

In partnership with the Gidget Foundation

the healthy  Mummy

BUN IN THE OVEN

COOKBOOK



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Bun in the Oven

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Disclaimer: This material is for information only and not intended to replace the advice of a medical professional. Please consult with your doctor before starting any weight-loss program. We do not recommend any dieting whilst pregnant unless under your doctor's supervision. The information detailed in this book is accurate at the time of publication.



welcome

to the Bun in the Oven Cookbook



I am really excited and honoured to be partnering with the [Gidget Foundation Australia](#) to raise funds for their incredible support services for expectant and new parents.

We all know that parenthood is filled with challenges: lack of sleep, incessant crying (from your child and possibly you!), random tantrums in public, vegetables being rejected every meal time, endless washing, chasing... the list goes on! And on top of all of these experiences and challenges, parents are also often working or studying, so trying to get some time out is near impossible.

According to the Gidget Foundation, nearly 1 in 5 mothers and 1 in 10 fathers will experience perinatal depression and anxiety that's often hidden and not fully understood. It impacts around 100,000 Australians each year, and suicide is the leading cause of maternal death. Nearly 50 per cent of all parents experience adjustment disorders.

Perinatal depression and anxiety are serious conditions that if left untreated or without support, can lead to death. As parents, we need to learn to talk about how we're feeling more, ask for more help and speak up when we're overwhelmed. There is support available due to the likes of the Gidget Foundation.

What better way for us all to have an opportunity to take some time out and talk a bit more about how things are going, than to share a morning or afternoon tea to raise funds for the Gidget Foundation? And of course healthy baking recipes are a specialty at The Healthy Mummy, which is one of the reasons why we've created Bun in the Oven.

Bun in the Oven is a way for you to get together with your friends and family, bake some delicious treats (loads of recipe inspiration has been provided in this book) and share a morning or afternoon tea or bake sale, raising money for the Gidget Foundation.

Since starting The Healthy Mummy, I'm most proud of the amazing community and support that has been developed. Mums supporting mums in all different ways, motivating and inspiring each other to live their best lives. I know you'll all jump on board and start baking like crazy, so we can raise as much as we can to help someone who is going through a hard time and needs a helping hand.

Rhian
& The Healthy Mummy Team

about the Gidget Foundation

Gidget Foundation Australia is a not-for-profit organisation that provides programs to support the emotional wellbeing of expectant and new parents.

Gidget was the nickname of a vibrant young mother who tragically took her own life while suffering postnatal depression. She hid her suffering from even her loving family and friends. Together, they created the Gidget Foundation Australia, determined that what happened to Gidget would not happen to others.

The Gidget Foundation evokes Gidget's warm nature and her lively spirit. Established by Gidget's friends and sisters, the Foundation has grown and is now supported by passionate individuals, community leaders and health professionals.

Gidget Foundation Australia is supported by the generosity of philanthropic individuals and businesses, Australian and State Government, and fundraising events.

The Gidget Foundation provides support for perinatal depression and anxiety by:

- Support services for families suffering emotional distress during pregnancy and early parenting
- Education and awareness programs for health professionals and the community



about the Gidget Foundation

What is perinatal depression and anxiety?

Parenthood can be a wonderful and special time, but it can also have its own challenges. Pregnancy and the first year of parenthood (the perinatal period) can be a uniquely special time. It is also a time of great adjustment and the impact is often underestimated in our society. All expectant and new parents will have their good and bad days, their ups and downs. But when bad days start to seriously outnumber the good they may be at risk of perinatal anxiety and depression.

Both perinatal depression and anxiety affect 1 in 5 mothers and 1 in 10 fathers. Men are not immune from perinatal depression and anxiety. Commonly, but certainly not always, this develops as reactive depression to a partner's illness – it's understandably difficult to be around a person who is 'down' all the time. In fact, if the mother is depressed the whole family is affected: partner, baby and other children. That's why it is essential to get help straightaway.

This term, perinatal, covers both antenatal depression and anxiety (occurring during pregnancy) and postnatal depression and anxiety.

Perinatal depression and anxiety is a diagnosable condition and needs to be considered when:

- A parent is experiencing strong emotions which are impacting negatively on their ability to function in their usual way
- Low moods that have lasted for two weeks or more
- It is accompanied by a lack of enjoyment or pleasure in life and an inability to plan for the future



Perinatal depression is a recognised and diagnosable medical condition, the result of biological, psychological and social factors. Mothers and fathers do benefit from receiving professional help and parents do recover. Early intervention and emotional support enables parents to move on and enjoy this time with their children.

Visit gidgetfoundation.org.au to find out more.

how to

get involved with Bun in the Oven

The Bun in the Oven events will raise funds for the Gidget Foundation during Perinatal Mental Health Week, November 10-16.

Here's how you can get involved:

- Choose a selection of delicious, healthy baking recipes that you'd like to cook from this book (or choose some of your other favourite Healthy Mummy options).
- Gather a group of friends, family, work colleagues, your mothers group or playgroup mums and book in a time for a morning or afternoon tea to share all your baked treats together, have a chat and take some time out.
- Ask for a donation from all who attend your event, explaining that all money raised will go to the Gidget Foundation to support new and expecting parents.
- Rather than a morning or afternoon tea, you could instead organise a bake sale and sell your yummy goodies at work, kindy, school or with the kids out the front of your house! All money you raise can go to your Bun in the Oven donation.
- If you can't organise an event, you could just use the Bun in the Oven week as a perfect excuse to make some of your favourite Healthy Mummy treats and make a donation to the Gidget Foundation to show your support.
- Get social – take photos of what you've baked, your morningteas or bake sales and post them on The Healthy Mummy social pages using [#bunintheoven](#)



Once you've finished baking, shared your treats, had some fun and raised some money, donate here: [#gidgetbunintheoven](#)



muffins

Using healthy and fresh ingredients, muffins are the perfect snack to have on hand. They are so easy to make and ideal to add to lunch boxes, to fill those hungry bellies after school or share with friends when entertaining.





Beetroot, Zucchini & Apple Muffins

■ Serves 12 ■ Prep time 5 mins ■ Cooking time 20 mins

Ingredients

- ½ cup coconut oil, melted
- ¼ cup honey
- 2 free-range eggs
- ¼ cup reduced-fat milk of choice
- 1 small fresh beetroot, grated
- ½ apple, grated
- ½ zucchini, grated
- 1½ cups wholemeal self-raising flour
- 1 tsp baking powder

Method

1. Preheat oven to 200°C. Lightly grease or line 12 holes of a muffin tin.
2. In a large bowl, combine oil, honey, eggs and milk. Whisk well. Stir through grated beetroot, apple and zucchini.
3. Fold in dry ingredients until just combined.
4. Divide batter evenly between each muffin tin hole. Bake for 20 minutes, until muffins spring back when lightly touched.

NOTE: 'Free sugars'* mentioned in our recipes are those which have been added to foods during processing, cooking and preparation, while naturally occurring sugars are found within whole foods such as fruits and come with the additional benefits of a range of other nutrients such as vitamins, minerals and fibre in substantial amounts.



Energy	Protein	Fat	Sat Fat	Fibre	Carbs	Sugar	Free Sugar
193cal/ 810kJ	3.2g	11.4g	9.9g	1g	19.7g	7.5g	6.1g



Berry, Banana & Quinoa Muffins

■ Serves 6 ■ Prep time 20 mins ■ Cooking time 22 mins

Ingredients

- ¼ cup quinoa, uncooked
- ⅔ cup plain wholemeal flour
- ½ tsp baking powder
- ¼ tsp salt
- 1 banana, mashed
- 1 tbsp butter, melted
- 1 free-range egg
- ¼ cup water
- ½ tsp vanilla extract
- ¼ punnet strawberries, chopped

Method

1. Preheat the oven to 180°C. Grease or line 6 muffin tin holes. Cook quinoa per packet directions and cool.
2. In a mixing bowl, combine flour, baking powder, salt and quinoa.
3. In a separate bowl, combine mashed banana, butter, egg, water and vanilla, mixing until smooth.
4. Add banana mixture to dry ingredients and stir until just combined – do not over-mix. Fold in chopped strawberries.
5. Divide batter among prepared muffin tin holes. Bake for 20-22 minutes, until a skewer comes out clean.
6. Remove from oven and cool on a wire rack for 10 minutes before serving.



