



## Food and Mood

**When you don't eat enough nutrient-rich foods, your body may lack vital vitamins and minerals, often affecting your energy, mood and brain function. The following recipes are packed full of important nutrients to boost your mood and energy:**

### Tuna, avocado, quinoa salad

#### Ingredients

- 100 grams quinoa
- Three tablespoons extra virgin olive oil
- One lemon
- Half tablespoon of white wine vinegar
- 120 gram tin of tuna or salmon, drained
- One avocado, stoned, peeled and cut into chunks
- 200 grams cherry tomatoes on the vine, halved
- 50 grams feta cheese, crumbled
- 50 grams baby spinach
- Two tablespoons of toasted mixed seeds

#### Method

- Rinse the quinoa under cold water. Tip into a saucepan, cover with water and bring to the boil. Reduce the heat and simmer for 15 mins until the grains have swollen but still have some bite. Drain, then transfer to a bowl to cool slightly.
- Meanwhile, in a jug, combine the oil, lemon juice and vinegar with some seasoning.
- Once the quinoa has cooled, mix with the dressing and all the remaining ingredients and season. Divide between plates or lunchboxes.







## Healthy flapjacks

The ability to concentrate and focus comes from an adequate supply of energy, from blood glucose, to the brain. The glucose in our blood comes from all the carbohydrates we eat. This recipe includes healthy carbohydrates such as wholegrain oats to help maintain stable blood glucose levels and replaces sugar with fruit - a nutrient-rich source of carbohydrates.

### Ingredients

- 200 grams oats
- 150 grams dried fruit
- 40 grams desiccated coconut or seeds
- One lemon zested
- Half of a lemon juiced
- One apple grated
- One tablespoon of honey or golden syrup
- 100 grams low-fat spread

### Method

- Preheat the oven to 180°C(fan)/200°C/gas mark 6.
- Grease a 20 centimetre square cake tin and line with baking paper.
- Mix everything except the honey and spread together in a large bowl until well combined.
- Place the honey and spread into a medium saucepan and heat gently until melted.
- Add to the oat mix and stir until the mixture is completely coated.
- Pour into the prepared tin and use a rubber spatula to press into the tin. Make sure that you press down really well as this will help the flapjacks hold together.
- Place in the pre-heated oven and bake for 20 minutes until they start to turn brown.
- Remove them from the oven and cut into slices in the tin using a sharp knife. Leave to cool completely in the tin then cut again before removing from the tin.



## Healthy lemonade

**Hydration is important for many bodily functions and not drinking enough can lead to tiredness, poor concentration, irritability, headaches and dizziness. For a low-sugar alternative to lemonade, follow the recipe below for an ice-cold healthy drink.**

### Ingredients

- Cordial (eg. MiWadi no added sugar lemon cordial)
- Sparkling water
- Ice or frozen berries

### Method

- Mix one part lemon cordial with four parts sparkling water
- Add frozen berries or ice





## Strawberry milk pops

**These homemade ice lollies and ice-cream are healthier and cheaper than shop-bought ones. While they're just as creamy as ice cream, they're lower in fat and are a good source of calcium for healthy bones and teeth. They also count towards one of your five-a-day**

### Ingredients

- 400 grams ripe strawberries
- 200 millilitres semi-skimmed milk
- 405 grams can of light condensed milk

### Method

- Remove the green leaf part from the strawberries and blitz in a food processor until smooth.
- Mix in milk and condensed milk.
- Pour the mixture into 12 ice-lolly moulds and attach the tops.
- Freeze for a minimum of four hours until solid.
- Warm the moulds with your hands or under warm water to release the pops.
- Strawberry milk pops will keep in the freezer for up to two months.



# Healthy chocolate banana ice-cream

Feeling good comes from a diet that provides adequate amounts of healthy choice carbohydrates at regular times to keep blood glucose levels stable. Diets should also contain a wide variety of proteins, vitamins and mineral-containing foods to support the body's functions. As a rule, plenty of fruits, vegetables and wholegrain cereal foods, with some protein foods, including oily fish, will support a good supply of nutrients for both good health and good mood

## Ingredients

- Three over-ripe frozen bananas
- Two to four tablespoons of milk
- A pinch of salt
- One-quarter teaspoon of vanilla extract
- Three tablespoons of cocoa powder

## Method

- Start with bananas that are turning brown. Peel and cut into large pieces, then freeze in an airtight bag or container (you can freeze a whole bunch at once so they're ready whenever you want to make banana ice cream).
- To make the ice cream, blend together the bananas, vanilla extract, salt and cocoa powder in a blender or food processor, adding the milk gradually until you achieve a soft-serve texture.
- You can serve immediately, or transfer to a container and freeze an additional 30 minutes,
- Scoop out with an ice-cream scoop