



NOURISHING YOUR BODY

during

PANCREATIC CANCER TREATMENT

High Protein High Calorie recipes for those
experiencing cancer-induced weight loss



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This book was developed by University College Cork and is distributed to patients free of charge by Pancreatic Cancer Action courtesy of a grant donated by the Rosenfeld family.



"We are honoured to dedicate this book in memory of Kim Rosenfeld, truly one of a kind; a beautiful, talented, loving and generous mother and wife. We hope that this book will help patients and those around them with meal ideas that are designed to offer support. No disease should destroy the joys and comforts that good food can bring.

Everyone at Pancreatic Cancer Action and the team from the University College Cork have done an excellent job in creating "Nourishing Your Body During Pancreatic Cancer Treatment", with information, frequently asked questions and recipes that will certainly prove beneficial to many patients and families alike – I know we would have used it and I am certain that my mum would have loved looking through the pictures and choosing what she wanted for dinner that night."

- Jamie Rosenfeld

Pancreatic Cancer Action aims to improve the survival of men and women diagnosed with pancreatic cancer by raising awareness of symptoms and risk factors, funding research into early diagnosis, campaigning for more funding and providing patients with information and support. **For more information, visit Pancreatic Cancer Action at www.pancreaticcanceraction.org**

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WELCOME

Welcome to ‘Nourishing Your Body During Pancreatic Cancer Treatment’

Not only does good nutrition during cancer treatment help you to feel better, it has also been proven to improve treatment outcomes, lower your risk of complications and help you to heal and recover faster.

If you have a good appetite and your weight is normal then a healthy eating diet will provide you with the nutrients you need to fight your disease.

Unfortunately, eating and maintaining weight can be a difficult task for some cancer sufferers. Weight loss during cancer treatment has been proven to negatively impact recovery and is also distressing for patients.

This booklet has been created by dietitians and chefs to provide patients with advice on how best to combat cancer-induced weight loss and other eating related problems that are encountered on a day to day basis. We strive to translate this information into simple, nourishing meals.

In this booklet you will find a bank of quick, easy and energy dense recipes that have been created specifically for people who find it hard to maintain a healthy weight. We hope you find this book helpful and enjoy experimenting with the recipes provided.



Please note

- It is important to remember that the advice and recipes included in this booklet are specifically tailored for people with cancer who are losing weight due to their disease or the treatment they are receiving.
- One size does not fit all; it is essential that you liaise with your medical team or dietitian on whether the advice in this booklet is appropriate for you.
- If you have any other conditions besides cancer it is important to talk to your nurse, doctor or dietitian for specific advice.
- This booklet should never be used to replace advice from your medical team or dietitian.

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LETTER FROM AUTHOR



Aoife Ryan PhD RD, Dietitian & Lecturer in Nutritional Sciences

At University College Cork in Ireland we run an active research programme into malnutrition in cancer. Cancer-induced weight loss affects 30-80% of patients with solid tumours and is associated with poorer tolerance to chemotherapy, impaired quality of life, more frequent hospital admissions and significantly reduced survival. Scientific studies have consistently shown that patients with pancreatic cancer experience the most severe forms of weight loss and malnutrition.

Even though many cancer patients try to eat as much as they can they are unfortunately dealing with a series of complex changes in their metabolism. The cancer itself produces many 'hormones' that directly break down muscle and fat stores in the body. It also switches on the immune system to produce chemicals in the body that cause inflammation and reduce appetite. In pancreatic cancer there is the added challenge of impaired digestion and absorption. The net result can be rapid weight loss over a short period of time which is often referred to as 'cachexia' by medical professionals. It is a huge challenge to get these patients to stabilise their weight and an even greater challenge to get them to gain weight.

Over the past two years our research team at the Department of Food & Nutritional Sciences at UCC have produced two cookbooks for cancer patients to help them to maximise their oral intake of calories and protein while undergoing cancer treatment: 'Good Nutrition for Cancer Recovery' (2014) & 'Eating Well with Swallowing Difficulties in Cancer' (2016). I was delighted when Pancreatic Cancer Action approached us to assist us in making evidence-based cookbooks available to cancer patients based in the UK.

Our team of oncology dietitians and chefs, have worked hard over the last year to translate the nutritional advice for people with pancreatic cancer that are losing weight into simple, nourishing and enjoyable meal ideas. We developed 80 recipes included

in this book specifically for patients who are losing weight. Nutritional targets for meals were based on nutritional requirements outlined in the British Dietetic Association's guidelines for nutrition and hydration in nutritionally vulnerable patients. *{Targets for main and light meals were set at 500-800 kcals per portion or above. Protein targets were set at a minimum of 15g per portion with a target of >23g protein per portion. Snacks were set at >300kcals and 5g protein, while soups and drinks >300kcal and 3 g protein per serving.}*

I am hugely grateful to the team I have worked with on this project especially: Éadaoin Ní Bhuachalla, Ruth Elliott & Fiona Dwyer; our dietetic colleagues in the Irish Nutrition & Dietetic Institute; our academic colleagues at the Tourism and Hospitality Department at Cork Institute of Technology (Jane Healy & Ann O'Connor); our medical oncology colleagues (especially Dr Derek Power, Consultant Medical Oncologist at Mercy University Hospital, Cork) and the wonderful team at Breakthrough Cancer Research (especially Eoghan O'Sullivan & Oral Dolan).

I hope that this book brings to life the nutrition advice many cancer patients receive from their doctors and dietitians. In turn, I hope it helps in some small way improve the difficult and challenging treatment pathways cancer patients and their families endure.

Aoife Ryan PhD, RD

*Dietitian & Lecturer in Nutritional Sciences,
University College Cork, Ireland.*

LETTER FROM HEPATO-PANCREATICO- BILIARY DIETITIAN



Mary Phillips BSc RD

President of Pancreatic Society of Great Britain & Ireland.


I am delighted to have been invited to provide an opening chapter for this book.

Patients undergoing cancer treatment can often struggle to eat sufficient food to give them enough strength to manage their normal activities. Energy dense, high protein foods help to ensure that patients can make the most of the food that they can eat.

Managing the symptoms associated with cancer treatments can be challenging, and this book addresses some of the common issues cancer treatment presents, with helpful tips to manage these issues if they occur.

Pancreatic cancer is different to other cancers as the pancreas plays a key role in digestion. Pancreatic cancer, especially where the disease is in the head of the pancreas, is likely to reduce the ability to digest food properly, and this is treated with pancreatic enzyme supplements. Medication such as Creon®; Nutrizym®; Pancrease® and Pancrex ®are prescribed to help patients digest their food. This medication provides pancreatic enzymes to work directly on food to help the body digest and thus absorb the nutrition food contains.

There are many myths surrounding nutrition in cancer, and this book provides a pragmatic approach to these issues. Good nutrition provided by a balanced diet, with sufficient energy, protein, vitamins and minerals will help maintain weight and improve



tolerance of cancer treatments. Patients who are losing weight do not normally benefit from following restricted diets.

I hope this book helps those patients looking for high energy menu options to help them maintain their nutritional status throughout their treatment.

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LETTER FROM THE SECRETARY OF THE PANCREATIC SOCIETY OF GREAT BRITAIN AND IRELAND



'Nourishing Your Body During Pancreatic Cancer Treatment' is perhaps the most important 'treatment' for our patients. This holds true whether you are recovering from surgery, receiving chemotherapy or simply living. This is the first book delivering clear nutritional advice to pancreatic cancer patients and their carers. Aoife Ryan and her team in Cork must be congratulated for producing this excellent, clear and concise but very readable book.

The first section is essential reading. It explains why a pancreatic cancer patient may experience problems trying to eat and offers straightforward solutions. We then learn that it is safe and beneficial to follow a high energy balanced diet. The enticing collection of over 80 recipes covers, soups, light meals, main dishes, deserts and high energy drinks. There are several heart-warming favourites! Importantly all the recipes use easily sourced ingredients. The recipes are straightforward to follow and total time for preparation and cooking is summarized at the start. Meals that can be frozen are identified allowing prior preparation.

The Pancreatic Society of Great Britain and Ireland endorses this book and also would like to thank Pancreatic Cancer Action for making it freely available.

Mr. Andrew Smith BSc DM FRCS

Consultant Surgeon, Lead Clinician Upper GI & Pancreas

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WHAT IS CANCER?

Every part of our body is made up of small units called cells. These cells are constantly growing, dividing, dying off and being replaced. This cycle is essential for the human body to function and is very tightly controlled in healthy individuals. Cancer occurs when the body's cells divide and multiply without control. Cancerous cells rapidly split and copy themselves which results in many new cancerous cells being formed. This uncontrollable growth causes cancer cells to spread to other parts of the body. These cells do not die off as normal cells do, and eventually these accumulating cancer cells form lumps or tumours.

Cancer can occur anywhere in the body and there are many different forms. Each type of cancer will have a unique effect on the body and will cause different symptoms in different people.

What is pancreatic cancer?

Pancreatic cancer occurs when a *malignant* tumour forms in the pancreas. There are two main types of pancreatic cancer:

Exocrine tumours

These make up the vast majority of all pancreatic cancers (around 90%) and come from the cells that line the ducts in the pancreas which carry digestive juices into the intestine. These are called pancreatic ductal *adenocarcinomas*. Other exocrine tumours of the pancreas are rarer, and include *adenosquamous carcinomas* and undifferentiated carcinomas.

Endocrine tumours

These are known as *neuroendocrine tumours*, and are much less common. These tumours sometimes make hormones such as insulin, and glucagon, to control blood sugar. Often referred to as either PETs or islet cell tumours, they are very rare, making up just 2-5% of pancreatic tumours.

Benefits of good nutrition

Eating a nutritious diet is essential during cancer treatment. Research has shown that weight loss caused by cancer and cancer treatment can reduce a person's response to treatment, increase treatment related side-effects and reduce a person's overall survival. This type of weight loss is stressful and can majorly affect your overall quality of life. A healthy diet includes a variety of foods including carbohydrates, protein, fats, vitamins and minerals. A diet rich in energy and protein helps you to maintain a healthy weight during cancer. Side-effects caused by the disease or its treatment can often make eating and maintaining a healthy weight a difficult task for cancer patients. It is important to remember that keeping well-nourished is vital for recovery and yields many physical and mental benefits.

What is cancer-induced weight loss?

Cancer itself or its treatments can greatly alter how your body uses the food you eat. Oftentimes your energy needs increase and your food intake decreases due to a poor appetite or other symptoms. This results in weight loss. Even if you are eating a normal amount of food, your body might not be using the nutrients in your food properly or it may be burning energy faster than usual. No matter what the cause, it is essential that unintentional, rapid weight loss is addressed as it has a negative impact on recovery. The most important thing you can do during cancer and weight loss is to eat little and often, snack frequently and introduce calories where ever possible.

Check your weight

One of the most important things you can do is monitor your weight.

To track your weight you should weigh yourself weekly. Ideally this should be done on the same day each week, at the same time of day and on the same weighing scales. This is to make sure that all measurements are comparable. You should weigh yourself first thing in the morning in minimal clothing, after you have emptied your bladder.

Problems which may affect eating

Cancer and cancer treatments have different effects on everybody. The side-effects can vary from person to person and not everybody will experience them. Chemotherapy can result in many of the side effects discussed below. Surgery to remove a tumour can result in problems eating and digesting a normal diet. For some people tube feeding may be necessary post-surgery.

1. Poor Appetite

A change in appetite is very common during cancer treatment. Your favourite foods may no longer appeal to you, you may have a reduced appetite or you may not want to eat at all. Without forcing yourself to eat, it is important to try to eat small amounts regularly to avoid weight loss.

- Eat whenever you feel hungry. If you are hungriest in the morning then eat your biggest meal at that time.
- Eat frequent small meals to avoid feeling uncomfortably full. Snack often and avoid large, off-putting portions. Make these snacks high in calories and protein.
- Limit drinks before and during meals as they fill you up.
- Limit fibre as it fills you up quickly.
- Bland foods may be easier to tolerate.

2. Tiredness

Fighting cancer and undergoing cancer treatments can often drain your energy and leave you feeling tired and fatigued. It can be due to a variety of reasons. Persistent fatigue can lead to weight loss quite easily as you might not have enough energy to shop, prepare or even eat food.

- Get a friend or family member to do your shopping. Many larger shops deliver groceries directly to your house when you order online.
- Prepare your meals when you have energy and refrigerate/freeze them.
- Get help cooking meals.
- When too tired to cook, consume nourishing, high-calorie drinks such as milk, smoothies, juices, milk-shakes or prescribed nutritional supplements.
- Eat foods that require little preparation and snack frequently.
- Light exercise may help reduce fatigue and increase appetite.

3. Nausea and Vomiting

Nausea is when you feel sick, have an unpleasant feeling in your stomach or throat, feel dizzy, clammy and don't want to eat. Vomiting is actually being sick or throwing up. The most common cause of these symptoms is chemotherapy. Cancers of the pancreas can also affect the way your stomach empties by causing narrowing of the duodenum, or affecting the nerves in your stomach. These conditions reduce the

speed at which your stomach works, this can make you feel very full when you are eating and cause symptoms such as indigestion, nausea and vomiting. Some people may have a stent (tube) placed in the duodenum to help prevent them from vomiting. You should discuss these symptoms with your doctor as anti-sickness medications can ease nausea and prevent you throwing up. If you are vomiting frequently, seek medical advice and try to stay hydrated with clear fluids or nourishing fluids like milk and sports drinks.

- Eat little and often. Avoid skipping meals; this can lead to hunger which worsens nausea.
- Bland, cold foods have less taste and smell and will be better tolerated.
- Avoid greasy, spicy, and sugary foods with a strong odour.
- Drink flat ginger ale or include ginger in meals, as ginger soothes nausea.
- Avoid your favourite foods when nauseated, as you may grow to dislike them.
- Avoiding eating 1-2 hours before treatment, it may lessen nausea.
- Try not to prepare meals when nauseated and rest after meals.

4. Malabsorption

The pancreas produces digestive enzymes to help you break down your food. These enzymes consist of:

- Lipase (to break down fat)
- Amylase (to break down carbohydrates)
- Protease (to break down protein)

Diseases in the pancreas often result in low levels of pancreatic enzyme production, and this will reduce your body's ability to digest food. This is called 'malabsorption', and results in symptoms such as loose, pale/orangey floating coloured stools. Often patients experience bloating, increased wind, urgency to pass bowel motions and you will lose weight, even when you are eating well. Malabsorption is treated with pancreatic enzyme supplements. If you think you are suffering with malabsorption speak to your doctor or dietitian.

5. High blood sugar levels

The pancreas produces insulin, which helps to control your blood sugar levels. Throughout your treatment, your blood sugars should be checked occasionally to ensure they are not raised. If you notice that you are increasingly thirsty, are getting up in the night to pass urine, or passing urine a lot more frequently than normal, have a very dry mouth and are losing weight, talk to your doctor.

6. Diarrhoea

Various cancer treatments can cause diarrhoea by irritating the lining of your digestive system. Medications and drugs may also cause diarrhoea so discuss these with your doctor. The tumour itself can also stimulate diarrhoea in certain gut cancers. The most important thing to do is to remain hydrated and to replace the body's lost salts, called electrolytes.

- Constantly sip fluids such as sports drinks or flat carbonated beverages.
- Eat little and often
- Limit high fibre foods like beans, whole grains and raw fruits and vegetables, as they may worsen diarrhoea.
- Pro-biotics may help alleviate symptoms, but can interfere with chemotherapy so consult your doctor first.
- Avoid foods that are greasy or fatty and foods that contain citrus, sweeteners or caffeine. Also avoid prune, apple or pear juice as they worsen diarrhoea symptoms.
- Eat foods which are easy to digest such as bananas, oatmeal and white pasta.
- Sometimes dairy can aggravate symptoms, due to the lactose sugars in milk.

7. Constipation

Chemotherapy may interfere with the nerve supply to the bowel resulting in constipation. Anti-sickness drugs and painkillers can make this worse. Surgery to the stomach or bowel may result in constipation due to problems pushing stool out. Tumours in the abdomen or bowel may make it difficult to have a bowel movement. Constipation is also caused by some drugs, lack of fibre, not enough exercise and not drinking enough water.

- Gradually increase fluids and fibre to help alleviate constipation.
- Certain drinks stimulate a bowel motion. These include prune juice, pineapple juice and hot drinks in the morning.
- High fibre foods include beans, peas, nuts, dried fruit, raw fruits and vegetables, and whole grain cereals and breads.
- If constipation is making you bloated, avoid foods like beans, broccoli, cauliflower, and carbonated drinks.
- Gentle exercise can help prevent and treat constipation.

