



Sonic
HealthPlus



Healthy Hearts Recipe Book



Healthy Hearts

With heart disease being the leading cause of death in Australian men and women, we've decided to focus on helping you create and maintain healthy hearts at your workplace.

So with help from our customers and team members we've created this recipe book to share some of our favourite healthy recipes for the workplace. We hope you enjoy them.

Eight ways to keep your heart healthy

1. Eat well! Make sure you eat at least two pieces of fruit and five serves of vegetables every day and limit your intake of foods containing fat, added salts, added sugars and alcohol.
2. Quit smoking: Nearly 40 per cent of all people who die from smoking tobacco do so due to heart and blood vessel disease. A smoker's risk of heart attack reduces rapidly after only one year of not smoking.
3. Exercise: Your heart is like any other muscle and can be trained to be stronger and work more effectively. National health guidelines recommend that you do at least 30 minutes of exercise a day.
4. De-stress: Take some time out from work for a short walk or stretch. High levels of stress can lead to increased blood pressure and other health risks.
5. Go easy on the alcohol: Keep it to two standard drinks or less a night – your heart will love you for it.
6. Control your blood pressure: High blood pressure usually has no warning signs or symptoms and therefore it is important to have regular blood pressure checks.
7. Watch your weight: Overweight people tend to have higher blood pressure and higher blood cholesterol, which are both major risk factors for heart attack.
8. Control cholesterol levels: When extra cholesterol is accumulated in the blood vessels, it can restrict the flow of blood around the body. The blocking of blood vessels may lead to a heart attack or stroke.

References

Australian Institute of Health and Welfare (AIHW) | Heart Foundation of Australia
Images: supplied or sourced from iStock.com and allfreedownloads.com

Breakfast

Almond and Kiwifruit Protein Pancake

Serves: 1

Prep and cook time: 10-15 minutes

Ingredients:

- 1 cup oats
- 1 scoop protein powder
- 1 cup egg whites
- Almond paste
- 1 kiwifruit

Method:

1. Add the oats, egg whites and protein powder to a blender and blend until smooth.
2. Grease the frying pan using oil spray.
3. Pour the mixture onto the pan as you would for a large pancake. Once one side is cooked, flip and do the other side.
4. Place pancake on a plate and spread a thin layer of almond paste.
5. Cut the kiwifruit into small pieces and spread on top of the almond paste.

Eat and enjoy!



“Don’t expect results unless you are willing to make the sacrifices!”

Aisling Compton
Sonic HealthPlus

Vegemite and Avocado Roll

Serves: 1

Prep and cook time: 5 minutes



Ingredients:

1 roll or 2 pieces of bread (wholemeal or grain)


Vegemite

Avocado

Chilli flakes or pepper

Method:

1. Toast roll or bread.
2. Crush avocado on one side of roll/bread.
3. Spread Vegemite on one side and add chilli flakes or pepper.
4. Fold together and enjoy.



“Avoid the heated food section at the lunch shop and grab a wrap or sandwich instead.”

Jeff Hugo | C R Kennedy

Quinoa Bircher Muesli with Cranberries, Pistachios and Blueberries

Serves: 4

Prep and cook time: 1 hour 30 minutes

Ingredients:

- 1 ½ cups quinoa
- 2 ½ cups water
- 1 cinnamon stick
- ¼ teaspoon nutmeg
- ¼ teaspoon cardamom
- ¼ cup raisins
- 1 tablespoon honey
- ¾ cup grated apple
- 1 cup apple juice
- 1 cup plain natural yoghurt
- ¼ cup chopped pistachios
- Cranberries and blueberries to serve



Method:

1. Place the quinoa, water, nutmeg, cardamom and cinnamon stick in a saucepan and allow to soak for 15 minutes.
2. Place over high heat and cook for 15 minutes or until all the quinoa is cooked and the water has been absorbed.
3. Discard the cinnamon, set aside and allow to cool.
4. Add the raisins, honey, apple and apple juice, cover and refrigerate for 1 hour or overnight.
5. Add the yoghurt and stir to combine.
6. Spoon into bowls and serve with extra yoghurt, honey, cranberries, pistachios and blueberries.

Tip: Swap in seasonal fruit to change it up.

