



# TASTING FITNESS HEALTHY SNACK & MEAL IDEAS

for No Packet November



# WELCOME!

Thank you to everyone who has supported me over the last 2 years with my No Packet November® campaign. My aim is to empower families to eat more fresh food and less packaged, processed food. This will not only benefit our own health, but the health of the environment, with less rubbish in landfill. I admire all my ambassadors for the work they are doing, and I encourage you all to visit their websites and social media pages. No Packet November is all about bringing together like-minded people to make healthy eating simple and fun for everyone. It's not about cutting out foods completely, however most of us could certainly do with reducing our sugar intake. Many of my recipes use honey or maple syrup as a sweetener, however I still do bake with sugar (but I usually just halve the amount).

I am incredibly passionate about supporting my local community, and shopping in my home town as much as possible. I also love to support other business owners, such as my graphic designer Michaela from MMD Graphic Design who is a local mother of two and helped me with this book. Maintaining a campaign like this each year is very expensive with

website costs and advertising, so I really appreciate you taking the time to purchase this book. I trust that you will not share all the recipes with others for free but encourage them to also sign up. Please remember that 20% of profits go directly to the Mai Wiru Sugar Challenge Foundation to support indigenous health.

Thank you to all the students and teachers who allowed me to cook with them over the last 12 months, and a special thank you to my own family including my 3 children who inspire me each day to be as healthy as possible (and also helped me photograph and style most of the images). If you have any questions or feedback, please email [kate@tastingfitness.com](mailto:kate@tastingfitness.com) and don't forget to share your recipe creations on Instagram or Facebook [@nopacketnovember](https://www.facebook.com/nopacketnovember) with the hashtag [#nopacketnovember](https://www.instagram.com/nopacketnovember).

Thanks again,

*Kate Coleman*



# CHIA PUDDING

## INGREDIENTS

1/4 cup chia seeds  
1 cup milk (whatever milk  
you prefer)  
1 tsp vanilla  
1 tsp maple syrup

Mix all ingredients together in a bowl, cover and place in the fridge overnight. The next morning, give the chia pudding a good stir, and sprinkle with chopped nuts, seeds, fruit and yoghurt. The perfect breakfast or brunch snack. Serves 1.



BREAKFAST OR BRUNCH

# VEG MUFFINS

## INGREDIENTS

10 eggs  
2-3 rashers bacon,  
chopped  
handful of baby spinach,  
chopped  
¼ red capsicum, chopped  
5-6 button mushrooms,  
chopped  
100g feta cheese,  
crumbled

Crack eggs into a large bowl, whisk gently and then add chopped bacon, spinach, capsicum and mushroom. Pour mixture into 12 greased muffin tins, and sprinkle with feta cheese. Bake for 25 minutes at 180 degrees C or until cooked. Makes 12 muffins.

**Tip:** Eat them hot straight from the oven or store them in the fridge for breakfast or lunch the next day.



# APPLE PANCAKES

## INGREDIENTS

2 eggs  
1 tablespoon brown sugar  
1 cup wholemeal flour  
½ cup milk  
1/2 green apple, grated or  
finely chopped  
cinnamon

Whisk eggs and sugar in a medium sized bowl, add flour and milk, gently mix. Fold through grated or chopped apple and cinnamon. Heat a frypan until hot, add butter and pour in pancake batter. Cook 2 minutes or until bubbling. Flip over and brown the other side.

**Tip:** Serve with berries, nuts, maple syrup and yoghurt. Makes approx. 4 pancakes.



# CHOC OVERNIGHT OATS

## INGREDIENTS

- 1 cup rolled oats
- 1 tablespoon cacao powder
- 1 teaspoon Maca powder (optional)
- 1 cup milk
- 1 large tablespoon Greek yoghurt

Stir the cacao powder through the oats in a bowl or container. Add the milk and yoghurt, mix well. Cover and refrigerate overnight. Serve with chopped berries, banana or any fruit you like, and chopped nuts and seeds. Makes enough for 2-3 serves.

**Tip:** Maca powder is high in minerals and can boost energy levels, improve mood and concentration.



# FRUITY SMOOTHIE

## INGREDIENTS

200ml milk (whatever milk you prefer)

½ green apple, roughly chopped

½ frozen banana

2 tblsp rolled oats

1 tblsp LSA mix (linseed, sunflower & almond)

1 tsp maple syrup

cinnamon

Place all ingredients into a blender and blitz until thick and creamy. Enjoy topped with cinnamon for breakfast or a snack on the run. Makes enough for 1-2 serves.

**Tip:** You can add protein powder to the smoothie if you like.



# BIRCHER MUESLI

## INGREDIENTS

- 1 cup rolled oats
- 1 apple, grated (I like to use granny smith)
- ½ cup freshly squeezed orange juice
- ½ cup Greek yoghurt
- ¼ cup dried apricots, chopped
- 1 tablespoon pepitas
- ¼ cup walnuts and almonds, chopped
- 1 tsp cinnamon, ground

Place the oats, coarsely grated apple, orange juice, greek yoghurt and dried apricots in a bowl. Cover and place in the fridge for an hour or overnight. Top with the pepitas, nuts, cinnamon and extra Greek yoghurt. Makes enough for 2-3 serves.

**Tip:** Tastes great topped with stewed fruit and nuts.





# CHOCOLATE PEANUT BUTTER BALLS

## INGREDIENTS

3 tablespoons peanut butter  
3 tablespoons honey  
1 ¼ cups almond meal  
Pinch salt  
¼ cup chia seeds  
½ cup dark chocolate chips

My 10 y.o. son helped me come up with this recipe. We accidentally added the choc chips too early and they melted in the hot saucepan, but this made them taste even better.

