

FEED ME

NUTRITIOUS TIPS
& RECIPES FOR
STUDENTS'
WELL-BEING

GRIFFITH HEALTH SERVICE

WHAT SERVICES DO WE PROVIDE?

- Medical consultations
- Emergency and first aid treatment
- Sexual health information, including testing and treatment
- Immunisations, including overseas travel and information
- Preventative medical treatment
- Referrals for x-rays, specialist treatment, ultrasounds and ECG's
- Treatment of acute ongoing and recurring conditions
- Health assessment
- Pregnancy testing and care
- Routine pap smears
- Confidential needle exchange and support program

WHO CAN USE HEALTH SERVICE?

Appointments are available to all students and staff of Griffith University.

WHAT DOES IT COST TO VISIT THE HEALTH SERVICE?

The Doctors at both the Gold Coast and Nathan campuses choose to bulk-bill students, health care and concession cardholders. Direct billing to private health funds is available to International students who have a current policy with Allianz Global Assistance or Medibank Private (OSHC).

HOW DO I MAKE AN APPOINTMENT?

Health Service Gold Coast
Telephone: (07) 5552 8734
Monday–Friday 8:30–4:30

Health Service Nathan
Telephone: (07) 3735 7299
Monday–Friday 9:00–5:00

Registered Nurses
General Practitioners
Psychiatrist
Consultant, Mental Health

WELFARE & STUDENT LIAISON OFFICE

THE WSLO SERVICE IS OFFERED ON ALL CAMPUSES. WE CAN ASSIST WITH:

- Financial support and loans
- Enquiries and applications for interest free University Student Loans
- Support and assistance with Bursaries
- Help with budgeting or saving plans
- Exploring financial options such as bank loans, HECS-HELP, FEE-HELP, and scholarships

CENTRELINK

- Exploring eligibility for payments
- Liaising with Centrelink to clarify or resolve issues
- Information about appealing Centrelink decisions

TENANCY ISSUES

- Information about rights and responsibilities for tenants and landlords
- Support with resolving problems and disputes

ACCESSING UNIVERSITY AND COMMUNITY RESOURCES

- Finding and accessing or referring to services who can help with specific issues

- Liaising with staff to facilitate communication
- Referrals for emergency relief, including food, housing etc.
- Other welfare issues such as appeals and grievances, child care issues or other general welfare matters.

OTHER SUPPORT PROVIDED:

- A free online Textbook Exchange Service
- Justices of the Peace at Mt Gravatt and Nathan campuses
- Free Tax Help service between July and October

Appointments can be made by contacting Student Services on the relevant campus.
www.griffith.edu.au/welfare

COUNSELLING AND WELL-BEING

The Counselling Service provides free, confidential, voluntary counselling for students and staff, and a range of group and well being activities. Professional counsellors offer understanding, support and new perspectives on personal, relationship, academic or work related problems. Your attendance and any information you provide will not be disclosed without your permission

BOOKING APPOINTMENTS

Please contact us by phone, or drop into Student Services to make an appointment. We are unable to book appointments via email.

Gold Coast Student Centre (G33) 1.42
Phone: (07) 5552 8734

Logan Community Place (L04)
Phone: (07) 3382 1159

Mt Gravatt Auditorium (M23) 1.210
Phone: (07) 3735 5669

Nathan Sewell (N12) 1.56
Phone: (07) 3735 7470

South Bank (QCA) Webb Centre (S02) 2.08
Phone: (07) 3735 7470

South Bank (QCGU) Queensland Conservatorium (S01) 1.10
Phone: (07) 3735 7470

CHAPLAINCY

Chaplains offer people of any faith or belief a place to talk confidentially about:

- the meaning of life
- questions of faith
- how to live in this world
- things that are important in our daily lives

We also provide opportunities to explore with others, in a supportive environment, matters around spirituality, prayer, social justice issues and scripture study.

Email: chaplain@griffith.edu.au
Phone: (07) 3735 7113
Homepage: www.griffith.edu.au/student-services ... and click on Chaplaincy

STUDENT EQUITY SERVICES

Student Equity Services delivers integrated, specialist support services to assist students from equity groups and staff working with students.

Our student-focused program and services include:

Uni-Key – a structured transition program for commencing students from identified equity groups.

Disabilities Service – support for students who identify as having a disability that will impact on their ability to participate in their educational activities.

For further information visit the Student Equity Services website:
www.griffith.edu.au/student-services/equity



HOW MANY SERVES OF THESE FOODS SHOULD WE EAT ON AVERAGE EACH DAY?

Nutritious foods and an active lifestyle can help achieve optimal health throughout life. Adopted from the Australian Dietary Guidelines, the table below highlights the important food groups and provides a recommendation of the optimal number of serves required daily to support good nutrition and health. The numbers of serves that you should eat on an average day depends on your body size and activity level, but try to aim for the following:

You may want to adapt the recipes depending on how much time you have available, your taste and food preferences or ingredients that you have on hand. Use the table below to help adapt the number of serves you will achieve by making changes to the recipes:

Recommended average daily number of serves from each of the five food groups*	 Vegetables legumes/beans	 Fruit	 Grain (cereal) foods, mostly wholegrain	 Lean meat & poultry, fish, eggs, nuts and seeds, and legumes/beans	 Milk, yoghurt, cheese &/or alternatives (mostly fat reduced)	 Approx. number of additional serves from the five food groups or discretionary choices
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FEMALES

14–18 years	5	2	7	2.5	3.5	0–2.5
19–50 years	5	2	6	2.5	2.5	0–2.5
51–70 years	5	2	4	2	4	0–2.5
70 +	5	2	3	2	5	0–2
Pregnant	5	2	8.5	3.5	2.5	0–2.5
Lactating	7.5	2	9	2.5	2.5	0–2.5

MALES

14–18 years	5.5	2	7	2.5	3.5	0–5
19–50 years	6	2	6	3	2.5	0–3
51–70 years	5.5	2	6	2.5	2.5	0–2.5
70 +	5	2	4.5	2.5	3.5	0–2.5

*Includes an allowance for unsaturated spreads or oils, nuts or seeds (2 serves [14–20g] per day for adolescents 14–18 years; 4 serves [28–40g] per day for men less than 70 years of age; 2 serves [14–20g] per day for women and older men).

WHAT IS A SERVE?

Here are some useful examples:



VEGETABLES AND LEGUMES

(Choose a variety)

½ cup of raw or cooked orange (carrots or pumpkin) or cruciferous (broccoli, cauliflower, or cabbage) vegetables

½ cup cooked or canned (no added salt) beans, peas or lentils

1 cup green leafy vegetables or green salad vegetables (raw)

1 small-medium tomato

1 small or ½ a medium potato, sweet potato, sweet corn, taro or cassava



FRUIT

A serve of fruit is about 150g (350kj). For example:

1 piece medium sized fruit e.g. apple, orange, mango, mandarin, banana, pear etc.

2 pieces of smaller fruit (apricot, kiwi, plum, fig)

About 8 strawberries

About 20 grapes or cherries

½ cup fruit juice

¼ medium melon (e.g. rockmelon)

Dried fruit (4 dried apricots)

1½ tbsp. sultanas

1 cup diced pieces/canned fruit



GRAIN (CEREAL) FOODS

A serve of the grain food group (500kj) is equal to:

1 slice of bread or ½ medium bread roll or flat bread (about 40g)

½ cup cooked rice, pasta, noodles, barley, buckwheat, semolina, polenta, bulgar, quinoa or cornmeal (75–120g)

½ cup cooked porridge (120g)

²/₃ wheat cereal flakes (30g) or

¼ cup muesli (30g)

3 crispbreads (35g)

1 crumpet (60g) or a small English muffin or plain scone (35g)



LEAN MEAT AND POULTRY, FISH, EGGS, NUTS AND SEEDS, LEGUMES/BEANS

65g cooked lean meats (about 90–100g raw weight of beef, veal, lamb, pork, kangaroo or goat)

80g cooked poultry such as chicken (about 100g raw weight)

100g cooked fish fillet (size of palm, about 115g raw weight) or small can of fish

2 large eggs (120g)

1 cup (170g) cooked (dried) beans, lentils, chick peas, split peas, tofu or canned beans (no added salt)

30g nuts/seeds or peanut butter, tahini or other nut/seed paste (no added salt or added sugars)



MILKS, YOGURT, CHEESE & ALTERNATIVES

A serve (500–600kj) is equal to:

1 cup (250ml) fresh, UHT long-life or reconstituted dried milk

1 cup (250ml) buttermilk

½ cup (120g) evaporated milk

40g (2 slices or 4 3x2cm piece) hard cheese or ½ cup (120g) ricotta cheese

³/₄ cup yoghurt (200g)

1 cup soy, rice or other cereal drink with at least 100mg of added calcium per 100ml

If you do not eat any foods from this group, try the following foods which contain about the same amount of calcium as a serve of milk, yoghurt or cheese (note: the kj content of some of these serves (especially nuts) is higher so watch this if trying to lose weight).

100g (about ½ cup) almonds with skin

½ cup pink salmon with bones

60g sardines, canned in water



DISCRETIONARY FOODS

Discretionary choices are not an essential or necessary part of our dietary patterns. Discretionary choices are high in saturated fat (natural or added) and/or added sugars or salt or alcohol. These foods and drinks can contribute many kilojoules and displace other more nutritious foods from the diet.