Snacks



Chocolate Chip Protein Cookies

Makes: 12 cookies

Prep and cook time: 35 minutes

Ingredients:

- 1 large egg
- 1/2 cup chocolate protein powder
- 1/4 cup coconut flour
- 1/2 teaspoon baking soda
- 1/4 cup oats
- 1/4 cup coconut or almond milk
- Small handful of roughly chopped almonds
- 1/8 cup sugar-free dark chocolate chips

Method:

1. Preheat oven to 150 degrees.
2. Mix together egg, protein powder, coconut flour, baking soda, oats, milk, and chopped nuts.
3. Once dough is formed, stir in chocolate chips.
4. Using a spoon, divide mixture into 12 cookies and place on a sheet of baking paper.
5. Put in oven for 15-20 minutes. Remove them from the oven as soon as they cook through. *Tip:* It's good if they're a bit soft in the centre.

Eating protein throughout the day
helps you feel full.

Haley Wilkinson, Marketing

Chocolate Date Nut Balls

Makes: 12 balls

Prep and cook time: 35 minutes

Ingredients:

1 cup pitted dates

1 cup hazelnuts or almonds

3/4 cup all natural hazelnut & cocoa spread

2 tablespoons chia seeds

2 tablespoons ground flax seeds

1 tablespoon coconut oil

1 tablespoon brown rice protein powder

2 x blocks 70% cocoa organic chocolate (optional)



Method

1. Place the almonds, walnuts, ground flax seeds and chia seeds in your food processor. Blend for 1 minute until the nuts have crumbled.
2. Add the remaining ingredients. Blend for another minute until sticky dough forms.
3. Use your hands to roll the mixture into little balls, place in a bowl and store in the fridge or the freezer.

Optional:

Melt the blocks of chocolate and dip balls into the chocolate.

Place balls onto a tray lined with baking paper.

Place into the

freezer for setting.



Quinoa Pizza Balls with Yogurt Ranch Dip

Makes: 20 balls and 3/4 cup dip

Prep and cook time: 1 hour

Quinoa Pizza Ball Ingredients:

1/2 cup quinoa, rinsed
1 cup water
200g diced lean ham
1 cup cooked red kidney beans
5-10 fresh basil leaves, chopped
1/4 cup chopped fresh parsley
1 teaspoon dried Italian herb mix
or bunch of fresh herbs
1/3 cup tomato paste
1 teaspoon minced garlic

Add bread crumbs if mixture is too wet (optional)

Ranch Dip Ingredients

1/2 cup reduced fat natural yogurt
1/4 cup reduced fat mayonnaise
1/2 teaspoon fresh dill
1/4 teaspoon garlic powder
1/4 teaspoon onion powder

Method

1. Preheat the oven to 180 degrees. Spray a baking paper sheet with non-stick cooking spray and set aside.
2. In a medium saucepan, bring the water to a boil. Add the quinoa, cover, and cook for 12 minutes or until the water is absorbed.
3. When the quinoa has finished cooking, transfer it (you should have 1 cup cooked quinoa) to a medium bowl. Add the rest of the ingredients and stir to combine.
4. Using a fork or potato masher, mash the ingredients together. It's okay to have a few whole beans in there, but you want a mixture that will stick together well.
5. Roll the mixture into 1-2 inch balls and place on the baking sheet. Bake in the preheated oven for 20-25 minutes, turning the balls over with a spatula halfway through the cooking time. The balls will be lightly browned when they are finished.

Ranch Dip In a small bowl, mix together all ingredients. Store in an air-tight container in the refrigerator. Serve with pizza balls.



Chicken Nuggets

Serves: 4

Prep and cook time: 10 minutes

Ingredients:

- 6 free-range chicken breast fillets
- 4 tbs coconut oil
- 3 eggs
- 1/2 cup coconut flour
- 2/3 cup quinoa flakes
- 2/3 cup white sesame seeds
- 2/3 cup desiccated coconut
- 1/2 bunch parsley, finely chopped
- 2 lemons, finely zested then cut into wedges
- 1 teaspoon sea salt
- 1/2 teaspoon white ground pepper



Use lean meats for a healthier meal.