8. Sore Mouth

Some anticancer drugs may result in sores forming in the mouth, or mouth pain. Treatments to the head and neck area often result in a sore mouth and it can make eating and swallowing quite difficult.

- Eat soft foods like puddings and yogurts. Moisten foods with gravy or sauces to make them easier to eat.
- Puree foods to make them easier to eat and swallow.
- Avoid rough textured foods like toast and foods that are overly tart, salty or vinegar based.
- Sip fluids throughout the day.
- Cold foods such as ice-cream can help soothe a sore mouth.

9. Dry Mouth

Chemotherapy and radiation therapy can damage salivary glands and thicken saliva or reduce the amount of saliva in your mouth. This results in a dry mouth. This makes it a lot more difficult to eat and enjoy food.

- Sip fluids throughout the day to moisten your mouth.
- Maintain good dental health and oral hygiene. Milk helps protect teeth.
- Soft, minced and moist, and smooth pureed foods are easier to eat. Add sauces to moisten foods.
- Avoid salty foods as well as spicy food, caffeine and alcohol which dry out your mouth further.
- Certain foods like fresh bread and pastry can stick to the roof of your mouth, so it is best to avoid them.
- Chewing gum or sucking hard boiled sweets may help to stimulate saliva.
- If you are experiencing increased thirst, or are passing urine more frequently too, then you should discuss these symptoms with your doctor.
- Rinsing your mouth with one of these mouth rinses before meals:
 - Baking soda with water (1/4 tsp. baking soda to 1 cup water)
 - Salted water (1/8 tsp. salt to 1 cup water)
 - Flavoured soda water
 - Sparkling soda water

10. Taste and Smell Changes

Cancer and cancer treatments can greatly affect your taste and smell. Foods that once appealed to you may no longer be desired. Your sensitivity to smells may increase and your taste may decrease or often patients find that they have a metallic taste in their mouth. Foods may seem bitter, bland or salty.

- Try new foods and eat whatever appeals to you. You may suddenly like foods that you once disliked.
- Rinse your mouth with a solution of water and baking powder before and after eating to help normalise taste.
- Cold or lukewarm foods have a weaker taste and smell and may be more tolerable.
- If food tastes too bland, add herbs, seasoning, spices, garlic or onions to boost flavour. Fat is a great flavour carrier so add fats to meals freely.
- If there is metallic taste in your mouth, rinse your mouth regularly and try eating with plastic utensils instead of metal ones.
- Marinating meats can help to mask any metallic tastes.
- Check your tongue in the mirror, if it has a cream / white coating or white spots on the tongue, speak to your doctor.
- Re-try foods every 2-3 weeks as your sense of taste may have returned to normal

11. Indigestion and reflux

Pancreatic cancer can cause indigestion and reflux. In addition to this some chemotherapy or biological therapy drugs used to treat cancer can cause indigestion. If you experience these symptoms you should discuss this with your doctor.

- Avoid large meals. Eat small, frequent meals instead.
- Herbal teas and peppermint tea may help to soothe indigestion.
- Avoid eating foods that are fatty, spicy, vinegar based or citrus as well as carbonated drinks, caffeine and alcohol.
- Often, indigestion and reflux is worse when you are lying down. Avoid eating 2-3 hours before bed and don't lie down after eating a meal. Raising the head of your bed can also help.

COMMON QUESTIONS

Can I use this cookbook if I have diabetes?

If you have diabetes it is important that your blood sugars are controlled, but if you are struggling to eat, it is not always necessary to follow strict dietary restrictions. Speak to your diabetes team if you are struggling to control your blood sugars.

Will sugar fuel my cancer?

A common myth is the belief that sugar feeds cancer. This is an oversimplification of a complex process. All carbohydrates get broken down in to simple sugar units, such as glucose, in the body. All of our body cells, whether they are cancerous or not, then use this glucose as energy. Giving more sugar to your body won't speed up the growth of cancer cells, and depriving yourself of carbohydrates won't slow their growth either- if you eliminate all carbohydrates your body will adapt and create glucose from other sources.

Is following a high-protein, high-calorie diet bad for my health?

Research has shown that weight-loss during cancer recovery is detrimental. It is linked with poorer outcomes and reduced survival. Maintaining a healthy weight is therefore the main nutritional priority during cancer treatment. For those experiencing cancer-induced weight loss, the only way of achieving this is to follow a diet rich in energy and protein. Although high-protein, high-calorie advice may contradict usual healthy eating recommendations, the risks associated with losing weight far outweigh any advantage of following a healthy diet in this situation. Once your weight has stabilised your dietitian will be able to advise you on returning to a healthy-eating diet.

Do I need to take a vitamin and mineral supplement?

If you are struggling to eat fruit and vegetables, a multivitamin and mineral capsule can be helpful. Many pancreatic units recommend the use of an 'A-Z multivitamin and mineral' for those who require pancreatic enzyme tablets. However high doses are not recommended, and may have adverse effects on your health. It is important you tell your doctor about any vitamins, minerals or herbal supplements that you are taking.

Advice to caregivers

Caregivers may find it difficult and frustrating to try to meet the nutritional needs of a family member or loved one who has a poor appetite and is losing weight. Their diets can become very limited and weight loss can become obvious.

When your loved one does not feel like eating, it is important to be patient and encouraging. Often cancer patients don't feel like eating 3 meals a day and what was once their favourite meal may no longer appeal to them. Try to encourage him/her to eat five or six small meals a day. If old favourites no longer appeal then perhaps new foods will be surprisingly well received. Cook in batches and keep food in the fridge and freezer in small portions that can be easily re-heated.

Some other useful tips:

- Offer favourite foods anytime of the day. It is ok to eat breakfast food later in the day or the main dish earlier in the day.
- Prepare the biggest meal of the day when your loved one feels the hungriest. This may often be in the morning.
- Pay attention to the appearance of food. Food that looks appetising is more likely to be consumed.
- If your loved one is nauseous and sensitive to cooking smells, try to prepare meals in a different room or different location if possible from where they will be eating. Serving foods cool or at room temperature can also help to lessen smells.
- Package leftovers in single serving containers and safely store for later or freeze for consumption on another day.
- Spicy, greasy, fatty or heavy meals may not be well tolerated on an unsettled stomach.
- Protein intake is very important to reduce muscle loss in cancer patients. Try to ensure they consume dishes with meat, fish, cheese, nuts or eggs. Milk is also a very nourishing drink.
- Drinking is often easier than eating. If your loved one does not feel like eating a meal, offer sips of smoothies, nourishing soups and nutritional supplements. Try to avoid filling their stomachs with water, tea, coffee and other fluids which have little nourishment. You will find ideas for many nourishing soups and drinks in this book.

Tips to Make Meals More Nourishing

In this cookbook we have tried to enrich the recipes as much as possible. When you are preparing your own meals with your own recipes use the tips below to help make them more nourishing:

- Add butter, sugar, cream or cheese when mashing or blending food or to add more moisture and calories.
- Add seedless jam, marmalade without bits, or honey to porridge, breakfast cereals, milk puddings or smooth yoghurt.
- Add margarine, butter, mayonnaise or soft cheese to mashed potato or cooked vegetables.
- Serve desserts with cream, custard or ice-cream.
- Use full fat dairy products instead of reduced fat.
- Add grated cheese to eggs, soups or pasta dishes.
- Serve meals with sauces and add double cream to cooking sauces.
- Consume nourishing drinks such as fruit juices, full fat milk or milk fortified with skimmed milk powder instead of water.
- Avoid carbonated drinks as they make you feel fuller.
- Include a high protein food (for example: meat, poultry, fish, eggs or cheese) as part of at least two of your meals daily.
- Aim for 3 meals and at least 3 small snacks during the day – small frequent meals spread a few hours apart make it easier to get more calories in.
- Make every mouthful count. Don't fill up on low energy foods like water, diet drinks or plain fruits and vegetables.

Food Safety

Proper food hygiene is always vital but it is especially important for people with cancer as their immune system may be weakened. The tips below will help you to reduce your risk of food poisoning:

- Thoroughly wash hands, utensils and cutting boards between handling raw food and ready-to-eat foods.
- Keep raw meat covered and separate from cooked or ready-to-eat foods. Do not prepare raw and cooked foods on the same surfaces.
- Always thaw frozen food in the fridge. Do not thaw at room temperature. Only defrost food in a microwave if you are planning to cook the food immediately after it has thawed.
- Leftovers should be used within 2-3 days and stored in the fridge at between 0-5°C. They can be reheated as long as they are heated to 70°C or higher. Food should be very hot and steaming before it is served. It is important when reheating stews and casseroles that the liquid boils for around 3-5 minutes to ensure the pieces of meat are completely heated through. Leftovers should only be reheated once.
- Use defrosted foods right away and do not refreeze them.
- Wash vegetables and fruit thoroughly under running water before peeling or cutting. Always wash packaged fruit and vegetables, even if marked 'pre-washed'.
- As berries (fresh or frozen) cannot be peeled or thoroughly washed it is best to boil them briefly to make a smooth puree before incorporating into recipes. Tinned berries can be eaten without boiling.
- Buy only pasteurised, refrigerated milk and dairy products.
- Avoid raw and undercooked meat, fish, shellfish, poultry, tofu or eggs.
- Wash the top lids of canned foods with soap and water before opening.
- Check 'sell by' and 'use by' dates. Do not eat food that is out of date.
- Avoid any bruised/mouldy fruit and vegetables or any moulding dairy products or bread.

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RECIPES

Household Measurement

1 teaspoon (tsp.)= 5g

1 tablespoon (Tbsp.)= 15g

Key



Vegetarian



Good source of fibre[#]



Good source of protein^{*}



Rich in a vitamin/mineral^{\$}



High in Protein^{}**



Suitable for freezing



Easy to chew/swallow

*A food is a good source of protein when more than 12% of total calories are from protein

**A food is high in protein when more than 20% of total calories are from protein.

#A food is a good source of fibre if it contains more than 3g/100g

\$A food is a rich source of a micronutrient if it contains more than 1/3rd of the RDA of said nutrient





— SOUPS —

16 Recipes

This selection of quick and easy soups is ideal if you have a sore mouth, difficulty swallowing or if you are put off by the sight of a plate of food. The recipes incorporate typical household ingredients and can be made in bulk and frozen for later use. The consistency of soups can be altered according to your needs. Soups can be strained after blending to remove any remaining pieces of food if you need to take completely smooth foods.

Serve soups with a slice of brown bread, oat bread or baguette with cheese to increase the nutritional content. A cup of soup also works well as a nourishing and tasty snack between meals.



A note on skimmed milk powder:

The majority of commercial and homemade soups tend to be low in protein. Because protein is so important for cancer patients many of the soups and nourishing drinks in this book contain an ingredient called skimmed milk powder. Skimmed milk powder is made by the removal of water and the majority of the fat content of milk. It is an excellent source of protein and provides a full range of amino acids. Some brands are also fortified with important vitamins such as vitamin D. It is used to boost the protein content of meals that are low in protein. This is done because a diet rich in protein can help prevent loss of muscle mass. Maintaining muscle mass is very important because low muscle mass is associated with a variety of poor health outcomes in cancer patients. This is why every effort has been made to make the majority of recipes in this book a good source of protein.

Skimmed milk powder can be found in most of the main supermarkets in the tea/coffee aisle. It has a long shelf-life and can be kept in a cupboard for up to 6 weeks once opened. When adding it into soup, mix it with cool liquid first and add to the soup. It will not affect the taste or consistency of the meals; it is just like adding milk to a soup or smoothie.





MIXED BEAN SOUP

A delicious vegetarian soup full of nutritious vegetables and protein-packed beans

Preparation Time: 15 minutes
Cooking Time: 45 minutes



• SERVES 6 •

Ingredients

- 3 Tbsp. olive oil (45ml)
- 1 medium onion, chopped (150g)
- 3 garlic cloves, finely chopped (10g)
- 1 celery stick, chopped (60g)
- 1 large carrot, peeled and finely chopped (100g)
- 1 small fennel bulb, finely chopped (150g)
- ¼ tsp. dried thyme (1g)
- 1x400g can of chopped tomatoes
- 1 litre vegetable stock
- 3x400g cans of mixed beans, drained
- 150g skimmed milk powder
- 40g grated parmesan
- Pinch of pepper

Method

- 1 Heat the oil in a pot, add the onion and cook for 5 minutes, stirring occasionally, until soft.
- 2 Add the garlic, celery, carrots, fennel and thyme and continue cooking for 2 minutes.
- 3 Add the tinned tomatoes and bring to the boil for 2 minutes.
- 4 Add 900ml of the stock, boil for 1 minute then turn down to a simmer. Cover with a lid and leave to simmer for 15 minutes, until the vegetables are tender.
- 5 Add the cans of mixed beans and cook for 15 minutes.
- 6 Combine the remaining 100ml of stock with skimmed milk powder, stir and add to the soup with the parmesan and pepper.
- 7 Blend the soup until smooth. Adjust consistency by adding more liquid if required.

Nutrition Information

Typical Values	Amount per 350g serving
Energy	326kcal
Fat	10.5g
Carbohydrate	34.3g
Protein	19.6g
Salt	1.4g
Fibre	9.5g





CREAM OF CHICKEN SOUP

This smooth, mild soup provides a nourishing protein kick

Preparation Time: 10 minutes
Cooking Time: 40 minutes



• SERVES 4 •

Ingredients

2 Tbsp. olive oil (30ml)
1 medium onion, peeled and chopped (150g)
1 medium leek, thoroughly washed and chopped (150g)
2 large chicken breasts, chopped (400g)
600ml chicken stock
1 tsp. fresh parsley, chopped (5g)
1 tsp. fresh thyme, chopped (5g)
175ml double cream
Pinch of pepper

Method

- 1 Heat the oil in a pot, add the onion and allow to soften for about 5 minutes.
- 2 Add the leek and cook for a further 5 minutes.
- 3 Add the chicken, stock, herbs and seasoning and bring to the boil for 2 minutes, reduce the heat to a simmer.
- 4 Allow to simmer for 25 minutes until the chicken is cooked through.
- 5 Add the cream and blend the soup until it is smooth. Adjust consistency by adding more liquid if required.

Nutrition Information

Typical Values	Amount per 350g serving
Energy	476kcal
Fat	37.5g
Carbohydrate	5.6g
Protein	30.1g
Salt	1.1g
Fibre	2.5g

High in protein. Rich in vitamin A, B6, niacin and phosphorus





CAULIFLOWER AND CHEDDAR SOUP

A creamy classic combination to make a quick and easy family favourite

Preparation Time: 15 minutes
Cooking Time: 40 minutes



• SERVES 6 •

Ingredients

- 50g butter
- 1 medium onion, chopped (150g)
- 1 stick celery, chopped (60g)
- Florets of 1 large cauliflower, chopped and stalk removed (270g)
- 1250ml vegetable stock
- 1/2 tsp. dry mustard powder (3g)
- Small bunch of thyme leaves (1g)
- 200g skimmed milk powder
- 200ml double cream
- 150g cheddar
- Pinch of pepper

Method

- 1** Heat the butter in a pot over a medium heat. Fry the onions and celery gently in the butter until soft, but ensuring they do not colour.
- 2** Add the chopped cauliflower, the stock, mustard powder and the thyme. Bring to a boil for 2 minutes, then turn down the heat and simmer gently for 30 minutes until the cauliflower is soft.
- 3** Combine the skimmed milk powder with the cream, stir and add to soup along with the cheese and pepper.
- 4** Blend the soup until smooth. Adjust consistency by adding more liquid if required.