Many have low levels of essential nutrients. Consumption of foods and drinks high in saturated fat, added sugars, added salt or alcohol may be associated with increased risk of obesity and chronic disease such as heart disease, stroke, type 2 diabetes, and some forms of cancer. However, when consumed in occasional small amounts, these foods and drinks can add to variety and enjoyment.

(Eat For Health, Australian Dietary Guidelines, 2013)

What is a serve of discretionary choices?

A serve of discretionary choices provides about 600kj.

Examples are:

2 scoops (75g) ice-cream

2 slices (50–60g) processed meats, salami or mettwurst

1½ thick or 2 thin (50–70g) regular sausages

½ snack size packet (30g) salty crackers or crisps

2–3 (35g) sweet biscuits

1 (40g) doughnut

1 slice (40g) plain cake or small cake-type muffin

5–6 (40g) sugar confectionery/ small lollies

1 tbsp. (60g) jam/honey

½ small bar (25g) chocolate

2 tbsp. (40g) cream

1 tbsp. (20g) butter

200ml wine (2 standard drinks; but note this is 1 glass for most Australian wines)

60ml spirits (2 standard drinks)

600ml light beer (1½ standard drinks)

400ml regular beer (1½ standard drinks)

1 can (375ml) soft drink

¼ (60g) commercial meat pie or pastie

12 (60g) fried hot chips

None of these foods are necessary for a healthy diet.

How much unsaturated spreads and oils can I include in my diet?

4 serves [28–40g] per day for men less than 70 years of age

2 serves [14–20g] per day for women over 18 years of age and men older than 70 years of age

2 serves [14–20g] per day for adolescents 14–18 years of age

What is a serve of unsaturated spreads and oils (250kJ)?

10g polyunsaturated spread

10g monounsaturated spread

7g polyunsaturated oil, for example olive or canola oil

10g tree nuts or peanuts or nut pastes/butters.

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GOOD MORNING GRIFFITH

BEAUTIFUL BIRCHER

Indiah Hope 



This recipe makes a week's worth, and can be refrigerated for up to 7 days.

- 2 apples
- 3 cups rye oats
- 2 cups mixed nuts (Brazil, almond, hazelnut)
- 1½ cups mixed berries
- 4 passionfruits
- Juice of ½ a lemon
- ¼ cup psyllium husk
- Handful of prunes
- 1½ cups coconut water

- 1 Peel and cut the apples into quarters.
- 2 Bring a small pot of water to the boil. Place apple quarters in boiling water for approximately 3 minutes or until soft.
- 3 Combine all ingredients into a large airtight container. Add enough coconut water to mixture until oats feel moist.



Add 3 tbsp. natural yoghurt daily to each serve.



MY GO-TO BREAKFAST

Emma Sivewright 



- ⅓ cup raw cooking oats
- A splash of skim milk
- 1 banana
- A pinch of cinnamon (optional)



Add grated apple, shredded coconut or mixed berries to increase your daily fruit intake.

- 1 Place oats into a large bowl (must be big enough to prevent oats from spilling over the edge during the cooking process).
- 2 Cover oats with tap water and give them a quick stir.
- 3 Place in microwave oven for 3 minutes.
- 4 Remove from microwave and add the banana.
- 5 Using a fork mash the banana into the oats and stir through.
- 6 Add a dash of milk and stir.
- 7 Sprinkle with cinnamon (optional).



Add mixed berries, sliced banana or grated apple to the mix to increase your daily fruit intake.

FANTASTIC PANCAKES

Tristan Streat 



- 2 eggs
- 3 tbsp. sugar
- 1 cup milk
- Self-raising flour (as much as required)
- 2 tbsp. butter

- 1 Mix eggs, sugar and milk together in a large bowl.
- 2 Gradually add self-raising flour until thick but still runny enough to pour.
- 3 Heat saucepan over medium heat, add a little butter, pour enough batter to form a thin pancake.
- 4 Flip when bubbles appear on surface.

FRITTATA

Dayna McRae 



- 7 eggs
- 4 bacon rashers
- Small bunch of shallots/spring onions
- 1 capsicum
- ½ cup milk
- 1 garlic clove
- ½ cup grated cheese



- 1 In a large bowl whisk eggs and milk together. Add pinch of salt & pepper.
- 2 Fry bacon, onion and capsicum in a pan over medium heat until cooked. Add to egg mix.
- 3 Pour mix into a greased oven-proof pan and bake for 35 minutes on 180°C.



Optional: add mushrooms, spinach or diced tomato.



MOTIVATION!



BREAKFAST SMOOTHIE

Beck Stanbrough



- 1 banana
- 17g uncooked oats (couple of spoonfuls)
- 1 tray of ice
- 40g protein shake, or plain milk

1 Place all ingredients in a blender until smooth.



Add mango slices, passionfruit or strawberries to increase your daily fruit intake.

Don't throw away over-ripe bananas. Pop them in the freezer and use them when making a smoothie instead.

WHAT IS IT?

Motivation: means finding the motives to stimulate interest in moving forward toward a goal that brings a sense of accomplishment and reward.

So, to be motivated, it is important to understand what motivated or drove you to come to University. It may be important to re-visit your motives, to see if they have changed or altered, if you are concerned about your motivation levels. Check in with what your basic needs are at the moment – they may have changed since you first enrolled at University.

An important notion here is that ideally, to be motivated, it is important that your interest in studying is being actively stimulated. If this interest falls it could be that you are losing your sense of moving forward. You may be stuck or blocked in some way. Sometimes it is difficult and frustrating to see what it is that is causing motivation to be blocked.

If so, check in with what is your experience now – what are you aware of?

How are you feeling now? If you are concerned about how you are feeling it could be that one of the following fears is blocking your motivation:

- Fear of failing
- Fear of rejection
- Fear of asking for help
- Anxiety
- Depression
- Frustration
- Confusion

If these and other feelings are blocking your motivation, it may well be that you are now **procrastinating**, or at least hesitating in your approach to your studies. This is like an internal conflict – “Yes I will” as against “No I won’t”.

GET MORE SLEEP...

It will make you feel better. Most adults need between 6–8 hours a night.

Create a room that's ideal for sleeping and then go to bed and get up at the same time every day. The effects of caffeine, nicotine, alcohol and other drugs can take hours to wear off and disturb quality sleep. Do the same things each night getting ready for bed, such as taking a shower and dimming the lights. This signals to your body and mind that it's time to wind down. Relaxing activities promote better sleep. Some research suggests that TV or other media use before bedtime can interfere with sleep.

WHAT TO DO?

- 1 **Ask yourself, do you have any doubts** about what you are doing at university? Is this Degree to your liking? Do you know where the Degree will take you in your life? If the doubts, fears or anxiety here are strong, **seek help** – approach your subject convenor, Head of School or Student Services for assistance. Student Services provides information on careers, problem solving if you feel you are doing the wrong course, and counselling if your difficulties are jeopardising your position at university. If you are concerned that you may be lacking in 'study skills' approach the Learning Skills centre in the library of the Academic Support Office for International Students (G06, Room 1.02).
- 2 **In similar situations in the past** what have you done to help re-motivate yourself? Can you adopt a similar approach now? Who did you approach then? What happened?
- 3 **Activate yourself.** Ask questions in lectures, tutorials, etc. This helps to clarify and provides a focus. Study in 'study groups' with peers to develop further interest in your studies and to see you are not alone with the concerns and difficulties you have.
- 4 **Be assertive.** Sometimes confusion about a topic or assessment item can effect your motivation. Seek clarification about the topic and present a draft version to clarify your focus. Lecturers and tutors are **people too**. Ok, so the first time you do it, it may seem scary, but often the fear exists only in your mind. Clarifying your confusion about what direction to take can assist motivation.
- 5 **Ultimately, develop movement for yourself.** If you feel stuck in your studies talk to someone you trust or take a risk and talk to someone you believe you could trust. **Isolation, or sitting on the problem** serves only to delay valuable time that could have been used to productively deal with the matter. If the block is causing you real concern you need to act. Be aware of your **procrastination** techniques (we all have them!) and increase awareness of when you are using them.
- 6 **Break it down – set goals.** Set short study sessions; break a big task into smaller, achievable goals with time limits and deadlines. Avoid having to get everything perfectly right. Reward yourself when you complete your smaller task (go see a movie or visit a friend). Set goals for each study session. This can help the 'big task' not look as overwhelming and can help to prevent 'putting it off'. Start with enjoyable, interesting subjects to stimulate you and that allow you to begin study (**but** ensure you **do get** to the harder ones!)
- 7 **13 weeks versus 3 years!** It helps to remind yourself that each semester is only 13 weeks in duration, and correspondingly you can set your short term goal around this versus 3 years and the long term goals involved.
- 8 **Long term goals.** Remind yourself why you are here at university. Why are you doing this course? What do you want to achieve? Lack of clarity about what you want in this regard can erode motivation. Student Success Unit Career and Employment staff and resources can assist to help you work on your career path. Use the Career and Employment library to research your Degree and to examine graduate outcomes.
- 9 **Is the rest of your life in balance?** Balance in diet, exercise, relaxation, leisure, health, social activities, work, study, family and friends is very important. Poor eating habits, binge drinking, addictions, family conflicts and a lack of creative and social outlets can lead to an imbalance in lifestyle and seriously impact on your motivation. Internal imbalance such as low self-esteem, anxiety and fear can seriously effect your motivation. Perhaps some important needs are being neglected and hence it can be difficult to put all your energy into one area. A need suggests action to deal with putting more balance in that aspect of your life.
- 10 **Be yourself!** Develop a dream for your life and make plans to achieve it. Your unique individual experiences are valuable. Don't expect to be the same as everyone else, give yourself permission to be who you want to be, not just 'one of the herd'.