Energy	Protein	Fat	Sat Fat	Fibre	Carbs	Sugar	Free Sugar
124cal/ 522kJ	4.3g	3.8g	1.7g	2.7g	17.4g	2.9g	0g



Blueberry & Cream Cheese Muffins

■ Serves 6 ■ Prep time 10 mins ■ Cooking time 20 mins

Ingredients

- 1 tbsp butter
- 1 cup plain wholemeal flour
- 1 tsp baking powder
- ½ tsp bicarbonate of soda
- ¼ tsp salt
- ¾ cup blueberries
- 150ml of reduced-fat milk of choice
- 2 free-range eggs
- 1 tsp vanilla extract
- 2 tbsp coconut sugar
- 2 tbsp light cream cheese
- ½ cup reduced-fat Greek yoghurt

Method

1. Preheat oven to 180°C. Line 6 holes of a muffin tin. Melt butter.
2. Into a bowl, sift flour, baking powder, bicarbonate of soda and salt. Stir through blueberries.
3. In a large jug, whisk together milk, eggs, butter, vanilla and sugar.
4. Add wet ingredients to dry, stirring until just combined.
5. Spoon half the batter into lined muffin holes. Top each with a bit of cream cheese then remaining batter.
6. Bake for 18-22 minutes, until a skewer comes out clean (avoid cream cheese centre – enter the testing skewer on the side, otherwise you won't be able to tell if they're cooked or not).
7. Cool on rack. Serve with a spoonful of yoghurt.



Energy	Protein	Fat	Sat Fat	Fibre	Carbs	Sugar	Free Sugar
180cal/ 756kJ	7.5g	6.3g	1.7g	4g	21.6g	11g	5.3g



Cashew Banana Muffins

■ Serves 8 ■ Prep time 10 mins ■ Cooking time 15 mins

Ingredients

- 1 cup cashew nuts, unsalted
- 1 banana
- 2 tbsp honey
- 1 tbsp coconut oil
- 1 tsp vanilla extract
- 2 free-range eggs
- 2 tbsp flaxseed meal
- ¼ cup wholemeal self-raising flour

Method

1. Preheat oven to 180°C. Line or grease 8 holes of a muffin tray.
2. In a food processor, pulse cashews, banana, honey, coconut oil and vanilla extract together until nuts are well chopped up.
3. Add eggs, flaxseed meal and wholemeal self-raising flour to processor, mixing until just combined (don't over-mix or the muffins will be tough).
4. Divide batter into prepared muffin tin holes, until each hole is approximately three-quarters full.
5. Bake for 13-15 minutes, until a skewer comes out clean.
6. Allow to cool for 5 minutes in the tin before turning out and cooling completely.



Energy	Protein	Fat	Sat Fat	Fibre	Carbs	Sugar	Free Sugar
228cal/ 961kJ	6.5g	15.7g	4.3g	2.3g	14.8g	9.1g	5.8g



Chocolate Chia Muffins

■ Serves 12 ■ Prep time 10 mins ■ Cooking time 25 mins

Ingredients

- 1 cup reduced-fat milk
- 1/4 cup chia seeds
- 1/2 cup butter, softened
- 1/2 cup honey
- 1 cup spelt flour
- 1/2 cup plain wholemeal flour
- 2 tsp baking powder
- 2 tbs cacao/cocoa powder

Method

1. Preheat oven to 180°C. Line or lightly grease 12 holes of a muffin tin tray.
2. Combine milk and chia seeds. Set aside to allow chia seeds to absorb milk. Stir regularly to avoid chia seeds sinking to the bottom.
3. Using a whisk or hand-held mixer, whip together butter and honey until combined and smooth. Add milk and chia seed mix, combining well.
4. Into a bowl, sift in spelt and wholemeal flours with baking powder and cacao/cocoa. Stir to combine well.
5. Divide batter evenly between prepared muffin tin holes and bake for 20-25 minutes, until a skewer comes out clean.
6. Can be served as soon as cooled slightly from oven.



Energy	Protein	Fat	Sat Fat	Fibre	Carbs	Sugar	Free Sugar
213cal/ 896kJ	4.4g	10.6g	6.1g	3g	24.6g	13.6g	11.3g



Double-Choc Mini-Muffins

■ Serves 5 ■ Prep time 20 mins ■ Cooking time 12 mins

Ingredients

- $\frac{3}{4}$ tsp apple cider vinegar
- $\frac{1}{3}$ cup reduced-fat milk of choice
- $\frac{1}{2}$ cup plain wholemeal flour
- 1 tsp baking powder
- 2 tbsp coconut sugar
- 3 tsp cacao/cocoa powder
- 1 free-range egg, whisked
- 2 tbsp dark chocolate bits

Method

1. Preheat oven to 180°C. Grease 10 holes of a mini-muffin pan.
2. Combine vinegar and milk. Set aside, allowing it to curdle and turn into buttermilk.
3. In a mixing bowl, combine flour, baking powder, sugar and cacao/cocoa.
4. Add whisked egg and buttermilk, mixing gently until thoroughly combined. Fold through chocolate bits.
5. Divide evenly into prepared muffin tray and bake for 12 minutes, until firm on top.



Energy	Protein	Fat	Sat Fat	Fibre	Carbs	Sugar	Free Sugar
130cal/ 542kJ	4g	3g	2g	2g	20g	9g	8g



Grain-Free Banana Bread Muffins

■ Serves 4 ■ Prep time 10 mins ■ Cooking time 30 mins

Ingredients

- 5 free-range eggs
- 2 bananas
- 2½ tbsp coconut oil, melted
- ⅓ cup coconut flour
- 1 tsp baking powder
- 1 tsp vanilla extract
- ¼ cup reduced-fat milk of choice

Method

1. Preheat oven to 200°C. Line or lightly spray 4 holes of a muffin tin.
2. In a food processor, blitz all ingredients until smooth. If batter is too thick, add a little water or milk to thin it out, but don't let it get too runny.
3. Divide batter between prepared muffin tin holes. Bake for 25-30 minutes, until lightly brown and firm to touch.
4. Can be served as soon as cooled slightly from oven.



Energy	Protein	Fat	Sat Fat	Fibre	Carbs	Sugar	Free Sugar
268cal/ 1126kJ	11.5g	20.5g	13.8g	5.6g	15.4g	9.5g	1g



Lemon & Coconut Muffins

■ Serves 6 ■ Prep time 5 mins ■ Cooking time 25 mins

Ingredients

- 1¼ tbsp honey
- 2 tsp lemon juice
- ¾ cup wholemeal self-raising flour
- 2 tbsp coconut oil
- ½ cup plain wholemeal flour
- ½ tsp baking powder
- 1 tsp vanilla extract
- 1 cup water
- 1 tsp lemon rind
- 1 tbsp desiccated coconut
- 2 tbsp LSA (linseed, sunflower & almond meal)

Method

1. Preheat oven to 180°C. Line or grease 6 holes of a muffin tray.
2. Combine 1 tsp of honey and 1 tsp of lemon juice. Set aside until muffins are baked.
3. In a large bowl combine self-raising flour, plain flour, baking powder, lemon rind, desiccated coconut and LSA. In a jug, whisk remaining honey and lemon juice, coconut oil, vanilla extract and water. Add the wet ingredients to the dry in the bowl, stirring until just combined - do not over-mix.
4. Divide mix evenly between muffin holes. Bake for 20-25 minutes, until a skewer comes out clean.
5. Remove muffins from oven, turn onto a cooling rack and, while still warm, brush with honey lemon syrup.



Energy	Protein	Fat	Sat Fat	Fibre	Carbs	Sugar	Free Sugar
196cal/ 820kJ	3.8g	9.3g	6.7g	4g	22g	5.6g	4.8g



Mini Chia & Orange Muffins

■ Serves 6 ■ Prep time 10 mins ■ Cooking time 20 mins

Ingredients

- 1 orange
- 1¼ cups almond meal
- ½ tsp baking powder
- salt
- 1 free-range egg
- 1 tsp Natvia
- 2 tbsp chia seeds
- 100ml reduced-fat milk of choice
- ¼ cup coconut oil, melted
- 1 tsp vanilla extract

Method

1. Preheat oven to 180°C. Line or lightly spray 6 holes of a mini muffin tin.
2. Zest and juice orange.
3. In a medium bowl, mix together almond meal, baking powder and a pinch of salt.
4. In a larger bowl, whisk egg. Add Natvia, chia seeds, orange juice, milk, coconut oil, vanilla, and zest.
5. Add dry ingredients to wet ingredients. Gently combine, being careful to not over-mix as otherwise muffins will be tough.
6. Pour batter into prepared muffin tins. Bake for 18-20 minutes, until a skewer comes out clean.
7. Serve warm.