Melt peanut butter and honey together in a saucepan on low heat. Turn off heat, add almond meal, salt, half of the dark chocolate chips and chia seeds. Mix well until all melted and combined. Then allow to cool for 5-10 minutes. Once cooled, add the remaining chocolate chips, roll into balls and place in the fridge or freezer to set. Makes approx. 12 balls.



SNACKS AND DESSERTS

# CHOC ZUCCHINI MUFFINS

## INGREDIENTS

½ cup mild extra virgin olive oil  
½ cup raw sugar  
2 eggs  
1 cup flour (½ cup plain, ½ cup spelt)  
1 tsp baking powder  
½ cup cacao powder  
½ cup milk  
1 zucchini, peeled & grated  
1 carrot, peeled and grated  
½ cup chocolate chips

Whisk oil, sugar and eggs. Sift over flour, baking powder and cacao and mix into wet ingredients. Gently fold through milk, grated zucchini, carrot and chocolate chips. Spoon into muffin tins and bake for 15 minutes at 180 degrees C. Makes 10-12 muffins.

**Tip:** Eat them warm as a dessert topped with custard and cream, or place in the freezer as a lunchbox or after school snack.



# OATY BIKKIES

## INGREDIENTS

125g butter, melted  
2 tblsp honey  
1 tsp bicarb soda  
1 cup rolled oats  
½ cup plain flour  
½ cup wholemeal spelt flour  
1/3 cup raw sugar  
¼ cup pepitas  
¼ cup sunflower seeds  
¼ cup raisins  
½ cup choc chips

Melt butter and honey in a medium saucepan, add bicarb soda, stir until it foams, turn off heat and allow to cool. Add oats, flours and sugar and stir well. Meanwhile, chop up pepitas and sunflower seeds in a food processor and add to the mixture. Once cool, add the choc chips and raisins, form into small balls and bake at 170 degrees C for 10 minutes. Makes around 12-15 biscuits

**Tip:** The biscuits can be frozen.



# LEMON BISCUITS

## INGREDIENTS

125g butter, softened  
½ cup sugar  
Zest and juice of 1 large  
lemon  
2 cups plain flour  
1 tsp baking soda  
¼ tsp salt  
2-3 tablespoons of milk

Cream the butter and sugar, add zest and juice of lemon. Stir through flour, baking soda and salt. The dough may be a bit crumbly so add milk as required. Then shape into small balls, flatten with the back of a fork onto a lined baking tray. Bake at 170 degrees C for 12 minutes. Once cool, you can eat them plain, or spread with lemon curd (see page 16) and sandwich two biscuits together. Makes approx. 15 single biscuits, but it depends on how big you roll them.



# EGG-FREE CARROT CAKE

## INGREDIENTS

120g castor sugar  
50g brown sugar  
280g plain flour  
1 ½ tsp baking powder  
1 tsp ground cinnamon  
½ tsp salt  
125g butter, melted  
100ml milk  
1 tsp vanilla extract  
2 carrots, finely grated  
180g walnuts, chopped