SNACK ATTACK

NICE SNACK MUFFIN

Keren Papier 



- ½ cup spelt flour
- ½ cup whole-wheat flour
- ½ cup brown rice flour
- ½ cup old-fashioned oats
- 1 tsp. baking powder
- ½ tsp. cinnamon
- ½ tsp. sea salt
- 1 cup unsweetened apple sauce
- 2 egg whites + 1 egg yolk
- ½ cup skim milk soured with 1 tsp. lemon juice
- ½ cup puréed carrots
- ½ cup agave nectar, or honey
- ¼ cup sunflower oil
- 1 tbsp. vanilla extract

- 1 Preheat oven to 180°C.
- 2 Prepare muffin tin with paper liners.
- 3 In a large bowl, combine all the dry ingredients.
- 4 In a separate bowl combine all the wet ingredients.
- 5 Combine the two and mix by hand until just blended.
- 6 Evenly spread mix into the prepared muffin tray and bake for 20 minutes, or until golden brown.

You can substitute the flour with any type you prefer, or with what you have in the pantry, as long as it equals 1½ cups in total.

POWER STUDY...

Work in small concentrated bursts. Break up blocks of study every 20 minutes or so by getting up, doing a star jump, taking a breath or stretching.

GREAT TASTING, HIGH PROTEIN OAT BARS

Mattias Ljung 



Make a batch and eat them as snacks throughout the week.

- 200g oat flour
- 200g protein powder
- 8 tbsp. coconut flour
- 2 tsp. ground vanilla bean powder / vanilla extract
- 2 tbsp. honey
- 200g 70–80% dark chocolate
- Milk

- 1 Blend all the dry ingredients together. Add honey. Add a dash of milk until ingredients bind together.
- 2 Divide the mix into equally sized bars.
- 3 Melt the chocolate in the microwave. Dip the bars into the chocolate.
- 4 Place bars in the fridge until the chocolate has set.



STUFFED SPUDS

Lara Mainwood  



- 4 potatoes, medium
- 420g baked beans (choose a baked beans brand that states 'gluten-free')
- ½ cup cheddar cheese, grated
- 1 tbsp. olive oil

- 1 Preheat moderate oven to 180°C.
- 2 Wash and dry potatoes, pierce skin a number of times with a fork.
- 3 Brush baking dish with oil and spread potatoes evenly spread on the tray.
- 4 Bake uncovered for 1 hour (potatoes are cooked if a skewer will pierce them easily).
- 5 Cut the tops off the potatoes and scoop out the middle.
- 6 Increase oven temperature to 200°C.
- 7 Spoon baked beans into the hole of the potatoes. Sprinkle cheese on top.
- 8 Bake uncovered for a further 10 minutes, or until cheese has melted.

Top with diced tomatoes or fresh herbs.

Time and money saving tip: cook in bulk and freeze meals.

APPLE & PEANUT PROTEIN BALLS

Kelly Collins  



- 1 apple (finely chopped)
- ¼ cup crunchy peanut butter
- ¼ cup coarse almond meal
- ¼ cup whey protein powder
- ½ cup shredded coconut
- ½ tsp. vanilla extract

- 1 In a large bowl mix all the ingredients together.
- 2 Add a little bit of water to help combine mixture and make it stick together.
- 3 Roll into balls, and then roll through coconut.
- 4 Store in fridge and eat as a snack.



FALAFELS

Nicole Pereira 



- 1 can chickpeas
- ½ cup flour
- ½ brown onion
- 2 tsp. cumin
- 1 tsp. garlic
- ½ cup fresh coriander
- 2 tbsp. olive oil

- 1 In a large bowl mash together all the ingredients. A potato masher is handy.
- 2 Using your hands, shape approximately a tablespoon of the mix into round balls until you have used up all the mixture.
- 3 Heat oil in a frying pan, then add the balls and fry for 2–3 minutes each side.

Use as a sandwich filler with sliced tomato, spinach leaves and hummus.



VEGGIE DIPPERS

Emma Sivewright  



- 1 carrot
- 1/2 cucumber
- 1/3 cup low fat cottage cheese
- 2 tsp. pesto

- 1 Cut carrot and cucumber into sticks.
- 2 Combine pesto and cottage cheese.
- 3 Serve as a yummy dippy snack.



You can use a variety of vegetables such as snow peas, celery sticks, green beans or capsicum.

CHOP CHOP....

Do a methodical, repetitive task that involves physical activity but no mental or emotional input – such as chopping up vegetables and fruit for a juice or a salad. This might be soothing in times of stress and can provide a sense of satisfaction – not to mention a healthy snack.



OVEN BAKED SAMOSAS

Kira Commoner 



Note: Nutritional yeast is a great way for vegetarians to increase their Vitamin B12 intake.

- 3 medium potatoes, peeled and sliced
- 1kg frozen peas and corn
- 6 tbsp. nutritional yeast
- 4 sheets of puff pastry
- 4 tbsp. curry powder
- Few sprigs of dill
- Salt & pepper, to taste

- 1 Preheat oven to 210°C.
- 2 In a large pot, boil potato slices, peas and corn until cooked.
- 3 Take pastry out of freezer to defrost.
- 4 Once potato and vegetables are cooked, drain the water and add the yeast, curry powder, dill and salt & pepper. Mash together.
- 5 Cut the pastry sheets into four even squares. Place a spoonful of mixture into the middle of each cut square, then fold into little pouches.
- 6 Place on baking tray, and bake for 15–20 minutes, or until pastry is golden brown.



FEATURE RECIPE!

PROTEIN BALLS

Mona Hecke – Guest Contributor.
Author of 'The Lunchbox Revolution'.  



Looking for a snack to keep your energy levels in check? Then indulge in these crunchy, healthy, antioxidant rich protein balls. These energy hits are great for growing bodies and busy minds, and fabulous for those looking for healthy lifestyle options.

- 1 cup almond meal
- 2 tbsp. protein powder (vanilla flavour works best)
- 1/2 cup goji berries
- 1/2 cup shredded coconut
- 1/2 cup chia seeds
- 10 medjool dates (pitted)
- 2–3 tbsp. agave syrup or honey
- Tahini to bind dry ingredients
- Desiccated coconut for rolling

- 1 Place all dry ingredients into a food processor until blended.
- 2 Add agave/honey and tahini until mixture is dense and can be formed into snack size balls.
- 3 Roll in desiccated coconut and refrigerate.



Mona provides simple recipe ideas, nutrition advice and hands on demonstrations at a variety of locations across the Gold Coast as part of the Gold Coast City Council's Active & Healthy program. To find out more visit: gcparks.com.au



FRUIT THE QUICKEST, HEALTHIEST, EASIEST SNACK!

Fruit is a good source of vitamins, including vitamin C and folate. Fruit also provides potassium, dietary fibre and carbohydrates in the form of natural sugars. Edible skins are especially high in dietary fibre, but dietary fibre is also in the fruit flesh.

EAT A WIDE VARIETY OF FRUIT SUCH AS:

CITRUS	POME	TROPICAL	BERRY	STONE	OTHER
Grapefruit	Apple	Banana	Blackberry	Apricot	Feijoa
Lemon	Loquat	Guava	Blueberry	Cherry	Fig
Lime	Pear	Mango	Loganberry	Nectarine	Grapes
Mandarin	Quince	Melon	Raspberry	Peach	Kiwifruit
Orange		Pineapple	Strawberry	Plum	Lychee
Tangerine		Paw Paw			Melons
		Rambutan			Passionfruit
					Pomegranate

CHOOSE FRUITS IN SEASON FOR BETTER VALUE, QUALITY AND AVAILABILITY.

Adolescents and adults are recommended to eat 2 serves of fruit per day or occasionally as a substitute for other foods in the group.

WHAT IS A SERVE OF FRUIT (350KJ)?

A serve of fruit is about 150g, eg:

1 medium apple, banana, orange or pear

2 small apricots, kiwi fruits or plums

1 cup diced or canned fruit (no added sugar)

½ cup (125ml) 100% fruit juice (no added sugar)

30g dried fruit (for example 4 dried apricot halves or 1½ tbsp of sultanas)

HAVE YOU HAD A SERVE OF FRUIT TODAY?

*Information taken from the Australian Dietary Guidelines, 2013

SUPER SALADS

HALOUMI AND LENTIL SALAD

Holly Thompson



- 2 x 400g cans brown lentils (drained and rinsed with water)
- 1 small red onion, thinly sliced
- 1 cucumber, halved, sliced
- 2 tomatoes, chopped (or 250g of cherry tomatoes)
- ⅓ cup mint leaves, shredded
- 1½ tbsp. lemon juice
- 1 tbsp. extra-virgin olive oil
- 250g haloumi cheese
- 2 tbsp. plain flour
- 2 tbsp. vegetable oil

- 1 Combine lentils, onion, cucumber, tomatoes, mint, lemon juice and oil in a bowl. Toss to combine.
- 2 Cut haloumi lengthways into 8 slices. Pat dry with paper towels. Dust lightly with flour then shake off excess.
- 3 Heat oil in a non-stick frying pan over medium heat. Cook haloumi in batches for 2 minutes each side or until golden brown.
- 4 Drain haloumi on paper towel to absorb excess oil.
- 5 Serve lentil salad topped with warm haloumi.