Nutrition Information

Typical Values	Amount per 350g serving
Energy	522kcal
Fat	37.5g
Carbohydrate	23.8g
Protein	22.4g
Salt	2.1g
Fibre	2.4g

Rich in vitamin A. A good source of vitamin B12, calcium and phosphorus





CHICKEN WITH HONEY-ROASTED PARSNIP, ALMOND AND CUMIN SOUP

A tasty, lightly sweet and spiced soup full of protein

Preparation Time: 10 minutes
Cooking Time: 50 minutes



• SERVES 5 •

Ingredients

- 6 Tbsp. olive oil (90ml)
- 2 large parsnips, peeled and chopped (300g)
- 2 Tbsp. honey (30g)
- 2 medium chicken breasts, chopped into chunks (300g)
- 1 medium onion, peeled and chopped (150g)
- 2 small potatoes, peeled and chopped (200g)
- 1 large carrot, peeled and chopped (120g)
- 2 sticks of celery, chopped (100g)
- ½ tsp. ground cinnamon (2g)
- 1 tsp. ground cumin (5g)
- 100g ground almonds
- 1 litre of vegetable stock
- 120g skimmed milk powder

Nutrition Information

Typical Values	Amount per 350g serving
Energy	459kcal
Fat	27g
Carbohydrate	30.5g
Protein	25.6g
Salt	1.4g
Fibre	6.0g

Method

- 1 Preheat oven to 180°C.
- 2 Mix 3 Tbsp. of the olive oil with the honey and a pinch of salt and pepper. Coat the parsnips in this mixture.
- 3 Place on a baking tray and roast for approximately 30 minutes until soft.
- 4 Meanwhile, heat the remaining 3 Tbsp. oil in a pot, add chicken and onion and stir briefly. Cook for 5 minutes.
- 5 Add the chopped vegetables, cover with a lid, turn down to a low heat and sweat for 15 minutes, stirring occasionally.
- 6 Add the ground cinnamon and cumin and cook for a further 3 minutes.
- 7 Add the ground almonds, 900ml of stock and the roast parsnips, simmer for 20 minutes, until all the vegetables are soft.
- 8 Combine the remaining 100ml of cooled stock with the skimmed milk powder, stir and add to the soup.
- 9 Blend the soup until smooth. Adjust consistency by adding more liquid if required.

A good source of protein. Rich in niacin and vitamin B6. A good source of iron and other B vitamins.





LAMB AND VEGETABLE SOUP

An easy, warming and traditional recipe for creamy soup with a superb flavour

Preparation Time: 15 minutes
Cooking Time: 45 minutes



• SERVES 5 •

Ingredients

- 2 Tbsp. olive oil (30ml)
- 400g lamb mince
- 1 medium onion, peeled and chopped (150g)
- 2 sticks celery, finely chopped (100g)
- 3 large carrots, peeled and chopped (300g)
- 1 medium potato, peeled and chopped (120g)
- 1/2 tsp. fresh thyme, chopped (2g)
- 800ml vegetable stock
- 150ml full-fat milk
- 120g skimmed milk powder
- 100ml double cream
- Pinch of pepper

Method

- 1 Heat the oil in a pot and add in lamb and onion and cook for 5 minutes. Break up the lamb with a spoon into small pieces.
- 2 Add the celery and carrot and cook for 10 minutes.
- 3 Add in the potato, thyme, and stock.
- 4 Bring to the boil and then simmer for approximately 30 minutes, until the meat is tender and the vegetables are soft.
- 5 Combine the milk with the skimmed milk powder, stir and add to the pot with the cream and a pinch of pepper.
- 6 Blend the soup until smooth. Adjust consistency by adding more liquid if required.

Nutrition Information

Typical Values	Amount per 350g serving
Energy	448kcal
Fat	23.1g
Carbohydrate	28.7g
Protein	25.9g
Salt	1.4g
Fibre	3.5g

Good source of protein. Rich in vitamin B12. Good source of iron and zinc.





LEEK AND POTATO SOUP

A warm and comforting favourite with an extra protein boost

Preparation Time: 10 minutes
Cooking Time: 45 minutes



• SERVES 5 •

Ingredients

50g butter

1 large onion, peeled and chopped (200g)

1 large leek, thoroughly washed and chopped (200g)

2 large potatoes, peeled and chopped (400g)

750ml stock

300ml full-fat milk

100ml cream

120g skimmed milk powder

Method

- 1 Melt the butter in a pot and add the onion and leek, cook without colour for 10 minutes.
- 2 Add the potatoes and stock and bring to the boil.
- 3 Turn down to a gentle simmer and cover, cook for 30 minutes.
- 4 Whisk together the milk, cream and skimmed milk powder. Add this mix to the soup and blend the soup until smooth. Adjust consistency by adding more liquid if required.

Nutrition Information

Typical Values	Amount per 350g serving
Energy	305kcal
Fat	14.7g
Carbohydrate	31.5g
Protein	13.7g
Salt	1.4g
Fibre	3.2g

Good source of vitamin B6, B12 and phosphorus





LAMB, CHICKPEA AND LENTIL SOUP

This soup is high in protein, iron and zinc and packs a fragrant punch of flavour

Preparation Time: 15 minutes

Cooking Time: 1 hour and 45 minutes



• SERVES 6 •

Ingredients

- 3 Tbsp. olive oil (45ml)
- 2 medium onions, peeled and chopped (300g)
- 2 celery sticks, chopped (100g)
- 2 small carrots, peeled and chopped (120g)
- 3 garlic cloves peeled and chopped (10g)
- 400g lamb mince
- 1 tsp. cumin seeds (5g)
- 2 tsp. ground turmeric (10g)
- 1 tsp. paprika (5g)
- 2 Tbsp. tomato puree (30g)
- 1 litre chicken stock
- 1x400g can of chopped tomatoes
- 1x400g can of chickpeas, drained and rinsed
- 100g dried brown/green lentils or 1x400g tinned lentils, drained

Method

- 1 Heat the oil in a pot, add the onions, celery and carrots and cook over a medium heat for 5 minutes, stirring frequently, until the onions begin to colour.
- 2 Add the garlic and lamb and cook until the lamb is lightly browned all over, about 5 minutes. Add the spices and stir in the tomato puree. Cook for 2 minutes.
- 3 Pour in the stock and bring to the boil. Reduce the heat, cover and simmer for one hour, or until the meat is tender.
- 4 Rinse and drain the lentils
- 5 Add the tomatoes, chickpeas and lentils and simmer gently for a further 30 minutes or until the lentils are soft.
- 6 Blend the soup until it is completely smooth. Adjust consistency by adding more liquid if required.

Nutrition Information

Typical Values	Amount per 350g serving
Energy	319kcal
Fat	17.9g
Carbohydrate	22.1g
Protein	21.0g
Salt	0.7g
Fibre	3.9g

High in protein. Rich in vitamin B12, phosphorus, iron and zinc





MINISTRONE SOUP

A light, Italian style broth full of nutritious vegetables

Preparation Time: 20 minutes
Cooking Time: 40 minutes



• SERVES 5 •

Ingredients

- 3 Tbsp. olive oil (45ml)
- 5 strips streaky bacon, chopped (75g)
- 1 small onion, chopped (100g)
- 2 cloves garlic, chopped (6g)
- ½ leek, chopped (100g)
- 1 large carrot, chopped (100g)
- 1 celery stalk, chopped (30g)
- 1 large Tbsp. tomato puree (15g)
- 2 small potatoes, diced (200g)
- 3 tomatoes, skin and seeds removed (300g)
- 100g frozen peas
- 100g green beans
- 1 litre stock
- 100g spaghetti broken into small pieces

Method

- 1 Cook the bacon in the olive oil and then add the onion, garlic, leek, celery and carrot.
- 2 Add tomato puree, followed by the stock and simmer for 10 minutes.
- 3 Add the potatoes and cook for 15 minutes. Then add the pasta and cook for 5 minutes
- 4 Add peas and green beans, cook for 3 minutes
- 5 Finally, add chopped tomato, season with salt and pepper and garnish with parmesan
- 6 Serve with toasted grilled baguette topped with cheese

Garnish

- 5 thick slices white baguette cut on the slant (250g)
- 100g grated parmesan
- Chopped parsley

Nutrition Information

Typical Values	Per serving (soup alone)	Per serving (with bread)
Energy	326kcal	457kcal
Fat	18.0g	19.2g
Carbohydrate	28.4g	55.9g
Protein	14.7g	19.3g
Salt	1.4g	1.6g
Fibre	5.3g	6.8g

One serving with bread provides one quarter of your daily iron and calcium requirements.





PARSNIP, GINGER AND CARROT SOUP

This colourful, tangy soup contains ginger to help soothe nausea and has a zesty kick for those with a taste for tart foods

Preparation Time: 10 minutes
Cooking Time: 45 minutes



• SERVES 6 •

Ingredients

- 3 Tbsp. olive oil (45ml)
- 1 medium onion, peeled and chopped (150g)
- 1 clove of garlic, peeled and chopped (3g)
- 2 large parsnips, peeled and chopped (400g)
- 3 medium carrots, peeled and chopped (300g)
- Thumb size piece of ginger, grated (20g)
- 1 tsp. orange zest (5g)
- 1 litre stock
- 1x400g can of chickpeas, drained and rinsed
- 150ml fresh orange juice
- 200ml double cream
- 120g skimmed milk powder
- Pinch of pepper

Method

- 1 Heat the oil in a pot and add the onion, cook for 5 minutes.
- 2 Add the garlic, parsnip, carrot, ginger and orange zest. Cook for 5 minutes.
- 3 Add the stock and chickpeas and bring to the boil
- 4 Turn down the heat and allow to simmer for 30 minutes, until all of the vegetables are soft.
- 5 Mix together the skimmed milk powder and cream. Add to the soup with the orange juice and a pinch of pepper.
- 6 Blend the soup until it is completely smooth. Adjust consistency by adding more liquid if required.

Nutrition Information

Typical Values	Amount per 350g serving
Energy	403kcal
Fat	26.3g
Carbohydrate	30.5g
Protein	11.9g
Salt	1.1g
Fibre	6.7g

A good source of vitamin A and E





PEA AND BACON SOUP

A delicious classic that's packed full of protein and iron

Preparation Time: 10 minutes
Cooking Time: 30 minutes



• SERVES 4 •

Ingredients

- 2 Tbsp. oil (30ml)
- 1 medium onion, peeled and finely chopped (150g)
- 1 medium potato, peeled and finely chopped (175g)
- 400ml stock
- 600g frozen garden peas
- 100g cooked ham
- 300ml full-fat milk
- 100g skimmed milk powder
- 30g parmesan
- Pinch of pepper

Method

- 1 Heat the oil in a pot and add the onions. Cook for 5 minutes, until soft.
- 2 Add in the potato, stock and pepper. Boil for 15 minutes until the potato is soft.
- 3 Stir in the peas and ham and cook for 10 more minutes.
- 4 Mix the milk with the skimmed milk powder and add to the soup along with the parmesan.
- 5 Blend the soup until it is completely smooth. Adjust consistency by adding more liquid if required.

Nutrition Information

Typical Values	Amount per 350g
Energy	354kcal
Fat	13.3g
Carbohydrate	35g
Protein	23g
Salt	2.1g
Fibre	7.7g

High in protein. A good source of vitamin C, calcium, iron, and zinc.





PORK AND MUSHROOM SOUP

This velvety soup is rich in flavour and B vitamins but takes minimal effort to prepare

Preparation Time: 10 minutes
Cooking Time: 35 minutes



• SERVES 5 •

Ingredients

3 Tbsp. olive oil (45ml)
1 medium onion, peeled and finely chopped (150g)
300g pork mince
300g mushrooms, rinsed and finely chopped
2 cloves garlic, peeled and finely chopped (6g)
1 large potato, peeled and finely chopped (200g)
800ml stock
250ml full-fat milk
100g skimmed milk powder
100ml cream
Pinch of pepper

Method

- 1 Heat the oil in a pot and cook the onions for 5 minutes. Add the pork and brown the meat for 5 minutes.
- 2 Add the mushrooms and garlic and cook for a further 5 minutes.
- 3 Add the potato and stock. Bring to the boil and then turn down to a simmer for 20 minutes.
- 4 Combine the milk and skimmed milk powder, stir and add to the soup along with the cream and a good pinch of pepper.
- 5 Blend the soup until it is completely smooth. Adjust consistency by adding more liquid if required.

Nutrition Information

Typical Values	Amount per 350g serving
Energy	357kcal
Fat	20.7g
Carbohydrate	21.4g
Protein	22.8g
Salt	1.4g
Fibre	2.1g

High in protein. Rich in B vitamins.





SEAFOOD CHOWDER

This creamy chowder is bursting with protein, a good source of vitamin D and gives you your daily requirement for vitamin B12 in just one bowl!

Preparation Time: 15 minutes
Cooking Time: 35 minutes



• SERVES 4 •

Ingredients

- 1 Tbsp. olive oil (15ml)
- 1 medium onion, peeled and finely chopped (150g)
- 1 Tbsp. plain flour (15g)
- 2 small potatoes, peeled and finely chopped (225g)
- 600ml fish or vegetable stock
- 300ml full-fat milk
- Grated nutmeg (1g)
- 170g salmon, chopped into small chunks
- 150g cod, chopped into small chunks
- 4 Tbsp. cream (60ml)
- 250g frozen prawns
- Small bunch of parsley, chopped (5g)

Method

- 1 Heat the oil in a saucepan and then add the onion. Cook until onion is soft, for about 5 minutes, and then add the flour and cook for a further two minutes.
- 2 Add in the potatoes and stock and bring to the boil for a minute, then turn it down to a gentle simmer. Cook for about 15 minutes, until the potatoes are soft.
- 3 Add the milk and nutmeg with the salmon and cod. Cook for 5 minutes.
- 4 Add the cream and prawns and simmer for another 5 minutes.
- 5 Finally, add the parsley and blend the soup until completely smooth. Adjust consistency by adding more liquid if required.

Nutrition Information

Typical Values	Amount per 350g serving
Energy	322kcal
Fat	15.8g
Carbohydrate	18.6g
Protein	28.7g
Salt	2.5g
Fibre	2.1g

High in protein. Rich in vitamin B12, B6, vitamin E, and a good source of vitamin D.





CHICKEN AND RED LENTIL SOUP

This gently spiced soup is full of protein, B vitamins, magnesium, zinc and iron

Preparation Time: 10 minutes
Cooking Time: 40 minutes



• SERVES 5 •

Ingredients

- 3 Tbsp. olive oil (45ml)
- 1 medium onion, peeled and finely chopped (150g)
- 2 medium chicken breasts, cut into small chunks (300g)
- 2 cloves of garlic, peeled and finely chopped (6g)
- 1 tsp. cumin seeds (5g)
- 2 tsp. coriander seeds (10g)
- 250g raw red lentils
- 1500ml chicken stock
- 50ml double cream
- 200ml Greek-style yogurt
- 1 Tbsp. fresh parsley, finely chopped (15g)
- 2 tsp. lemon juice (10ml)

Method

- 1 Heat the oil in a frying pan over a medium heat and add the onion. Cook for 5 minutes.
- 2 Add the chicken and garlic and then cook for about 10 minutes until the chicken is slightly golden on the outside.
- 3 Add the ground spices and cook for 2 minutes.
- 4 Rinse and drain the lentils and to the stock, bring to a boil for 2 minutes, and then reduce to a gentle simmer. Cook for 20 minutes.
- 5 Stir in the cream, Greek-style yogurt, parsley and lemon juice. Blend the soup until it is completely smooth. Adjust consistency by adding more liquid if required.

Nutrition Information

Typical Values	Amount per 350g serving
Energy	385kcal
Fat	20.6g
Carbohydrate	32.9g
Protein	30g
Salt	0.8g
Fibre	7.1g

High in protein. Rich in B vitamins & iron.





SWEET POTATO AND LENTIL SOUP

This warming and filling soup is full of iron and full of flavour

Preparation time: 5 minutes
Cooking time: 35 minutes



• SERVES 6 •

Ingredients

3 Tbsp. olive oil (45ml)
 1 large onion, peeled and finely chopped (200g)
 10g minced ginger
 10g minced garlic
 600g sweet potatoes, peeled and finely chopped
 200g dried red lentils
 1x400ml tin coconut milk
 800ml vegetable stock
 100ml double cream
 120g skimmed milk powder

Method

- 1 Heat the oil in a pot. Gently fry the onions, ginger and garlic for 5 minutes.
- 2 Rinse and drain the lentils. Add the sweet potatoes, lentils, coconut milk and the stock. Simmer for 30 minutes.
- 3 Mix together the cream and skimmed milk powder and add to the soup.
- 4 Blend the soup until it is completely smooth. Adjust consistency by adding more liquid if required.

Nutrition Information

Typical Values	Amount per 350g serving
Energy	541kcal
Fat	28.8g
Carbohydrate	55.7g
Protein	18.1g
Salt	1.2g
Fibre	7.9g

A good source of iron.