Melissa Watson

Health and Wellness Coordinator

Method:

1. Line a baking tray with baking paper. Preheat oven to 200 degrees.
2. Cut chicken breast fillets into 6 or 8 pieces, depending upon the size of the nugget you want.
3. Whisk eggs in a bowl.
4. Place quinoa flakes, sesame seeds, desiccated coconut, parsley, zest of lemons, salt and pepper in a large mixing bowl. Toss through with a fork to combine.
5. Place coconut flour in mixing bowl. Add chicken pieces and toss through flour until all pieces are coated well.
6. Taking one chicken nugget at a time, dip in egg, completely coating as quickly as possible. Let excess egg drip off and place in mixing bowl with quinoa and coconut crumb mixture and toss to coat, pressing down gently so the coating sticks. Place on baking tray.
7. Repeat with each nugget.
8. Place in oven for 8-12 minutes until cooked through. Serve with lemon wedges and salad.

Lunch

Sesame Veggie Rice Paper Rolls

Makes: 12 rolls

Prep and cook time: 20 minutes

Ingredients:

- 12 rice paper rounds 90g pkt thin
- 1 ½ cups rice vermicelli noodles
- 1 tablespoon soy sauce
- 1 teaspoon fish sauce
- 1 teaspoon sesame oil
- 1 teaspoon sugar
- 1 squeeze fresh lime juice
- 4 tablespoons toasted sesame seeds
- 2 thinly sliced carrots
- 1 cup bean sprouts
- 1 bunch mint finely chopped
- 1 cup finely sliced shitake mushroom
- 3 cups shredded lettuce



Method:

1. Soak vermicelli noodles in hot water or follow directions on packet. Drain and put aside to cool.
2. Toast sesame seeds in a fry pan and set aside.
3. Prepare the vegetables.
4. Lightly stir-fry the mushrooms.
5. Combine all the vegetables in a bowl.
6. Combine the soy, sesame oil, fish sauce, lime and sugar in a bowl. Stir until sugar is dissolved.
7. Toss vegetables and toasted sesame seeds through liquid mixture.
8. Place rice paper round in hot water to soften. Once softened remove and dry on paper towel.
9. Place a generous spoonful of the mixture on each rice paper round with a strip of vermicelli noodles, fold ends in and roll up firmly to enclose filling.
10. Serve with soy sauce for dipping.

Turkey Balls with a Twist

Makes: 12 balls

Prep and cook time: 30 minutes

Ingredients:

500g turkey mince

1 large carrot – finely grated

1 large onion – finely grated

1 free range egg

1 teaspoon garam masala



Method:

1. Place the mince in a large bowl, with the carrot and onion.
2. Crack the egg into the mixture and combine until evenly mixed.
3. Add the garam masala, salt and black pepper and combine mixture.
4. Roll roughly 2 tablespoons of mixture into a ball and place on a baking tray lined with foil or grease proof paper.
5. Cook in the oven on 180 degrees for 15-20 minutes.

Tip: Take them to work for lunch with a salad, very healthy. Also nice served with plain yogurt.

Preparation is the key, always have nice food prepared for lunch to avoid a trip to the local take-away at lunch time. These balls are great because you can make lots when you have the time and just grab them out of the freezer on your way to work.



Chicken and Quinoa Sushi

Serves: 2

Prep and cook time: 30 minutes

Ingredients:

½ cup quinoa

1 – 1 ½ cups water

1 tablespoon white wine vinegar

1 avocado

1 chicken breast, cooked

1 carrot

50g snow pea sprouts

½ red capsicum

4 nori sheets

Tamari/soy sauce

Method:

1. Rinse the quinoa in a sieve under cold water.
2. Place the quinoa in a pot with 1 cup of water and the white wine vinegar, put the lid on, and place on medium heat.
3. Bring to boil, and then reduce to a simmer. Continue to simmer for 10 minutes. Add another 1/2 cup water if required, and continue to simmer for a further 5 minutes. The quinoa is cooked when it is very tender.
4. Take it off the heat, drape a tea towel over it, then place the lid on top of the tea towel to absorb the steam. Let it sit for 10 minutes.
5. Meanwhile, finely slice all of the vegetables and the chicken.
6. Lay nori sheets out on a flat surface, with the longest end towards you.
7. Put some quinoa on the middle of the nori and spread out evenly over the sheet leaving about an inch and a half at both the top and bottom.
8. Then lay some of the vegetables and chicken along the horizontal middle of the sheet. Be careful not to overfill.
9. Wet your fingers well with cold water, run them along both top and bottom of the nori sheet that doesn't have quinoa. This will help the nori stick and the sushi stay together.
10. Tightly roll the bottom end towards the top end until the sushi has formed a tight cylinder.
11. Cut each sushi roll in half and serve with tamari or salt-reduced soy sauce.