PUMPKIN & CHICKPEA SPINACH SALAD

Chântélie Coldham-Fussell



- ¼ small jap pumpkin
- 120g baby spinach
- 1 can chickpeas
- 6 dried figs (optional)
- Handful of pine nuts
- Cumin (to your taste)
- Coriander seeds (to your taste)
- 1 tbsp. olive oil

DRESSING

- 1 tbsp. lemon rind
- 2 tbsp. lemon juice
- 2 cloves of garlic, crushed
- ¼ cup white wine vinegar
- Salt & pepper

- 1 Preheat oven to 180°C.
- 2 Cut pumpkin into 1–2cm cubes. Place in large bowl and season with salt & pepper, cumin and coriander seeds. Add oil and toss.
- 3 Pour onto an oven tray and roast in the oven for 20–25 minutes.
- 4 Toast pine nuts in a dry saucepan over medium heat until lightly browned. Be careful as they burn easily.
- 5 Drain the liquid from the chickpea can and toss in a bowl with the spinach and figs, if you are using them.
- 6 For the dressing, mix lemon rind and juice, crushed garlic, white wine vinegar and salt & pepper together.
- 7 Once pumpkin is roasted remove from oven and allow to cool.
- 8 In a large serving bowl add the chickpeas, spinach, figs and pine nuts and toss together. Layer the pumpkin on top and drizzle with dressing.



Money Saving tip: Buy items such as rice, flour and washing powder in bulk and share between a group of people.

The dressing can be made the day before and stored in the fridge.



THAI BEEF SALAD

Tanika Neville



- 2 lean cuts of steak (400g)
- 1 capsicum
- 1 tomato
- 1 cucumber
- Handful of bean sprouts
- 200g baby spinach
- Small bunch of mint
- Small bunch of coriander

SAUCE

- 1 tsp. fish sauce
- ½ tsp. oyster sauce
- 2 tsp. lime juice
- Garlic (to your taste)
- Ginger (to your taste)
- Sweet chilli sauce (to your taste)

- 1 Cook steak to personal preference, then slice into strips.
- 2 Slice all vegetables and herbs into small pieces.
- 3 Combine all the sauce ingredients together in small bowl.
- 4 Add everything into one large bowl and mix together.

ROASTED PINE NUT AND GOATS CHEESE SALAD

Gabrielle Vikman GF



- 50g pine nuts
- 100g goat cheese
- 1 red onion
- 1 punnet cherry tomatoes
- 2 cups mixed spinach & rocket
- 1 red capsicum
- 300g chicken tenderloins
- Salt & pepper
- Olive oil

- 1 In a frying pan over medium heat, cook the chicken.
- 2 In a separate small frying pan over medium heat, toast the pine nuts for 1–2 minutes. Be careful as they burn easily.
- 3 Half the cherry tomatoes and slice the capsicum and onion.
- 4 Place all the ingredients into a serving bowl and break the goat's cheese into chunks over the top.



CHICKPEA SALAD

Holly Thompson V GF

- 2 x 400g cans of chickpeas (rinse with cold water then drain)
- 250g cherry tomatoes, halved
- 1 large green cucumber (400g), chopped coarsely
- 1 medium red onion (170g), chopped finely
- ¼ cup finely shredded fresh mint leaves
- ¼ cup (60ml) lime juice
- ¼ cup (60ml) olive oil
- 2 tsp. dijon mustard
- ¼ tsp. sugar
- 2 cloves of garlic, crushed

- 1 Combine chickpeas in a large bowl with tomato, cucumber, onion and mint.
- 2 Combine lime juice, olive oil, dijon mustard, sugar and garlic to make salad dressing.
- 3 Gently toss chickpea salad and salad dressing together.

Pump up your daily vegetable intake by adding roasted pumpkin, baby spinach leaves or capsicum.

Serve on a bed of couscous to increase your daily grain (cereal) food requirements. Remember ½ a cup of couscous equals 1 serve of grain (cereal) foods.



BROWN RICE SALAD

Emma Morgan V GF



- 1 x pack family sized microwave brown rice (or 2 cups cooked brown rice)
- ½ red capsicum
- 2 shallots (use the white and the green sections)
- 2 celery sticks
- ¼ cup sultana's (or one small box)
- ½ cup salted peanuts
- 2 tbsp. olive oil
- 1 tbsp. balsamic vinegar
- Salt & pepper

(Based on 2 serves)

- 1 Prepare rice as per instructions on the packet, allow rice to cool.
- 2 Finely chop the vegetables, place in a large mixing bowl with the rice, sultana's and nuts, mix thoroughly.
- 3 In a separate bowl whisk vinegar and oil with a fork.
- 4 Combine dressing and salad

Add a boiled egg, or can of tuna/salmon to increase your daily number of serves for the meats and alternatives food group.

EASY COUSCOUS SALAD

Casey Reid V



- 2 tomatoes
- ½ cup couscous
- ½ red onion
- ¼ red or green capsicum
- 1 tbsp. lime juice
- 1 tbsp. parsley
- 1 tbsp. mint
- 1 tsp. butter
- Salt & pepper

- 1 Put couscous in a bowl and cover with ½ cup of boiling water. Leave for a few minutes.
- 2 Dice onion, capsicum and tomato. Place in bowl and add parsley, mint, lime juice and salt & pepper.
- 3 Place butter in a hot pan, add couscous and fry off until most of the moisture is out and there are no lumps.
- 4 Add couscous to the wet mix and stir in using a fork.
- 5 Add more lime juice to taste.



Best left in the fridge for a few hours. Can be served with most things.



MANDARIN, PINEAPPLE & COCONUT SALAD

Jourdan Lofthouse V GF



- 250ml light sour cream
- 1 can pineapple pieces, or when in season use fresh pineapple
- 1 can mandarin slices, or when in season use fresh mandarin
- 125–250g coconut, desiccated
- A handful of fresh mint

Great served as a side to your favourite meat dish.

- 1 In a large bowl mix together the sour cream and coconut.
- 2 Add pineapple and mandarin slices and gently mix, trying to avoid breaking the fruit apart.
- 3 Serve with fresh mint sprinkled over the top.

Serve with pan-fried chicken or grilled lamb. Remember approximately 100g of chicken or lamb is equal to 1 serve of poultry/meat. This is about the size of the palm of your hand.





SELF-ESTEEM

Many people describe themselves as having "low self-esteem". You may have described yourself in this way and you have probably heard your friends or family members say similar things about themselves. But what does self-esteem actually mean?

WHAT IS SELF-ESTEEM?

In a nutshell self-esteem describes the way that you feel about yourself as a person. The way you feel about yourself is determined by your beliefs, thoughts and opinions about yourself. Therefore if your beliefs about yourself are negative then you will feel badly about who you are (I'm not loveable = depression). Whereas if you are able to identify your strengths and hold positive beliefs about yourself then you will feel confident in who you are (I am a valuable and worthwhile person = confidence).

Healthy self-esteem means that you are able to accept yourself for who you are which means that you accept your areas of weakness (I'm not great at sports) but acknowledge areas of strength (I have a Distinction average across my courses).

WHAT DOES LOW SELF-ESTEEM LOOK LIKE?

- Comparing yourself to others and thinking that you're not as good as them
- Having no confidence in yourself
- Finding it difficult to talk to new people
- Having a negative attitude so you only see the bad things around you

- Not being able to accept a compliment or minimising it
- Low motivation to achieve goals
- Feeling miserable
- Have trouble believing that your friends really like you

WHERE DOES LOW SELF-ESTEEM COME FROM?

- Telling yourself negative things "You are so stupid, fat, ridiculous etc."
- Continuing to believe the hurtful messages that others may have sent you when you were younger
- Not attempting things that might be a challenge or learning something new
- Brooding over all the bad things that have happened to you
- Hanging around people who tease you or put you down
- Believing that you don't have any control over what happens in your life and are powerless to change anything

Everyone has both strengths and weaknesses!

WHAT DOES HEALTHY SELF-ESTEEM LOOK LIKE?

- Accepting who you are as a person
- Believing in yourself
- Feeling confident that you have control over your life and can make changes
- Acknowledging your successes, even the small ones
- Respecting others differences
- Looking to the future with hope

HOW CAN I IMPROVE MY SELF-ESTEEM?

- Start accepting compliments and just say thank you!
- Ease up on yourself, you are your toughest critic
- Everyday tell yourself 3 things that you like about your talents, personality, appearance etc.
- Be willing to step outside of your comfort zone, you might be surprised what you learn about yourself
- Break down your long-term goals into short goals that you can start working towards now e.g. Long-term goal: saving \$5000 for overseas travel; Short-term goal: start saving \$50 per week
- Accept responsibility for yourself and your actions

WARM EGGPLANT, CANNELLINI & PINE NUT SALAD WITH SESAME ENCRUSTED TOFU

Emily Prentice



FOR THE DRESSING:

- 1 tbsp. balsamic vinegar
- 1 tbsp. freshly squeezed lemon juice
- 1 tsp. olive oil
- 1 small clove of garlic (crushed)



- 1 Slice the tofu into eight even slices. Drain and set aside.
- 2 Dry-roast the pine nuts on medium-low heat until slightly browned, set aside.
- 3 Toss the spinach, tomato, onion and beans together in a large salad bowl. Make the dressing by placing all the ingredients in a lidded-container, give it a good shake and set aside.
- 4 Mix the tahini and soy sauce together, work with a little water to a consistency thick enough to stick to the tofu. Mix the sesame seeds, almond meal, lemon rind, salt & pepper together in a separate bowl. Coat tofu slices with tahini mixture and dip into the sesame seed mix covering completely, set aside.

