



NEW SEASON NEW CRAVINGS NEW MEAL INSPO!

For years we have known that the food choices we make affect our heart health and body weight, however you may not realise that the food you eat also significantly impacts your immunity and mental health.

FACT: 70% of your immune system is located in your gut.

FACT: 95% of your serotonin (your happy hormone) is created in the gut.

So if you want to boost your immunity and your mental health, thinking about your food choices is the best place to start.

And we're here to help! This time of year brings so many nutritious and delicious dishes to fuel us during the cooler months, and we're excited to bring you this hearty Homemade Baked Beans recipe from our friends at Mood Food.

It's nourishing, affordable and totally full of flavour, so what's not to love?!



Homemade Baked Beans



4
SERVINGS



30
MINUTES

INGREDIENTS:

- 4 garlic cloves
- 1 to 2 rosemary sprigs
- 2 Tbsp extra virgin olive oil
- 1 tsp chilli flakes
- 800g or two tins of cannellini or borlotti beans
- 800g can diced tomatoes
- 1 Tbsp Worcestershire sauce
- 1 Tbsp maple syrup
- 2 tsp dijon mustard
- 1 Tbsp red wine vinegar
- Salt and pepper to taste
- Grainy bread
- 2 cups rocket
- 50g Danish feta

METHOD:

1. Peel and finely slice the garlic, then pick and finely chop the rosemary leaves.
2. Heat a splash of oil in a frying pan over a medium heat, then fry the garlic, rosemary and chilli until the garlic is golden.
3. Add tomatoes, Worcestershire sauce, maple syrup and mustard and stir until everything is combined.
4. Stir in the beans (make sure they're rinsed) then let everything cook and reduce for about 5 minutes, or until thick and delicious.
5. Add a splash of vinegar to the beans and season to taste.
6. Serve on crusty grain toast with rocket and sprinkle with feta.

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Smoothie



1
SERVING



5
MINUTES

INGREDIENTS:

- 1/2 cup frozen fruit
- 1 tsp nuts e.g. LSA
- 1 tsp chia seeds
- 1 Tbsp natural yoghurt
- 1/4 cup frozen peas
- 200mls milk
- 1 tsp maple syrup
- *optional squeeze of lime
or knob of ginger

METHOD:

1. Combine all ingredients in a blender or Nutribullet and blend to your liking. This will make quite a thick smoothie so add more milk or cold water/ice if you prefer it to be a more runny consistency.
2. Play around with different combinations. You can easily substitute the mango for berries or banana. The peas can be substituted for zucchini or spinach. All these veg have a pretty bland flavour and will just pump up the nutritional value of your smoothie without ruining the taste.
3. Just be sure to freeze your veggies first.

**NEW SEASON
NEW CRAVINGS
NEW SMOOTHIE INSPO!**

Calling all smoothie
lovers...this one's for you!

Enjoy a delicious and nutritious blend
thanks to our dietician friends at
Mood Food.

And yes, you read correctly, there are
peas in this goodie! This is one of Mood
Food's most famous tricks of the trade.
Getting an extra serve of veg in your
smoothie may seem small, but has a huge
impact and will help those gut bugs SING!

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