

Best 

Winter Wellness Recipes





Caught a case of the winter health blues?

We've got you!

Our nutrition team has lovingly created this healthy, winter-inspired menu to help you remain on track during the colder months.

Try it out and tag us in your creations on social!

Breakfast

Papaya Overnight Oats

Serves: 1

Overnight oats are a great breakfast option if you're looking to save time in the kitchen. They can be made the night before, and eaten on-the-go or at work the next day. This recipe uses papaya, as it is in season during winter. However, you can easily swap this out for any other fruit.



Ingredients

1/2 cup low-fat milk
(swap out for any dairy-free milk)
1/2 cup rolled oats (uncooked)
1/2 cup papaya (de-seeded and chopped)
1 pinch of ground cinnamon
1 tbsp flax seeds
1 tsp honey
2 tbsp low-fat, plain yoghurt
(swap out for any dairy-free milk)

Method

1. Mix all the ingredients together, except the papaya, and place in a glass jar. Stir well, cover and refrigerate overnight.
2. The next morning, remove from the fridge, top with papaya and enjoy.
3. Can be heated, if preferred.

Tip: It can be more affordable to buy the whole papaya and chop it up yourself instead of buying pre-chopped and packaged versions. Whatever is not used for the overnight oats can be placed in a zip lock back and frozen for other breakfasts during the week. For example:

Breakfast

Papaya Smoothie

Serves: 1

This recipe uses ingredients you would have bought to make the overnight oats





Ingredients

- 1/4 cup rolled oats (uncooked)
- 1/2 cup papaya (leftover in the freezer from the overnight oats)
- 100 g low-fat, plain yoghurt (swap out for any dairy-free milk)
- 2 ice blocks
- 2 tbsp flax seeds
- 2 tbsp water

Method

1. Place all ingredients in a blender.
2. Add more water to reach desired consistency.
3. Serve chilled immediately.

Lunch

Open Sandwich

Serves: 1

A wholesome, well-balanced sandwich is the perfect quick meal that can be easily changed to suit a variety of nutritional needs. It's also a really nice way to use leftover ingredients from the week, and is suitable for the whole family to enjoy. On cold days, simply toast your bread of choice and if you are in a rush, the individual components of the meal can be easily transported to work, where you can then assemble your sandwich.



Ingredients

- 3/4 cup chickpeas, tinned (drained) (swap out for any legume or smoked chicken/salmon)
- 1/4 sliced avocado (in season)
- 1/2 cup shredded lettuce leaves
- 1 slice rye bread (swap out for gluten-free bread if gluten intolerant or allergic)
- 1 tbsp basil pesto (swap out for sundried tomato pesto if vegan)

Method

1. Spread the pesto on the bread.
2. Mash the chickpeas, and add them to the bread. Top with sliced avocado and lettuce leaves.
3. Season according to preference.

Dinner

Herby Chicken and Butternut

Serves: 1

This is a simple recipe that can be cooked in one pot and easily scaled up for more than one person or to have leftovers for lunches during the week. One could also use the leftover chicken/fish in sandwiches during the week, and add leftover butternut to salads. Pescatarian and vegetarian versions of the same meal are easy to make with very similar ingredients.



A top-down view of a white ceramic plate with a dark rim. The plate is filled with a meal consisting of several pieces of roasted chicken breast, which are golden-brown and cut into bite-sized chunks. Alongside the chicken are green beans, which appear to be roasted and are a vibrant green color. There are also cubes of butternut squash, which are a pale yellow-orange color. The plate is set on a light-colored, textured surface, possibly a tablecloth. A green and white striped cloth is visible at the bottom left corner of the frame. The background is a soft, out-of-focus light grey.

Ingredients

1/2 tsp ground cinnamon
1/2 tsp dried, mixed herbs
1/2 tsp black pepper
1/2 tsp salt
1 tbsp olive oil
1 tbsp balsamic vinegar
120 g chicken breast fillets
200 g butternut, whole (cut into cubes)

Method

1. Preheat the oven to 180 degrees Celsius.
2. Place chicken breast on a baking tray and season with mixed herbs, balsamic vinegar and half of the olive oil.
3. Place the cubed butternut on a baking tray and drizzle with the remaining oil. Season with cinnamon, salt and pepper.
4. Bake the chicken and butternut for 30 min until cooked. Serve hot.

Dinner

Fish and Baked Butternut

Serves: 1

Butternut squash is a great source of vitamins, minerals, and antioxidants. It is also a fibre-rich food that is very versatile.



Ingredients

1 tbsp soy sauce
140 g tuna steak (can be swapped for
your fish of choice)
1/2 tsp ground cinnamon
1/2 gem squash
1 tbsp olive oil
1/4 tsp black pepper
1/2 tsp salt
200 g butternut, whole (cut into cubes)

Method

1. Preheat the oven to 180 degrees Celsius.
2. Add the butternut to a baking tray, leaving room for the fish. Drizzle with half of the olive oil and season with salt, pepper and cinnamon. Bake for 20 min. Remove from the oven.
3. Place fish on a piece of foil, drizzle with soy sauce and the other half of the olive oil. Close the foil, add to the baking tray and bake for 15 min with the butternut.
4. Boil or steam the gem squash and remove the seeds.
5. Serve the fish with butternut and gem squash.

Dinner

Lentil-Stuffed Butternut

Serves: 1

This recipe also makes use of the wholesome butternut, with just as much nutritious deliciousness as the others whilst being vegetarian or vegan, depending on your cheese of choice.



Ingredients

1/2 cup tinned lentils, drained (can be swapped out for another legume)
1/2 cup chopped globe tomatoes
1/2 white onion, chopped
1/2 tsp dried, mixed herbs
1/2 tsp salt
1 tbsp olive oil
200 g butternut, whole (halved)
30 g feta or vegan hard cheese

Method

1. Preheat the oven to 180 degrees Celsius.
2. Place the butternut half on a baking tray and drizzle with half of the olive oil. Bake for 30 min until soft.
3. Add the olive oil to a pan and sauté the onion, lentils and chopped tomato until softened.
Season with herbs and salt.
4. Top the butternut with the lentil mixture and sprinkle with cheese.