FOR THE TOFU

- 500g firm tofu
- 3 tbsp. tahini
- 3 tbsp. soy sauce
- ½ cup water
- 5 tbsp. sesame seeds
- 4 tbsp. almond meal
- ½ tsp. lemon rind
- ½ tsp. salt
- A couple of dashes of freshly ground black pepper
- 1 tsp. olive oil (for frying)

- 5 Heat 1 tsp. olive oil in a frying pan and add the eggplant and cook at medium-high heat for 3–4 minutes, stirring consistently. Allow to soften, add the salt & pepper, continue to cook until quite soft and browning on the edges. Before removing from the heat add the basil leaves for no more than 5–10 seconds. Place cooked eggplant in a covered container, set aside.
- 6 Return the frying pan to the heat and add another teaspoon of olive oil. Cook the tofu for approx 2–3 minutes on each side, ensuring a nice crust and holding together but not too brown. Place on a serving plate.
- 7 To finish, toss the dressing through, then layer the eggplant/basil mix over the top. Sprinkle with pine nuts and it's ready to serve.

FOR THE SALAD

- 100g pine nuts
- 400g fresh spinach leaves
- 1 small punnet of cherries
- Tomatoes (cut in halves)
- 1 small spanish onion (sliced thinly)
- 400g can cannellini beans (drained and rinsed)
- 3 small eggplants (cut lengthwise and sliced into half-moons)
- 1 tsp. olive oil
- A couple of dashes of freshly ground salt & black pepper
- 1 small handful of fresh basil leaves

This recipe is vegan-friendly and ticks most of the boxes to assist in meeting your daily nutritional requirements as a vegan.

If you want to give it an extra boost consider serving the tofu with a side of cooked grains such as brown rice, quinoa or barley.

If you would like to make this recipe gluten-free, simply substitute the soy sauce for tamari, which is wheat-free.

EASY PEASY PASTA

LET SOMETHING GO.....

If you feel over committed, drop something, or make a commitment to say no to things that you don't want to do, or don't have time to do. Pay attention to the time you spend on social media, it can be a great way to procrastinate.

TUNA, PEAS & CHILLI PASTA

Shona Smith



- 500g spaghetti
- 425g can tuna in oil, or chilli oil
- 2 cups peas, frozen
- 1 cup cheddar cheese, grated
- 1 red onion, diced
- 1 tbsp. dried chilli

- 1 Boil a large pot of water, add pasta and cook following directions on packet.
- 2 Grate the cheese.
- 3 Finely dice the red onion.
- 4 Put frozen peas in a microwave safe dish and cook for 5 minutes.
- 5 Drain water from pasta once it is cooked.
- 6 Add peas, onion, cheese, tuna (with oil from tin) and chilli to pasta. Stir through and serve.

Use wholegrain cereals like wholemeal bread and brown rice and pasta more often than white varieties.



MOGO'S NAPOLITANA PASTA SAUCE

Nicole Lykissas

This makes a large batch of pasta sauce that will keep well in the fridge for up to 10 days. Perfect to stir through cooked pasta or use as pizza base sauce.



- 4 cans whole Italian tomatoes
- ½ onion
- 1 carrot
- 1-2 celery sticks
- 2 tsp. beef stock
- 2 tsp. sugar
- 1 tbsp. olive oil

- 1 In a large pot, lightly heat olive oil, add finely diced onions, carrot and celery and cook until soft.
- 2 Add the tomatoes, using a wooden spoon to gently break the tomatoes apart.
- 3 Add beef stock and sugar and stir through.
- 4 Gently bring to the boil, then reduce heat and simmer for approximately 30 minutes. You may need to use a food blender if you like a smoother consistency.

ASPARAGUS PASTA

Alexandra Griffani



- 2 bunches asparagus
- ½ packet pasta of your choice
- ½ brown onion
- 75g ham
- 2 garlic cloves
- Salt & pepper
- Olive oil

- 1 Trim ends off asparagus and cut into approximately 3cm pieces.
- 2 Roughly cut ham.
- 3 Finely dice onion and garlic.
- 4 Heat oil in pan, add garlic and onion and cook until soft and golden.
- 5 Add ham and turn down to low heat for 5 minutes.
- 6 Cook pasta in salted boiled water until soft, then drain.
- 7 Add asparagus to mix and cook for 5 minutes.
- 8 Stir through drained pasta, add a pinch of salt & pepper.

Life motto: Live each day in each moment!

TRADITIONAL CREAMY CHICKEN TOMATO FETTUCCINE

Christina Casimir



- 500g chicken breast
- 1 jar semi sundried tomatoes
- 2 zucchini
- 1 packet fettuccine pasta
- 2 tbsp. tomato paste
- 300ml thickened cream
- 2 garlic cloves
- 4 rashers of middle bacon
- 4 truss tomatoes
- 1 brown onion

- 1 Finely dice onion, bacon and garlic and cook in a pan over medium heat with a splash of olive oil.
- 2 Bring a large saucepan of water to boil and cook pasta as directed on packet.
- 3 Chop chicken into small pieces and add to the pan.
- 4 Add chopped zucchini, semi-dried tomatoes, truss tomatoes, tomato paste and cream to pan and stir through.
- 5 Drain cooked pasta and top with creamy tomato chicken sauce.



2-STEP PIZZA BASE

Tanya O'More 



1 cup self-raising flour
1 cup natural yoghurt
Pizza toppings of your choice

- 1 In a large bowl, combine flour and yoghurt together.
- 2 Knead mixture with hands until smooth.
- 3 Flour the kitchen bench, and roll the dough out until even. Add pizza toppings of your choice.
- 4 Place on a baking tray and bake for 20–25 minutes at 180°C.



Top with healthy pizza options. Try roast pumpkin, mushrooms, eggplant, capsicum, broccoli or spinach. Season with fresh herbs!

DON'T WASTE MY TIME...

Identify the most important people and activities in your life and focus your time on these first – don't let others take your time and energy without your permission. Don't waste your own time by focusing on the negative, or wishing things were different. Focus on what you do want and what's going right.



WATER IS ESSENTIAL FOR LIFE.

It is required for digestion, absorption and transportation, as a solvent for nutrients, for elimination of waste products and to regulate body temperature. Water is constantly lost from the body and needs to be replaced.

Australian tap water is an ideal drink – it is inexpensive, tastes good and is safe in most areas of the country.

The amount of water we need varies depending on individual factors including diet, climate and levels of physical activity.

WATER RECOMMENDATIONS:

ADOLESCENTS	About 6-8 cups per day
WOMEN	About 8 cups per day
MEN	About 10 cups per day

* Information courtesy of *The Australian Dietary Guidelines, 2013*

Use only as a general guide. It is best to drink to thirst, and remember fluid intake is not only from beverages, but includes fluids obtained from food too.

Choose water instead of drinks with added sugars or alcohol.

HAVE YOU HAD A GLASS TODAY?

Life motto: Don't look for rewards, look for good deeds!



OVEN ROASTED CHORIZO GNOCCHI AND CHICKEN

Craig Hillerby



500g gnocchi
1 chorizo sausage (or Italian sausage)
½ chicken breast
1 jar napoli pasta sauce
Handful of baby spinach
Garlic (as much as you like)
1 onion
Salt & pepper
Knob of butter
Olive oil
Parmesan (to serve)

- 1 Preheat oven to 180°C.
- 2 Slice chorizo, chicken, garlic and onion.
- 3 Put a large pot of water with pinch of salt on stove and bring to the boil.
- 4 In a hot frying pan, add butter, oil and chicken, stirring until chicken is cooked.
- 5 Once the water is boiling in the pot, add the gnocchi and stir quickly until the gnocchi floats to the top, then drain the water using a colander.
- 6 Add the chorizo to the pan with the chicken and cook for a minute before adding the gnocchi.
- 7 Stir until mixed together, then place in an oven-proof dish and bake in the oven for 5–10 minutes, or until slightly browned.
- 8 Once out of the oven, stir in the heated napoli sauce, and add spinach.
- 9 Season with salt & pepper and top with parmesan cheese.

MEDITERRANEAN PASTA

Jackson Hill



1 jar sundried tomato pasta sauce
1 double chicken breast
1 packet fettuccine pasta
1 red onion
1 bag mushrooms
300ml thickened cream
1 tbsp. dried oregano
1 tsp. garlic
1 tsp. dried mixed herbs
1 tbsp. olive oil

- 1 Cut chicken breast into strips and fry in lightly oiled pan until cooked.
- 2 Bring large pot of water to boil and cook pasta as directed on packet.
- 3 Slice onion and mushrooms and add to pan.
- 4 Add cream and pasta sauce and herbs to pan and stir through.
- 5 Simmer for 3 minutes.
- 6 Add herbs and stir through.
- 7 Add to cooked pasta. Eat!



Buy fresh produce in season – for better value, availability and quality.

LOW-COST LIVING

TOM'S CHEAP CHICKEN CURRY

Thomas Holwes

 prep 10 min
 cook 30 min
 serves 4

- 600g chicken, diced
- ½ jar green curry paste
- 1 onion, diced
- 1 green capsicum, chopped
- 1 carrot, chopped
- Pumpkin, chopped (as much as you have on hand)
- 400ml coconut cream
- 1 chilli
- 2 cups cooked rice
- Olive oil, splash

- 1 In a frying pan over medium heat fry the onion, carrot and capsicum in olive oil until soft.
- 2 Add the chicken and cook until sealed.
- 3 Add half the jar of curry paste, coconut cream, chilli and pumpkin to the pan and allow to simmer for 20 minutes.