Energy	Protein	Fat	Sat Fat	Fibre	Carbs	Sugar	Free Sugar
330cal/ 1390kJ	8.4g	30.7g	10.5g	5.1g	5.5g	3.2g	0g



Passionfruit Muffins

■ Serves 6 ■ Prep time 10 mins ■ Cooking time 20 mins

Ingredients

- ½ cup reduced-fat Greek natural yoghurt
- 1 free-range egg
- ¼ cup water
- 1 tbsp honey
- 2 tbsp passionfruit pulp
- 1¼ cup wholemeal self-raising flour
- ¼ tsp baking powder

Method

1. Preheat oven to 180°C. Line or grease 6 holes of a muffin tray.
2. In a large mixing bowl, whisk together yoghurt, egg, water, honey and 1 tbsp of passionfruit pulp. Sift over flour and baking powder. Gently fold through.
3. Divide batter between prepared muffin tin holes. Top each with remaining passionfruit pulp and bake for 18-20 minutes, until a skewer comes out clean.



Energy	Protein	Fat	Sat Fat	Fibre	Carbs	Sugar	Free Sugar
132cal/ 554kJ	5.4g	1.3g	0.3g	2.9g	22.7g	5.8g	5g



Raspberry Muffins

■ Serves 6 ■ Prep time 10 mins ■ Cooking time 22 mins

Ingredients

- 1½ cups plain wholemeal flour
- ½ tsp baking powder
- 1 cup fresh or frozen raspberries
- 2 free-range eggs
- ¼ cup butter, melted
- ¼ cup reduced-fat milk of choice
- 2 tbsp honey
- 1 tsp lemon rind

Method

1. Preheat oven to 180°C. Line or grease 6 holes of a muffin tray.
2. In a bowl combine flour and baking powder. Stir through raspberries to coat well.
3. Lightly whisk eggs, butter, milk, honey and zest. Add to dry ingredients and stir to just combine (don't over-mix).
4. Divide mixture between muffin moulds and bake for 20-22 minutes, until a skewer comes out clean.



Energy	Protein	Fat	Sat Fat	Fibre	Carbs	Sugar	Free Sugar
231cal/ 969kJ	6g	11g	6g	4g	26g	10g	5.5g



Wholemeal Choc-Chip Muffins

■ Serves 12 ■ Prep time 5 mins ■ Cooking time 20 mins

Ingredients

- 2 cups wholemeal self-raising flour
- ½ cup dark chocolate bits
- 2 free-range eggs
- 1 cup reduced-fat milk of choice
- ¼ cup extra virgin olive oil
- ¼ cup honey
- 1 tsp vanilla extract

Method

1. Preheat oven to 170°C. Grease or line 12 holes of a muffin tin.
2. Into a large mixing bowl, sift flour and combine with chocolate bits.
3. Whisk eggs and combine with milk, olive oil, honey and vanilla.
4. Make a well in flour mix and add all liquids, stirring to combine well.
5. Divide batter between each muffin tin hole. Bake for 15-20 minutes, until a skewer comes out clean.



Energy	Protein	Fat	Sat Fat	Fibre	Carbs	Sugar	Free Sugar
183cal/ 771kJ	3.8g	8g	2.7g	2.5g	22.9g	10.3g	9.9g



Sweet Potato Muffins with Cinnamon & Maple Cream Cheese

■ Serves 12 ■ Prep time 10 mins ■ Cooking time 22 mins

Ingredients

- 1 cup light cream cheese
- 1 tsp cinnamon
- ½ cup maple syrup
- 1 sweet potato, peeled & cubed
- ½ cup coconut oil, melted
- ½ cup reduced-fat milk of choice
- 2 free-range eggs, lightly beaten
- 2 cups wholemeal self-raising flour
- 1 tsp baking powder

Method

1. Combine softened cream cheese, cinnamon and 1½ tbsps of maple syrup. Stir until smooth and set aside.
2. Preheat oven to 180°C. Line a muffin tray with 12 paper liners.
3. Steam sweet potato until very soft. Drain, cool slightly and mash well with a fork.
4. Whisk remaining maple syrup, coconut oil and milk into mashed sweet potato until smooth. Whisk in eggs. Add flour and baking powder, folding to just combine.
5. Divide batter into lined muffin tins. Bake for 18-22 minutes, until a skewer comes out clean.
6. Turn out and cool completely on a wire rack. When cool, spread each muffin with 1 tbsp of pre-prepared cream cheese frosting.



Energy	Protein	Fat	Sat Fat	Fibre	Carbs	Sugar	Free Sugar
281cal/ 1177kJ	5.8g	16.7g	4.3g	3g	26.1g	9.8g	8.2g



THE 28 DAY WEIGHT LOSS CHALLENGE APP

Recipes and Meal Planning

The 28 Day Weight Loss Challenge App makes meal planning a breeze because it's a one-stop shop when it comes to meal planning, recipe choice, creating shopping lists and customisation to suit personal tastes, dietary requirements and budgets.

- New meal plans every week
- More than 4000 recipes
- Easy, budget-, breastfeeding- and family-friendly
- New recipes every month
- Fully customisable



Your pocket personal trainer, dietitian, meal planner and motivational coach!



Exercise and Workouts

With more than 350 exercise routines plus full-length guided video workouts that can be completed at home or on the move. Each one has been designed to work different parts of your body, giving you a well-rounded program that increases your strength, tones your muscles, reduces body fat and improves your overall cardiovascular fitness levels.



OUR MUMS HAVE LOST A COMBINED WEIGHT OF **3 MILLION KG!**

JOIN 100,000S OF MUMS JUST LIKE YOU AND REACH YOUR GOALS.*

*results may vary by person

Get your Healthy Mummy pocket coach and make your goals more achievable

Go to www.healthymummy.com

BE INSPIRED BY THESE AMAZING MUMS and their 28 Day Weight Loss Challenge Stories

Melissa Timer



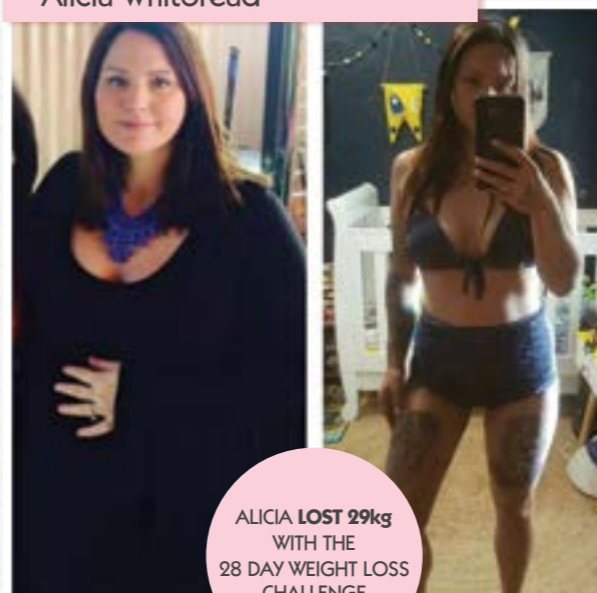
MELISSA LOST 35kg
 WITH THE
 28 DAY WEIGHT LOSS
 CHALLENGE

Since losing 35kg, Melissa is down to 73kg and looking forward to getting to 70kg by building and toning her muscles.

"I would say my meal plan is high protein, moderate carb intake," she says.

The busy mum-of-two has not only been following the 28 Day Weight Loss Challenge, she's also been drinking The Healthy Mummy smoothies, which work as a healthy meal replacement.

Alicia Whitbread



ALICIA LOST 29kg
 WITH THE
 28 DAY WEIGHT LOSS
 CHALLENGE

Alicia and her family are vegan but she chooses not to select the vegan option in the meal plan when customising: "It limits the food options so I make swaps and substitutions to suit the meat meals for my family."

This shows how adaptable and easy The Healthy Mummy meal plans are!

"I might leave out the meat and add extra vegetables or legumes or swap dairy products for vegan dairy-free cheeses and spreads," she says.

Stacey Chisholm



STACEY LOST 41kg
 WITH THE
 28 DAY WEIGHT LOSS
 CHALLENGE

Stacey is loving life 41kg lighter and she says she's healthier than ever.

Stacey's meal prep has recently changed from just prepping snacks to making main meals and lunches to freeze. She says, "It may take up a day of cooking but it's worth it during the week with less time in the kitchen and more time with the kids.

"I still have to have one Healthy Mummy smoothie a day – smoothies are life."

Shantelle Van Der Leeuw



SHANTELE LOST
 35kg WITH THE
 28 DAY WEIGHT LOSS
 CHALLENGE

Shantelle has gone through a huge transformation in the past 16 months, from 110kg to 75kg in 16 months. That's a massive total loss of 35kg on the 28 Day Weight Loss Challenge.

Since we last checked in with this Healthy Mummy, she's passed the 30kg mark for weight lost and isn't stopping there.

