

We all know that being healthy includes eating fruits and veggies, cooking at home more, and eating seasonally. Unfortunately, at times our lifestyle or a lack of time and money, can make this hard to put in practice. The good news is, healthy eating doesn't have to be a chore.

AIA Ambassador and Accredited Practising Dietitian, Marika Day, has put together a collection of easy, delicious, and healthy recipes to save you time and money!

- Nourishing breakfast options, delicious snacks, and easy dinners everyone will love.
- Many recipes can be adapted to suit a plant-based diet or altered to be gluten or dairy free.
- Each recipe has been carefully developed to include a balance of proteins, carbohydrates, and fats to keep you feeling full, nourished, and energised.

Whether you are trying to incorporate more fruit and vegetables in your diet, add healthy snacks, or mix up your dinners, these recipes will help you take a small step towards a Healthier, Longer, Better Life.

Don't forget to share your culinary creations with us on social media by tagging [@aivitalityaus](https://www.instagram.com/aivitalityaus)



Marika Day is an Accredited Practising Dietitian (APD), Nutritionist, recipe developer, and speaker. She has over 8 years' experience working with thousands of Australians to live a healthier, more balanced life. Her philosophy is that nutrition shouldn't be restrictive, rather it should support you to feel energised, and physically and mentally healthy. Marika's approach is evidence-based, realistic, and most importantly enjoyable!