SWEET CORN, CHICKEN AND CHICKPEA SOUP

A quick and easy soup that's high in protein

Preparation Time: 10 minutes

Cooking Time: 40 minutes



• SERVES 6 •

Ingredients

- 3 Tbsp. olive oil (45ml)
- 1 medium onion, peeled and finely chopped (150g)
- 2 large chicken breasts, diced small (400g)
- 2 medium potatoes, peeled and finely chopped (300g)
- 1x400g tin chickpeas, drained
- 800ml chicken stock
- 300g tinned sweet corn, drained
- 350ml full-fat milk
- 100g skimmed milk powder
- 100mls double cream
- Pepper to taste

Method

- 1 Heat the oil in a pot and add the onions. Cook for 5 minutes.
- 2 Add the chicken and cook for 5 minutes.
- 3 Add the potatoes, chickpeas, stock and pepper. Bring to the boil, reduce the heat and cook for 15 minutes until the potato is soft.
- 4 Add the sweet corn and cook for a further 10 minutes.
- 5 Mix the milk with the skimmed milk powder. Add this mix to the soup along with the cream.
- 6 Blend the soup until it is completely smooth. Adjust consistency by adding more liquid if required.

Nutrition Information

Typical Values	Amount per 350g serving
Energy	396kcal
Fat	20.0g
Carbohydrate	27.3g
Protein	28.0g
Salt	2.2g
Fibre	3.9g

High in protein. A good source of B vitamins and iodine.





VEGETABLE SOUP

An easy, warming recipe for creamy vegetable soup - a lovely satisfying light meal.

Preparation Time: 15 minutes
Cooking Time: 40 minutes



• SERVES 5 •

Ingredients

- 3 Tbsp. olive oil (45ml)
- 1 medium onion, peeled and finely chopped (150g)
- 2 large carrots, peeled and finely chopped (200g)
- 2 sticks celery, finely chopped (100g)
- 1 medium leek, thoroughly washed and finely chopped (150g)
- ½ turnip, peeled and finely chopped diced small (250g)
- 1x400g tin butterbeans, drained
- 1 medium potato, peeled and finely chopped (150g)
- ½ tsp. fresh thyme (2g)
- 600ml stock
- 250ml full-fat milk
- 120g skimmed milk powder
- 100ml double cream

Method

- 1 Heat the oil in a pot and cook the onion for 5 minutes.
- 2 Add in the remaining vegetables, except the potato. Cook for 10 minutes.
- 3 Add in the butterbeans, potato, thyme, and stock. Bring to the boil for 2 minutes and then simmer for 20 minutes, until the vegetables are soft.
- 4 Mix together the milk and skimmed milk powder. Add this to the soup along with the cream.
- 5 Blend the soup until completely smooth. Adjust consistency by adding more liquid if required.

Nutrition Information

Typical Values	Amount per 350g serving
Energy	371kcal
Fat	21.0g
Carbohydrate	32.6g
Protein	14.7g
Salt	1.8g
Fibre	7.0g

A good source of vitamin C, B vitamins and iron





LIGHT
MEALS

15 Recipes





COUSCOUS SALAD

A delicious salad rich in vitamin E that's light and refreshing.

Preparation Time: 15 minutes
Cooking Time: 15 minutes



• SERVES 2 •

Ingredients

3 Tbsp. olive oil (45ml)

140g butternut squash,
peeled and diced into pea
sized cubes

100g couscous

200ml vegetable stock

3 Tbsp. green pesto (45g)

75g feta cheese

1 tsp. fresh mint, finely
chopped (5g)

150g hummus

Method

- 1 Drizzle 2 Tbsp. of the oil over the butternut squash and roast at 180°C for 15-20 minutes until soft.
- 2 Meanwhile, in a large bowl add boiling stock to couscous and cover. Leave to stand for 10 minutes until all the water has been absorbed.
- 3 Fluff couscous with a fork once cooked and stir in the remaining olive oil and the pesto.
- 4 Add in the crumbled feta, the cooked butternut squash and mint to the coucous and serve with the hummus.

Nutrition Information

Typical Values	Amount per serving
Energy	730kcal
Fat	55.7g
Carbohydrate	49.8g
Protein	20.1g
Salt	4.1g
Fibre	4.3g

Rich in vitamin E and phosphorus. A good source of vitamin C, B vitamins, calcium, iron, magnesium and zinc.





EGG IN A CUP

This dish makes for a perfect simple breakfast or light meal that's rich in vitamin A, B12 and biotin

Preparation Time: 5 minutes
Cooking Time: 10 minutes



• SERVES 1 •

Ingredients

2 tsp. butter (10g)

1 large egg (70g)

50ml double cream

50g cheddar cheese, grated

Salt and pepper to taste

Method

- 1 Preheat the oven to 180°C.
- 2 Use the butter to grease the inside of a ramekin dish. Break the egg into the cup and add the double cream, seasoning and cheese.
- 3 Place into the preheated oven and bake for 10 minutes.

Nutrition Information

Typical Values	Amount per serving
Energy	568kcal
Fat	54.0g
Carbohydrate	0.9g
Protein	19.8g
Salt	2.2g
Fibre	0.3g

A good source of protein. Rich in vitamin A, B vitamins, calcium, phosphorus and iodine.
A good source of vitamin D and zinc.





SCRAMBLED EGGS

The perfect fluffy scrambled eggs. Small in volume but high in calories and protein, a little will go a long way!

Preparation Time: 2 minutes
Cooking time: 5 minutes



• SERVES 1 •

Ingredients

2 eggs (100g)

1 egg yolk (20g)

50mls double cream

Knob of butter (10g)

Salt and pepper

Method

- 1 Whisk together the eggs, yolk, cream and seasoning in a bowl. Heat the oil in a pan.
- 2 Cook the egg mixture over a medium low heat for about 5 minutes, occasionally stirring to scramble to eggs.

Nutrition Information

Typical Values	Per serving
Energy	682kcal
Fat	68.0g
Carbohydrate	1.0g
Protein	16.4g
Salt	0.9g
Fibre	0.0g





RED PEPPER, MUSHROOM AND FETA SCRAMBLED EGGS

This speedy egg dish is highly nutritious, packed with protein and providing you with a source of 17 vitamins and minerals including vitamin D, iron, folic acid and zinc

Preparation Time: 10 minutes

Cooking Time: 15 minutes



• **SERVES 2** •

Ingredients

2 Tbsp. olive oil (30ml)

200g fresh mushrooms, very finely chopped

1 clove garlic, peeled and very finely chopped (3g)

1 medium red pepper, very finely chopped (160g)

4 large eggs (280g)

100ml milk

50g feta cheese, crumbled

25g parmesan, grated

Pinch of pepper

Method

- 1 Heat the oil in a pan over a medium-low heat. Add the mushrooms, peppers and garlic and gently cook for 10-15 minutes, until the vegetables are soft.
- 2 In a bowl, whisk together the eggs, milk, cheeses and a small sprinkle of pepper. Pour this mixture into the pan over the red peppers and mushrooms.
- 3 Gently cook the eggs in the pan for 5 minutes, stirring occasionally to scramble them, until the eggs are fully cooked through.

Nutrition Information

Typical Values	Amount per serving
Energy	496kcal
Fat	39.0g
Carbohydrate	6.7g
Protein	30.3g
Salt	1.4g
Fibre	3.2g

High in protein. Rich in B vitamins, vitamin D, E, C, calcium, phosphorus, zinc, iodine, and iron.





SALMON FISH CAKES

A delicious high protein lunch that provides you with over 100% of your daily requirement for vitamin D

Preparation Time: 10 minutes
Cooking Time: 30 minutes



• SERVES 4 •

Ingredients

- 4 medium potatoes, peeled and chopped into small pieces (600g)
- 2x180g tins of quality skinless and boneless salmon, flaked
- Zest of 1 lemon (3g)
- 1 Tbsp. flour (15g)
- 15g fresh chives, finely chopped
- 1 medium egg (50g)
- 30g grated parmesan
- Pinch of black pepper
- 2 Tbsp. olive oil (30ml)

Method

- 1 Preheat the oven to 180°C.
- 2 Put the potato pieces into a pot, cover with water and bring to the boil. Cover with a lid, turn down the heat to medium and cook for 10-15 minutes, until the potatoes are soft. Drain and mash the potato and allow to cool.
- 3 Add the flaked salmon, lemon zest, flour, chives, egg, pepper and parmesan to a large bowl.
- 4 Add the potato to the bowl and mix well until all ingredients are combined.
- 5 Divide the mixture into 8 cakes, roughly 2cm thick, and shape.
- 6 Place the cakes on a baking tray and brush with olive oil.
- 7 Cover with tin foil and bake for 10-15 minutes until heated through.

Nutrition Information

Typical Values	Amount per 2 fishcakes
Energy	342kcal
Fat	15.2g
Carbohydrate	27.4g
Protein	25.8g
Salt	1.1g
Fibre	2.9g

High in protein. Rich in vitamin D & B vitamins.





SALMON SCRAMBLED EGGS

A sophisticated yet simple take on scrambled egg

Preparation Time: 2 minutes
Cooking Time: 5 minutes



• SERVES 1 •

Ingredients

2 medium eggs (100g)

1 egg yolk (20g)

2 Tbsp. double cream (30ml)

1 Tbsp. oil (15ml)

30g smoked salmon,
chopped very finely

Pinch of pepper

Method

- 1 Whisk together the eggs, yolk, cream and seasoning in a bowl. Heat the oil in a pan.
- 2 Cook the egg mixture over a medium-low heat for about 5 minutes until the eggs are cooked through, occasionally stirring to scramble the eggs.
- 3 Remove from the heat and stir in the salmon.

Nutrition Information

Typical Values	Amount per serving
Energy	539kcal
Fat	49.5g
Carbohydrate	0.6g
Protein	23.4g
Salt	1.3g
Fibre	0.3g

Good source of protein. Rich in B vitamins, vitamins A, D, & E. Good source of iron and zinc





WATERMELON, ORANGE AND FETA SALAD

This tangy, crisp and crunchy salad is the perfect light and refreshing lunch.

Preparation Time: 10 minutes
Cooking Time: Nil



• **SERVES 4** •

Ingredients

½ watermelon, diced and
remove seeds (400g)

2 oranges, segmented
(300g)

50g toasted pine nuts

2 bunches of wild rocket
(90g)

300g feta cheese, crumbled

Dressing

100ml extra virgin olive oil

35ml aged balsamic vinegar

Salt, to taste

Method

- 1 Arrange diced watermelon and segmented orange pieces on a plate.
- 2 Crumble the feta cheese over.
- 3 Scatter with toasted pine nuts and top with wild rocket leaves.
- 4 Dress the entire salad with balsamic vinaigrette.

Nutrition Information

Typical Values	Per serving	Per serving with goats cheese
Energy	566kcal	618kcal
Fat	49.2g	53.4g
Carbohydrate	14.6g	14.3g
Protein	15.0g	19.0g
Salt	2.7g	1.1g
Fibre	2.5g	2.5g

One serving provides ⅓ of your daily calcium requirements and over half of your daily vitamin C requirements.





BROWN BREAD WITH SEEDS

Each slice is packed with fibre to keep your bowel moving and your digestive system healthy.

Preparation Time: 5 minutes
Cooking Time: 45 minutes



• SERVES MAKES 1 LOAF •

Ingredients

400g brown flour

100g white flour

25g bran

50g mixed seeds

1 tsp. bread soda (5g)

1 medium egg (50g)

50g melted butter

1 tsp. treacle (5g)

425ml buttermilk

Method

- 1 Preheat oven to 200°C. Grease a loaf tin.
- 2 Place the dry ingredients in a bowl and mix.
- 3 Mix the butter, egg, treacle and buttermilk together and pour into the dry ingredients and mix until there are no lumps of flour.
- 4 Pour into the loaf tin, reduce the oven to 180°C, and bake for 45 minutes.

Nutrition Information

Typical Values	Per Slice
Energy	226kcal
Fat	6.8g
Carbohydrate	30.7g
Protein	8.5g
Salt	0.4g
Fibre	3.9g

Good source of iron and fibre- 3.9g of fibre per slice.





COLD CHICKEN AND RICE SUPPER

This cold meal is perfect for anyone who is nauseated by the smell of cooking- not only is it cold and odour free, it is so quick and easy to make!

Preparation Time: 10 minutes
Cooking Time: 20-30 minutes



• SERVES X •

Ingredients

150g long grain rice

4 Tbsp. mayonnaise (150g)

4-6 Tbsp. full-fat milk
(60-90mls)

150g seedless grapes,
washed and halved.

200g cooked, cold chicken,
cut into bite sized pieces.

½ an apple, chopped (60g)

Salt and pepper to taste

Handful chopped parsley
(5g)

Method

- 1 Cook the rice according to the packet, drain and fluff with a fork. Divide between two plates.
- 2 Put the mayonnaise in a bowl and mix in the milk to make a fairly thick dressing, of pouring consistency.
- 3 Add the grapes, apple and the chicken pieces to the bowl. Mix well so all of the ingredients are coated with the mayonnaise. Add salt and pepper to taste.
- 4 Place this mixture over the rice. Finish with a sprinkle of chopped parsley on top.

Nutrition Information

Typical Values	Per serving
Energy	834kcal
Fat	44g
Carbohydrate	74g
Protein	34g
Salt	3g
Fibre	3g

Food Safety Tip: Cooked rice should not be left to stand at room temperature for extended periods after cooking as bacteria may be allowed to multiply. Cooked rice should be eaten shortly after preparation or else cooled quickly and stored in the fridge. For this recipe rice should be allowed to cool quickly and then mixed with the above ingredients and eaten straight away. Alternatively rice should be cooked, cooled quickly and stored in the fridge for later use.





CREAMY SALMON SANDWICH

A quick everyday sandwich. Seasonings like lemon, black pepper, capers or herbs really lift the flavour.

Preparation Time: 2 minutes
Cooking Time: Nil



• SERVES 1 •

Ingredients

1 small tin pink or red salmon, drained (110g)

2 Tbsp. full-fat cream cheese (30g)

Juice and zest of ½ a lemon (10ml)

1 tsp. chives or herb of your choice (5g)

2 slices of bread, buttered

Method

- 1 Mash the salmon, cream cheese, lemon and herbs together using a fork.
- 2 Make a sandwich with soft, buttered loaf bread, pita bread or serve as an open sandwich on buttered brown bread.

Nutrition Information

Typical Values	Per sandwich
Energy	617kcal
Fat	40.6g
Carbohydrate	32.3g
Protein	30g
Salt	2.5g
Fibre	2g

One sandwich provides roughly ¼ of your daily calcium and iron requirements as well as 100% of your daily vitamin D requirement.



Nutrition Information for no filling:

Typical Values	Per serving
Energy	508kcal
Fat	49g
Carbohydrate	0.6g
Protein	16g
Salt	0.7g
Fibre	0.0g



OMELETTES

Omelettes are really versatile and can be whipped up in a matter of minutes- experiment with different fillings and find your perfect combination.

Preparation Time: 5 minutes
Cooking Time: 5-10 minutes



• **SERVES 1** •

Ingredients

- 2 medium eggs (100g)
- 1 egg yolk (20g)
- 3 Tbsp. double cream
- Knob of butter (10g)
- Salt and pepper
- Filling of your choice

Method

- 1 Whisk the eggs, egg yolk, cream and seasoning in a bowl. Heat the butter in a pan.
- 2 Cook the egg mix over a medium-low heat for a few minutes. Sprinkle your filling of choice over the omelette. Fold half of the omelette over the other half and cook for a further 2 minutes.

Fillings:

Ham and cheese:

- 1 slice of ham, chopped
- 30g grated cheese

- 1 Sprinkle the ham and cheese over the omelette before folding.

Nutrition Information

Typical Values	Per serving
Energy	713kcal
Fat	66g
Carbohydrate	0.6g
Protein	28.4g
Salt	1.6g
Fibre	0.0g

One omelette provides roughly 1/3 of your daily iron, calcium and vitamin D requirements.

Spinach and mushroom with cheese:

- 50g mushrooms
- 30g spinach
- 50g cheddar cheese

- 1 Cook mushroom in butter and oil until soft. Add spinach and wilt. Set filling aside in a bowl.
- 2 Reheat the pan and add the egg mixture. Briefly cook.
- 3 Place filling in centre. Before folding add grated cheese.

Nutrition Information

Typical Values	Per serving
Energy	807kcal
Fat	74g
Carbohydrate	1.2g
Protein	32.2g
Salt	1.7g
Fibre	1.4g

One omelette provides 1/3 of your daily vitamin D and folate requirements and roughly half of your daily iron and calcium requirements.

Streaky bacon and tomato

- 2 rashers
- 2 tomatoes, chopped

Nutrition Information

Typical Values	Per serving
Energy	662kcal
Fat	60g
Carbohydrate	3.5g
Protein	26g
Salt	2.6g
Fibre	1.3g

One omelette provides roughly 1/4 of your daily folate and vitamin C requirements and 1/3 of your iron and vitamin D requirements.