"I can't explain how fantastic and confident I feel. Sticking at it and not giving up were the hardest things I've done but the best decision of my life."

slices & biscuits

These delicious slices are loaded with nutritious ingredients making them the perfect morning, afternoon or evening snack. Pop into a lunch box for a school-friendly treat or take a plate next time you visit friends.





Chocolate, Date & Bran Slice

■ Serves 8 ■ Prep time 40 mins ■ Cooking time 45 mins

Ingredients

- ½ cup dried dates, chopped & pitted
- 1 cup rolled oats
- 1 tbsp cacao/cocoa powder
- ½ cup bran cereal
- 1 cup water
- ½ cup reduced-fat Greek natural yoghurt
- ¼ tsp vanilla extract
- 2 tbsp light cream cheese
- 1 tbsp chia seeds
- 2 tsp reduced-fat ricotta cheese
- 2 tbsp honey
- 1 tsp maple syrup

Method

1. In a bowl, combine chopped dates, cacao/cocoa, water, vanilla and chia seeds. Soak for 20 minutes.
2. Preheat oven to 180°C.
3. Add honey, oats and bran to date mix, soaking for a further 10 minutes.
4. Stir through Greek yoghurt and spread the mix evenly across the base of a lined loaf tin.
5. Bake for 45 minutes, until top is firm to touch – slice will still be fairly moist in the centre. Turn onto a wire rack to cool.
6. To make frosting, mix together cream cheese, ricotta and maple syrup. Spread over cooled slice. Cut into 8 pieces.

NOTE: *Free sugars** mentioned in our recipes are those which have been added to foods during processing, cooking and preparation, while naturally occurring sugars are found within whole foods such as fruits and come with the additional benefits of a range of other nutrients such as vitamins, minerals and fibre in substantial amounts.



Energy	Protein	Fat	Sat Fat	Fibre	Carbs	Sugar	Free Sugar
146cal/ 614kJ	4g	3g	1g	4g	24g	15g	6.4g



Chocolate Coconut Slice

■ Serves 15 ■ Prep time 15 mins ■ Cooking time 25 mins

Ingredients

- 5 wheat cereal biscuits, eg. Weet-Bix, crushed
- 2 tbsp cacao/cocoa powder
- 1 tsp vanilla extract
- 1/3 cup coconut oil, melted
- 1/3 cup reduced-fat Greek natural yoghurt
- 1 cup wholemeal self-raising flour
- 1 cup desiccated coconut
- 1/2 cup coconut sugar
- 1 free-range egg, whisked
- 1/2 cup reduced-fat milk of choice
- 75g dark chocolate (70%)
- 2 tsp extra virgin olive oil

Method

1. Preheat oven to 180°C. Line a 20x20cm baking dish or slice tray.
2. Combine crushed biscuits, cocoa/cacao, vanilla, coconut oil, yoghurt, flour, desiccated coconut, coconut sugar, egg and milk. Stir until well combined. If mix seems too dry, add a little more milk. The mixture should be moist and thick.
3. Press mixture into prepared dish with back of a spoon and bake for 20-25 minutes, until a skewer comes out clean. The slice will be firm when ready.
4. Once slice has cooled, make icing. In a saucepan, combine chocolate and olive oil. Stir over a low heat until starting to melt. Remove from heat and continue stirring until smooth. Allow chocolate mixture to cool slightly before spreading evenly over slice.
5. Once icing starts to set, cut slice into 15 pieces.

Note: Sprinkle with some extra desiccated coconut to serve if you like.



Energy	Protein	Fat	Sat Fat	Fibre	Carbs	Sugar	Free Sugar
209cal/ 880kJ	3.5g	13g	11g	2g	19g	10.5g	9g



Coconut Weet-Bix Slice

■ Serves 16 ■ Prep time 130mins ■ Cooking time 15mins

Ingredients

- 4 wheat cereal biscuits, like Weet-Bix, crushed
- 100ml coconut oil
- 1 cup plain wholemeal flour
- ½ cup coconut sugar
- ½ cup desiccated coconut
- 1 tbsp cacao/cocoa powder
- ¼ cup boiling water
- ½ cup peanut butter
- 1 tbsp honey

Method

1. Preheat oven to 160C. Line a square tin with baking paper.
2. In a bowl stir together crushed Weet-Bix, flour and desiccated coconut.
3. In a jug combine 3 tablespoons (60ml) of melted coconut oil, boiling water, cacao/cocoa and coconut sugar and mix well.
4. Pour wet ingredients into dry and stir to coat. Tip mixture into prepared pan and press with the back of a spoon or your fingers to create an even layer.
5. Bake for 15 minutes then cool slightly in tin.
6. While slice is baking make the icing. Whisk together remaining 2 tablespoons (40ml) of melted coconut oil, peanut butter and honey until smooth.
7. Spread icing over warm slice and refrigerate for 2 hours or until set.
8. Slice into 16 slices. 1 serve is 1 slice.
9. Store leftovers in an airtight container in the fridge for 3-4 days.

Tip: if you store peanut butter in the fridge, bring it to room temperature before whisking with the melted coconut oil or the oil will firm back up!



Energy	Protein	Fat	Sat Fat	Fibre	Carbs	Sugar	Free Sugar
171cal/ 720kJ	3.3g	11.6g	8g	2g	13.7g	6g	3.9g



Coffee Date Slice

■ Serves 10 ■ Prep time 190 mins ■ Cooking time 30-35 mins

Ingredients

- 400g dates, pitted
- 1 tbsp instant coffee powder
- 1 cup wholemeal self-raising flour
- ¼ cup almonds, chopped

Method

1. Chop dates roughly.
2. Add coffee to 1¼ cups of boiling water, then pour over dates to soak for approximately 3 hours.
3. After soaking time, preheat oven to 170°C.
4. Stir sifted flour and chopped nuts into date mixture. Mix well.
5. Pour into a greased and lined loaf tin.
6. Bake for 30-35 minutes or until a skewer comes out clean. Allow to cool then slice into 10 pieces.



Energy	Protein	Fat	Sat Fat	Fibre	Carbs	Sugar	Free Sugar
135cal/ 571kJ	3.3g	2.2g	0.1g	4.3g	23.8g	12.8g	0g



Oat & Honey Slice

■ Serves 20 ■ Prep time 10 mins ■ Cooking time 25 mins

Ingredients

- cooking oil spray
- 2 cups rolled oats
- 1 cup shredded coconut
- 1 cup wholemeal plain flour
- 2 tsp baking powder
- ½ cup raisins
- ¾ cup reduced-fat butter, melted
- 2 tbsp crunchy peanut butter
- ¼ cup honey

Method

1. Preheat oven to 180°C. Lightly grease a slice pan with cooking oil spray and line with baking paper.
2. In a large bowl, combine all dry ingredients and mix well.
3. Add melted butter, peanut butter and honey, stirring well to combine (if required, heat these ingredients in a small saucepan over low heat to make them softer and easier to stir).
4. Using a spoon, press mixture into prepared slice pan to flatten and smooth the top.
5. Place in oven for 20-25 minutes, until golden brown.
6. Allow to cool and slice into 20 squares.



Energy	Protein	Fat	Sat Fat	Fibre	Carbs	Sugar	Free Sugar
175cal/ 735kJ	2.4g	12.2g	8.5g	1.4g	14.5g	7.2g	3.6g



Pecan Butterscotch Slice

■ Serves 12 ■ Prep time 25 mins ■ Cooking time 40 mins

Ingredients

- 1 cup Medjool dates, fresh
- 125g butter
- 1 cup plain wholemeal flour
- 2 free-range eggs
- 2 tbsp wholemeal self-raising flour
- ¼ cup pecan halves, roughly chopped
- ¼ cup desiccated coconut
- ½ tsp cinnamon

Method

1. Preheat oven to 180°C. Lightly grease and line a slice tin.
2. In a food processor, puree dates until smooth, adding a bit of water if required.
3. For the base, melt butter. Combine with 1 cup of plain flour and half a cup of the date puree, stirring well to combine. Press mixture into prepared tin and bake for 20 minutes.
4. For the topping, beat eggs until frothy, then add remaining date puree. Fold in self-raising flour, pecans and coconut. Mix well. Spread mixture over warm base and bake for an additional 20 minutes.
5. When cool, slice into 16 pieces, sprinkle with cinnamon and decorate with extra crushed pecans if liked.



