



Healthy Recipe

COOKBOOK

Tasty recipes containing calcium.





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The following tasty recipes contain calcium and a range of other nutrients to support healthy bones. These meals are easy to prepare and are also beneficial for muscle and heart health.

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Spinach & blueberry smoothie

Ingredients

Spinach	4 cups
Greek yoghurt	2 cups
Milk (whole or low fat)	800ml
Frozen blueberries	1 & 1/3 cup
Banana	4 whole
Oats	2 cups
Flaxseeds	4 tbsp
Peanut Butter	8 tbsp
Cinnamon	A dash to taste

<i>Servings</i>	<i>Time (mins)</i>	<i>Vegetable serves</i>	<i>Level</i>	<i>Calcium (per serve)</i>	<i>Protein (per serve)</i>
4	5	1	Easy	608mg (whole milk)	35g (whole milk)
				633mg (skim milk)	36g (skim milk)

Directions

- To create a smooth consistency, begin by combining spinach, milk and Greek yogurt in your blender. Blend on high until the spinach is completely smooth.
- Add remaining ingredients to the blender and blend on high until smooth.
- Transfer smoothie to a glass and enjoy!



Beetroot pancakes

Ingredients

Beetroot	2 whole
Eggs	3 whole
Self-raising flour	200g
Milk (of choice)	50ml
Baking powder	1 tsp
Vanilla extract	1/2 tsp
Maple syrup	4 tsp
Extra virgin olive oil (EVOO)	To grease pan
Maple syrup and ice cream	As desired, to serve

<i>Servings</i>	<i>Time (mins)</i>	<i>Vegetable serves</i>	<i>Level</i>	<i>Calcium (per serve)</i>	<i>Protein (per serve)</i>
4	15	1	Easy	71mg	10g

Directions

- In a blender, place beetroot and blend to form a puree.
- Place in a bowl along with remaining ingredients.
- Whisk until smooth.
- Place 1 tsp of EVOO in a nonstick pan over low heat.
- Pour 3 tbsp of batter in pan to make each pancake.
- Repeat with remaining batter.
- Serve with maple syrup/ice cream.



Grilled fish tacos with kale slaw

Ingredients

White fish fillets	400g cooked
Kale	2 cups
Red cabbage	2 cups
Carrot	2 cups grated
Red onion	1 cup
Wholegrain corn tortillas	8 small
Cheddar cheese	2/3 cup grated
Lime	To serve
Coriander	As desired
Cumin	As desired
Salt & Pepper	To taste

<i>Servings</i>	<i>Time (mins)</i>	<i>Vegetables (per serve)</i>	<i>Level</i>	<i>Calcium (per serve)</i>	<i>Protein (per serve)</i>
4	20	2.5	Easy	339mg	39g

Directions

- Grate carrots. Thinly slice red onion, cabbage and kale. Toss vegetables in a large bowl.
- Gently season the fish fillets with cumin, salt and pepper as desired,
- Bring a medium sized fry pan to medium/high heat.
- Grease pan with olive oil and grill fish fillets for 3-4 minutes each side until lightly browned. Once cooked, bring to a cooling rack.
- In baking paper, microwave corn tortillas for 10 seconds to warm.
- Serve fish fillets onto the tortillas, topping with the vegetable mix, grated cheese, coriander and lime.
- Enjoy while warm.

Pita bread with guacamole

Ingredients

For the Pita:

Pita breads	2 whole
Extra virgin olive oil	2 - 3 tbsp
Mixed herbs	As desired
Garlic powder	As desired
Parmesan cheese	1/4 cup
Salt and pepper	As desired

For the Guacamole:

Avocado	2 whole, diced
Lime	2 - 3 tbsp
Garlic powder	As desired
Coriander	As desired
Salt & Pepper	To taste

<i>Servings</i>	<i>Time (mins)</i>	<i>Vegetables (per serve)</i>	<i>Level</i>	<i>Calcium (per serve)</i>	<i>Protein (per serve)</i>
4	10	0.5	Easy	106mg	7g

Directions

- Preheat oven to 180C/160C fan-forced
- Cut each pita bread into 8 triangles
- Arrange pita triangles in a single layer, brush with EVOO and sprinkle with cheese, herbs, garlic powder, salt and pepper.
- Bake until golden and crispy (approx. 7 minutes, turning halfway through).
- While baking, add all guacamole ingredients to a medium size bowl and mash with a fork until desired consistency is reached. Transfer to a serving bowl.
- Serve pita slightly warm with guacamole.

Mixed vegetable tray bake with cashew cream

Ingredients

Brussel sprouts	8, halved
Broccolini (ends trimmed)	8 stalks
Baby carrots (including tops)	8 whole
Zucchini (roughly chopped)	1 whole
Garlic	1 whole
Red onion (chopped into wedges)	1 whole
Extra virgin olive oil (EVOO)	3-4 tbsp

For the cashew cream

Soaked, raw cashews	1/2 cup
Plant milk of choice	1/2 cup + 4 tbsp
lemon juice	1 tbsp
baked garlic	2 tbsp
Salt and pepper	To taste.