- 4 In the meantime cook rice in either rice cooker, stove top or microwave.
- 5 Serve curry with rice.

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Life motto: Forget about the money, think of what you really want to do...then do that.

CAULIFLOWER COTTAGE PIE

Sebastian Kath 

 prep 25 min
 cook 15 min
 serves 4

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- 1 large cauliflower
- 500g lean beef mince
- 2 carrots
- 1 can corn (or fresh corn off the cob)
- 1 can diced tomatoes
- 1 brown onion
- 100g tasty cheese
- Knob of butter

Replace mince meat with a can of brown lentils and have a 'meat-free' day.

- 1 Preheat oven to 180°C.
- 2 Roughly chop cauliflower.
- 3 Finely dice carrots and onion.
- 4 In a pan, add onion and carrots and a small amount of butter and fry until soft.
- 5 Add minced meat and stir until cooked.
- 6 Add tomato and corn and simmer for 5 minutes.
- 7 Meanwhile, bring a pot of water to boil and add cauliflower and cook until soft.

- 8 Once cooked, drain water and mash cauliflower with half of the cheese.
- 9 Place mince and sauce mixture into a casserole dish and top with cauliflower mash.
- 10 Top with remaining cheese.
- 11 Bake in an oven at 180°C, or until golden brown.



MELISSA'S ZUCCHINI SLICE

Melissa Spratt 

 prep 10 min
 cook 1 hour
 serves 4

- 3 zucchini, coarsely grated
- 1 onion, finely diced
- 180g self-raising flour
- 3 large, or 4 small eggs, lightly beaten
- ¼ cup cheese, grated
- ⅓ cup rice bran oil
- Salt & pepper
- 2 tomatoes, sliced

- 1 Preheat oven to 200°C and lightly grease (9cm x 19cm) loaf tin. Line the base and sides with baking paper
- 2 Combine all ingredients, except tomato, in a large bowl and season to taste.
- 3 Pour mixture into prepared baking tin. Add tomato slices on top.
- 4 Cook in oven for 60 minutes or until a skewer comes out clean.
- 5 Leave in tins to slightly cool, then turn out and cut into thick slices. Serve warm.

You can double the mixture to serve more by spreading mixture over two loaf tins.

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 Optional: Add 2-3 rashers of bacon or ham.

SELF-CRUSTING POTATO AND VEGETABLE QUICHE

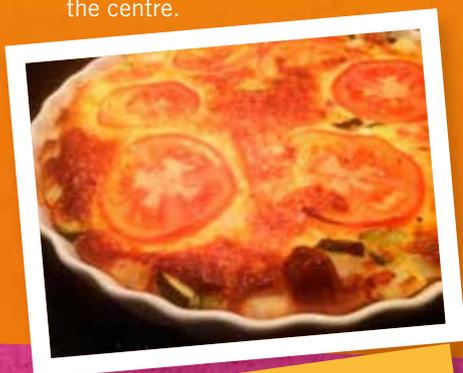
Grace Fitzgerald 



- 3 eggs
- ¾ tsp. salt
- 1 cup milk
- ½ cup self-raising flour
- 2 potatoes, boiled, cut into 2cm cubes
- 1 cup cooked broccoli and zucchini (or any combination of vegetables that you have on hand), cut into small pieces
- 1½ cups tasty cheese, grated
- 1 tomato, sliced

- 1 Preheat oven to 220°C.
- 2 In a bowl, beat eggs, salt and milk with a fork until combined.
- 3 In a large bowl combine flour and egg mix, stirring with a fork until just combined.
- 4 Stir in the potatoes, vegetables and cheese.
- 5 Pour into quiche dish, or similar type of oven-proof dish.

- 6 Lay tomato slices on top of mixture.
- 7 Bake for 20–30 minutes, or until lightly brown and set in the centre.



SAVOURY MINCE

Maddy Ray 



- 500g lean beef mince
- 200g green beans and peas (or as many as you like)
- 4 garlic cloves
- 1 can crushed tomatoes
- 2 tsp. turmeric
- 1 tsp. cumin
- ½ tsp. chilli powder
- 2 cups rice

- 1 Cook rice using a rice cooker, microwave or stove top.
- 2 Crush and fry garlic in a splash of olive oil.
- 3 Add minced meat and cook for a few minutes.
- 4 Add beans, peas, tomatoes and spices and simmer until rice is ready.

 Serve on a bed of brown rice to increase your daily intake from the grain (cereal) food group. Remember ½ a cup of cooked rice equals 1 serve.

Add a splash of water if it appears dry.



GUACAMOLE

Manuela Tejada Giraldo  



- 1 large avocado, or 2 medium
- 1 tomato
- 1 onion
- 1 egg
- Handful of coriander
- Chilli or spicy sauce
- Salt & pepper

- 1 Bring a medium pot of water to boil, add egg and reduce heat, simmering for 10 minutes.
- 2 Mash avocado with a fork until smooth.
- 3 Finely dice tomato and onion and coriander.
- 4 Once egg has boiled for 10 minutes, peel away the shell and mash egg using a fork.
- 5 Mix all ingredients together with a pinch of salt & pepper and as much chilli or spicy sauce as you like.



Serve with Mexican food, potato, meat or tortillas.

SWEDISH MEATBALLS

Axel Lundberg



- 500g minced beef
- 2 eggs
- 200ml dark beer
- Paprika (to taste)
- Salt & pepper (to taste)

- 1 In a large bowl, mix together all the ingredients.
- 2 Roll into even balls.
- 3 In a saucepan over medium heat add a splash of oil and fry until golden brown.
- 4 Ready to serve.

Serve with mashed potatoes and lingonberry jam.

FEATURE RECIPE!

ZUCCHINI & CORN FRITTERS

Mona Hecke – Guest Contributor.
Author of 'The Lunchbox Revolution'.  



Mona provides simple recipe ideas, nutrition advice and hands on demonstrations at a variety of locations across the Gold Coast as part of the Gold Coast City Council's Active & Healthy program. To find out more visit gcparks.com.au

These fritters are lovely hot or cold and are great served with fresh salad and topped with yoghurt relish.

- 2 cups zucchini, grated
- 2 corn cobs, kernels sliced off cob
- 2 tbsp. quinoa flour
- 1 egg
- 1 tsp. curry powder
- Salt & pepper

- 1 Combine all the dry ingredients in a bowl and then add the egg and mix well.
- 2 Drop large spoonfuls of mixture into a pan, flatten slightly with a spatula and cook until golden brown on both sides.

These delicious little fritters are bursting with natural flavour and are a great source of dietary fibre, vitamins and minerals. The quinoa flour used to bind the mixture gives it a uniquely nutty flavour and is ideal for those avoiding gluten.

Self-delusion is pulling in your stomach when you step on the scales.

— Paul Sweeney

DINNER TONIGHT LUNCH TOMORROW

THE AUSTRALIAN DIETARY GUIDELINES RECOMMENDATIONS FOR CHOOSING AND STORING FOOD:

- If buying packaged food, check its 'best before' or 'use-by' date.
- Chill foods in the fridge to slow growth of micro organisms. Keep cool food cool and frozen food frozen.
- Keep fridges at or below 5°C and the freezer between -15°C and -18°C.
- Keep your fridge and freezer clean. Don't leave shrivelled old vegetables or 'left-overs' in the fridge for too long.
- If you are not going to eat cooked dishes and foods straight away, put them in the fridge as soon as you can.

RECOMMENDATIONS FOR PREPARING FOODS SAFELY:

- Wash your hands before touching food, and after going to the toilet, touching animals, changing nappies or blowing your nose. Use soap and warm running water and dry your hands on a clean towel.
- Wash fruit and vegetables thoroughly with clean water before you eat or prepare them.
- Keep your food preparation areas clean, particularly the surfaces, cutting boards and any bowls and utensils used.
- Don't allow raw foods, like eggs, meat, chicken or seafood, to be in contact with cooked or ready-to-eat foods. Keep cutting boards and serving plates separate.
- Foods, particularly poultry and meats, need to be cooked thoroughly, and at the right temperature.
- Avoid preparing foods if you are sick. Put a band-aid on any cuts or sores.

GET INSPIRED...

Look for things, images, people and messages that make you feel motivated, happy and inspired. Put them on your wall, in your wallet, send them as reminders to yourself and share them with others.

**Information courtesy of The Australian Dietary Guidelines, 2013*

FRENCH BEEF HOTPOT

Sylvia Collins



800g chuck steak
1 can tomatoes
2 onions
2 garlic cloves
3 carrots
3 potatoes
1 cup red wine
2 tbs. plain flour
2 tsp. paprika
1 sprig rosemary
1 tbs. fruit chutney
Salt & pepper

- 1 Cube onions, carrots and potatoes and steak.
- 2 Finely chop rosemary.
- 3 Place flour and paprika in a plastic bag, add steak and shake to coat.
- 4 Add all the ingredients to a casserole dish and place in the oven for 90 minutes at 180°C. Enjoy!



Serve with a side of steamed mixed vegetables.

Serve with a side of steamed brown rice and mixed vegetables.