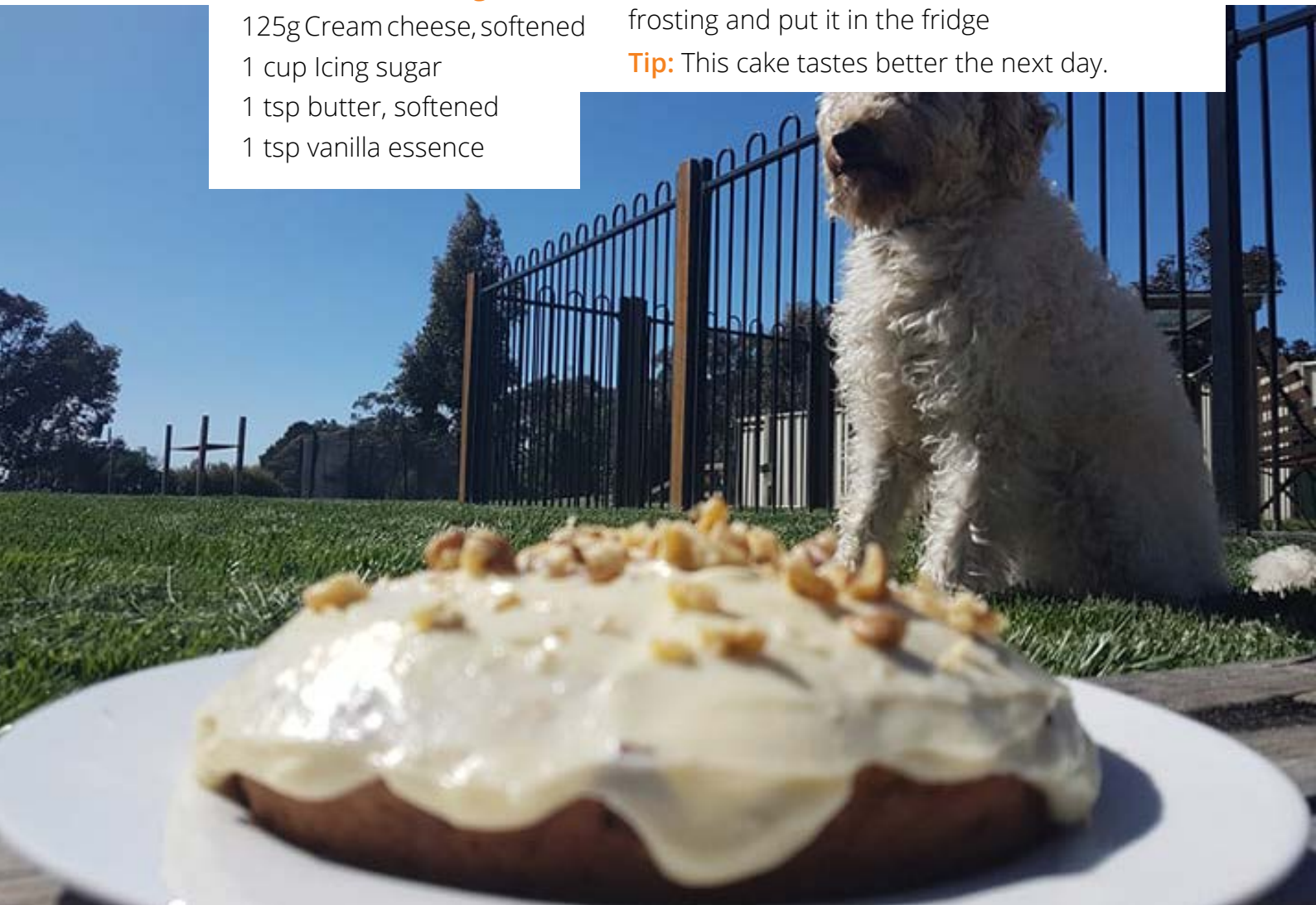
### Cream cheese icing

125g Cream cheese, softened  
1 cup Icing sugar  
1 tsp butter, softened  
1 tsp vanilla essence

This is my 12 y.o. daughters favourite recipe to make when there is a special occasion. The only reason it is egg-free is because we didn't have any eggs one weekend and she really wanted to make a carrot cake.

Pre-heat oven to 170 degrees C. Combine sugars, flour, baking powder, cinnamon and salt. Mix well with a fork. Add the butter, milk and vanilla and mix well. Fold in the grated carrots and chopped walnuts. Spread the mixture into a greased and lined 23cm round cake tin. Bake for 35-40 minutes or until a skewer comes out clean. Allow to cool. To make the icing, beat all ingredients with an electric mixer, until well combined. Ice the cake with the cream cheese frosting and put it in the fridge

**Tip:** This cake tastes better the next day.



# CHOCOLATE PEANUT BUTTER BALLS

## INGREDIENTS

100g-200g dark chocolate  
Peanut butter  
Salt

This is my 8 y.o. daughters favourite thing to make on the weekend, as it is so easy. We use little heart and flower shaped moulds, which look very cute.

All you need to do is melt the dark chocolate gently in the microwave, then spoon a little into the moulds, top with a small amount of peanut butter (I like crunchy peanut butter), and then finish with a little more chocolate. Pop them into the freezer and once set, remove from the moulds, sprinkle with a little salt (optional) and enjoy as an after-dinner treat. Makes around 8-16 small chocolates.



# SMASHED MERINGUES WITH LEMON CURD & BERRIES

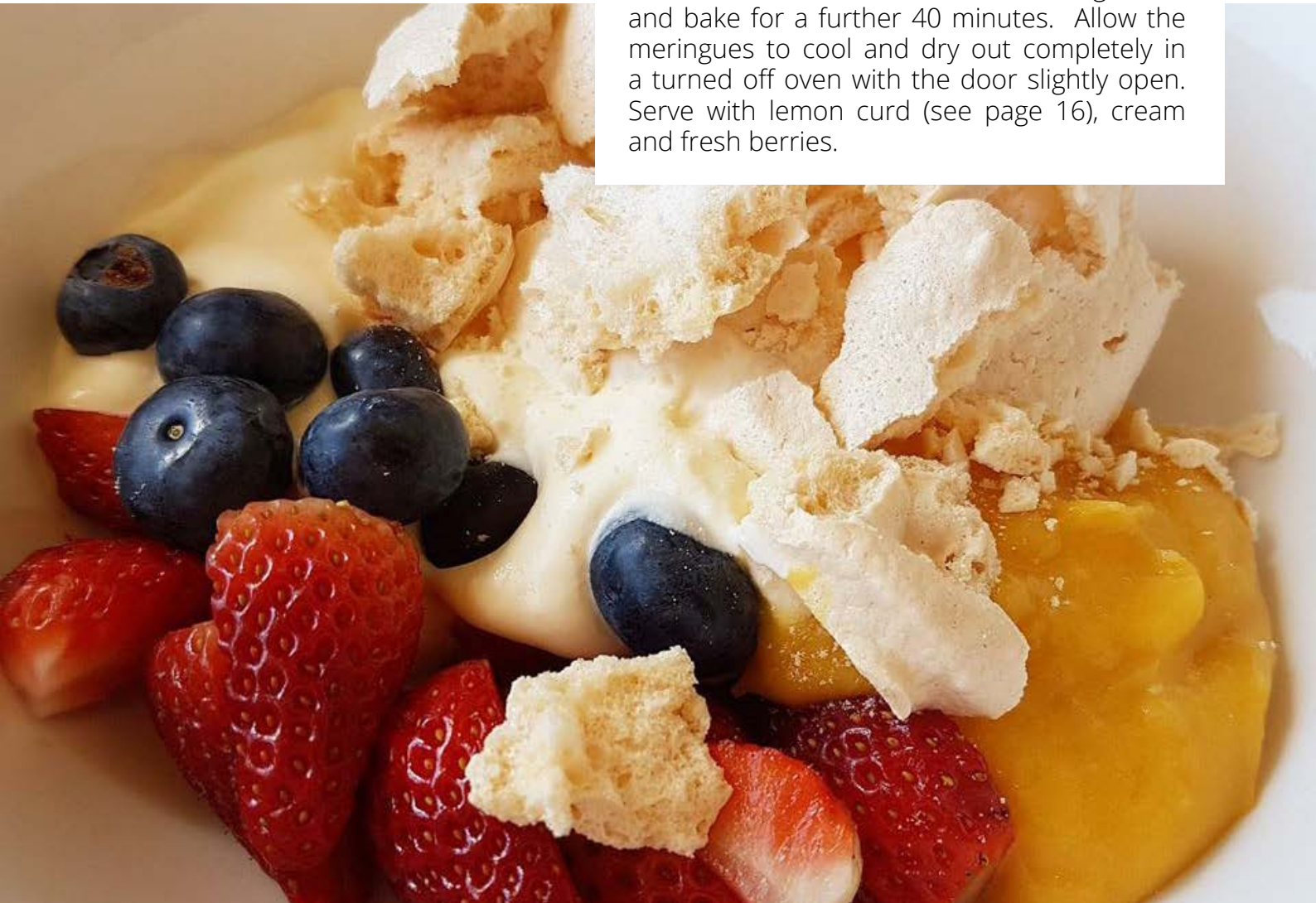
## INGREDIENTS

### Meringues

- 4 egg whites
- 1 cup caster sugar
- 1 tsp vanilla extract
- 1 tsp white vinegar
- 1 tsp cornflour