Energy	Protein	Fat	Sat Fat	Fibre	Carbs	Sugar	Free Sugar
150cal/ 626kJ	2.3g	9.2g	5.2g	2.5g	13.5g	6.8g	0g



Chewy Coconut Cookies

■ Serves 4 ■ Prep time 10mins ■ Cooking time 10mins

Ingredients

- 1 egg white
- pinch salt
- 1 tbsp honey
- 1 cup shredded coconut
- 1 tablespoon almond meal

Method

1. Preheat oven to 180C. Line an oven tray with baking paper.
2. Whisk egg white until just foamy. Whisk in honey, almond meal and a pinch of salt to combine well. Fold through coconut.
3. Spoon coconut mixture onto the tray to make 8 cookies. Bake for 8-10 minutes until firm and golden. Remove from oven earlier if golden before suggested baking time.
4. Cool on tray to harden further. 1 serve is 2 cookies. Store extras in the fridge for 3-4 days.



Energy	Protein	Fat	Sat Fat	Fibre	Carbs	Sugar	Free Sugar
215cal/ 907kJ	3.1g	19g	17g	0.3g	12g	7.4g	5.8g



Chia & Lemon Cookies

■ Serves 12 ■ Prep time 40 mins ■ Cooking time 25 mins

Ingredients

- 2 tbsp chia seeds
- 1 tbsp water
- 2 tbsp lemon juice
- 115g butter
- ¼ cup coconut sugar
- 1 cup plain wholemeal flour

Method

1. Preheat oven to 180°C. Line 2 oven trays with baking paper.
2. Soak chia seeds in water and lemon juice for 15 minutes. Cube butter and bring to room temperature.
3. Using an electric beater, cream butter and sugar together until light and fluffy. Add chia seed mix, stirring to combine. Sift in flour, stirring with a wooden spoon and mix to form a soft dough.
4. Form tablespoons of dough into 12 small balls and place on baking trays, 4cm apart. Use a fork to slightly flatten each ball. Place in fridge for 20 minutes to firm.
5. Once firm, bake for 15 minutes. Reduce oven to 100°C and bake for a further 10 minutes, until cookies are lightly golden and slightly firm on top.
6. Allow to cool for 5 minutes on trays before transferring to a wire cooling rack.



Energy	Protein	Fat	Sat Fat	Fibre	Carbs	Sugar	Free Sugar
139cal/ 585kJ	1.8g	8.8g	5g	1.2g	13g	4.4g	4g



Florentines

■ Serves 12 ■ Prep time 20 mins ■ Cooking time 15 mins

Ingredients

- ½ cup Natvia
- 1 fresh Medjool date
- 65g butter
- ¼ cup flaked almonds
- ¼ cup goji berries
- ½ cup plain wholemeal flour
- ½ tsp bicarbonate soda
- ½ cup rolled oats
- 80g dark chocolate (70% cocoa)

Method

1. Preheat oven to 180°C and line 2-3 trays with baking paper.
2. In a food processor, blitz Natvia until a very fine icing sugar is formed. Remove and set aside.
3. In food processor, blitz date until smooth, adding a little water if required to form a smooth paste.
4. In a saucepan, melt butter over medium heat. Add date paste, mixing to combine.
5. In a mixing bowl, combine Natvia icing sugar, almonds, goji berries, oats, flour and bicarbonate soda. Stir well.
6. Add butter and date mix to dry ingredients, stirring to combine and form a dough. Roll dough into 12 balls and place on lined trays, ensuring plenty of space between each to allow for spreading.
7. Flatten each ball with your palm and bake for 7-15 minutes, until golden brown. Allow to cool completely on baking trays.
8. When cool, melt chocolate and dip half of each of biscuit. Place chocolate-dipped biscuits onto a tray and into freezer for 10 minutes to set.



Energy	Protein	Fat	Sat Fat	Fibre	Carbs	Sugar	Free Sugar
138cal/ 580kJ	2.6g	9g	4.9g	1.8g	11.5g	5.3g	3.7g



Flourless Peanut Butter Cookies

■ Serves 12 ■ Prep time 10 mins ■ Cooking time 10 mins

Ingredients

- $\frac{3}{4}$ cup peanut butter
- $\frac{1}{2}$ cup Natvia
- 1 free-range egg, beaten
- 1 tsp baking soda
- $\frac{1}{2}$ tsp cinnamon

Method

1. Preheat oven to 180°C and line 2 baking trays with paper.
2. Using an electric mixer, beat together peanut butter and Natvia until smooth. Add beaten egg, baking soda and cinnamon to peanut butter mixture, beating until well combined.
3. Roll teaspoons of dough into 12 balls and place on prepared trays, approximately 2cm apart.
4. Using a fork, gently flatten each cookie dough ball. Bake for 10-12 minutes, until puffed and golden.
5. Cool cookies on baking trays for 2 minutes, then transfer with a spatula to a wire rack to cool completely.



Energy	Protein	Fat	Sat Fat	Fibre	Carbs	Sugar	Free Sugar
81cal/ 341kJ	3.7g	6.4g	1.1g	1.3g	1.1g	0.6g	0g



Oat & Cacao Cookies

■ Serves 6 ■ Prep time 10 mins ■ Cooking time 35 mins

Ingredients

- 2 small bananas, mashed
- 1 cup rolled oats
- ¼ cup cacao nibs
- ½ tsp baking soda
- 1 tbsp coconut oil, melted

Method

1. Preheat oven to 160°C and line a tray with baking paper.
2. In a bowl, add banana, oats and cacao nibs. Mix well. Add coconut oil and baking soda, combining well to form a cookie dough.
3. Divide dough into 6 even portions and roll into balls.
4. Place balls onto prepared tray, leaving space between each to allow for spreading.
5. Using a fork, gently press down on each ball to flatten slightly. Bake for 25-35 minutes, until golden brown.
6. Allow to cool completely on tray before serving.



Energy	Protein	Fat	Sat Fat	Fibre	Carbs	Sugar	Free Sugar
147cal/ 621kJ	2.9g	7g	4.5g	1.8g	17g	5.6g	0g



Peanut Butter & Chocolate Brownie Cookies

■ Serves 24 ■ Prep time 30 mins ■ Cooking time 40 mins

Ingredients

- 1 cup peanut butter
- 1 cup Medjool dates, fresh, pureed
- ½ cup oat bran
- 2 free-range eggs
- 60g dark chocolate (70% cocoa)
- 80g light cream cheese
- 2 tbsp reduced-fat milk of choice
- 1 tsp vanilla extract
- ½ cup crushed peanuts

Method

1. Preheat oven to 180°C. Line a slice tin with baking paper.
2. In a large bowl, combine peanut butter, date puree, oat bran and 1 egg, until mixture comes together into a thick dough.
3. Press dough into bottom of prepared tin. Bake peanut butter layer for 12-15 minutes.
4. While peanut butter layer is baking, in a large bowl, melt chocolate. Cool for 3-5 minutes, then stir through cream cheese, milk, vanilla, and remaining egg.
5. When peanut butter cookie layer is ready, pour chocolate mixture over and sprinkle with crushed peanuts.
6. Return to oven and bake for a further 20-25 minutes, until a skewer comes out with only a few crumbs.
7. Cool completely before slicing into 24 bite-sized squares.



Energy	Protein	Fat	Sat Fat	Fibre	Carbs	Sugar	Free Sugar
145cal/ 609kJ	4.7g	9.8g	2.6g	1.8g	9g	6.4g	0g



Quinoa Cookies

■ Serves 14 ■ Prep time 10 mins ■ Cooking time 20 mins

Ingredients

- 1 cup peanut butter
- ½ cup quinoa flakes
- ½ cup rolled oats
- 2 tbsp maple syrup
- ½ cup macadamias, unsalted, chopped
- 3 Medjool dates, fresh, pitted & chopped
- ½ tsp cinnamon
- 1 tsp baking powder
- 1 free-range egg

Method

1. Preheat oven to 180°C. Line a baking tray with paper.
2. In a frypan over medium heat, melt peanut butter and mix with quinoa flakes, rolled oats and maple syrup.
3. Once combined, transfer to a mixing bowl and fold through macadamias, dates, cinnamon, baking powder and egg.
4. On prepared baking tray, place 2 tbsps of dough for each cookie. You should be able to make approximately 14 cookies.
5. Cook for 15-20 minutes, until golden brown. Remove from oven and let cool for 5 minutes.