<i>Servings</i>	<i>Time (mins)</i>	<i>Vegetables (per serve)</i>	<i>Level</i>	<i>Calcium (per serve)</i>	<i>Protein (per serve)</i>
4	45	2	Easy	108mg	8g

Directions

- Preheat oven to 180C/160C fan forced.
- Wash and thoroughly dry all vegetables with a tea towel
- Generously toss the vegetables in EVOO
- Sprinkle with salt and pepper
- Place vegetables in a lined large roasting pan (reserving the zucchini to add later)
- Cut 1cm of the head of the garlic to expose the individual cloves, place whole garlic on a small piece of foil and drizzle 1 tbsp of EVOO. Wrap with the foil, and place in baking tray.
- Roast for 20 minutes. Add zucchini.
- Remove garlic from pan. Carefully squeeze garlic from skins and place in a small bowl, reserving to toss over vegetables before serving and for cashew cream.
- Roast for a further 15 to 20 minutes or until vegetables are golden and tender. Carrot greens should be crispy.
- While baking, place all cashew cream ingredients in a blender, blitz until smooth and creamy (add more plant milk if required). Season further as desired.
- Remove vegetables from oven, toss with garlic and season with salt and pepper as desired.

Lamb and couscous salad

Ingredients

Minced lamb	300g
Cous cous	1.5 cups dry
Chickpeas	1.5 cup
Olive oil	2 tbsp
Garlic	4 cloves
Onion	1/3 cup
Cumin	1 tsp
Cinnamon	1 tsp
Turmeric	1 tsp
Coriander	1/2 tsp
Cayenne pepper	To taste.
Low sodium vegetable broth or stock	200ml
Lemon wedges	To serve
Parsley	To serve

<i>Servings</i>	<i>Time (mins)</i>	<i>Vegetables (per serve)</i>	<i>Level</i>	<i>Calcium (per serve)</i>	<i>Protein (per serve)</i>
4	20	0.5	Easy	80mg	29g

Directions

- Cook couscous as directed. Once cooked, set aside to cool.
- Add chopped onions, garlic and olive oil to a large pan on medium heat and sauté.
- Add minced meat to the pan and separate, add spices and lightly cook until brown.
- Add broth and chickpeas bringing liquid to a boil, stir regularly.
- Once reduced, add couscous, remove skillet from heat and cover to cool for 5 minutes.
- Fluff with a fork and serve with lemon and parsley.



Chocolatey cruciferous ice cream

Ingredients

Chocolate pudding mix	1 sachet
Broccoli florets	2 cups
Cauliflower	1 cup

<i>Servings</i>	<i>Time (mins)</i>	<i>Vegetables (per serve)</i>	<i>Level</i>	<i>Calcium (per serve)</i>	<i>Protein (per serve)</i>
4	20	0.5	Easy	70mg	5g

Directions

- In a medium size pot, bring broccoli and cauliflower to boil until soft. Strain water and set aside to cool.
- Add broccoli, cauliflower to a food processor or blender and blend until smooth. Add pudding mix as desired for texture and taste.
- Freeze and serve with desired toppings.

Super green veggie fritters

Ingredients

Spinach	1 cup
Kale	1 cup
Broccoli	2 cups
Carrots	4 medium
Corn kernels	1/2 cup
Eggs	4 whole
Onion	1/2 cup
Wholemeal breadcrumbs	1/2 cup
Wholemeal flour	1./2 cup
Parmesan cheese	1/3 cup
Baking powder	1/2 tsp
Minced garlic	1 tsp
Chives	To taste
Salt & pepper	To taste
Olive oil	2 tbsp

<i>Servings</i>	<i>Time (mins)</i>	<i>Vegetables (per serve)</i>	<i>Level</i>	<i>Calcium (per serve)</i>	<i>Protein (per serve)</i>
4	35	2	Easy	260mg	20g

Directions

- Grate carrots & chop broccoli, onion spinach, kale and chives into small pieces.
- Combine chopped vegetables, corn kernels, garlic and chives in a large mixing bowl.
- In a separate bowl, whisk eggs. Add the whisked eggs to the vegetables and stir gently to combine.
- Slowly add flour, baking powder and breadcrumbs, mix well.
- Add parmesan cheese, salt and pepper as desired, stirring again.
- Bring a large pan or skillet over medium heat, Grease the pan with olive oil, then using a scoop or large spoon, place mixture into the pan, flattening these gently to form a patty.
- Cook for 4 to 5 minutes on either side. Once cooked, remove from pan to a cooling rack. Repeat until all mixture is used.
- Enjoy as a snack, served with salad or your favourite lean meat or alternative.



Oven-baked kale chips

Ingredients

Kale	1 whole head
Olive oil	20-30ml
Salt	Pinch, to taste

<i>Servings</i>	<i>Time (mins)</i>	<i>Vegetables (per serve)</i>	<i>Level</i>	<i>Calcium (per serve)</i>	<i>Protein (per serve)</i>
4	25	1	Easy	56mg	1g

Directions

- Preheat the oven to 180 degrees and line a flat oven tray with baking paper.
- Wash kale and pat dry thoroughly.
- Drizzle with olive oil and lightly salt, rub vigorously for 2 to 3 minutes.
- Lay kale on a lined oven tray and bake for 20 minutes.
- Remove and set aside to cool, serve or store in an airtight container.

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