Add egg whites to the bowl of an electric mixer and whisk until soft peaks are starting to form on the beater. Begin to add sugar one tablespoon at a time while continuing to beat the whites. Beat until stiff, thick and glossy. Beat in vanilla, vinegar and cornflour.

Using a tablespoon, spoon out large tablespoons of the meringue mix onto lined baking trays leaving enough room between each one to spread a little during baking. Place the trays into the oven at 150 degrees C. After about 15 minutes, check to make sure they are not colouring. If they are, reduce the oven to 140 degrees C and continue to bake for another 30 minutes. Reduce the oven to 120 degrees C and bake for a further 40 minutes. Allow the meringues to cool and dry out completely in a turned off oven with the door slightly open. Serve with lemon curd (see page 16), cream and fresh berries.



# LEMON CURD

## INGREDIENTS

2 eggs, plus 2 egg yolks  
½ cup raw sugar  
80g chilled unsalted butter  
Zest and juice of 2 lemons

In a small saucepan, whisk the whole eggs, yolks and sugar until smooth. Place over low heat, add the butter, juice and zest. Continue to whisk over low heat until thickened. Allow to cool and store in the fridge for up to a week (if it lasts that long). I like to serve on the Lemon Biscuits (Page 12), with the Meringues (Page 15) or on top of fresh sourdough bread.





## VEG CURRY FOR MEAT FREE MONDAY

### INGREDIENTS

1 tablespoon olive oil  
1 onion, chopped  
2cm of ginger, grated  
1 clove garlic  
2 tsp ground cumin  
2tsp ground coriander  
1 ½ tsp ground turmeric  
1 tsp garam masala  
1 tsp ground cinnamon  
1 tsp paprika  
1 tsp salt  
3 tblsp tomato paste  
1 cup stock  
500g butternut pumpkin,  
chopped into cubes  
1/2 cauliflower, in florets  
100g baby spinach leaves  
1 tin Lentils  
½ cup Greek yoghurt

In a large heavy based saucepan, fry onion and garlic in olive oil until softened, add spices, salt and ginger and cook on low for 30 seconds. Add tomato paste and stock, bring to a gentle boil. Place pumpkin and cauliflower into the saucepan and stir well, cover with a lid and simmer for 20-25 minutes or until soft. Stir through spinach leaves and lentils in the last 5 minutes of cooking and add Greek yoghurt just before serving.