Tip: For variety use tinned tuna, salmon smoked salmon or egg. You can also vary your vegetables, cucumber and carrot taste great.

Sweet Potato, Watercress, Cranberry & Rice Salad



Serves: 4

Prep and cook time: 30 minutes

Ingredients:

800g sweet potato, peeled and diced into 2cm cubes

½ cup cranberries

½ cup hazelnuts

500g brown rice or quinoa (or 250g of each)

2 tablespoons of fresh chives

2 cups fresh watercress leaves
(can be substituted for rocket)

2 tablespoons fresh orange juice

1 tablespoon white balsamic vinegar

½ teaspoon olive oil

Method:

1. Preheat oven to 180 degrees. Roast nuts for 10 minutes. Rub off and discard papery skins. Set aside.
2. Put sweet potato and 2 tablespoons of water in microwave dish. Cover and microwave on high for 4 minutes or until tender. Drain well. Set aside to cool.
3. Cook (or microwave) rice/quinoa.
4. Add sweet potato, nuts, cranberries, chives and watercress.
5. Whisk orange juice, vinegar and a dash of olive oil. Add to salad and toss to combine.

Tip: Salad lasts for 2-3 days and can be frozen without the watercress.

I'm a fan of bulk cooking - make extra and freeze for quick and healthy lunches or dinners. Especially great when you don't want to cook after a long day of work or studying.

As the saying goes 'Fail to plan, plan to fail'.

Rebecca Blower Public Health and Exercise Science Student at QUT

Smoked Salmon and Spinach Frittata

Serves: 4

Prep and cook time: 45 minutes

Ingredients:

200g smoked salmon, cut into strips

3 tablespoons olive oil

4 green onions finely chopped

8 large eggs

2 tablespoons soft goats cheese

300g sweet potato, cooked until tender and finely chopped

2 cups baby spinach, washed and roughly chopped

Salt and pepper

Move your body
each day and eat lots
of fresh foods.

Melissa Watson
Health and Wellness
Coordinator

Method:

1. Preheat oven to 180 degrees. Line a 25 x 30cm baking tin with non-stick baking paper.
2. Heat oil in fry pan and cook green onion and potato for 3-4 minutes until lightly browned.
3. Stir in spinach and cook until wilted. Remove from pan and allow to cool.
4. Whisk eggs with goats cheese and mix in cooled vegetables and salmon. Season with salt and pepper.
5. Spoon into lined baking tin and cook for 30 minutes until browned and eggs have set.
6. Remove from oven and cool a little before removing from baking tin.
7. Cut into triangles and serve warm with mixed salad leaves.



Dinner

Smokey Chicken and Bean Tortillas with Rocket

Serves: 2

Prep and cook time: 15 minutes

Ingredients:

1 onion	1 teaspoon oregano
2 cloves garlic crushed	1 teaspoon chilli flakes
1 chicken breast cut into strips	2 tomatoes diced
1 tin white beans	1 rasher short cut bacon (optional)
2 tablespoons tomato paste	Salt and pepper to taste
1 teaspoon smoked paprika	2 corn tortillas
	Fresh rocket

Method:

1. Sauté onion and garlic.
2. Add chicken (and bacon) and cook until browned.
3. Add remaining ingredients and cook for 10 minutes, until combined and thick. Season to taste.
4. Serve on a bed of rocket nestled in 2 corn tortillas

Tip: Store for up to 3 days in fridge – or freezes really well. Perfect recipe for bulk baking.

It takes the brain 20 minutes to register whether you are full or not, so slow, mindful eating is essential.

Pru Coffey | BHP Billiton



Lamb Hot Pot in the Slow Cooker

Serves: 4

Prep and cook time: 9 hours and 10 minutes



Ingredients:

- 700g lamb cubes
(shoulder best but leg works well)
- 2 tablespoons tomato paste
- 2 tablespoons olive oil
- 1/3 cup plain flour
- 1 medium carrot
- 1 onion sliced or diced
- 1 medium sweet potato
- 3 small potatoes
- 2 cups double strength beef stock
(500ml water with 4 stock cubes)
- 1 teaspoon minced garlic
- 1 handful of chopped fresh herbs
(try chives, basil, coriander and sage)

Method:

1. Put flour in a freezer bag and add the lamb. Shake to coat the lamb in flour.
2. Brown the lamb in a frypan with oil.
3. Chop carrot, potato and sweet potato into 2cm cubes.
4. Transfer all ingredients to a slow cooker and cook on low for 9 hours.
5. Stir in some frozen baby peas 10 minutes before serving.

