

HEALTHY BITES

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Hunting for a healthier Easter?

If you're on the hunt for a healthier Easter, we recommend getting your whole mob active and including some fruit and veggies in your feasts.

Remember to eat your treats mindfully, and make the most of the long weekend. Here are our top tips for a healthier Easter:

1. Get up and moving

Turn the Easter egg hunt into a scavenger hunt! Keep it simple and follow some bunny footprints, or go all out with rhyming clues. Maybe the Easter bunny left something for you at your local park, rec centre or out bush?

2. Focus on an egg theme, rather than a chocolate theme

Paint or dye eggs, run egg-and-spoon races, or try the egg toss game (outside). Or cook up some egg-citing meals that shell-ebrate eggs – mini frittatas, egg bread, shakshuka, quiche or classic scrambled eggs are all perfect for the occasion!



3. Home-made chocolate treats

Choose a nutritious base, with a little flourish of chocolate – a little goes a long way! There will be plenty of helpers to lick the bowl, but beware this can get messy!

- ▲ Fruit dipped in chocolate (strawberries and banana slices are always a winner!)
- ▲ Chocolate drizzled popcorn or roasted nuts
- ▲ Banana muffins with some chocolate chips
- ▲ Trail mix that includes some chocolate covered dried fruit or nuts
- ▲ Homemade chocolate milk powder (milk powder + cocoa + cinnamon)

4. Non-chocolate Easter treats

- ▲ A family outing to the park or pool
- ▲ A bike ride out in nature
- ▲ Pens, pencils, stickers and other stationery items
- ▲ Temporary tattoos, bouncy balls, toy cars or hair clips
- ▲ A bunch of the Easter bunny's favourite baby carrots, wrapped in a bow (only recommended for people with a sense of humour!)

SHAKSHUKA

Prep: 15 min

Cook: 25 min

Serves: 6

Ingredients

- ▲ olive or canola oil spray
- ▲ medium onion, peeled and chopped
- ▲ 2 cloves garlic, peeled and chopped
- ▲ 200 g mushroom, sliced
- ▲ 1 medium red capsicum, seeded and diced
- ▲ 440 g can salt-reduced baked beans
- ▲ 800 g can no-added-salt diced tomatoes
- ▲ 1 tsp ground cumin
- ▲ ½ tsp smoked paprika
- ▲ pepper
- ▲ 125 g baby spinach leaves, chopped
- ▲ ½ punnet cherry tomatoes, halved
- ▲ 6 eggs
- ▲ ½ cup fresh Italian parsley, finely chopped, to serve

Method

1. Spray a large frypan with oil and place on medium to high heat.
2. Add onion and cook for 3 minutes until softened.
3. Add garlic, mushrooms and capsicum and cook for 5 minutes.
4. Mix through baked beans, canned tomatoes, cumin, paprika and pepper.
5. Increase heat and to bring to the boil then simmer for 5 minutes until slightly thickened.
6. Add spinach leaves and gently mix until they start to wilt; sprinkle over cherry tomatoes.
7. Using a spoon, create 6 little wells, then crack each egg into a well. Cover pan with lid and cook until whites are firm and yolks are just set, about 5 minutes.
8. Remove from heat, top with parsley and serve immediately.



Eggs are a great source of protein which helps give us that feeling of fullness and satisfaction after a meal. Adding eggs to your morning toast will keep you feeling fuller for longer, and including egg in a salad makes a tasty and satiating lunch that will see you through the afternoon.