**Tip:** Serve with rice, Naan bread and minted cucumber yoghurt.

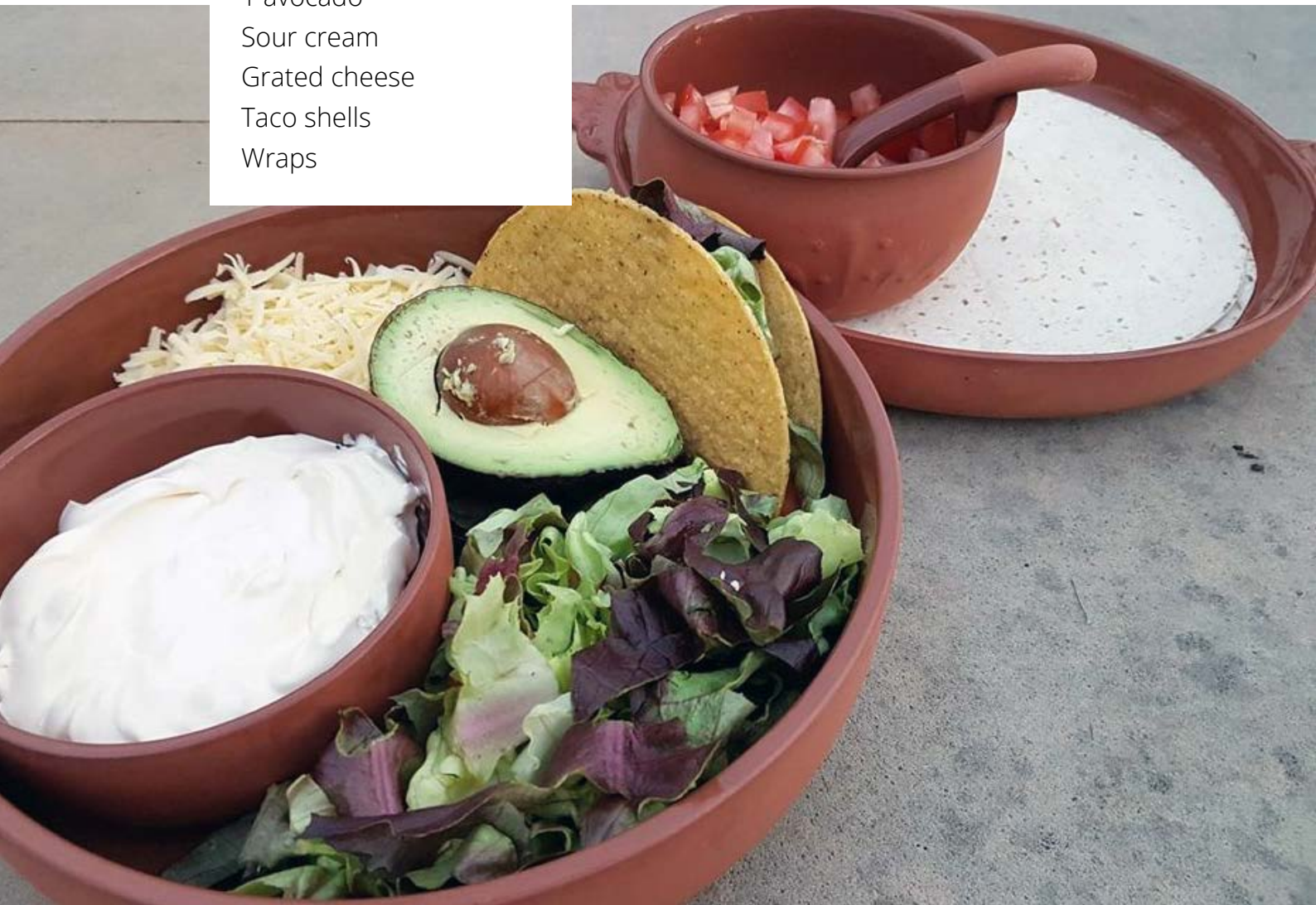


# TACO TUESDAY

## INGREDIENTS

1 medium brown onion, finely chopped  
2 tsp ground cumin  
2 tsp ground coriander  
1 tsp paprika  
¼ tsp cayenne pepper  
500g beef mince or shredded beef (leftover from Slow Cooker Sunday)  
1 carrot, grated  
2 tomatoes, chopped  
Mixed lettuce leaves  
1 avocado  
Sour cream  
Grated cheese  
Taco shells  
Wraps

Fry onion in olive oil, cook until softened. Add spices and stir until fragrant. Add mince and grated carrot, cook for 10 minutes or until browned. Heat Taco shells in the oven or prepare wraps. Chop up tomato & lettuce, grate cheese and mash up avocado. Once the shells are warmed through, add cheese, meat, salad, sour cream and avocado. Makes enough for 6 serves.