Spinach and pine nuts

- 30g spinach
- 50g pine nuts

Nutrition Information

Typical Values	Per serving
Energy	873kcal
Fat	83.8g
Carbohydrate	3.0g
Protein	25g
Salt	0.8g
Fibre	3.1g

One omelette provides roughly 1/4 of your daily folate and vitamin D requirements and 2/3 of your daily iron requirements.





FRENCH TOAST

This recipe elevates one slice of bread to a light but nourishing meal. Your favourite topping will add even more flavour and nutrition.

Preparation Time: 3 minutes
Cooking Time: 5 minutes



• SERVES 1 •

Ingredients

- 1 slice day-old white or wholemeal bread (45g)
- 1 egg (50g)
- 1 egg yolk (20g)
- 2 Tbsp. of full-fat milk (30ml)
- 1 Tbsp. olive oil (15ml)

Method

- 1 Beat the egg, egg yolk, and milk together and pour into a wide bowl or plate.
- 2 Heat the oil in a frying pan over a medium heat. Meanwhile soak the bread in the egg mix until the mixture is absorbed by the bread.
- 3 Place the soaked bread in the hot pan and cook for 2-3 minutes on either side, until golden.

Delicious served with

- Honey or jam
- Chocolate spread
- Peanut butter
- Mashed banana
- Fresh fruit and cream
- Raisins and cinnamon
- Bacon and maple syrup
- Beans

Nutrition Information

Typical Values	Per slice (white bread)
Energy	341kcal
Fat	24.0g
Carbohydrate	17.3g
Protein	13.5g
Salt	0.7g
Fibre	0.8g





CHICKEN, PECAN AND MANGO SALAD WITH A PASSION FRUIT DRESSING

This crisp salad is perfect if you are too tired to cook or put off by smells. The combination of sweet and savoury makes for delicious tangy flavours.

Preparation Time: 10 minutes
Cooking Time: Nil



• **SERVES 2** •

Ingredients

- 2 chicken breast fillets,
cooked, and chopped (200g)
- 1 ripe mango, cut into cubes
(150g)
- 2 spring onions, chopped
(20g)
- 100g pecans, toasted
- 50g mixed leaves
- Seasoning

Method

- 1 To make the dressing, whisk all ingredients together and place in a bottle for later use.
- 2 Place the chicken in a bowl, and add the mango, spring onion and ¾ of the pecan nuts.
- 3 Dress with 2-3 Tbsp. of passion fruit dressing and place on mixed leaves.
- 4 Garnish with the remaining pecans.

Passion fruit dressing

- 200ml good quality
vegetable oil
- 50g good quality mayonnaise
- Juice of 2-3 passion fruits
- Seasoning

Nutrition Information

Typical Values	Per serving
Energy	768kcal
Fat	61.5g
Carbohydrate	14g
Protein	36g
Salt	0.2g
Fibre	7.0g





CHEESY TUNA MELTS

A delicious high-protein, high-calorie snack made in minutes.

Preparation Time: 5 minutes
Cooking Time: 3 minutes



• **SERVES 1** •

Ingredients

½ small tin of tuna or salmon
(50g)

1 spring onion, chopped (10g)

Knob of butter (10g)

1 Tbsp. full fat mayonnaise
(15g)

1 slice of thick granary bread
(45g)

Small handful of grated
cheddar cheese (30g)

Pinch of paprika/Salt and
pepper to season

Method

- 1 Pre-heat grill at a high setting.
- 2 Drain salmon or tuna, flake into a bowl and mix the mayonnaise and spring onions.
- 3 Season with salt and ground black pepper.
- 4 Toast the bread under the grill until nicely brown on both sides. Butter to the bread and spread the fish mixture on top.
- 5 Scatter over the cheese and put back under the grill until the cheese is bubbling.
- 6 Season with a small pinch of paprika if desired.

Nutrition Information

Typical Values	Per serving
Energy	519kcal
Fat	35g
Carbohydrate	21g
Protein	28g
Salt	2g
Fibre	3.3g

Each portion provides ¼ of your daily iron requirements, ¼ of your daily calcium requirements and has 3.3g of fibre. Also a good source of vitamin D.





OAT BREAD

An alternative to soda bread that is full of calcium, iron and soluble fibre.

Preparation Time: 5 minutes
Cooking Time: 1 hour



• SERVES MAKES 1 LOAF •

Ingredients

1 large pot full-fat yogurt

(500ml)

500g oats

1 egg (50g)

1 egg yolk (20g)

½ tsp. salt

¾ tsp. bread soda

50g mixed seeds

Method

- 1 Preheat the oven to 170°C. Grease a loaf tin.
- 2 Mix all the ingredients together in a large bowl, pour into the tin and bake for 1 hour.

Nutrition Information

Typical Values	Per slice
Energy	231kcal
Fat	7.3g
Carbohydrate	31g
Protein	9g
Salt	0.5g
Fibre	3.3g

Good source of calcium, iron and fibre (3.3g fibre per slice).





MAIN
MEALS

15 Recipes





VEGETARIAN CASSEROLE

A warming bean casserole; a hearty stew for vegetarians or those who are put off by the taste of meat during treatment.

Preparation Time: 20 minutes

Cooking Time: 40 minutes



• SERVES 4 •

Ingredients

- 1 red pepper, chopped (150g)
- 1 yellow pepper, chopped (150g)
- 1 carrot, diced (100g)
- 1 courgette, diced (100g)
- 1 red onion, sliced (100g)
- 1 fennel bulb, sliced (150g)
- 4 cloves garlic, chopped (10g)
- 2X400g tins plum tomatoes
- 1X400g tin butter beans or mixed beans, drained
- 1X400g tin kidney beans, drained
- ½ tin of chickpeas, drained (120g)
- 2 Tbsp. tomato puree (30g)
- 1 Tbsp. olive oil (15ml)
- 1 tsp. brown sugar (5g)
- 1/2 tsp. dried oregano (3g)
- 50g pine nuts
- 600g Baby potatoes (roughly 4-5 per person)

Method

- 1 Pre heat oven to 200°C. Chop peppers, courgette and carrots and toss them with olive oil and roast in oven. Set aside when ready. Boil the potatoes until almost fully cooked, strain and set aside.
- 2 While the vegetables are roasting slice the onion and fennel thinly and chop the garlic. Sweat these ingredients together for 15 minutes, stirring occasionally.
- 3 Add in the chopped tomatoes, tomato puree, and teaspoon of dried oregano. Cook for 20-30 minutes on a low heat until the sauce has thickened.
- 4 Stir in the roast vegetables, kidney beans, butter beans, chickpeas and baby potatoes. Season with some pepper. Add a pinch of brown sugar. Simmer for a further 5 minutes.
- 5 Sprinkle with pine nuts and serve.

Nutrition Information

Typical Values	Per serving
Energy	515kcal
Fat	17g
Carbohydrate	62.9g
Protein	18g
Salt	1.5g
Fibre	20g

Each serving contains greater than 50% of your daily Iron requirements, almost 40% of your daily folate requirements and over 100% of your daily vitamin C requirements





BEEF STROGANOFF

Classic beef stroganoff- full of creamy goodness!

Preparation Time: 10 minutes
Cooking Time: 15 minutes



• SERVES 4 •

Ingredients

400g tail end of fillet of beef
 200ml single cream
 100g mushrooms, sliced
 1 small onion, chopped (60g)
 50g butter
 2 Tbsp. olive oil (30ml)
 2 Tbsp. dry white wine (30ml)
 1 Tbsp. brandy (optional) (15ml)
 2 tomatoes, skinned and deseeded (100g)
 1 clove garlic, chopped
 Juice of ¼ lemon
 Handful of parsley, chopped
 Paprika and seasoning to taste

Method

- 1 Cut the beef fillet in fine strips. Heat the oil and butter until foaming and then add the beef and lightly colour. Remove the beef and keep warm.
- 2 Add the onion and garlic to the pan and cook until soft. Add the mushrooms and briefly cook.
- 3 Turn the heat up high and add the brandy and white wine. Reduce the liquid.
- 4 Add the cream to the onions and mushrooms and reduce.
- 5 Return the beef to the pan. Season with paprika, salt, pepper and lemon juice.
- 6 Skin and deseed tomatoes by placing in boiling water and immediately into cold water- remove skin and seeds. Garnish with chopped tomato and serve with rice/ potato.

Nutrition Information

Typical Values	Per serving (with portion brown rice)
Energy	687kcal
Fat	46.9g
Carbohydrate	37g
Protein	28g
Salt	0.4g
Fibre	3.1g





CHICKEN CASSEROLE

This recipe for chicken casserole is very simple yet it is packed full of wholesome and nourishing ingredients.

Preparation Time: 15 minutes
Cooking Time: 1 hour

• SERVES 4 •

Ingredients

4 chicken breast fillets, with skin and wing bone (600g)

1 medium onion, chopped (100g)

½ leek, chopped (75g)

2 large carrots, chopped (200g)

2 cloves garlic, chopped

450g potatoes, quartered

1 tin chopped tomatoes (400g)

1 litre stock

50g butter

2 ½ Tbsp. olive oil

Method

- 1 Cut the chicken breasts into 2 pieces each. Heat oil and butter in heavy pot suitable for the oven. Add chicken, skin down and cook until brown. Turn chicken over and colour.
- 2 Add onion, leek, garlic and stir. Add tinned tomato and stock and bring to the boil.
- 3 Add the carrots and potatoes and season.
- 4 Cover with lid and place in oven at 170°C for 35-45 minutes.
- 5 Serve with green vegetables.

Nutrition Information

Typical Values	Per serving
Energy	515kcal
Fat	27.7g
Carbohydrate	28.7g
Protein	39.4g
Salt	2.0g
Fibre	6.0g





EASY FISH PIE

'A comforting and quick fish pie, suitable for freezing for days when energy levels are low'.

Preparation Time: 10 minutes

Cooking Time: 50 minutes



• **SERVES 4** •

Ingredients

- 2 skinless white fish fillets (200g)
- 2 skinless smoked haddock fillet (200g)
- 400ml full-fat milk
- 1 small onion, quartered (60g)
- 4 cloves
- 2 bay leaves
- 2 eggs (100g)
- Small bunch parsley leaves, chopped
- 50g butter
- 3 heaped Tbsp. plain flour (50g)
- A pinch of freshly grated nutmeg
- 100g cheddar, grated

For the Potato Topping

- 3 medium potatoes, peeled and cut into even-sized chunks (500g)
- 50g butter
- 150ml full-fat milk

Nutrition Information

Typical Values	Per serving
Energy	674kcal
Fat	42.3g
Carbohydrate	35.7g
Protein	36.0g
Salt	1.2g
Fibre	3.5g

Method

- 1 Put the fish in the frying pan and pour over the milk. Stud each onion quarter with a clove and then add the onion and bay leaves to the milk.
- 2 Bring the milk just to the boil, reduce the heat and simmer for 8 minutes. Lift the fish onto a plate and strain the milk into a jug to cool. Flake the fish into large pieces in a baking dish.
- 3 Hard-boil the eggs for 10 minutes, then drain and cool. Peel, slice into quarters and arrange on top of the fish, then scatter over the chopped parsley.
- 4 Melt the butter in a pan, stir in the flour and cook for 1 min over moderate heat. Take off the heat, pour in a little of the cold poaching milk, then stir until blended.
- 5 Continue to add the milk gradually, mixing well until you have a smooth sauce. Return to the heat, bring to the boil and cook for 5 minutes, stirring continually, until it coats the back of a spoon.
- 6 Remove the sauce from the heat, season with salt, pepper and nutmeg, and then pour over the fish.
- 7 Heat the oven to 200°C.
- 8 Boil the potatoes for 20 minutes. Drain, season and mash the boiled potatoes with the butter and milk.
- 9 Use the potatoes to top the pie, starting at the edge of the dish and working your way in – push the mash right to the edges to seal. Fluff the top with a fork, sprinkle with cheese and bake for 30 minutes.

Each portion provides roughly 40% of your daily calcium and vitamin D requirements





TRADITIONAL LAMB STEW

This one-pot lamb stew is the perfect comfort food for cold winter evenings. With a healthy dose of Iron and zinc, this is one for in front of the fire!

Preparation Time: 10 minutes

Cooking Time: 1 hour 30 minutes



• SERVES 4 •

Ingredients

600g lamb pieces

2 celery stalks, chopped
(100g)

1 onion, diced (100g)

1 small leek, washed and
chopped (150g)

60g barley

1 litre stock

3 medium potatoes, peeled
and cut into chunks (400g)

Handful of parsley, chopped

Method

- 1 Place the lamb in a pot of cold water and bring to the boil. Then remove the meat and rinse in a sieve under cold running water.
- 2 Place the meat in a clean pot, add the diced onion, celery, leek and barley.
- 3 Cover the meat with stock and simmer for 1 hour.
- 4 Add the potato and simmer until tender, about 30 minutes.
- 5 Season and garnish with chopped parsley.

Nutrition Information

Typical Values	Per serving
Energy	439kcal
Fat	19.6g
Carbohydrate	35.4g
Protein	33.3g
Salt	1.0g
Fibre	6.7g

Each portion provides roughly 1/3 of your daily iron and vitamin C requirements.



Nutrition Information

Typical Values	Per serving
Energy	612kcal
Fat	31.8g
Carbohydrate	36.7g
Protein	42.7g
Salt	0.9g
Fibre	4.0g



MEATBALLS WITH FRESH TOMATO SAUCE

These cheesy meatballs make for great comfort food. This recipe can be doubled and the left-overs frozen for lazy days. The meat mixture can also be made into burgers to get two different meals out of one recipe.

Preparation Time: 15 minutes

Cooking Time: 45 minutes



• SERVES 4 •

Ingredients

Meatballs

1 Tbsp. olive oil (15ml)
 1 small onion, chopped (100g)
 1 garlic clove, crushed
 500g minced beef (80% lean)
 or 250g beef+ 250g pork
 25g soft breadcrumbs
 25ml full-fat milk
 2 Tbsp. chopped fresh herbs
 (10g)
 1 egg or egg yolk, beaten
 (50g)
 Salt and freshly ground black
 pepper

Tomato Sauce

1 ½ Tbsp. olive oil (25ml)
 1 small onion, sliced (60g)
 1 garlic clove, crushed
 450g ripe, peeled and
 chopped tomatoes or a
 400g tin chopped tomatoes
 Pinch of crushed chilli flakes
 (optional)
 Salt, freshly ground black
 pepper and sugar

To serve

3 Tbsp. olive oil (25ml)
 80g mozzarella and
 parmesan, grated
 225g spaghetti
 Rocket leaves (optional)

Garnish

Parsley leaves

Method

- 1 To make the meatballs, heat the oil in a saucepan over a gentle heat and add the chopped onions and garlic. Cover and sweat on a gentle heat for 8-10 minutes until soft and slightly golden. Allow to cool.
- 2 Soak all the bread crumbs in milk.
- 3 Put the freshly minced beef into a bowl and breadcrumbs in a bowl. Add the cold sweated onion and garlic, add the herbs (and chilli flakes if using) and the beaten egg. Season the mixture to taste.
- 4 Fry a tiny bit to check the seasoning and adjust if necessary. Divide the mixture into about 12 round meatballs. Cover and refrigerate.
- 5 To make the sauce, heat the oil in a saucepan. Add the onion and crushed garlic, toss until coated, cover and sweat over a gentle heat until soft.
- 6 Add the peeled and chopped tomatoes and chilli flakes, mix and season with salt, freshly ground pepper and a pinch of sugar (tinned tomatoes take more sweetening).
- 7 Cover and simmer for 15 minutes, uncover and continue to cook for 15-20 minutes or until thick and unctuous.
- 8 Heat a frying pan over a medium heat, add 3 tbsp. oil. Cook the meatballs for 8-10 minutes turning from time to time. When cooked, transfer to an ovenproof serving dish. Add to the hot tomato sauce, turn gently to cover. Pop into a preheated oven at 180° Celsius.
- 9 Sprinkle the grated cheese on top or place under a preheated grill to let the cheese melt. Sprinkle with lots of flat parsley leaves.
- 10 Serve immediately with cooked spaghetti, crusty bread and/or a green salad.





