

Simply Cook and Enjoy!



Want to give healthy cooking a whirl? Think outside the salad spinner!

Looking for ways to make some of your favourite recipes a little healthier? Try these ideas to add more veggies and fruit to your meals and snacks without a lot of fuss:

- Blend a handful of spinach or kale into a fruit smoothie
- Mash cooked cauliflower together with potatoes
- Add puréed butternut squash to homemade macaroni and cheese
- Shred carrots, zucchini or onions into spaghetti sauce
- Stir canned puréed pumpkin into whole grain pancake or muffin batter
- Sprinkle berries onto breakfast cereal or yogurt



Baking bonanza! Balance your baking with simple swaps.

There are lots of tasty ways to make your baking a little bit healthier. Experiment by using these simple substitutions in your favourite baked goods:

- Replace at least half of the enriched white flour with whole grain flour
- Replace a quarter of the sugar with skim milk powder
- Replace half of the fat in muffins, quick breads and cookies with mashed fruit or vegetables, such as unsweetened applesauce or puréed sweet potato
- Use milk instead of water



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Cook healthy! Get delicious results with good-for-you ingredients.

Cooking at home lets you control the taste, nutrition and cost of your meals. Try these simple swaps to fill homemade food with flavour:

- Use evaporated milk instead of cream for a luscious pasta Alfredo
- Substitute lower-fat yogurt for mayonnaise to make a creamy salad dressing
- Sweeten whole grain hot cereal with fruit, such as bananas, apples or peaches, instead of sugar
- Use lemon juice, garlic, herbs and spices instead of salt to flavour savoury dishes



Taste is king! Add some zing!

Think healthy cooking is bland? No way! Healthy cooking is all about good taste. Add some zing with these mouth-watering flavour boosters:

- Red pepper flakes deliver delicious heat to lightly sautéed greens
- Fresh lime juice is a tangy addition to fish, avocado or fresh tomato salsa
- Garlic is perfect for pasta, potatoes and peas, and it makes a tofu-and-veggie stir-fry sizzle
- Ginger spices up butternut squash soup and adds depth to beef and pork dishes
- Cinnamon pairs sweetly with apples, squash and sweet potatoes



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