# WELLNESS WEDNESDAY

## INGREDIENTS

1 cup quinoa, cooked in stock

1 sweet potato, cut into wedges

200g Pumpkin, cut into wedges

1-2 spring onions, thinly sliced

2 kale leaves, chopped finely

1 tomato, chopped

1 avocado, chopped

1 tablespoon pepitas

1 tablespoon pine nuts

100g feta, crumbled

### Dressing:

¼ cup freshly squeezed orange juice

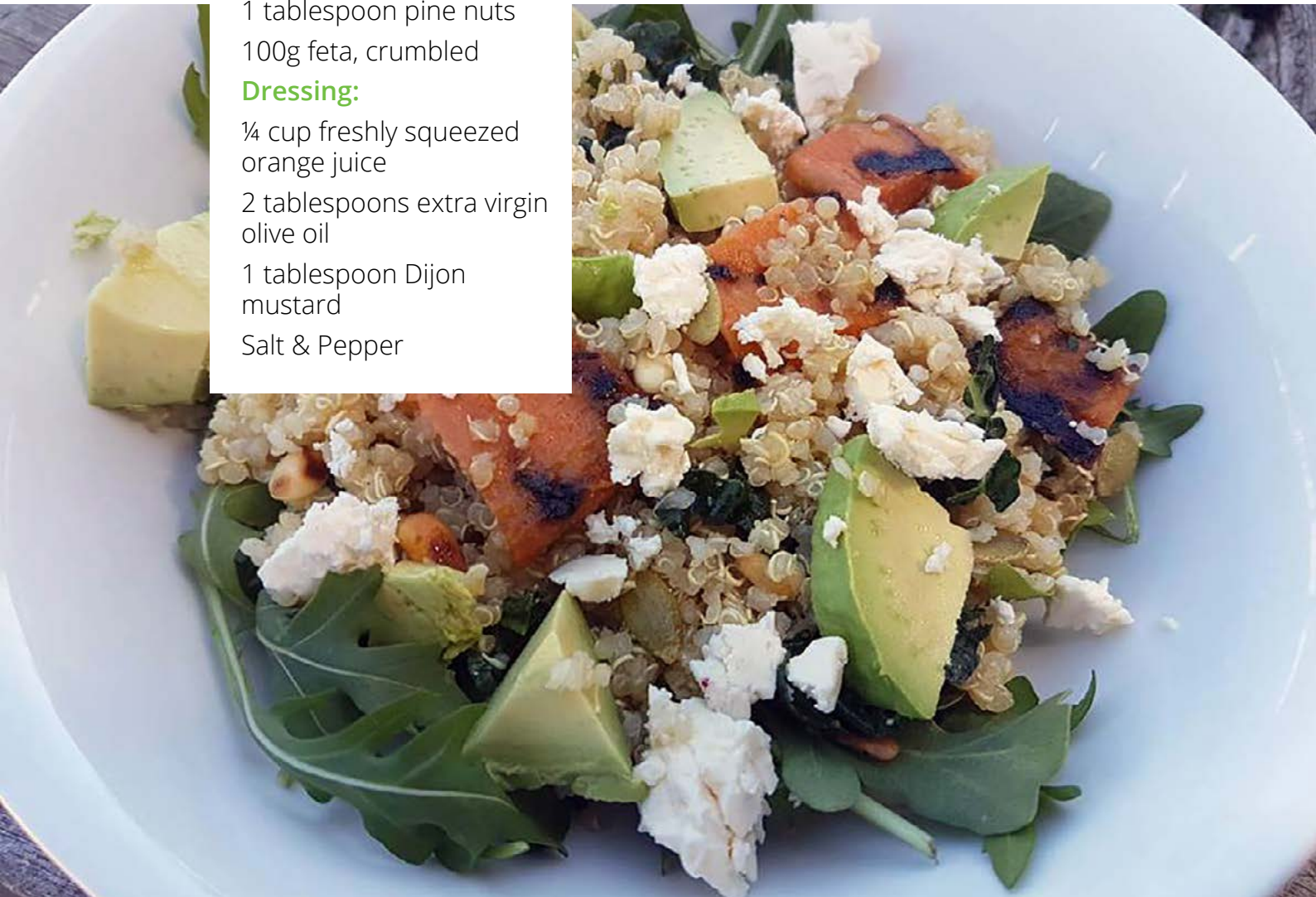
2 tablespoons extra virgin olive oil

1 tablespoon Dijon mustard

Salt & Pepper

Rinse uncooked quinoa in cold water 2-3 times, drain. Then add the quinoa and the stock to a saucepan, bring to the boil and cook according to packet instructions. Drain and allow to cool. Meanwhile, roast the vegetables in the oven, or char gently until softened on a griddle pan. Chop up spring onion, kale, tomato and avocado and stir through quinoa, along with roasted vegetables. Heat up a small pan and lightly toast pepitas and pine nuts. Serve on top of quinoa salad, and top with dressing and feta cheese.

**Tip:** Store in the fridge and use as a quick mid-week lunch, with steamed chicken, a tin of tuna, or boiled eggs.



# TRAY BAKE THURSDAY

## INGREDIENTS

1 red onion, peeled and halved

1 potato, peeled and chopped

2 carrots, peeled and chopped

2 sweet potato, peeled and chopped

½ butternut pumpkin, peeled and chopped

¼ head cauliflower, cut into florets

½ head broccoli, cut into florets

Drizzle of olive oil

Salt & Pepper

### Spice Mix (optional):

1 tsp cumin

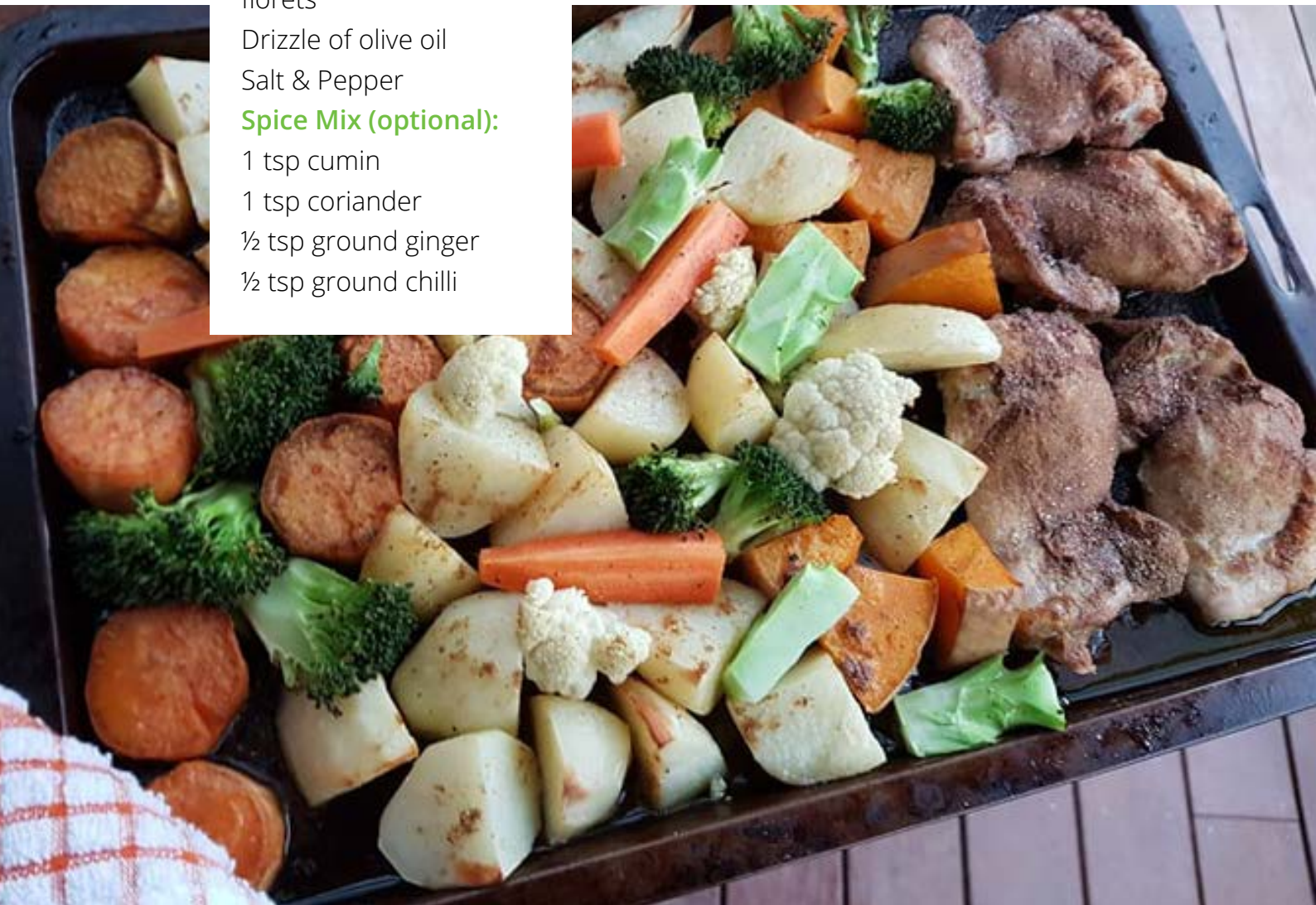
1 tsp coriander

½ tsp ground ginger

½ tsp ground chilli

Heat oven to 180 degrees C. Roughly chop vegetables, place on a baking tray and drizzle over olive oil, salt and pepper (and rub over the spice mix if you like). Bake for around 30-40 minutes. Serve with mixed salad leaves and a poached egg, or on top of a bed of cous cous, rice or quinoa. If you have any chicken thighs or sausages in the fridge, bake them at the same time and serve with a gravy.