SPINACH, CHICKPEA AND SWEET POTATO CURRY

A vegetarian dish that doesn't compromise on energy or flavour

Preparation Time: 15 minutes
Cooking Time: 1 hour



• SERVES 4-6 •

Ingredients

- 1 medium onion, finely chopped (80g)
- 1 Tbsp. olive oil (15ml)
- 2 Tbsp. curry paste (korma or Rogan josh work well) (30g)
- 2cm piece of ginger, grated (optional)
- 2 sweet potatoes, peeled and grated (350g)
- 1x400g tin chick peas, drained
- 1x400g tin chopped tomatoes
- 1x400g tin coconut milk
- 200g fresh/frozen spinach
- Fresh coriander to garnish

Method

- 1 Heat the olive oil and curry paste in a large pan, then fry the onion until soft.
- 2 Add the ginger, sweet potatoes and chick peas, and cook for 5 minutes.
- 3 Add the tomatoes and approximately ½ can of water and bring to the boil. Reduce the heat and cook with the lid on for approximately 20 minutes.
- 4 Remove the lid, and continue to simmer for another 20-30 minutes, stirring occasionally, until the sauce has thickened.
- 5 Add the coconut milk and stir well, cook for another 10 minutes, then add the spinach. If using fresh spinach, cook until this has wilted (approximately 5 minutes). If using frozen spinach, simmer until this has completely defrosted and mix through.
- 6 Serve with rice and garnish with freshly chopped coriander.

Nutrition Information

Typical Values	Per serving (with brown rice)
Energy	599kcal
Fat	23g
Carbohydrate	78g
Protein	15g
Salt	0.6g
Fibre	11.0g

Each portion contains 65% of your daily vitamin C requirement, over 1/3 of your daily iron requirement and ¼ of your daily folate requirement.





POTATO AND BEEF GRATIN

This flavoursome potato gratin is a great way to boost your energy and your iron, calcium and vitamin C intake.

Preparation Time: 20 minutes

Cooking Time: 1 hour



• **SERVES 4** •

Ingredients

- 450g potatoes, sliced
- 100ml olive oil
- 1 large onion, sliced (100g)
- 400g minced beef/ lamb
- 3 tomatoes, skinned and chopped (150g)
- 2 Tbsp. tomato purée(30g)
- Salt and pepper to taste
- Pinch of cayenne pepper
- ¼ tsp. ground cinnamon
- 1/2 tsp. ground allspice
- 2 cloves of garlic, chopped
- 3 Tbsp. fresh parsley, chopped (optional)
- 75g cheddar cheese

Sauce

- 50g butter
- 50g flour
- 300ml full-fat milk
- 75g cheddar cheese
- Salt and pepper to season

Nutrition Information

Typical Values	Per serving
Energy	913kcal
Fat	67.8g
Carbohydrate	36.8g
Protein	36.7g
Salt	1.2g
Fibre	4.7g

Method

- 1 Preheat oven to 200°C.
- 2 Heat oil in a large pan and cook the potatoes until golden brown, set aside on kitchen paper to drain off excess fat.
- 3 Heat more oil in a large frying pan over low heat. Cook sliced onion until soft, for about 4 minutes. Add garlic and cook for further minute.
- 4 Increase heat to medium-high and add the minced beef. Stir and cook till browned, for about 5 minutes.
- 5 Add in tomatoes, tomato purée, and seasoning. Simmer for 10 minutes.
- 6 At the end of cooking allow to cool slightly and add in the chopped parsley.
- 7 Arrange ⅓ of the potatoes in the base of a 1 litre casserole dish greased with olive oil, sprinkle with half the onions, grated cheese, cooked meat, and remaining potato.
- 8 For the sauce, heat the milk in a saucepan. Melt the butter in another saucepan, add flour stirring until smooth.
- 9 Lower the heat and add the warm milk, stirring all the time until it thickens. If lumps form, whisk until smooth and season to taste.
- 10 Mix in 25g cheese and stir until melted. Remove from the heat and allow to cool slightly.
- 11 Pour the sauce over the mixture, sprinkle with the remaining grated cheese and bake for 45 minutes until golden brown.

Each portion provides roughly ⅓ of your daily iron requirements and over 40% of your calcium and vitamin C requirements.





CHICKEN AND BROCCOLI BAKE

This chicken dish works perfectly with whatever is in your press- pasta, rice, potatoes or fresh crusty bread!

Preparation Time: 10 minutes

Cooking Time: 20 minutes



• SERVES 4 •

Ingredients

- 1 small broccoli, florets (450g)
- 100g mushrooms
- 1 Tbsp. of olive oil (15ml)
- 4 small chicken breast fillets (skinless and boneless), chopped (400g)
- 1 small onion, chopped (60g)
- 2 Tbsp. cream cheese (30g)
- 170ml full-fat milk
- 100ml cream
- 100g grated parmesan cheese
- 150g dried breadcrumbs

Method

- 1 Heat the oil in a pan and add the chicken and onions. Cook until the chicken juices run clear and the chicken is completely white throughout.
- 2 Cook the broccoli in boiling water for 3 minutes.
- 3 In a bowl whisk together the cream cheese, milk, and cream until smooth. Add the sauce to the chicken and onions and bring to a boil. Reduce heat to low and simmer for 5 minutes, or until slightly thickened. Toss in the broccoli. Pour this mix into a casserole dish. Turn on the grill to medium-high heat.
- 4 Sprinkle the bread crumbs and parmesan cheese over the casserole, and put under the grill until the cheese is melted and the bread crumbs are golden brown.
- 5 Serve with potatoes, rice, pasta or crusty bread

Nutrition Information

Typical Values	Per serving (alone)
Energy	530kcal
Fat	26.5g
Carbohydrate	31.6g
Protein	39.7g
Salt	1.4g
Fibre	2.8g

Each portion contains close to 40% of your daily iron requirement and over 45% of your daily calcium requirement.





SHEPHERD'S PIE

Many people's childhood favourite, Shepherd's Pie is always a reliable and nutritious choice.

Preparation Time: 10 minutes

Cooking Time: 40 minutes



• SERVES 4 •

Ingredients

- 350g minced beef
- 2 Tbsp. olive oil (30ml)
- 1 small onion, chopped (60g)
- 100g mushrooms, chopped
- 2 medium carrots, chopped (150g)
- 2 Tbsp. tomato relish (30g)
- 4 potatoes, peeled and chopped (600g)
- 80ml full-fat milk
- 80ml cream
- 40g butter
- 350ml beef stock
- 100g roux (50g butter + 50g flour)
- 100g grated cheddar cheese

Method

- 1 Boil the potatoes until soft.
- 2 Heat the olive oil in a pan and add the onions and soften. Add the mince and allow to brown.
- 3 Add the mushrooms and carrots. Cover the pan with a lid and leave to cook on a medium heat, stirring regularly.
- 4 To make the roux, melt the butter in a small saucepan. Using a whisk add the flour and whisk until well combined.
- 5 Add the beef stock, a little at a time, to the roux whisking very well with each addition to make a thick sauce.
- 6 Add this sauce and the tomato relish to the minced beef and stir well. Replace the lid.
- 7 Mash the potatoes well. Heat the milk, cream and butter in a pan and add to the potatoes.
- 8 In a casserole dish place the meat mixture in the bottom and layer the creamy mash on top.
- 9 Sprinkle the grated cheese over the top and bake/grill for 10 minutes until melted.

Nutrition Information

Typical Values	Amount per serving
Energy	738kcal
Fat	52g
Carbohydrate	34g
Protein	30g
Salt	1.3g
Fibre	4.5g





PESTO CHICKEN

This quick and easy chicken dish is full of Mediterranean flavours- perfect for those with reduced taste sensations.

Preparation Time: 5 minutes
Cooking Time: 10 minutes



• SERVES 4 •

Ingredients

- 1 Tbsp. olive oil (15ml)
- 4 small, skinless chicken breasts, sliced (400g)
- 1 medium onion, chopped (75g)
- 2 crushed garlic cloves
- 1 Tbsp. green pesto (15g)
- 20 cherry tomatoes (200g)
- 12 sun dried tomatoes, halved (100g)
- 400ml full-fat crème fraiche
- 200g rice, cooked

Method

- 1 Heat olive oil in a frying pan over a medium heat. Add the chicken and brown on all sides, cooking for 4-5 minutes.
- 2 Add the garlic, onion, pesto and both types of tomatoes. Stir continuously, cooking for roughly 5 minutes until tomatoes start to soften.
- 3 Ensure chicken is fully cooked. Stir in the crème fraiche and season with pepper.
- 4 Serve with cooked rice and some torn basil leaves scattered on top.

Nutrition Information

Typical Values	Per Serving
Energy	764kcal
Fat	62g
Carbohydrate	22g
Protein	27g
Salt	1.1g
Fibre	2.5g





BEEF AND STOUT STEW

This is a classic, comforting yet simple dish prepared in just one pot.

Preparation Time: 10 minutes
Cooking Time: 1 hour 45 minutes



• SERVES 6 •

Ingredients

- 2 Tbsp. olive oil (30ml)
- 800g beef mince
- 1 medium onion, peeled and very finely chopped (150g)
- 2 medium carrots, peeled and very finely chopped/ grated (130g)
- 2 Tbsp. plain flour (30g)
- 2 cloves garlic, peeled and very finely chopped (6g)
- 150ml beef stock
- 500ml Stout
- Pinch of pepper

Method

- 1 Heat half the oil in a large pot and brown the meat in two batches. Remove and set aside on a plate.
- 2 Add the remaining oil and then fry off the onion and carrot for 5 minutes. Add the flour and cook for another minute while stirring.
- 3 Add the meat back into the pot along with the garlic, stock, stout and pepper.
- 4 Bring to the boil, then turn down the heat and simmer gently for about 1 1/2 hours, until the liquid has reduced.
- 5 Serve with creamed potatoes. (see page 129)

Nutrition Information

Typical Values	Amount per serving (with mashed potatoes)
Energy	664kcal
Fat	44.5g
Carbohydrate	32.4g
Protein	30.4g
Salt	0.9g
Fibre	3.8g

A good source of protein. Rich in B vitamins & zinc. A good source of iron.





RISOTTO

This classic Italian one-pot wonder is bursting with flavour

Preparation Time: 5 minutes

Cooking Time: 45 minutes



• SERVES 4 •

Ingredients

- 1 litre stock
- 60g butter
- 2 Tbsp. olive oil (30ml)
- 2 small onions, peeled and very finely chopped (120g)
- 200g mushrooms, chopped
- 250g Arborio risotto rice
- Grated zest and juice of ½ a lemon (10ml)
- 1 tsp. chives, finely chopped (5g)
- 100g freshly grated parmesan
- 100g mascarpone cheese
- 50g ground almonds
- 1 tin green beans, drained and very finely chopped (185g)

Method

- 1 Put the stock in a pan, bring to the boil and keep at a slow, steady simmer while you cook the risotto.
- 2 Melt half the butter with the olive oil over a medium heat in a pot, and cook the onion and mushrooms until soft, about 5 minutes.
- 3 Add the rice and stir until each grain is thoroughly coated with the butter and oil.
- 4 Pour in a cupful of hot stock and stir until the rice has absorbed nearly all the liquid.
- 5 Add in the lemon zest and chives.
- 6 Ladle in another cupful of hot stock, occasionally stir the rice until the liquid has been absorbed. Continue in this manner, adding the stock a cupful at a time, until the rice is fully cooked through, this will take approximately 20-30 minutes.
- 7 Stir in the lemon juice with the parmesan, remaining butter, ground almonds, mascarpone and green beans.
- 8 Cook for a further 2 minutes and serve.

Nutrition Information

Typical Values	Amount per serving
Energy	706kcal
Fat	45g
Carbohydrate	61.9g
Protein	18.6g
Salt	1.8g
Fibre	6.1g

Rich in B12 and phosphorus. A good source of vitamin A, calcium and zinc





TOMATO AND BUTTERNUT SQUASH PASTA

This vegetarian pasta dish uses lentils to add protein and give the sauce a thick, creamy consistency. One serving contains your daily recommendation for Vitamin E.

Preparation Time: 10 minutes

Cooking Time: 40 minutes



• SERVES 4 •

Ingredients

- 3 Tbsp. olive oil (45ml)
- 1 medium onion, peeled and very finely chopped (150g)
- 2 small carrots, peeled and very finely chopped/grated (120g)
- 1 butternut squash, peeled and chopped into small cubes (600g)
- 800g passata or 2x400g cans of tomatoes
- 200g dried split red lentils, rinsed
- 200g orzo pasta
- 150g mature Cheddar cheese, grated

Method

- 1 Heat the oil in a pan and sauté the onion and carrot for 5 minutes.
- 2 Add the butternut squash and sauté for 5 minutes.
- 3 Pour in the passata/tinned tomatoes and the lentils and bring to the boil.
- 4 Turn down the heat to low, cover and cook for about 30 minutes.
- 5 Meanwhile, cook the pasta according to the packet instructions.
- 6 Add the cheese to the tomato sauce and blend the sauce to a smooth consistency.
- 7 Return to the pan and add in the pasta and cook for a further 5 minutes before serving.

Nutrition Information

Typical Values	Amount per serving
Energy	705kcal
Fat	27.2g
Carbohydrate	89.7g
Protein	32.4g
Salt	0.8g
Fibre	4.3g

A good source of protein. Rich in vitamin E, C, B1, B6, calcium, iron and zinc.





CREAMED POTATOES

A creamy comforting dish that's delicious on its own or makes the perfect accompaniment for any meal

Preparation Time: 10 minutes
Cooking Time: 30 minutes



• SERVES 5-6 •

Ingredients

6 medium potatoes, peeled and chopped into chunks (800g)

60g butter

100mls double cream

Salt and Pepper

Method

- 1 Place the potatoes in a pot and cover with cold water.
- 2 Bring the water to a boil, put on the lid and turn the heat down to medium-low.
- 3 Leave to cook for 20 minutes, until the potatoes are soft.
- 4 Drain off any remaining water, add the cream and butter to the pot and gently heat.
- 5 Mash the potatoes or beat in a mixer until completely smooth. Season to taste.

Nutrition Information

Typical Values	Amount per 3 scoops
Energy	300kcal
Fat	21.0g
Carbohydrate	26.1g
Protein	3.1g
Salt	0.2g
Fibre	2.6g

Rich in vitamin B6. A good source of vitamin A, C and B1





— DESSERTS —

15 Recipes





BANANA DESSERT

This quick dessert couldn't be more simple to make. Prepare a large batch and keep in the freezer for a failsafe tasty treat, ready to eat at any time!

Preparation Time: 5 minutes
Freezing Time: 2 hours



• **SERVES 1** •

Ingredients

- 1 medium banana, peeled and sliced into rounds (100g)
- 10g ground almonds
- 2 tsp. maple syrup (10ml)
- 2 Tbsp. double cream (30ml)
- 20g skimmed milk powder
- 1 tsp. vanilla extract (5ml)

Method

- 1 Freeze the banana pieces for at least 2 hours.
- 2 Blend the frozen banana pieces, almonds, maple syrup, cream, skimmed milk powder and vanilla extract until the mixture is soft, creamy and pureed texture. Add some milk if it is difficult to blend.
- 3 Serve or freeze for later.

Nutrition Information

Typical Values	Amount per serving
Energy	392kcal
Fat	22.7g
Carbohydrate	38.2g
Protein	10.3g
Salt	0.6g
Fibre	2.5g

A good source of vitamin A and B6





CHOCOLATE AVOCADO MOUSSE

A dairy-free twist on chocolate mousse uses the creamy texture of avocados to replace cream and add nutrition

Preparation Time: 10 minutes
Chilling Time: 4 hours



• SERVES 4 •

Ingredients

- 2 Tbsp. coconut oil (30ml)
- 150g 70% dark chocolate
- 1 Tbsp. cocoa powder (15g)
- 6 pitted Medjool dates (150g)
- 2 large ripe avocados, pitted (400g)
- 4 Tbsp. coconut milk (60ml)
- 2 Tbsp. maple syrup (30ml)
- 1 tsp. vanilla extract (5ml)

Method

- 1 Make a bain-marie by filling a small pot half full with water with water and placing a small metal bowl on top of the pot. Make sure the bowl is not touching the water in the pot. Boil the water and then turn down to a simmer.
- 2 Place the oil, chocolate and cocoa in the bowl and leave to slowly melt. Set aside.
- 3 In a blender or food processor, add the remaining ingredients and blend until almost smooth.
- 4 Add in the chocolate mixture and continue to blend until completely smooth.
- 5 Scoop the mix into a large bowl, or 4 small ramekins. Place in refrigerator to firm up for 4 hours.

Nutrition Information

Typical Values	Amount per serving
Energy	605kcal
Fat	42.8g
Carbohydrate	37.8g
Protein	7.2g
Salt	0.1g
Fibre	2.9g

A good source of vitamin E & B6.





FROZEN YOGURT DESSERT

A high protein, low guilt sweet treat, which provides you with part of your daily recommendation for calcium, iron and is a good source of fibre.

