnamon
- 1/3 cup soft brown sugar
- 3/4 cup milk (reduced fat)
- 1 egg, lightly beaten
- 2 medium bananas, mashed
- 1/4 cup vegetable oil

Method

1. Preheat oven to 180°C.
2. Sift flours into a large bowl.
3. Combine the bicarbonate of soda, cinnamon, brown sugar and chocolate chips with the flours.
4. Mix the milk, egg, banana and oil together in a separate bowl and then add to the dry ingredients.
5. Stir until just combined, taking care not to over mix.
6. Spoon mixture into a muffin tray, which is lightly greased or lined with good quality patty cases.
7. Bake for 20 to 25 minutes or until golden and cooked through. Let cool.



Date and Muesli Slice

Ingredients serves 16

- Olive oil spray
- 1 medium apple, cored and grated with skin
- 2 tablespoons water
- 1 tablespoon margarine
- 1 cups dates, seeded
- 1 cups natural muesli
- 1/4 cup plain flour
- 1/4 cup wholemeal plain flour
- 1 tsp ground cinnamon

Method

1. Preheat oven to 180°C (160°C fan forced). Lightly oil a slice tin.
2. Combine apple, water, margarine and dates in a saucepan and bring to the boil. Reduce heat, cover and simmer for 5 minutes.
3. Cook uncovered for a further 5 minutes and stir occasionally until mixture thickens to a paste-like consistency.
4. Meanwhile, place muesli in a large fry pan. Stir over low heat for 5 minutes until lightly browned.
5. Sift flours into a large bowl. Add cinnamon and muesli and mix to combine.
6. Stir into the date mixture then spoon into prepared tin.

Vegetable frittata

Ingredients serves 10

- 20ml olive oil
- 175g finely chopped red onion
- 15g crushed garlic
- 300g diced sweet potato
- 300g chopped red capsicum
- 100g chopped, reduced fat and salt ham
- 200g chopped broccoli
- 200g sliced mushrooms
- 200g grams spinach leaves
- 12 large eggs
- 125ml low fat milk
- 100g reduced fat cheddar cheese, grated

Method

1. Preheat oven to 200°C.
2. Lightly grease a large oven proof dish.
3. Heat oil in a large saucepan, and add the onion, garlic and sweet potato then sauté until the onion is transparent.
4. Add capsicum, ham, broccoli and mushrooms and cook until the broccoli and the sweet potato are soft.
5. Add the spinach and stir to combine.
6. Transfer vegetable mixture to a bowl and allow to cool slightly.
7. Gently squeeze the vegetable mix and discard any excess water.
8. Place mixture into the prepared oven proof dish.
9. Whisk eggs and milk in a large bowl. Pour over the vegetable mixture and sprinkle with cheese.
10. Bake for 60 minutes, until egg is cooked through.

Tzatziki

Ingredients

- 1 medium continental cucumber
- 1 ½ cups Low Fat Greek Style Natural Yoghurt
- 1 large clove garlic, crushed
- Salt
- 1 tbsp chopped fresh mint
- 3 tbsp white vinegar
- Vegetables to serve

Method

1. Peel cucumber thinly leaving some of the green under the skin on. Cut in half lengthways and scoop out the seeds and chop very finely.
2. Combine Yoghurt, cucumber, vinegar and garlic in a bowl and season with salt and pepper. Fold in half the mint, and sprinkle the rest over the top.
3. Chop vegetables to serve with tzatziki.

For more great recipe ideas visit
www.liveliighter.com.au



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