**Tip:** This is the perfect dinner that you can leave to cook away in the oven. The cold leftovers taste great for lunch the next day.



# FALAFEL FRIDAY

## INGREDIENTS

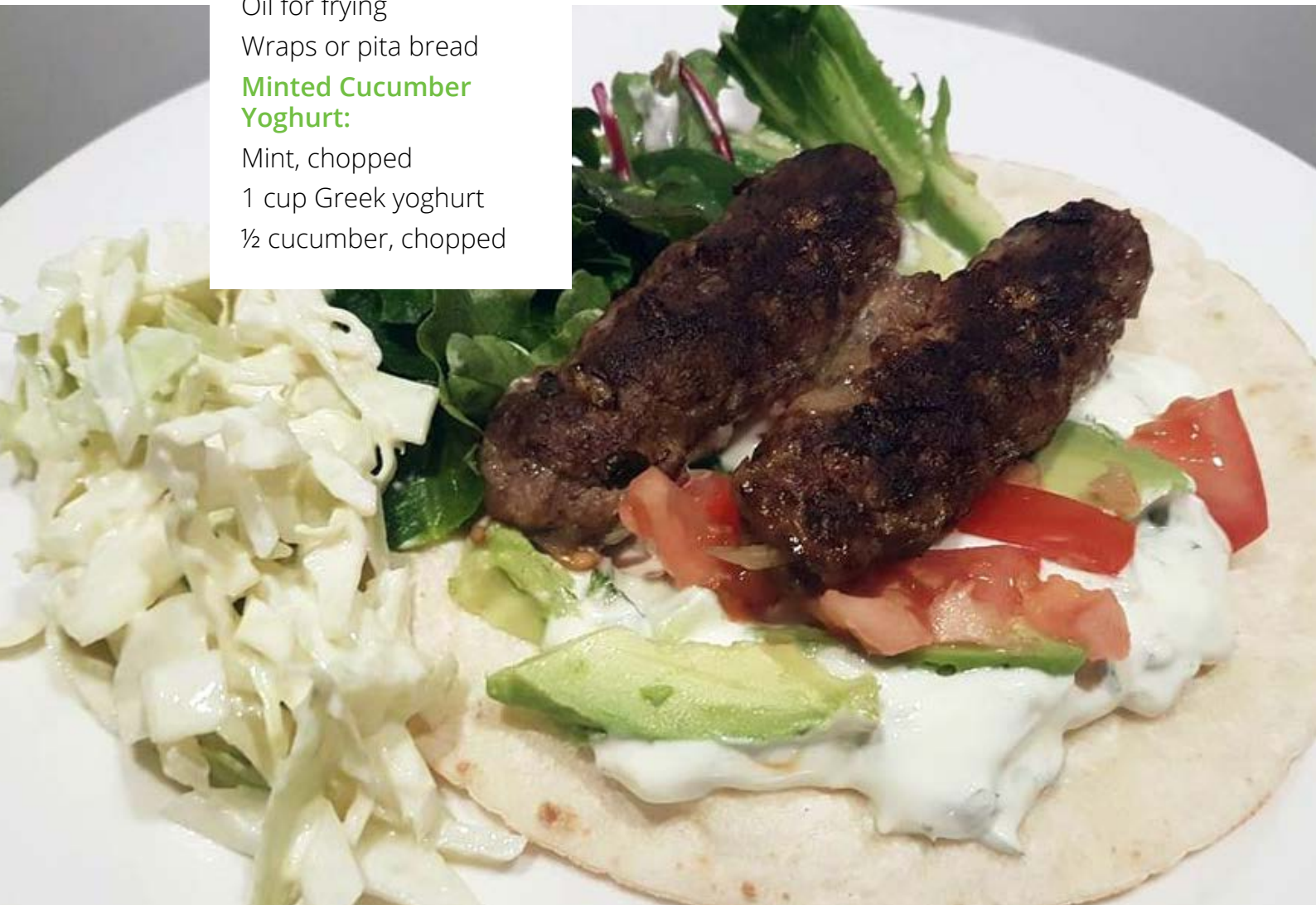
2 tablespoons olive oil  
200g minced lamb  
½ can chickpeas, drained  
(200g)  
1 clove garlic, minced  
1 onion, chopped  
2 tablespoons fresh  
parsley, finely chopped  
1 tsp coriander  
1 tsp cumin  
Salt & Pepper  
1-2 tablespoons flour

Oil for frying  
Wraps or pita bread

### Minted Cucumber Yoghurt:

Mint, chopped  
1 cup Greek yoghurt  
½ cucumber, chopped

Combine drained chickpeas in a bowl with mince, garlic, onion, parsley, coriander, cumin, salt, pepper & flour. Mash chickpeas well and stir all the ingredients together (or mix together in a food processor). Form into small balls or sausage shapes and flatten slightly. Heat oil in a frying pan and brown the falafel all over. Serve with pita bread or wraps with green salad leaves and minted yoghurt.



## SATURDAY PORK & FENNEL MEATBALLS WITH PASTA

### INGREDIENTS

1 onion, chopped finely  
700g pork mince  
2 tsp fennel seeds  
1 egg, beaten  
100g breadcrumbs  
zest of 1 lemon  
¼ cup parmesan cheese  
Salt and pepper, to season  
Olive oil  
1 clove garlic, finely chopped  
1 large jar of tomato passata  
1 tbsp balsamic vinegar

Gently fry off onion in olive oil and then combine with pork mince, fennel seeds, egg, breadcrumbs, lemon zest, parmesan and salt and pepper in a bowl. Use your hands to mix well. Shape into small balls.