Preparation Time: 5 minutes
Freezing Time: 30 minutes



• **SERVES 4** •

Ingredients

500g Greek-style yoghurt

500g frozen raspberries/
berries

5 Tbsp. honey (75g)

50g chopped dark or milk
chocolate chips

Method

- 1 For food safety, fresh or frozen berries should be stewed first to kill any bacteria and allowed to cool before including in this recipe.
- 2 Place yogurt, frozen berries and honey in a food processor. Mix until blended and the mix is completely smooth.
- 3 Add chocolate pieces and stir by hand until combined.
- 4 Chill in freezer for at least 30 minutes and serve.

Nutrition Information

Typical Values	Amount per serving
Energy	302kcal
Fat	15.7g
Carbohydrate	31.7g
Protein	10.5g
Salt	0.3g
Fibre	8.8g

A good source of protein and fibre. Rich in vitamin C & B2. A good source of B12, calcium and iron.





ORANGE AND ALMOND CAKE

'A soft and mouth-watering cake that uses heart-healthy fats'

Preparation Time: 15 minutes

Cooking Time: 45 minutes



• **SERVES 8** •

Ingredients

- 100g olive oil
- 100g caster sugar
- 2 eggs (100g)
- 100g ground almonds
- 150g self-raising flour /150g plain flour + 1 ½ tsp. baking powder
- Zest and juice of 1 orange (50ml)
- Small pot Greek yogurt (100g)

Method

- 1** Preheat the oven to 180°C. Grease a 20cm round tin.
- 2** Beat together the eggs and sugar.
- 3** Add the olive oil and mix well.
- 4** Gently stir in the ground almonds and flour.
- 5** Mix in 40g yogurt, zest of the orange and half of the juice.
- 6** Bake for 45 minutes.
- 7** Put the rest of the orange juice in a pan over high heat, and allow to reduce to syrup.
- 8** Serve the cake with a tbsp. of Greek-style yogurt and a spoon of syrup.

Nutrition Information

Typical Values	Per slice (served with yogurt and syrup)
Energy	352kcal
Fat	22.6g
Carbohydrate	28.4g
Protein	7.7g
Salt	0.2g
Fibre	1.8g

Good source of calcium. High in heart healthy, unsaturated fats.





SCONES

Freeze a batch and defrost as needed for a convenient, high-calorie snack.

Preparation Time: 10 minutes

Cooking Time: 15 minutes



• **SERVES 10** •

Ingredients

400g self-raising flour

110g butter

2 eggs (100g) & one
egg yolk (20g)

210ml butter milk

120g sultanas

1 tsp. cinnamon

65g caster sugar

80g ground almonds

75g chopped pecan nuts

Method

- 1 Preheat the oven to 200°C.
- 2 Sift the flour and baking powder together. Rub in the butter.
- 3 Add in ground almonds, sugar, cinnamon, pecan nuts and sultanas and mix together with a spoon.
- 4 Whisk the eggs and buttermilk together and gradually add most of this mixture (leave about 10% aside) to the other ingredients with a spoon first and then with your hands. Don't over-mix. The ingredients should be moist but not sticky and easily rolled into a ball.
- 5 Roll out with rolling pin and cut into circular shapes. Rub some of the remaining buttermilk and egg mixture onto the top of each scone. Bake for 12-15 minutes.

Nutrition Information

Typical Values	Per serving
Energy	416kcal
Fat	21.1g
Carbohydrate	47.4g
Protein	7.4g
Salt	0.7g
Fibre	3.7g

Good source of iron and calcium





SUMMER RIPPLE SURPRISE

A nutritious treat to round off a summer meal.

Preparation Time: 10 minutes
Cooking Time: Nil



• **SERVES 4** •

Ingredients

- 8 shells of store-bought meringue (100g)
- 1 carton of cream, whipped (300ml)
- A few drops of vanilla essence
- A punnet of any berry or berry mix (200g)
- A few drops of lemon juice (10ml)
- 4 Tbsp. icing sugar (60g)

Method

- 1 Break the meringues up into large pieces.
- 2 Whip the cream with 1 Tbsp. icing sugar and the vanilla essence.
- 3 Heat the berries in a saucepan. Allow to cool and pass through a nylon sieve. Add the lemon juice and beat in the remaining icing sugar.
- 4 Lightly fold the crushed meringues into the cream and then carefully fold in the fruit mixture to give the rippled effect.
- 5 Divide the mixture between 4 glass serving dishes and serve immediately, on its own or with extra fruit.

Nutrition Information

Typical Values	Per serving
Energy	304kcal
Fat	14g
Carbohydrate	36.8g
Protein	4.6g
Salt	0.1g
Fibre	3.8g

Good source of vitamin C, one portion provides ¼ of your daily requirements.





APRICOT AND RAISIN BREAD AND BUTTER PUDDING, VANILLA ICE CREAM AND WARM FUDGE AND CHOCOLATE SAUCE

A luxurious twist on classical bread pudding

Preparation Time: 20 minutes

Cooking Time: 60 minutes



• SERVES 4 •

Ingredients

- 150ml full-fat milk
- 150ml double cream
- 1 tsp. vanilla extract
- 25g butter, for greasing
- 1/2 loaf of sliced white bread
- 75g dried apricots, chopped
- 75g raisins
- 3 eggs
- 2 egg yolks
- 4 Tbsp. caster sugar (60g)

Hot chocolate sauce

- 85g dark chocolate
- 150ml double cream
- 85g fudge

Method

- 1 Preheat the oven to 150°C. Grease a casserole dish with the butter.
- 2 Place the milk, cream and vanilla into a saucepan over a low heat and heat until steaming, but not boiling. Remove from the heat and leave to infuse for ten minutes.
- 3 Place dried fruit between the layers of buttered bread in the dish.
- 4 Whisk the eggs, egg yolks and caster sugar together in a bowl, and then gradually pour over the infused milk mixture, stirring constantly.
- 5 Pour the custard mixture over the bread and dried fruit and transfer to the oven to bake for 45-60 minutes, or until the custard is set and the bread is golden-brown.
- 6 Meanwhile, for the chocolate sauce, heat the chocolate and cream together in a pan over a low heat, stirring continuously until combined. Once combined stir in the fudge and stir until dissolved
- 7 Serve the bread and butter pudding with chocolate sauce and a scoop of ice-cream.

Nutrition Information

Typical Values	Per serving (pudding alone)	Per serving (with ice-cream and fudge sauce)
Energy	728kcal	1223kcal
Fat	35.8g	70.6g
Carbohydrate	80.6g	121.3g
Protein	18.5g	22.9g
Salt	1.7g	1.8g
Fibre	4.7g	5.4g

One portion served with ice-cream and sauce provides half of your daily iron requirement, over 1/3 of your calcium requirements and 1/4 of your vitamin D requirements.





RICE PUDDING

Always a favourite of cancer patients, rice pudding makes a delicious and nutritious snack when you don't feel like a main meal.

Preparation Time: 5 minutes
Cooking Time: 35 minutes



• **SERVES 6** •

Ingredients

120g pudding rice

700ml full-fat milk

100g sugar

200ml cream

Half a vanilla pod (or 1 tsp.
vanilla extract)

½ tsp. ground cinnamon (2g)

A pinch of salt

75g ground almonds

100g skimmed milk powder

Method

- 1 Blanch the rice in a pot of boiling water for 3 minutes.
- 2 In another pot, mix 600ml milk with the sugar, cream, vanilla, cinnamon and salt and bring to the boil.
- 3 Add the blanched rice and ground almonds and leave to simmer for 30 minutes, stirring occasionally.
- 4 Combine the remaining 100ml milk with the skimmed milk powder and add to the pot. Stir well to combine.
- 5 Fill into small ramekin dishes or cups. (Even if it seems too runny, it will firm up eventually and you can keep eating small portions regularly.) Serve warm or cold.

Tip

Try it with other flavours as well, by adding lemon zest or a star anise to the milk, instead of the vanilla or cinnamon.

Nutrition Information

Typical Values	Amount per serving
Energy	422kcal
Fat	18.8g
Carbohydrate	50.6g
Protein	15g
Salt	0.8g
Fibre	1.7g

Rich in B12. A good source of B2, calcium, phosphorus and iodine.





BANANA BREAD

This banana bread is extremely trouble-free. It can be prepared and put in the oven in a matter of minutes and does not need a food mixer.

Preparation Time: 10 minutes
Cooking Time: 1 hour



• SERVES MAKES 1 LOAF •

Ingredients

75g pecan nuts, chopped

4 medium, ripe bananas,
mashed (400g)

Few drops of vanilla essence

240g plain flour

Pinch salt

2 tsp. baking powder (10g)

1 tsp. cinnamon

100g caster sugar

1 egg (50g)

70ml sunflower oil

Method

- 1 Preheat the oven to 180°C and grease a loaf tin.
- 2 Sift the flour, baking powder and cinnamon together and stir in the sugar.
- 3 Beat the egg, sunflower oil and vanilla essence together. Add this to the flour mixture using a fork.
- 4 If using whole pecan nuts, put them in a food bag and crush with a rolling pin. Add to the mixture along with 4 mashed bananas.
- 5 Spoon into a greased loaf tin and bake for 50-60mins. The loaf should spring back when prodded gently with your finger. Allow to cool on a baking rack.

Nutrition Information

Typical Values	Per serving
Energy	321kcal
Fat	14.8g
Carbohydrate	40.5g
Protein	5.0g
Salt	0.5g
Fibre	3.1g





EASY CHEESECAKE

A colourful dessert that takes virtually no preparation- just assemble and leave to chill for a cool, zesty treat

Preparation Time: 10 minutes
Chilling Time: 2 hours



• **SERVES 4** •

Ingredients

100g shortbread biscuits,
crushed

1 x 300g tub full-fat soft
cheese

Zest and juice of 1 lemon
(20ml)

60g icing sugar

A punnet of berries

Method

- 1 Divide the crushed biscuits between 4 glasses.
- 2 Beat the soft cheese, lemon juice, zest and 3/4 of the sugar together and spoon this mixture on top of the biscuits.
- 3 Heat the berries slightly and mix in the remaining icing sugar. Allow to cool.
- 4 Spoon the berries over the cheesecake mixture. Leave to set in the fridge for a few hours.

Nutrition Information

Typical Values	Per serving
Energy	440kcal
Fat	30.2g
Carbohydrate	31.9g
Protein	8.4g
Salt	0.8g
Fibre	3.3g





FLAPJACKS

The perfect high-calorie snack to take with you when you are out and about

Preparation Time: 10 minutes
Cooking Time: 20 minutes



• **SERVES 14** •

Ingredients

- 200g porridge oats
- 225g butter
- 75g sieved flour
- 75g ground almonds
- 100g brown sugar
- 3 Tbsp. of golden syrup (45g)
- 100g mixed nuts, chopped

Method

- 1 Preheat oven to 180°C and line a Swiss roll tin.
- 2 Mix all the dry ingredients together.
- 3 Melt the butter and golden syrup.
- 4 Add the warm butter and syrup to the dry ingredients and mix well.
- 5 Place into the tin and cook for 20 minutes, or until golden brown.
- 6 Cut when hot and allow to partially cool in the tin before removing and cutting.

Nutrition Information

Typical Values	Per Serving
Energy	305kcal
Fat	21.3g
Carbohydrate	22.8g
Protein	4.3g
Salt	0.3g
Fibre	2.5g

Good source of iron.





TIRAMISU

A pared-back version of the decadent Italian favourite- the biscuits are soaked in liquid making the dessert is very soft and easy to chew.

Preparation Time: 10 minutes
Cooking Time: Nil



• SERVES 8-10 PORTIONS •

Ingredients

- 1 tub mascarpone cheese (250g)
- 1 large carton cream (500ml)
- 8 Tbsp. icing sugar (120g)
- 1 small cup strong coffee (200ml)
- 3 ½ Tbsp. Tia Maria or Kahlua (50ml)
- 1 Tbsp. vanilla extract
- 24 sponge finger biscuits
- 2 tsp. cocoa powder (10g)
- 100g flaked almonds

Method

- 1 Whisk the cream, mascarpone and sugar until thick.
- 2 Mix the coffee, Tia Maria and vanilla in a bowl.
- 3 Dip the biscuits into the coffee mixture and place 12 in a bowl/dish or divide among individual glasses.
- 4 Top with half of the mascarpone mix, then the rest of biscuits and finish with the remainder of the mascarpone mix.
- 5 Sieve the cocoa powder over the top and sprinkle with flaked almonds. Chill for 2 hours in the fridge.

Nutrition Information

Typical Values	Per serving
Energy	433kcal
Fat	33.7g
Carbohydrate	26.3g
Protein	5.4g
Salt	0.1g
Fibre	1.6g





WHITE CHOCOLATE-STRAWBERRY MOUSSE

A simple sweet dessert that couldn't be easier to make

Preparation Time: 10 minutes

Chilling Time: 2 hours



• **SERVES 6** •

Ingredients

Mousse

350ml double cream

230g premium quality white chocolate, finely chopped

1 tsp. orange zest (5g)

Strawberry Sauce

300g fresh strawberries, stemmed and hulled

2 Tbsp. honey (30g), optional

Juice of one orange (50ml)

Method

For food safety all berries should be boiled before including in recipes, in white chocolate dessert better to stew the berries to make the sauce rather than blend, then leave to cool before serving with the mousse.

- 1 Heat half the cream in a pot until it comes to the boil.
- 2 Place the chopped white chocolate in a bowl and immediately pour on the boiled cream.
- 3 Allow to sit for one minute without stirring.
- 4 After one minute gently stir until all the chocolate has melted.
- 5 Allow to cool but not set and add the orange zest.
- 6 Lightly whisk the remaining cream and fold into the cooled chocolate mixture.
- 7 Pour mixture into six individual glasses or one large serving bowl.
- 8 In a food processor or blender, puree the strawberries with the honey and orange juice on high speed until smooth. Chill the sauce and serve with the mousse.

Nutrition Information

Typical Values	Amount per serving
Energy	525kcal
Fat	43.5g
Carbohydrate	30.9g
Protein	4.4g
Salt	0.1g
Fibre	2.0g

Rich in vitamin A and C. A good source of riboflavin and phosphorus





APPLE WITH GROUND ALMONDS AND PINE NUTS

This recipe is a great way of getting fruit into your diet without compromising on calories and protein.

Preparation Time: 5 minutes

Cooking Time: 15 minutes



• **SERVES 2** •

Ingredients

50g butter

2 cooking apples, peeled and chopped (300g)

60g ground almonds

50g pine nuts, toasted

2 Tbsp. caster sugar (30g)

50ml double cream, whipped/ custard

Method

- 1 Heat the butter in a pan and cook the apples until soft.
- 2 Add the ground almonds, nuts and sugar and cook for a further 2 minutes.
- 3 Serve the stewed apple hot or cold with whipped cream or custard.

Nutrition Information

Typical Values	Per serving
Energy	673kcal
Fat	58.8g
Carbohydrate	27.6g
Protein	5.4g
Salt	0.4g
Fibre	6.0g





MUESLI

'Seeds, nuts and dried fruit are healthy sources of calories. Snack on a fist-full of crunchy muesli or enjoy with yogurt or hot/cold milk for a more nourishing snack'

Preparation Time: 5 minutes
Cooking Time: 15 minutes



• **SERVES 16 PORTIONS** •

Ingredients

- 300g jumbo oats
- 300g mixed dried fruit, chopped (dates/figs/cherries/cranberries/apricot/mango)
- 200g mixed nuts, chopped (almonds/walnuts/hazelnuts/pecan nuts/pistachios)
- 100g mixed seeds

Method

- 1 Preheat the oven to 180°C. Put the oats and nuts on a baking tray with a pinch of salt and bake for 15 minutes.
- 2 Roughly chop the dried fruit and mix with the seeds and cooked oats and nuts.
- 3 Store in an air tight container.
- 4 Serve with full-fat yogurt.

Nutrition Information

Typical Values	Per 50g serving (muesli alone)	Per serving of muesli with 125g full-fat yogurt
Energy	200kcal	342kcal
Fat	9.9g	13.9g
Carbohydrate	18.7g	40.0g
Protein	6.9g	12.0g
Salt	0.1g	0.3g
Fibre	4.2g	4.3g

One serving of muesli with full-fat yogurt provides 1/5 of your daily iron and calcium requirements. Good source of fibre





SMOOTHIES & NOURISHING DRINKS

15 Recipes

These recipes are particularly useful for those with swallowing difficulties or a sore mouth.