LEMON BASIL CHICKEN

Grace Hortle



2 chicken breasts sliced into serve size portions
A bunch basil, roughly chopped
Juice and rind of ½ lemon
¼ cup parmesan cheese (grated)
½ cup bread crumbs

- 1 Preheat oven to 180°C.
- 2 Mix all ingredients (except chicken) in a bowl.
- 3 Toss chicken in mixed ingredients and spread evenly on baking tray, with any extra mix placed on top.
- 4 Bake for 30 minutes at 180°C.

SUNDRIED TOMATO CHICKEN

Gina Holland GF



500g chicken breast
250g cream cheese
200g sundried tomatoes
200g bacon
1 onion
Small bunch basil
Parmesan cheese (to top)

- 1 Cut chicken into small pieces.
- 2 In a pan over medium heat brown onion and bacon for 2-3 minutes.
- 3 Add chicken and cook for 5 minutes.
- 4 Stir through cream cheese and sundried tomatoes and let simmer for 5 minutes.
- 5 Remove from pan and serve topped with fresh basil and parmesan cheese. Great served with rice.

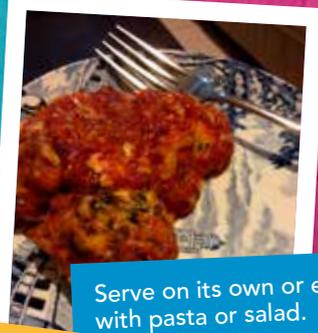
SPINACH AND RICOTTA DUMPLINGS

Holly Thompson 



250g packet frozen spinach, thawed
250g ricotta cheese
1 cup parmesan cheese, grated (½ for dumpling, ½ for sprinkling on top)
1 egg lightly beaten
2 tbsp. plain flour
600ml bottle of pasta sauce (tomato) *
Salt & pepper
* Or use recipe 'Mogo's Napolitana Sauce' on pg 25

- 1 Preheat oven to 180°C.
- 2 Spray a shallow 20x30cm ovenproof dish with cooking oil.
- 3 Squeeze excess liquid from spinach and put in a large mixing bowl with ricotta, parmesan, egg, flour, salt & pepper. Mix well until combined.
- 4 Roll mixture into (walnut sized) balls with wet hands and put a single layer in the base of the prepared ovenproof dish.
- 5 Pour pasta sauce over balls and sprinkle with parmesan cheese and bake in oven for 30 minutes uncovered.



Serve on its own or enjoy with pasta or salad.

Include some meat-free meals each week – Try using eggs, legumes such as beans and tofu, nuts and seeds.

MANGO CHICKEN CURRY

Alfred Joly 



LIME BIRYANI

Angela Little  



2 limes
1 cup quinoa, dry
1¼ cup water
3 tbsp. olive oil
1¼ tsp. curry powder
¼ tsp. salt
285g carrots, grated
1 cup chickpeas, unsalted, rinsed and drained
1½ cup sliced almonds, toasted
1½ cups thinly sliced spring onions
¼ cup sultanas
½ tsp. pepper

- 1 Finely grate 1 lime for 1½ tsp. zest, then, juice both limes.
- 2 In a saucepan, combine 3 tbsp. of the lime juice, quinoa, water, 1 tbsp. of the olive oil, curry powder and ½ tsp. salt and bring to the boil.
- 3 Reduce heat, cover and simmer for 15–20 minutes, or until quinoa is transparent and liquid is absorbed. Cool and transfer to large bowl.
- 4 Add carrots, chickpeas, onions, almonds and sultanas. Toss together.
- 5 In a bowl, combine remaining lime juice, zest, oil, salt & pepper. Whisk well to combine juice and oil.
- 6 Pour over quinoa mixture, toss and enjoy!

2 chicken breasts
2 mangoes
2 carrots
2 red capsicums
1 can of coconut milk
2 tsp. curry powder
2 cups rice

- 1 Slice chicken into bite sized pieces and fry in oil until lightly browned.
- 2 Prepare rice using either a rice cooker, microwave or on the stovetop.
- 3 Dice the carrots and capsicums and fry them on high heat in a wok or deep pan with the curry powder for 10 minutes, or until soft.
- 4 Turn the heat down and add the mango and coconut milk. Allow to simmer for 5–10 minutes.
- 5 Serve on a bed of rice.

SPINACH AND FETA PASTRY ROLLS

Shona Smith 



1 bunch of fresh spinach
250g (1 packet) feta cheese
1 red onion
4 eggs (3 for mixture and 1 for brushing on pastry)
4 sheets puff pastry
Salt & pepper

- 1 Take the pastry sheets out of the freezer and leave on bench to soften.
- 2 Wash spinach and chop into small pieces.
- 3 Cut feta cheese into small cubes.
- 4 Finely dice the red onion.
- 5 Crack the 3 eggs in a small bowl and lightly whisk together with a fork.
- 6 In a large bowl mix together the spinach, onion, cheese and egg. Add a pinch of salt & pepper.
- 7 Lay 1 sheet of pastry flat on bench. Leaving a 2cm edge, place a line of the spinach and feta mixture along the pastry. Then lift the edge closest to you and start to roll the pastry away from you over the spinach mixture. Keep rolling the pastry into a tight roll.
- 8 Once you have what looks like a large sausage roll, cut it into 4 or 5 smaller rolls. Brush rolls with egg to help them turn golden brown.
- 9 Repeat process for remaining mixture.
- 10 Place on oven tray and bake for 20–30 minutes or until golden brown.



Lovely served with an easy garden salad.

IRANIAN STYLE STEW

Shahrzad Seyed Mohammad Shahi



1 onion
250g your choice of meat (chicken, lamb or beef)
1 potato
1 tomato
1 carrot
1 squash
1 eggplant
2 cabbage leaves
1 tbsp. olive oil
1 tsp. turmeric (plus 1 tsp cumin for added flavour)
Salt & pepper

- 1 Slice all the vegetables into medium to thin slices.
- 2 Cut meat into small pieces.
- 3 In a large pot, add the olive oil and fry the onion until soft, then add the meat. Place the lid on the pot and simmer on low heat for 10 minutes.
- 4 Sprinkle the turmeric, salt & pepper over the meat.
- 5 Add the vegetables to the pot in layers. Begin with the potato, then carrot, squash and eggplant. Leave the tomato and cabbage until the last layers. You do not need to add water to pot.
- 6 Place the lid on the pot and let it simmer on a low heat for 30 minutes.



 Optional: This dish is great served with couscous.



THE NATIONAL PHYSICAL ACTIVITY GUIDELINES FOR AUSTRALIANS

GREAT REASONS TO BE ACTIVE

Being active is good for you in so many ways. It can provide a huge range of fun experiences, make you feel good, improve your health, and is a great way to relax and enjoy the company of your friends.

REGULAR PHYSICAL ACTIVITY CAN:

- Help prevent heart disease, stroke and high blood pressure;
- Reduce the risk of developing Type II Diabetes and some cancers;
- Help build and maintain healthy bones, muscles and joints reducing the risk of injury; and
- Promote psychological well-being

PHYSICAL ACTIVITY GUIDELINES FOR ADULTS

There are four steps for better health for Australian adults.

Together, steps 1–3 recommend the minimum amount of physical activity you need to do to enhance your health. They are not intended for high-level fitness, sports training or weight loss. To achieve best results, try to carry out all three steps and combine an active lifestyle with healthy eating.

Step 4 is for those who are able, and wish, to achieve greater health and fitness benefits.

STEP 1

THINK OF MOVEMENT AS AN OPPORTUNITY, NOT AN INCONVENIENCE

Where any form of movement of the body is seen as an opportunity for improving health, not as a time-wasting inconvenience.

Park a few blocks away from uni and walk to campus, get off the bus 2 stops earlier and walk the rest of the way, take the stairs instead of the lift.

STEP 2

BE ACTIVE EVERY DAY IN AS MANY WAYS AS YOU CAN

Make a habit of walking or cycling instead of using the car, or do things yourself instead of using labour-saving machines.

Cycle to uni and make use of the free bicycle racks available on campus. This way you can avoid wasting time searching for a car park and the bike racks are conveniently located in areas all around the campus.

STEP 3

PUT TOGETHER AT LEAST 30 MINUTES OF MODERATE INTENSITY PHYSICAL ACTIVITY ON MOST, PREFERABLY ALL DAYS.

You can accumulate your 30 minutes (or more) throughout the day by combining a few shorter sessions of activity of around 10 to 15 minutes each.

Encourage friends to join you for a walk or play basketball or tennis between lectures.

STEP 4

IF YOU CAN, ALSO ENJOY SOME REGULAR, VIGOROUS ACTIVITY FOR EXTRA HEALTH AND FITNESS

This step does not replace Steps 1–3. Rather, it adds an extra level for those who are able, and wish, to achieve greater health and fitness benefits.

LOOKING TO GET ACTIVE AND HEALTHY IN YOUR LOCAL COMMUNITY?

Your local government provides a range of free and low cost activities near you:

GOLD COAST

Active & Healthy program

A 'City of Gold Coast' initiative offering over 150 free or low cost activities each week across the city. No matter what your ability and fitness level, the 'Active & Healthy' program will help you improve.

Featured activities include; healthy eating workshops, group fitness, boxing, parkrun, pilates, yoga, tai chi, aqua fit, SUP, weekend experiences and more.

Download your 'Active & Healthy' program online: gcparks.com.au

City of Gold Coast works in partnership with the Active & Healthy Alliance. Find more activities, sport clubs and facilities online: getactivegoldcoast.com.au

Check out the 'Active & Healthy' App, which will arrive in July 2013.