Heat oil in the same frying pan used to brown the onion, add balls and brown on the outside. Remove and set aside to drain on paper towel. Using the same pan, add garlic and pour in passata. Add salt, pepper and vinegar and bring to a simmer. Carefully place the pork balls back into the pan and simmer for 25 minutes.

Once cooked, serve with spaghetti or pasta and top with parmesan cheese. Serves 6.



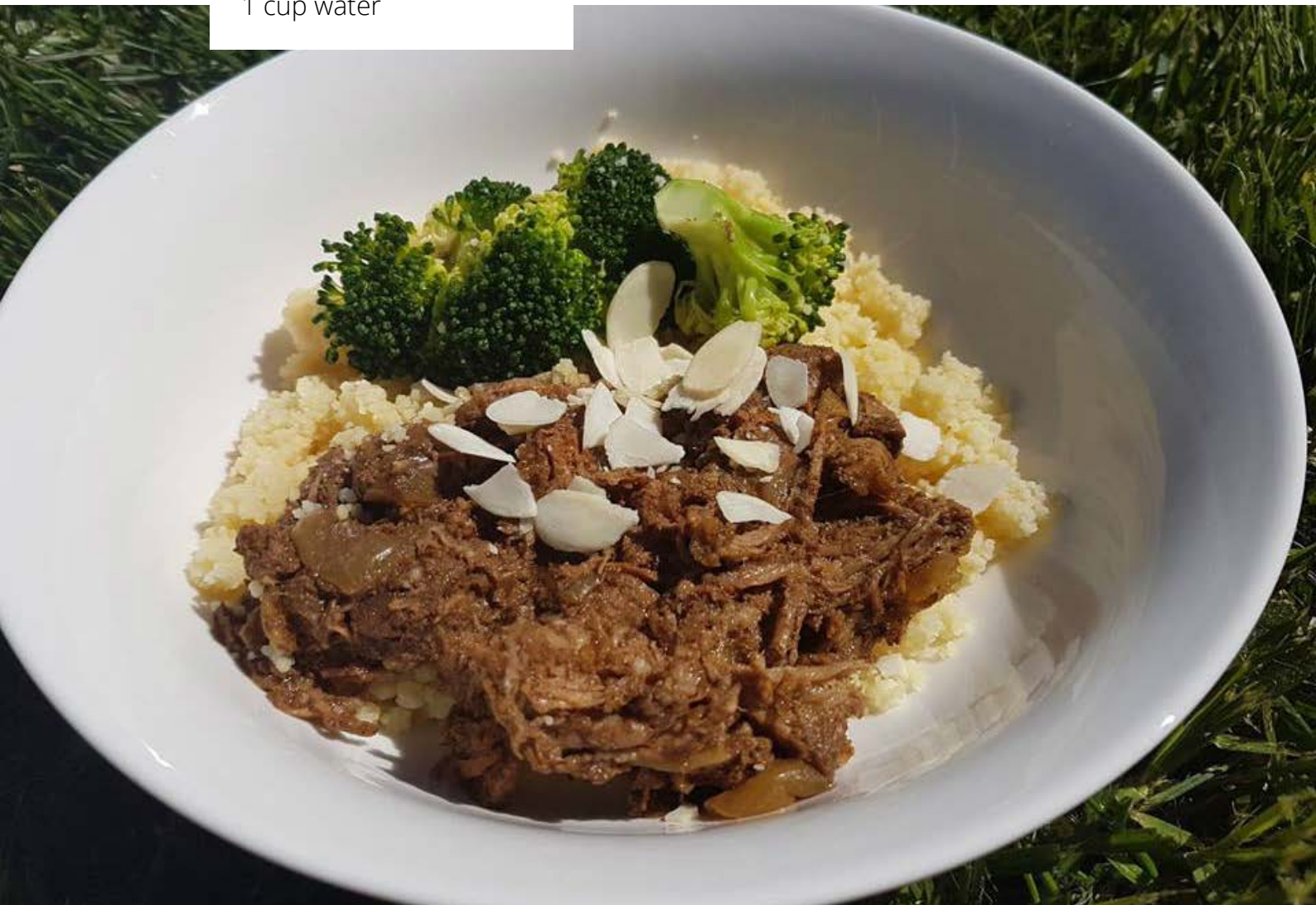
# SUNDAY SLOW COOKED BEEF

## INGREDIENTS

1 kg gravy beef, chopped into chunks  
1 onion, chopped  
1 tsp ground turmeric  
1 tsp sweet paprika  
2 tsp ground cumin  
1 tsp ground coriander  
½ tsp garam masala  
2 tsp ground cinnamon  
2 tsp chutney (any type)  
1 tablespoon honey  
1 beef stock cube, with 1 cup water

Place all ingredients into the slow cooker and cook on low for 8-10 hours or on high for 5-6 hours. Thicken with cornflour mixed with water if needed for the last 30 minutes. Serve on a bed of cous cous with steamed green vegetables.

**Tip:** You can also add a tin of lentils to make the recipe go further.



# NAAN BREAD

## INGREDIENTS

3 cups plain flour  
1 tsp salt  
1 tsp sugar  
1 tsp bicarb soda  
1 ½ tsp dried yeast  
1 cup water  
1/3 cup Greek yoghurt

Mix together the dry ingredients in a large bowl. Add wet ingredients and combine to make a dough. Cover and put in a warm place for 40 minutes. Then divide into small portions and using your hands, stretch the dough out to make an oval shape, the size of your hand. Fry in hot oil until browned, flip and brown the other side. Add a little salt and serve with the curry on Page 17 or eat as a Sunday night snack with pickles, meats, and preserves. Makes approx. 6 Naan breads.