TOASTED BREAKFAST BURRITO

SERVES: 1 Time: 10 minutes Cost per serve: \$3.70

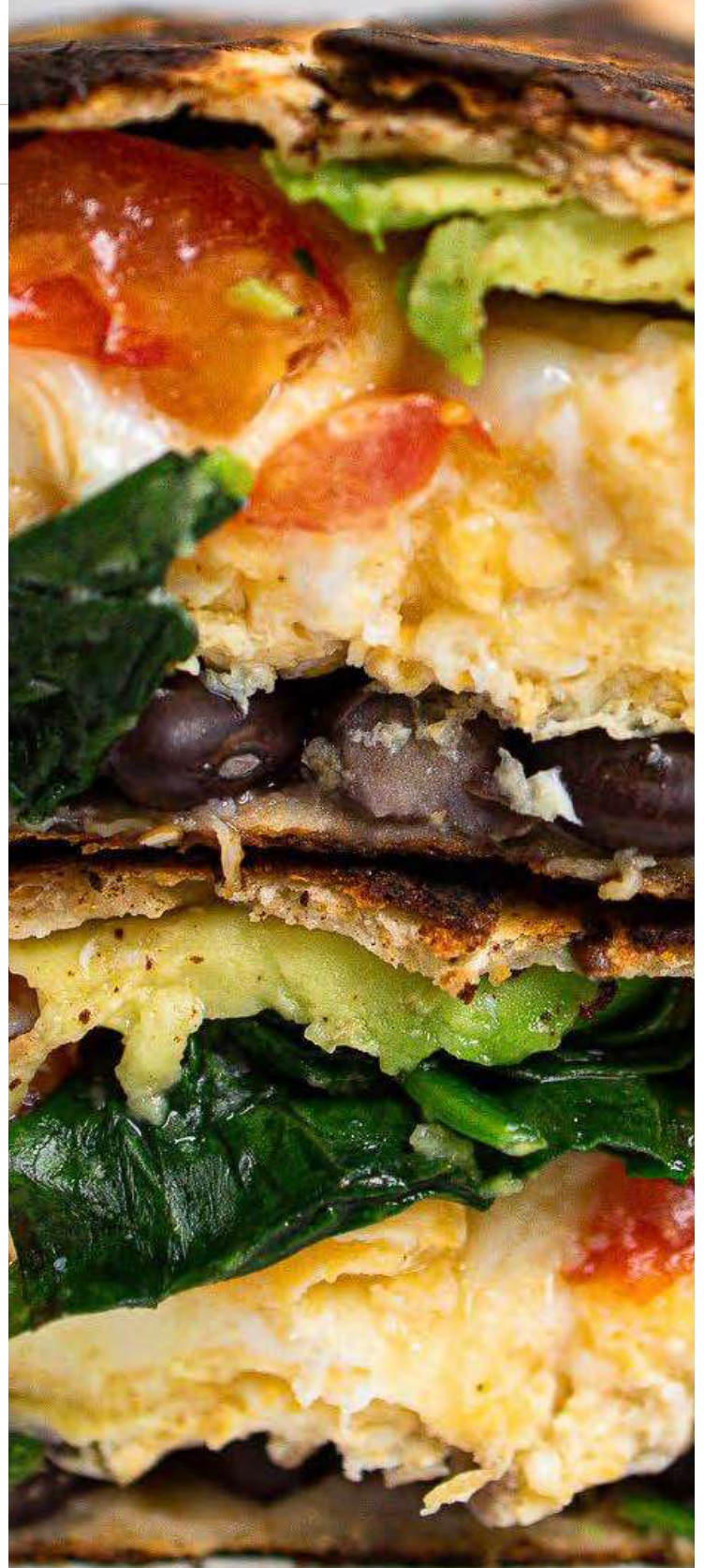
VEG DF NF <20min <\$5

Ingredients

1 tsp olive oil, to fry
2 medium eggs
¼ cup black beans
1 wholegrain wrap
1 handful baby spinach
¼ avocado, sliced thinly
1 tbsp tomato salsa
Salt and pepper, to taste

Method

1. Heat a fry pan over medium heat with the oil.
2. Once the pan is hot, crack the eggs into the pan and scramble until cooked. Set aside.
3. Spread the black beans evenly over the wrap. Add the eggs and avocado and top with tomato salsa and spinach. Season with salt and pepper to taste.
4. Wrap the burrito by folding in one side, followed by the bottom and remaining side.
5. Place the burrito into a preheated sandwich press and toast for 2-3 minutes.





MEDITERRANEAN FISH PARCELS

SERVES: 4 Time: 25 minutes Cost per serve: \$4.30



Ingredients

4 x 200g firm white fish fillets, e.g., cod
1 tbsp extra virgin olive oil
1 tsp fresh or dried thyme leaves
1 punnet grape tomatoes, halved
16 kalamata olives, roughly chopped
1 lemon, finely sliced
500g potatoes, peeled and cut into 3cm cubes
1 tbsp milk of choice

Method

1. Preheat the oven to 200°C.
2. Cut 4 pieces of baking paper into large rectangular pieces. Place a fillet of fish in the middle of each piece of paper. Season the fish with thyme, salt, and pepper and drizzle with olive oil. Top the fish with 1-2 slices of lemon.
3. Place the halved tomatoes and olives evenly across the top of each fillet of fish.
4. Fold in the edges of the baking paper and seal with a fold to enclose the fish.
5. Place in the oven and bake for 20 minutes.
6. Meanwhile, boil or steam the potato until well cooked. Using a potato masher, mash until smooth. Add in the milk and season with salt and pepper.
7. Serve fish with any juices from the parcel on top of the mashed potatoes.



GRANOLA BARS

SERVES: 12 Time: 35 minutes Cost per serve: \$1.00



Ingredients

1 egg
2 egg whites
2 ½ cups rolled oats
1 cup roughly chopped almonds
1/2 cup sultanas or dried cranberries or chocolate chips
1/2 cup pepitas
1 tsp ground cinnamon
1 tsp vanilla extract
1/8 tsp salt
1/2 cup honey or rice malt syrup

Method

1. Preheat the oven to 180°C. Grease and line a baking tray.
2. In a small bowl, whisk the egg and egg whites together until light and fluffy. Set aside.
3. In a large mixing bowl, add oats, chopped almonds, sultanas, pepitas, cinnamon, vanilla extract, and salt. Mix together.
4. Add in the beaten egg mix and stir.
5. Add the honey and stir until well combined.
6. Transfer the mixture into your prepared dish and spread evenly over the base of the dish. Pat down firmly with the back of a rubber spatula or spoon.
7. Place into the oven and bake for 20-25 minutes or until light golden brown.
8. Allow to cool completely before slicing into 12 bars.