Energy	Protein	Fat	Sat Fat	Fibre	Carbs	Sugar	Free Sugar
178cal/ 751kJ	5.8g	12.3g	1.9g	2.6g	10.9g	3.9g	2.3g

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cakes

Cakes are the perfect snack to make friends and family when celebrating, entertaining or just as a delicious treat. This selection of recipes includes some family favourite options made in a healthier way





Classic Chocolate Cake

■ Serves 10 ■ Prep time 30 mins ■ Cooking time 25 mins

Ingredients

- 3 free-range eggs, separated
- ½ cup coconut sugar
- 1½ cups plain wholemeal flour
- 2 tsp cream of tartar
- 1 tsp baking soda
- ½ cup cacao/cocoa powder
- ⅔ cup boiling water
- 2 tbsp coconut oil, melted
- 2 cups pitted, dried dates
- 1 tbsp reduced-fat milk of choice

Method

1. Preheat oven to 180°C. Grease and line a 20cm cake tin.
2. Beat egg whites until stiff. Slowly add coconut sugar and yolks, beating, until smooth and creamy.
3. Into a bowl, sift flour, cream of tartar and baking soda. Whisk for 20 seconds. Gently stir into egg mixture.
4. Combine a third of a cup of cacao/cocoa powder, boiling water and melted coconut oil. Slowly beat chocolate mixture into cake batter until well combined. Pour mixture into prepared tin. Bake for 25 minutes, until a skewer comes out clean. Cool in tin for 5 minutes before turning out onto a wire rack.
5. To make frosting, cover dates with boiling water and soak for 20 minutes, then drain. In a food processor, blitz dates until smooth. Stir through remaining cacao/cocoa powder the milk. Spread frosting on cooled cake.

NOTE: 'Free sugars'* mentioned in our recipes are those which have been added to foods during processing, cooking and preparation, while naturally occurring sugars are found within whole foods such as fruits and come with the additional benefits of a range of other nutrients such as vitamins, minerals and fibre in substantial amounts.



Energy	Protein	Fat	Sat Fat	Fibre	Carbs	Sugar	Free Sugar
234cal/ 979kJ	4.1g	4.9g	3g	2.8g	30.5g	19.4g	10.2g



Death by Chocolate Cake

■ Serves 8 ■ Prep time 40 mins ■ Cooking time 50 mins

Ingredients - Cake

- 3 tbsp coconut oil
- 50g dark chocolate
- ½ large ripe banana, mashed
- 1 tsp vanilla extract
- 2 tsp instant coffee powder
- ⅓ cup maple syrup
- ⅓ cup boiling water
- 2 tbsp cacao/cocoa powder
- 2 free-range eggs
- ⅓ cup almond meal
- ⅔ cup wholemeal self-raising flour
- ¼ tsp baking powder
- ¼ tsp salt

Ingredients - Filling

- 400g can coconut cream, chilled overnight (at least 8 hours)
- 1 tsp maple syrup
- 1 tbsp cacao/cocoa powder
- ¼ tsp vanilla extract

Ingredients - Topping

- 30g dark chocolate
- 2 tsp water

Method - Cake

1. Preheat oven to 160°C. Grease and line an 18mm-deep, round baking dish.
2. In a medium saucepan over a low heat, stir oil and chocolate until melted.
3. Remove from heat. Mix in banana, vanilla, coffee powder, maple syrup, boiling water and cacao/cocoa powder, stirring until smooth. Set aside to cool for 15 minutes, then mix in eggs until thoroughly combined.
4. In a large mixing bowl, use a whisk to combine almond meal, flour, baking powder and salt. Gradually mix in chocolate mix with a spatula, stirring gently until smooth.
5. Pour into prepared dish and bake for 40-45 minutes, until top is firm and springy.
6. Let cool in dish for 10 minutes before removing cake to cool on a wire rack.

Method - Filling

1. Once cake has cooled, in a mixing bowl, add thickened portion of coconut cream, maple syrup, cacao/cocoa powder and vanilla. Mix on high until smooth and creamy.
2. Gently slice cake in half horizontally and spread cream over one half, placing remaining half on top.

Method - Topping

1. In a small saucepan over a medium heat, add chocolate and water, stirring quickly until smooth.
2. Spread over cake and cut into 8 slices.



Energy	Protein	Fat	Sat Fat	Fibre	Carbs	Sugar	Free Sugar
349cal/ 1468kJ	5.8g	26g	18g	4.2g	22.8g	14.2g	11g



Choc-Banana Loaf with Chocolate Cream Frosting

■ Serves 12 ■ Prep time 20 mins ■ Cooking time 40 mins

Ingredients

- ½ cup honey
- 400g coconut cream, chilled overnight
- ½ cup coconut oil
- 3 ripe bananas
- 2 cups wholemeal self-raising flour
- 1½ tsp baking soda
- ½ cup cacao/cocoa powder
- ½ cup walnuts, chopped
- 1 tsp cinnamon
- ¼ cup reduced-fat milk of choice
- 2 free-range eggs, beaten
- 2 tbsp maple syrup

Method

1. Preheat oven to 170°C. Grease and line a loaf tin.
2. In a small saucepan over a low heat, melt honey and coconut oil. Set aside to cool slightly.
3. Mash bananas and set aside.
4. In a large bowl, place flour, baking soda, a third of a cup of cacao/cocoa powder, walnuts and cinnamon, whisking thoroughly. Make a well in the centre. Add milk and bananas to honey mixture, stirring to combine. Pour into dry ingredients, mixing well. Add eggs and mix thoroughly.
5. Pour into prepared tin and bake for 40 minutes, until a skewer comes out clean. Allow to cool in tin for a few minutes before turning out onto a wire rack.
6. To make frosting, scoop thick coconut cream from the top of the can (leave the thinner liquid in the bottom – it's great in Healthy Mummy Smoothies). Whisk cream with remaining cacao/cocoa powder and maple syrup until smooth. Spread over loaf to serve.



Energy	Protein	Fat	Sat Fat	Fibre	Carbs	Sugar	Free Sugar
318cal/ 1331kJ	5.9g	10.3g	5.5g	4.5g	37.2g	17.5g	14.8g



Coconut Orange Cake

■ Serves 10 ■ Prep time 10 mins ■ Cooking time 25 mins

Ingredients

- 1/3 cup coconut sugar
- 2 free-range eggs
- 1/2 cup almond milk, unsweetened
- 2 tbsp freshly squeezed orange juice
- 1/4 cup coconut oil
- 1/2 cup desiccated coconut
- 1 cup wholemeal self-raising flour
- 2 tsp orange zest
- 2 tbsp slivered almonds

Method

1. Preheat oven to 180°C. Line or grease a 20x20cm cake tin.
2. In a large mixing bowl, add sugar, eggs, milk, juice and oil, whisking well.
3. Add desiccated coconut, flour, orange zest and juice, folding to just combine.
4. Pour into prepared cake tin and sprinkle over slivered almonds.
5. Bake in oven for 20-25 minutes or until a skewer comes out clean.
6. Allow cake to cool in the tin for 5 minutes then turn onto a wire rack to cool completely. Slice into 10 pieces.



Energy	Protein	Fat	Sat Fat	Fibre	Carbs	Sugar	Free Sugar
176cal/ 740kJ	3.2g	11.8g	8.6g	1.3g	14.2g	5.5g	4.7g



Low-Fat Raspberry Yoghurt Cake

■ Serves 8 ■ Prep time 20 mins ■ Cooking time 45 mins

Ingredients

- 2 cups wholemeal self-raising flour
- ½ tsp baking powder
- ⅓ cup coconut sugar
- 2 free-range eggs, whisked
- ½ cup reduced-fat milk of choice
- 2 cups reduced-fat Greek natural yoghurt
- 1 tsp vanilla extract
- 1 cup raspberries, fresh or frozen
- 1 tbsp maple syrup

Method

1. Preheat oven to 180°C. Grease and line a 20cm round cake tin.
2. In a large bowl, whisk dry ingredients to combine.
3. Add eggs, milk, 1 cup of yoghurt and all the vanilla, stirring thoroughly.
4. Add half a cup of raspberries and fold through mixture. (If using frozen raspberries, microwave for 30 seconds to defrost slightly.)
5. Pour mixture into prepared tin and bake for 40-45 minutes, until firm to touch and a skewer comes out clean. Remove from tin and allow to cool on a wire rack.
6. To thicken remaining yoghurt for the frosting, place 2 clean Chux wipes (or a square of muslin or cheesecloth) on top of 12 sheets of paper towel. Place yoghurt in the centre, pull sides of Chux wipe up to enclose yoghurt. Twist the top. Wrap paper towel around the Chux wipe and gently squeeze to remove excess moisture, until all of the paper towel is damp. Scrape thickened yoghurt into a small mixing bowl. Add remaining raspberries and maple syrup, mixing well.
7. Spread frosting over cooled cake, then serve immediately.