Follow us on Facebook: facebook.com/getactivegc

LOGAN

Active Logan program

Logan City Council's Active Logan program offers free and low cost activities throughout Logan for all abilities and fitness levels.

Activities include; bootcamps, fitball, aqua, inControl, aerobics, box fit, fitness fastrack

More info: www.logan.qld.gov.au

BRISBANE

Residents of all ages and abilities can experience an exciting and diverse range of recreation programs offered by Brisbane City Council. These initiatives encourage residents from all walks of life to enjoy an active and healthy lifestyle.

Programs include:

Active Parks
Fitness Strength and Recreation
Gone Walking
GOLD

More info: www.brisbane.qld.gov.au



SNACKTIVITY

You can build up your 30 minutes (or more) of activity throughout the day by combining a few shorter sessions of around 10-15 minutes. We call these a *snacktivity* – a bite size activity.

SNACKTIVITY IDEAS

CYCLE:

A convenient and practical way to incorporate physical activity in your busy day is cycling. Ride to uni, work or for short neighbourhood trips.

What's the cost? Cycling 10km each way to work/uni each day will save about A\$1700 per year in transport costs (including all running costs and depreciation). Also, bicycle parking is usually free, easily accessible and more convenient than car parking.

DANCE:

Put on some music and dance. You could practice some new moves whilst cleaning – the mop or broom could prove a great dance partner...

GROW HERBS:

Start a herb garden – grow in pots in a sunny position and use fresh herbs instead of salt to add extra flavour to your meals.

GARDEN:

Get out and try some gardening – if you don't have the space, join a local community garden and grow your own fresh produce.

TRY SOMETHING NEW:

There are a wide variety of activities on offer. Try tai chi or yoga as a stress relief. Join a local parkrun on a Saturday morning, or go for a swim. Mix it up and have fun.

SKIP:

Skipping is good for the heart, bones, flexibility and coordination. It is not expensive; all you need is a skipping rope, a pair of trainers and a safe space.

More snacktivity ideas can be found: www.facebook.com/getactivegc

**Note: If you are pregnant, have been previously inactive, or suffer any medical conditions it is recommended that you seek medical advice before commencing vigorous physical activity.*

PROCRASTI-BAKING

APPLE CRUMBLE

Rebecca Magri **V**



- 1 cup plain flour
- ½ cup brown sugar
- 100g butter
- ½ cup rolled oats
- ½ cup walnuts
- 800g tinned apples
- Ground cinnamon to taste

- 1 Preheat oven to 180°C.
- 2 Line a round cake tin with non-stick baking paper.
- 3 Combine flour, sugar, butter, and oats in a bowl.
- 4 Mix butter into dry ingredients with hands until mixture resembles breadcrumbs.



When in season, try pear instead of apple.

- 5 In a separate bowl, mix apples and cinnamon together.
- 6 Spread apples evenly over the base of the cake tin.
- 7 Spread wet mixture evenly on top. Try to make a smooth layer.
- 8 Bake for 20–30 minutes or until golden brown.

MUG CAKE

Michael Dawes **V**



- ¾ cup flour
- ½ cup milk
- ½ an egg (beaten)
- 1 tbsp. butter
- ¼ cup sugar

- 1 Mix all ingredients together in a large microwave proof mug.
- 2 Cook in microwave for 2–3 minutes.
- 3 Instant cake!



THE BLENDED GYPSY

Sophie Anne Lawrence **V** **GF**



- 1 cup sugar
- 4-5 eggs
- ½ cup cocoa
- 1 can chickpeas
- 1 cup dark chocolate, grated
- ½ tsp. baking powder
- ¼ tsp. bicarbonate soda
- 1 tsp. vanilla essence
- ½ cup walnuts

- 1 Preheat oven to 175°C.
- 2 Blend chickpeas using a blender.
- 3 Add beaten eggs and blend until smooth.
- 4 Add cocoa, sugar, bicarbonate soda and baking powder and blend.
- 5 Add chocolate and vanilla essence and continue to blend until mixture is smooth.
- 6 Add walnuts to mix and pour into greased cake tin.
- 7 Bake for 45 minutes or until cooked.

Optional: Add shredded coconut.



STAY IN THE PRESENT...

Well-being gets worn away when we get sucked into focusing on what used to happen in the past, or start fretting about what might happen in the future. Without realising we can be caught in a vicious cycle of negative thoughts, which seem to grow on their own.

Not only do these thoughts sink our mood, after a while we start to think they're the truth. Step back and consider where your thoughts, feelings and behaviours are coming from. Are there better options for you than your current patterns? You can challenge your negative thoughts as untrue and change them for thoughts that make you feel better.



BANANA MUFFINS

Erica Cunningham **V** **GF**



- ¾ cup almond meal
- ¼ cup coconut flour
- 2 tbsp. coconut butter
- ½ tsp. baking soda
- ¼ cup honey OR maple syrup
- 3 eggs
- 3 large bananas (mashed)

- 1 In a bowl, combine all the wet ingredients and beat together.
- 2 In a separate bowl, mix all the dry ingredients together.
- 3 Combine the wet and dry ingredients and mix well.
- 4 Evenly pour into a greased muffin tin.
- 5 Cook for 25 minutes or until slightly brown on edges at 180°C.

Optional: Add a handful of choc chips.

Grinding your own almond meal makes it cheaper.



SUPER EASY 3 INGREDIENT SCONES

Michelle Freeman 



5 cups self-raising flour
300ml cream
300ml lemonade (room temperature)

- 1 In a large mixing bowl use your hand to combine all ingredients to form a dough.
- 2 Turn the dough onto a floured surface and knead until the no longer sticky. Sprinkle flour over dough to reduce stickiness.
- 3 Using a rolling pin or equivalent, roll dough out to approx. 2cm thickness.
- 4 Using a cookie cutter, cut the dough into scone shapes.
- 5 Knead leftover dough and roll out again into 2cm thickness, and cut into shape. Continue process until all the dough has been used.
- 6 Line oven tray with baking paper and place scones evenly on tray.
- 7 Bake at 180°C for approx. 15–20 minutes, or until golden brown.
- 8 Allow to cool, then serve.



For a simple twist add dried fruit or chopped nuts to the bowl before mixing.



BUST A MOVE....

Put on some music and dance around the lounge room – it's a sure fire mood and energy boost. Or go for a walk, run, skip, hop or jog. Just move.

VANILLA BAKED CHEESECAKE

James Davies 



500g cream cheese
1 packet digestive biscuits (or similar type)
2 large knobs of butter
3 eggs
300ml thickened cream
200g sugar
1 tsp. vanilla essence

- 1 Crush the biscuits into fine crumbs.
- 2 Add butter to biscuits and combine well.
- 3 Press biscuit mix into the base of cake tin and put in fridge for one hour.
- 4 Whisk cream cheese and sugar together until smooth.
- 5 Add cream and eggs and mix well.
- 6 Pour mixture over biscuit base and bake for 30 minutes or until firm.



 Add mango slices, passionfruit or strawberries to increase your daily fruit intake.

GET OUTSIDE....

Take some time to be in the nature, or at least just step outside. Relax and enjoy some sunshine. Take some deep breaths and notice the fresh air – it can make you feel more alert, as well as more relaxed.

5 CUP TEA CAKE

Tia Moore 



1 cup apricots
1 cup self-raising flour
1 cup sugar
1 cup coconut, desiccated
1 cup milk

- 1 Mix all ingredients together until there are no lumps.
- 2 Pour into greased cake tin.
- 3 Bake at 180°C for 45 minutes or until golden.



So many people spend their health gaining wealth, and then have to spend their wealth to regain their health.

— A.J. Reb Materi

Note: The end result of this pie is somewhere between the consistency of custard tart and cake mixture.



IMPOSSIBLE PIE

Angie Yu 



4 eggs
½ cup butter, melted
½ cup plain flour
1 cup sugar
1 cup coconut, desiccated
1 cup milk
1 tsp. vanilla essence

- 1 Preheat oven to 170°C. Prepare a pie tin.
- 2 In a large bowl, mix all the ingredients together.
- 3 Pour mixture into pie tin. It may seem too runny, but if you have followed the recipe correctly it will work.
- 4 Bake in oven for 60 minutes or until firm.



LAUGHTER IS THE BEST MEDICINE...

Take a dose daily. Make time to play and laugh. Spend time with people you love, like and respect and who feel that way about you.

Take care of your body. It's the only place you have to live.

— Jim Rohn



TIRAMISU

Gioranna Hage 



250g mascarpone
150g sugar
3 eggs
1 packet savoyarde biscuits
A small glass of masala or coffee
Cocoa powder

- 1 Separate the eggs.
- 2 Mix the sugar, mascarpone and egg yolks together in a large bowl.
- 3 Using an electric mixer, beat the egg whites until they are smooth and fluffy.
- 4 Add the egg whites to mixture and mix together well.
- 5 In a shallow bowl pour in a small glass of water and masala or coffee.
- 6 Dip the biscuits in the liquid and line them up side by side in serving dish.

- 7 Once you have a whole layer of biscuits, cover with a layer of the egg and sugar mixture.
- 8 Complete process until all the mixture is used.
- 9 Dust final layer with cocoa powder.



WE WOULD LIKE TO THANK EVERYONE INVOLVED IN THE PRODUCTION OF THIS RESOURCE:

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GOOD
GUYS[®]**