Tip: The recipe also works well with goat or chuck steak.



Healthy Beef Burgers

Serves: 2

Prep and cook time: 45 minutes

Ingredients:

125g tin kidney beans, drained

1 onion, finely chopped

1 garlic clove, finely chopped

1 teaspoon dried thyme

1 teaspoon wholegrain mustard

2 teaspoons tomato paste

125g lean beef mince

60g grated veges (carrot, beetroot, broccoli, zucchini)

25g cheese, grated

1 tablespoon fresh continental parsley, chopped

Salt and pepper to taste

To serve:

2 wholegrain bread rolls, warmed in the oven

1 tablespoon tomato sauce

1 tomato sliced

20g mixed lettuce

Method:

1. Process beans in a blender until smooth then combine remaining ingredients in a large bowl. Massage the ingredients together well with wet hands.
2. Take ½ cup of mixture, roll into a ball and then flatten to form a patty. Chill for 30 minutes.
3. Heat a non-stick frypan over medium heat, spray with oil and cook patties, for 4-5 minutes each side.
4. To assemble, spread sauce on base of roll, add patty, tomato slices and lettuce.



Chocolate Zucchini Brownies

Makes: 20 - 24 squares

Prep and cook time: 15 minutes

Ingredients:

- 1/2 cup shredded zucchini
- 1/3 cup apple sauce
- 1 cup plus 2 tablespoons water
- 2 teaspoons pure vanilla extract
- 3 tablespoons flaxmeal
- 1/2 cup coconut oil
- 3/4 cup cocoa powder
- 1 cup coconut flour
- 1/2 teaspoon salt
- 1/2 teaspoon baking soda
- 3/4 cup nativa (sugar)
- 1/2 cup mini chocolate chips (optional)



Method:

1. Preheat oven to 175 degrees, and line a 9x13 baking dish with baking paper. Set aside.
2. In a large mixing bowl, whisk together; zucchini, apple sauce, water, vanilla, flaxmeal and coconut oil. Sit for at least 5 minutes. (*Tip:* shred zucchini in a food processor for fine shreds.)
3. Combine all other ingredients in a separate bowl, and stir very well. Pour wet into dry, stir until evenly mixed, then pour into the baking dish. Using a full sheet of baking paper, press down very firmly until the brownie batter evenly covers the pan.
4. Bake for 20 minutes, then pat down hard with a pancake spatula or another sheet of baking paper. (If still undercooked, it's fine. Just refrigerate overnight and they'll firm up!)
5. Let zucchini brownies sit for 15 minutes before trying to cut into squares, and if at all possible wait until the next day to eat them. They will be twice as nice!

Tip: as a general rule, cutting brownies with a plastic knife prevents crumbling.

Guilt Free Chocolate Mousse

Serves: 2

Prep and cook time: 15 minutes

Ingredients:

- 1 avocado
- 1-2 tablespoons cacao powder
- Organic raw honey to taste



Method:

1. In a large bowl mash avocado
2. Mix in 1-2 tablespoons of cacao powder and honey to taste.
3. Mix until smooth and even consistency with all cacao powder is completely mixed in.
4. Divide into serving bowls and chill before serving.

“Treats every now and then help you stay on track.”

Melita Williamson

Better Yourself Personal Training



Mango Ice Cream

Serves: 4

Prep and cook time: 15 minutes

Ingredients:

- 1 mango, cut and frozen
- 1 banana, peeled and frozen (optional)
- 1-2 tablespoons shredded coconut

Method:

1. Put the frozen fruit in a food processor or blender, until the fruit is totally smooth and creamy - it takes a little while.
2. You can blend the coconut into the ice cream, or sprinkle it on top.

This ice cream is best eaten right away as it will get quite hard if you refreeze it.

Eight ways to keep my heart healthy

1 *Eat
Healthy*

2 **QUIT SMOKING**

3 **EXERCISE**

4 **De-stress**

4

8

Control cholesterol levels



7

*Watch
your
weight*

6

**control
YOUR BLOOD
pressure**



5

Go easy on the
ALCOHOL