Energy	Protein	Fat	Sat Fat	Fibre	Carbs	Sugar	Free Sugar
211cal/ 884kJ	8.5g	4.7g	2g	4.7g	37g	14.1g	10.4g



Gluten- & Dairy-Free Chocolate Cake

■ Serves 12 ■ Prep time 10 mins ■ Cooking time 30 mins

Ingredients

- 1 tbsp instant decaffeinated coffee powder
- 2 tbsp boiling water
- ¼ cup honey
- 2 cups almond meal
- 2 tsp baking powder
- ⅓ cup cacao/cocoa powder
- 2 free-range eggs
- ½ cup extra virgin olive oil
- 1 tsp vanilla extract
- 2 tsp cacao nibs

Method

1. Preheat oven to 180°C. Grease a 20cm round cake tin.
2. Combine coffee, boiling water and honey.
3. In a large bowl, whisk dry ingredients to combine.
4. In a separate bowl, beat eggs until thick and creamy.
5. Add eggs, oil, vanilla and coffee mixture to dry ingredients, mixing well.
6. Pour batter into prepared tin and bake on a high rack in oven for 25-30 minutes, until top is just firm to touch.
7. Allow to cool in tin for 10 minutes before turning out onto a wire rack to cool completely.
8. Dust with some extra cocoa/cacao powder and sprinkle with cacao nibs to serve.
9. Slice into 12 pieces.



Energy	Protein	Fat	Sat Fat	Fibre	Carbs	Sugar	Free Sugar
271cal/ 1018kJ	6.2g	20g	2.6g	2.5g	10.6g	6.6g	3.6g



Blueberry Swirl Cheesecake

■ Serves 8 ■ Prep time 15 mins ■ Cooking time 120 mins

Ingredients

- 10 shredded wheatmeal biscuits, eg. Arnott's plain
- 1 tbsp LSA (linseed, sunflower & almond meal)
- 1 tbsp water
- 2 tbsp coconut oil, melted
- ½ cup blueberries, fresh or frozen
- 125g light cream cheese
- 250g reduced-fat ricotta cheese
- 2 tbsp lemon juice
- 1 tbsp lemon zest
- 2 tbsp Natvia
- 2 free-range eggs
- 1 tbsp plain wholemeal flour
- 1 tsp vanilla extract

Method

1. Grease a 22cm round cake tin. Preheat oven to 140°C.
2. In a food processor, blitz biscuits to form crumbs. Add LSA to combine. Add water and coconut oil to blend together. Press mixture into prepared tin in a thin, even layer. Refrigerate while preparing filling.
3. In a microwave-safe bowl, cook blueberries on high until they begin to collapse and juices release. Set aside.
4. Clean food processor. Add cream cheese and ricotta, blending until smooth. Add lemon juice, zest and Natvia, mixing until well combined. Add eggs, flour and vanilla, combining until smooth.
5. Pour cream cheese mixture over chilled biscuit base. Drizzle blueberry mixture over and swirl lightly with a butter knife.
6. Bake in the oven for 1 hour, turn off oven and allow to set in oven for a further hour.
7. Refrigerate and serve cold. Slice into 8 pieces.



Energy	Protein	Fat	Sat Fat	Fibre	Carbs	Sugar	Free Sugar
150cal/ 630kJ	8.1g	8g	3.8g	1.2g	13.1g	5.2g	2.2g



Sponge with Apricot Jam & Cream

■ Serves 8 ■ Prep time 120 mins ■ Cooking time 35 mins

Ingredients

- ½ cup dried apricots, chopped
- 2 tsp lemon juice
- 1 tbsp honey
- 1 cup water
- 2 tbsp chia seeds
- 6 free-range eggs, separated
- ½ cup coconut sugar
- ¼ cup Natvia
- 1 tsp vanilla extract
- 2 tbsp unsweetened almond milk, warmed
- ¾ cup wholemeal self-raising flour
- ¼ cup cornflour
- ½ tsp baking powder
- 400g coconut cream, chilled overnight

Method

1. To make chia jam, in a small saucepan, place dried apricots, lemon juice, honey and water, stirring over a low heat until apricots have softened. Puree or mash until just a few small lumps remain.
2. Add chia seeds in 4 stages, stirring thoroughly so they don't clump together. Pour jam into a jar and refrigerate for at least 90 minutes, until thickened.
3. Preheat oven to 170°C. Grease and line a deep 20cm round cake tin.
4. In a large bowl, whisk egg whites until soft peaks form. Gradually add coconut sugar and Natvia, continuing to whip until mixture is thick and glossy. Add egg yolks, one at a time, then vanilla extract and warmed almond milk, mixing until smooth. In a separate bowl, sift self-raising flour, cornflour and baking powder. Gently fold dry ingredients into egg mixture until well combined and glossy. Pour into prepared tin and bake for 30-35 minutes, until top is firm to touch and a skewer comes out clean.
5. Turn cake out onto a wire rack and cover with a tea towel to cool completely. Slice in half horizontally. Spread half of jam over bottom layer. Open can of coconut cream and scoop out thick cream on top (maximum half the can). Place in bowl of an electric mixer and beat for 1-2 minutes to whip up the cream. Spread half the cream over jam and place top layer back on cake.
6. Spread remaining jam, then remaining cream over top of cake. Sprinkle with an extra tsp of coconut sugar to serve.



Energy	Protein	Fat	Sat Fat	Fibre	Carbs	Sugar	Free Sugar
250cal/ 1049kJ	7.6g	6g	2.2g	3.3g	32g	19.8g	16.2g



Moist Apple, Ginger & Walnut Cake

■ Serves 10 ■ Prep time 30 mins ■ Cooking time 65 mins

Ingredients

- 2 tbsp chia seeds
- ½ cup water
- 1¼ cups wholemeal self-raising flour
- ¾ cup almond meal
- 1 tsp baking powder
- 1 tsp ground ginger
- ¼ cup coconut sugar
- 400g tinned pie apple
- ¼ cup coconut oil
- ¼ cup reduced-fat Greek natural yoghurt
- ½ cup walnuts
- 1 tsp honey

Method

1. Preheat oven to 180°C. Grease and line a 20cm round cake tin.
2. In a cup, stir chia seeds and water well. Set aside for a few minutes, until mixture becomes gelatinous.
3. In a large bowl, whisk flour, almond meal, baking powder, ground ginger and coconut sugar to combine.
4. Finely mash half the tinned pie apple. Roughly dice remaining apple. Combine apple with oil, yoghurt and chia mixture. Add to dry ingredients and mix thoroughly.
5. Roughly chop walnuts, setting aside 4 nuts for garnish, and stir through batter. Pour mixture into prepared tin. Bake for 50-60 minutes, until firm to touch and a skewer comes out clean. Leave oven on.
6. Allow cake to cool in tin for 10 minutes, then turn out onto a wire rack to cool completely.
7. Line a baking tray with paper. Roughly chop remaining walnuts, coat in honey and place on tray. Bake for 5-7 minutes until lightly roasted but not burnt. Remove from oven and chop again if clumpy. Sprinkle walnut mixture over cake to serve.



Energy	Protein	Fat	Sat Fat	Fibre	Carbs	Sugar	Free Sugar
239cal/ 1003kJ	6.5g	15.2g	1.9g	3.8g	18.7g	9.5g	5.4g



Red Velvet Layer Cake

■ Serves 8 ■ Prep time 30 mins ■ Cooking time 40 mins

Ingredients

- 1 cup full cream milk
- 1 tbsp lemon juice
- 1 cup wholemeal self-raising flour
- ½ cup almond meal
- 2 tsp baking powder
- ⅓ cup cacao/cocoa powder
- salt
- 2 free-range eggs
- ½ cup maple syrup
- 2 tbsp coconut oil, melted
- 3 tsp vanilla extract
- ½ cup reduced-fat ricotta cheese
- ½ cup light cream cheese
- 2 tsp natural red food colouring

Method

1. Preheat oven to 180°C. Grease and line a deep 20cm round cake tin.
2. Combine milk and lemon juice. Set aside to curdle.
3. In a large bowl, whisk together flour, almond meal, baking powder, cacao/cocoa powder and a pinch of salt.
4. Beat eggs until thick and creamy. Add eggs, a third of a cup of maple syrup, melted coconut oil, 2 tsps of vanilla extract, food colouring plus lemon/milk mixture to dry ingredients. Mix gently until well combined. Pour batter into cake tin and bake for 30-40 minutes, until a skewer comes out clean.
5. Allow to cool in tin for 5 minutes, then turn out onto a wire rack to cool completely. Carefully slice cake horizontally into three layers.
6. To make frosting, beat together ricotta, cream cheese, remaining maple syrup and remaining vanilla extract until smooth and creamy. Spread one quarter of the mixture on each of the two bottom layers, then spread remaining half of mixture on the top of the cake.
7. If liked, decorate with fresh berries, pomegranate or shaved dark chocolate.