They are also ideal snacks if cooking smells are off-putting. Having a ready supply of fruit and ice-cream in the freezer means a variety of chilled, refreshing smoothies can be whipped up in very little time. The warm drinks included are for those who may not be able to tolerate cold drinks due to chemotherapy side-effects.

Normal bananas can be peeled, chopped and frozen in freezer bags for easy use. Tinned or frozen fruit also work well in smoothies. Any fresh or frozen berries used should be boiled briefly and allowed to cool before they are added to smoothies- this is to kill any bacteria that might be present. Any of the recipes below can also be made with fresh fruit and a few cubes of ice blitzed through too to chill it and thicken the consistency.

Using cream, full-fat milk, ice-cream, honey or flaxseed not only helps to thicken the smoothie but also boosts the nutritional content. Experiment with different fruits and additions in order to find the consistency and flavour that suits you best.



As discussed earlier in the book adding skimmed milk powder can greatly enhance the protein content of smoothies. Skimmed milk powder can be purchased in most of the main supermarkets in the tea/coffee aisle. It can be kept in a cupboard for up to 6 weeks once opened. When adding to nourishing drinks, simply add it into the blender with the other ingredients. It will not affect the taste or consistency; it is just like adding milk to a smoothie.



APPLE AND AVOCADO SMOOTHIE

Preparation Time: 5 minutes

• SERVES 1 •



Ingredients

1 small apple, peeled, cored and roughly chopped (100g)
1 small avocado (100g)
Juice of ½ a lime (10ml)
1 Tbsp. honey (15g)
100ml full-fat milk
Handful of ice
20g skimmed milk powder

Method

- 1 Blend all of the ingredients together until smooth.

Nutrition Information

Typical Values	Amount per serving
Energy	418kcal
Fat	23.6g
Carbohydrate	39.9g
Protein	12.9g
Salt	0.7g
Fibre	7.9g

Rich in vitamin E, B6 and B12



BANANA PEANUT BUTTER SMOOTHIE

Preparation Time: 5 minutes

• **SERVES 2** •



Ingredients

- 1 large ripe banana, peeled (120g)
- 100ml full-fat milk
- A scoop of vanilla ice-cream (60g)
- 2 Tbsp. smooth peanut butter (30g)
- 50ml cream
- Handful of ice
- 20g skimmed milk powder

Method

- 1 Blend all of the ingredients together until smooth.

Nutrition Information

Typical Values	Amount per serving
Energy	309kcal
Fat	17.6g
Carbohydrate	28.0g
Protein	11.3g
Salt	0.5g
Fibre	2.0g

Rich in vitamin B12 and biotin



CHOCOLATE BANANA SMOOTHIE

Preparation Time: 5 minutes

• SERVES 2 •



Ingredients

300ml full-fat milk
1 Tbsp. chocolate spread (15g)
1 medium banana, peeled and frozen (100g)
2 Tbsp. double cream (30ml)
2 Tbsp. milled flaxseed (30g)
Handful of ice
20g skimmed milk powder

Method

- 1 Blend all of the ingredients together until smooth.

Nutrition Information

Typical Values	Amount per serving
Energy	391kcal
Fat	24.7g
Carbohydrate	28.3g
Protein	13.1g
Salt	0.4g
Fibre	5.2g

Rich in vitamin B12 and iodine



CREAMY BERRY SMOOTHIE

Preparation Time: 5 minutes

• SERVES 2 •



Ingredients

200ml apple or any fruit juice
6 Tbsp. Greek-style yogurt (90g)
6 Tbsp. vanilla ice-cream (90g)
6 Tbsp. full-fat cream cheese (90g)
50g fresh or frozen strawberries/
raspberries
2 tsp. honey (10g)
Handful of ice
20g skimmed milk powder

Method

- 1 Blend all of the ingredients together until smooth.

Nutrition Information

Typical Values	Amount per serving
Energy	373kcal
Fat	23.1g
Carbohydrate	31.3
Protein	11.6g
Salt	0.8g
Fibre	0.6g

A good source of vitamin C, B2 and phosphorus



FROZEN FRUIT SMOOTHIE

Preparation Time: 5 minutes

• SERVES 2 •



Ingredients

1 medium ripe banana, peeled (100g)
150g frozen strawberries
5 Tbsp. Greek-style yogurt (75g)
50g unsalted cashew nuts
50g oats
200ml full-fat milk
20g skimmed milk powder

Method

- 1 Blend all of the ingredients together until smooth.

Nutrition Information

Typical Values	Amount per serving
Energy	446kcal
Fat	21.3g
Carbohydrate	48.8g
Protein	17.4g
Salt	0.5g
Fibre	5.0g

A good source of protein. Rich in vitamin C & B vitamins. Good source of calcium, iron, & zinc.



GINGER AND RASPBERRY SMOOTHIE

Preparation Time: 5 minutes

• SERVES 2 •



Ingredients

- 1 tsp. fresh ginger, chopped (10g)
- 140g frozen raspberries
- 1 glass apple juice (200ml)
- 2 tsp. honey (15g)
- 2 Tbsp. milled flaxseed (30g)
- 20g skimmed milk powder

Method

- 1 Blend all of the ingredients together until smooth.

Nutrition Information

Typical Values	Amount per serving
Energy	174kcal
Fat	5.0g
Carbohydrate	25.1g
Protein	6.8g
Salt	0.3g
Fibre	7.8g

A good source of fibre. Rich in vitamin C



HIGH FIBRE SMOOTHIE

Preparation Time: 5 minutes

• **SERVES 2** •



Ingredients

8 dried figs (150g)
2 Tbsp. cold, cooked porridge (30g)
200g Greek-style yogurt
100ml full-fat milk
2 Tbsp. honey (30g)
Handful of ice
20g skimmed milk powder

Method

- 1 Blend all of the ingredients together until smooth.

Nutrition Information

Typical Values	Amount per serving
Energy	417kcal
Fat	14.2g
Carbohydrate	61.4g
Protein	14.4g
Salt	0.8g
Fibre	9.4g

A good source of fibre. Rich in vitamin B12, calcium & iron.



HOT CHOCOLATE

Preparation Time: 10 minutes

• SERVES 1 •



Ingredients

150ml full-fat milk

75ml single cream

50g chocolate, chopped

20g skimmed milk powder

Method

- 1 Heat the milk and cream in a saucepan, stirring gently.
- 2 Once boiling, remove from the heat and add in the chocolate pieces and stir until melted.
- 3 Add the skimmed milk powder and stir.
- 4 Pour into a mug and serve.

Nutrition Information

Typical Values	Amount per serving
Energy	570kcal
Fat	34.3g
Carbohydrate	50.5g
Protein	17.1g
Salt	0.8g
Fibre	1.9g

Rich in B vitamins. A good source of vitamin A & calcium.



MINT MILKSHAKE

Preparation Time: 5 minutes

• SERVES 1 •



Ingredients

2 large scoops vanilla ice-cream (150g)

75ml full-fat milk

1 drop of peppermint

3 Tbsp. chocolate syrup/spread (45g)

20g skimmed milk powder

Method

- 1 Blend all of the ingredients together until smooth.

Nutrition Information

Typical Values	Amount per serving
Energy	659kcal
Fat	35.8g
Carbohydrate	70.7g
Protein	17.0g
Salt	0.9g
Fibre	0.2g

Rich in B vitamins. A good source of vitamin A & calcium



NUTTY MANGO AND BANANA SMOOTHIE

Preparation Time: 5 minutes

• SERVES 2 •



Ingredients

250ml orange juice

5 Tbsp. Greek-style yogurt (75g)

150g mango

1 medium banana, peeled (100g)

50g oats

2 Tbsp. smooth peanut butter (30g)

20g skimmed milk powder

Method

- 1 Blend all of the ingredients together until smooth.

Nutrition Information

Typical Values	Amount per serving
Energy	397kcal
Fat	13.9g
Carbohydrate	56.9g
Protein	14.3g
Salt	0.5g
Fibre	3.8g

**A good source of protein. Rich in vitamin C & B vitamins.
A good source of iron.**



OATMEAL SMOOTHIE

Preparation Time: 5 minutes

• SERVES 2 •



Ingredients

100g porridge oats

1 Tbsp. honey (15g)

200g Greek-style yogurt

1 medium banana, peeled (100g)

30g ground almonds

100g Strawberries

Handful of ice

20g skimmed milk powder

Method

- 1 Blend all of the ingredients together until smooth.

Nutrition Information

Typical Values	Amount per serving
Energy	510kcal
Fat	21.3g
Carbohydrate	63.7g
Protein	19.3g
Salt	0.5g
Fibre	7.2g

Rich in vitamin C & B vitamins. A good source of calcium & iron.



ORANGE CRUSH SMOOTHIE

Preparation Time: 5 minutes

• SERVES 1 •



Ingredients

100mls orange juice

50mls pineapple juice

50ml full-fat milk

5 Tbsp. Greek-style yogurt (75g)

1 Tbsp. milled flaxseed (15g)

20g skimmed milk powder

Method

- 1 Blend all of the ingredients together until smooth.

Nutrition Information

Typical Values	Amount per serving
Energy	352kcal
Fat	17.3g
Carbohydrate	30.5g
Protein	17.3g
Salt	0.8g
Fibre	4.7g

A good source of protein, vitamin B12 and calcium.
Rich in vitamin C



PEACH SMOOTHIE

Preparation Time: 5 minutes

• SERVES 1 •



Ingredients

150g tinned peaches
80ml full-fat milk
80g ice-cream
2 Tbsp. honey (30g)
Pinch cinnamon (1g)
20g skimmed milk powder

Method

- 1 Blend all of the ingredients together until smooth.

Nutrition Information

Typical Values	Amount per serving
Energy	417kcal
Fat	11.1g
Carbohydrate	69.0g
Protein	13.6g
Salt	0.8g
Fibre	2.7g

Rich in vitamin B12. A good source calcium.



RASPBERRY MANGO SMOOTHIE

Preparation Time: 5 minutes

• SERVES 2 •



Ingredients

100g frozen raspberries

100g mango

300ml full-fat milk

100ml cream

2 tsp. honey (10g)

30g ground almonds

20g skimmed milk powder

Method

- 1 Blend all of the ingredients together until smooth.

Nutrition Information

Typical Values	Amount per serving
Energy	376kcal
Fat	23.8g
Carbohydrate	27.7g
Protein	14.0g
Salt	0.5g
Fibre	6.7g

Rich in vitamin C & B vitamins. A good source of vitamin A & calcium.



STRAWBERRY, PEANUT BUTTER AND BANANA SMOOTHIE

Preparation Time: 5 minutes

• SERVES 2 •



Ingredients

200g Greek-style yogurt

100g strawberries

1 medium banana, peeled (100g)

3 Tbsp. smooth peanut butter (45g)

50ml full-fat milk

20g skimmed milk powder

Method

- 1 Blend all of the ingredients together until smooth.

Nutrition Information

Typical Values	Amount per serving
Energy	375kcal
Fat	23.2g
Carbohydrate	25.5g
Protein	17.1g
Salt	0.7g
Fibre	3.7g

**A good source of protein, calcium & vitamin E.
Rich in vitamin C & B Vitamins.**



TANGY LEMON MILKSHAKE

Preparation Time: 5 minutes

• **SERVES 1** •



Ingredients

2 scoops vanilla ice-cream (150g)
50ml full-fat milk
1 tsp. lemon juice (5ml)
1 Tbsp. lemon curd (15g)
20g skimmed milk powder

Method

- 1 Blend all of the ingredients together until smooth.

Nutrition Information

Typical Values	Amount per serving
Energy	412kcal
Fat	17.5g
Carbohydrate	51.6g
Protein	14.3g
Salt	0.9g
Fibre	0.3g

Rich in B vitamins. A good source of calcium.



TASTY TROPICAL SMOOTHIE

Preparation Time: 5 minutes

• SERVES 2 •



Ingredients

1 large banana, peeled (120g)
1 small peach, stone removed (80g)
1 small mango, skin and stone removed (160g)
100ml full-fat milk
2 Tbsp. honey (30g)
1 Tbsp. ground almonds (15g)
20g skimmed milk powder
100ml cream

Method

- 1 Blend all of the ingredients together until smooth.

Nutrition Information

Typical Values	Amount per serving
Energy	337kcal
Fat	14.7g
Carbohydrate	44.6g
Protein	9.6g
Salt	0.4g
Fibre	5.0g

Rich in vitamin C. A good source of B vitamins.

CONTRIBUTORS



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Aoife graduated from Trinity College Dublin/Dublin Institute of Technology with a first class honours BSc Human Nutrition & Dietetics in 2000 and completed her PhD at Trinity College Dublin in 2007. She was Assistant Professor of Nutrition at New York University from 2008–2010 and took up position as Lecturer in Nutritional Sciences at University College Cork in 2010. She has been awarded a number of research grants to investigate nutrition and cancer. Her main areas of interest are: disease related malnutrition; cancer cachexia and sarcopenia; and immuno-nutrition. This is the third cookbook her group has produced for cancer patients.



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Éadaoin graduated with an honours degree in Human Nutrition and Dietetics from Dublin Institute of Technology and Trinity College Dublin in 2013. Since then she has worked as a research dietitian in University College Cork and Mercy University Hospital, Cork where her research has focused on the role of nutrition in cancer recovery and cancer prevention. She is in the 3rd year of her PhD under the supervision of Dr. Aoife Ryan in 2016. She is also a member of the Irish Nutrition and Dietetics Institute (INDI).



Fiona Dwyer BSc

Fiona graduated with a BSc (Hons) Nutritional Science degree from University College Cork. She has a strong passion for cooking and has worked on both the 'Good Nutrition for Cancer Recovery book' and 'Eating Well with Swallowing Difficulties in Cancer' over the past 2 years. She performed the majority of the nutritional analysis and taste tested the majority of recipes in this book. Through her efforts the protein intake of recipes was maximised which optimised the nutritional profile of each recipe. She is currently a research MSc student with Dr. Aoife Ryan at UCC.



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Dr Power has a BSc Pharmacy and a medical degree (MB BCH BAO) from the Royal College of Surgeons in Ireland. He completed his basic medical training and specialist training in medical oncology in Ireland and was then awarded a research/clinical fellowship at Memorial Sloan Kettering Cancer Centre in New York for 3 years. In New York he worked in solid tumour medical oncology and cancer genetics. He took up the post of consultant medical oncologist at the Mercy and Cork University Hospitals in 2010. His specialist interests are in upper gastrointestinal cancers, genitourinary cancers and malignant melanoma.



Mary Phillips BSc RD

Mary graduated with a 1st class honours degree in nutrition and dietetics from the University of Surrey in 2000, and has worked as a dietitian specialising in the management of pancreatic disease for over 10 years. Her specialist interest is managing malabsorption, and the use of pancreatic enzyme replacement therapy.



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Ann O' Connor is a Culinary Arts Lecturer in the Department of Tourism and Hospitality at The Cork Institute of Technology. Ann is course coordinator of The Total Immersion chef Programme (TICP) an innovative programme devised to assist career changers pursue qualification in culinary disciplines. She also lectures on the BA in Culinary Arts Programme, which is a part-time course for advanced students working in the hospitality industry. Her main area of expertise is pastry and confectionery. Ann's research interests include nutritional analysis, recipe testing and development. She has judged culinary competitions both nationally and internationally.



Jane Healy BSc BA MA

Jane Healy works as a Culinary Arts lecturer in The Tourism and Hospitality Department in Cork Institute of Technology. Jane graduated from UCC with a BSc and also studied in CIT to complete a BA in Culinary Arts. She has written an MA by research thesis focussing on food choices made by consumers and associated health issues. Jane has many years of experience teaching cooking skills and the benefits of a healthy diet, combining a life-long interest in food, cooking and nutrition.



Ruth Elliott BSc

Ruth graduated with a BSc Nutritional Sciences from University College Cork in 2016. She worked with the team at UCC to develop and adapt the many of the recipes in this book during her 6 month work placement in third year of her degree, for which she was the recipient of a Health Research Board Summer Student Scholarship.



Marta & Jakub Miklinska

Marta is a Dublin-based freelance food & lifestyle photographer. Her affection for photography started along with her journal *Loaf Story* where she documents beautiful food she discovers on her way throughout her passion. Jakub is a full time chef with over 15 years of experience in the United States and Ireland. They regularly collaborate with other creative types & brands and work with variety of editorial and advertising clients as well as cookbook publications.

After 6 years together, they are always continuing to evolve together as husband and wife and professional colleagues.

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**"Dedicated in loving memory
of Kim Rosenfeld. She would
have loved this book."**

The Rosenfelds



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