Energy	Protein	Fat	Sat Fat	Fibre	Carbs	Sugar	Free Sugar
306cal/ 1281kJ	9.5g	19.5g	6.6g	3.7g	29.7g	13.5g	12.3g



Choc Cupcakes with “Snickers” Mousse Frosting

■ Serves 10 ■ Prep time 15 mins ■ Cooking time 12 mins

Ingredients - Cupcakes

- 1 cup wholemeal self raising flour
- ¼ tsp baking powder
- ⅓ cup coconut sugar
- ¼ cup cacao/cocoa powder
- ¼ cup coconut oil, melted
- 2 free-range eggs, beaten
- 3 tbsp boiling water

Ingredients - “Snickers” Mousse Frosting

- ½ cup reduced fat smooth ricotta
- 1 tsp cacao/cocoa powder
- 2 tbsp peanut butter
- 1 tbsp maple syrup
- 2 tsp dark chocolate, finely chopped

Method

1. Preheat oven to 180°C. Place 10 patty pans on a flat baking tray.
2. In a mixing bowl, dry-whisk flour, baking powder, coconut sugar and cacao/cocoa powder.
3. Add eggs, coconut oil and 1 tbsp of boiling water and stir to combine.
4. Add remaining boiling water and mix well. Spoon mixture evenly into patty cases and bake for approximately 10-12 minutes until firm to touch.
5. Cool on a wire rack.
6. Once cooled, add frosting ingredients to a small bowl, excluding dark chocolate.
7. Mix thoroughly with a fork until smooth.
8. Pipe or spoon frosting onto cooled cupcakes and sprinkle with dark chocolate.



Energy	Protein	Fat	Sat Fat	Fibre	Carbs	Sugar	Free Sugar
217cal/ 910kJ	6.7g	11.7g	7.1g	3.3g	20.3g	8.5g	7.6g



Tiramisu Cupcakes

■ Serves 6 ■ Prep time 10 mins ■ Cooking time 20 mins

Ingredients

- 1/3 cup reduced-fat ricotta cheese
- 1 tbsp maple syrup
- 2 tsp instant decaffeinated coffee powder
- 1 1/2 tsp cacao/cocoa powder
- 1/3 cup reduced-fat milk of choice
- 2 tbsp water
- 1/2 cup pitted, dried dates, finely chopped
- 2 tbsp butter 1 tsp vanilla extract
- 2 free-range eggs
- 1 cup wholemeal self-raising flour
- 1/4 tsp salt

Method

1. Preheat oven to 160°C and line or lightly grease 6 holes of a muffin tray.
2. In a food processor, pulse ricotta and maple syrup until smooth and thick. Refrigerate until needed.
3. In a small saucepan over a medium heat, place coffee, 1 tsp of cacao/cocoa, milk, water and dates. Stir well, bring to a simmer then remove from heat immediately. Add butter and vanilla, stirring until butter melts, then set aside for 10 minutes until dates have softened and mixture has cooled slightly.
4. In a large bowl, whisk eggs for 1 minute until pale. Slowly pour in date mixture, whisking constantly. Sift over flour and salt, then stir batter until well combined.
5. Divide batter in prepared tin. Bake for 18-20 minutes, until a skewer comes out clean.
6. Remove from tin and cool completely on a rack. Spread with ricotta and maple frosting, and dust with remaining cacao/cocoa to serve.



Energy	Protein	Fat	Sat Fat	Fibre	Carbs	Sugar	Free Sugar
207cal/ 867kJ	7g	7g	3.8g	2.5g	28g	13.3g	2.7g



Baked Coffee Cheesecake

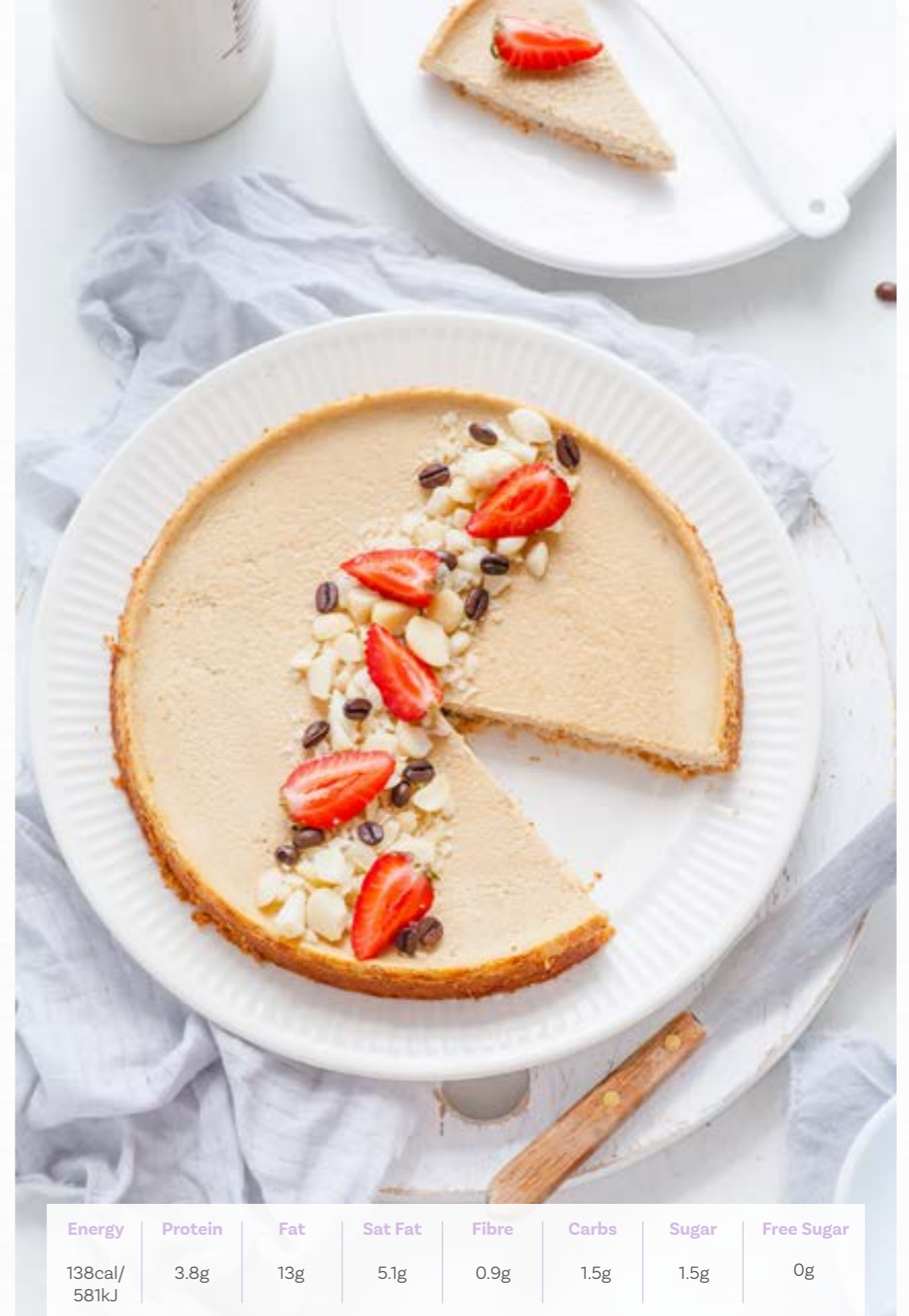
■ Serves 10 ■ Prep time 140 mins ■ Cooking time 30 mins

Ingredients

- 1 cup light cream cheese
- 1/4 cup macadamias, unsalted
- 1/4 cup almonds
- 1/4 cup desiccated coconut
- 1 tbsp coconut oil
- 1/2 tsp instant decaffeinated coffee
- 1 1/2 tbsp coconut cream
- 1 free-range egg
- 1/4 cup Natvia
- 1 tsp vanilla extract

Method

1. Remove cream cheese from fridge so it's at room temperature.
2. Preheat oven to 160°C and line a 20cm round baking tin.
3. In a food processor, blitz macadamias and almonds until a fine meal is formed.
4. Add coconut and coconut oil to nut mix and blitz again at medium speed. Transfer mixture to prepared tin and, using the back of a spoon, press down evenly.
5. Bake for 8-10 minutes, until just starting to brown. Remove from oven and allow to cool.
6. Increase oven temperature to 175°C.
7. To make the filling, in a food processor, combine cream cheese, coffee, coconut cream, egg, Natvia and vanilla until smooth. Pour filling over cooled base and smooth evenly.
8. Return to oven and bake for 20 minutes until a little wobbly in the centre. Allow to cool, then cover and place in refrigerator for at least 2 hours, until firm and set.
9. Slice into 10 pieces.



Energy	Protein	Fat	Sat Fat	Fibre	Carbs	Sugar	Free Sugar
138cal/ 581kJ	3.8g	13g	5.1g	0.9g	1.5g	1.5g	0g

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Good luck on your healthy lifestyle journey!

Love Rhian

and The Healthy Mummy team

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