BREAKFAST AND SNACKS
BLUEBERRY BREAKFAST MUFFINS

INGREDIENTS
- 125 g plain flour
- 125 g wholewheat flour
- 3 tsp baking powder
- 200 g blueberries
- 2 eggs
- 120 mL extra virgin olive oil
- 100 mL milk
- 1 tsp vanilla extract

METHOD
1. Preheat the oven to 190°C and generously oil a muffin tin.
2. Mix the dry ingredients and the blueberries in a bowl, crushing just a few of the blueberries with a fork.
3. Mix together all the wet ingredients, then pour over the dry ingredients. Mix, then spoon into the prepared muffin tin.
4. Bake for 25 minutes until lightly browned and cooked through to the centre.

THESE LIGHT AND FLUFFY MUFFINS MAKE A GREAT WEEKEND BREAKFAST. THEY ARE VERY QUICK TO MAKE AND TASTE GREAT.

STORE LEFTOVER MUFFINS (IF YOU HAVE ANY!) IN A FREEZER AND WARM THEM UP QUICKLY IN A HOT OVEN.

Recipe from Dr. Simon Poole

Olive Wellness INSTITUTE®
TOMATO AND DATE CHUTNEY

THIS IS A VERY EASY CHUTNEY TO MAKE AT HOME WITH SIMPLE INGREDIENTS.

**INGREDIENTS**

1 kg tomatoes  
2 eating apples (cored and quartered)  
2 onions (peeled and quartered)  
100 g pitted dates  
2 tbsp extra virgin olive oil  
100 mL cider vinegar  
4 tbsp good quality balsamic vinegar of Modena  
1/2 tsp mustard seed  
1/2 tsp cayenne pepper  
Pinch of allspice

**METHOD**

1. Place all the tomatoes in a blender with the apples, onions and dates and process until well chopped.

2. Heat the extra virgin olive oil in a pan, add the chopped mixture and cook for 5 minutes over a medium heat.

3. Add the vinegars and spices. Return to the boil and simmer for about 1 hour until the mixture thickens, stirring from time to time to stop it sticking to the pan.

4. Remove from the heat and leave to cool.

5. Store in sterilised jam jars. It will last for 6 months stored in a cool, dry place. Once opened, store in fridge and use within 3 months.

Recipe from Dr. Simon Poole

**MAKES 3 X 300 G JARS**

1.5 hours
DATE AND WALNUT MUFFINS

THOSE MUFFINS ARE PARTICULARLY GOOD SERVED IN PLACE OF SCONES WITH THICK GREEK YOGHURT AND A FRUIT PURÉE, SUCH AS APRICOT OR APPLE.

INGREDIENTS

300 g wholemeal flour
150 g chopped pitted dates
100 g chopped walnuts
1 tbsp baking powder
1 tsp ground cinnamon
2 eggs, beaten
100 g apple purée
100 mL milk
75 mL extra virgin olive oil

METHOD

1. Preheat the oven to 190°C and generously oil a muffin tin.
2. Mix all the dry ingredients in a large bowl.
3. Beat the eggs with the apple purée, milk and extra virgin olive oil and pour over the dry ingredients. Mix well, then spoon into the prepared muffin tin.
4. Bake for 20-25 minutes until the muffins are cooked through and a skewer inserted into the centre comes out clean.

Recipe from Dr. Simon Poole
GRANOLA

A DELICIOUS BREAKFAST OR SPRINKLE SOME ON TOP OF YOGHURT AND FRUIT FOR A MORE EXCITING SNACK.

INGREDIENTS

2 cups old-fashioned rolled oats
1/4 tsp of salt
1/2 cup maple syrup or honey
1/4 cup extra virgin olive oil
1/2 tsp cinnamon
1/2 cup slivered almonds or pecans
1/2 cup raisins

METHOD

1. Preheat the oven to 190°C.
2. Measure the oats into a mixing bowl and stir in the salt. Make a well in the center of the oats, and pour in the maple syrup/honey, extra virgin olive oil and the cinnamon. Mix thoroughly. A fork is the easiest way to mix the ingredients. Add the nuts, combine well and spread the mixture on to a baking tray, using a fork to spread it evenly.
3. Bake for 15 minutes, open the oven and stir the mixture with a fork to separate. Bake another 5–8 minutes or until golden brown. Watch the mixture as it can burn quickly. Remove from the oven and immediately transfer the mixture from the hot pan to a cool cookie sheet or clean cutting board to cool. When it has cooled, stir in the raisins. Store cooled in an airtight container.

35 mins  
MAKES 12 SERVINGS

Recipe from Associate Professor Mary Flynn

Olive Wellness INSTITUTE™
PEANUT BUTTER OATMEAL BARS
THE PERFECT ON-THE-GO SNACK.

MAKES 8 BARS
30 mins

INGREDIENTS
DRY INGREDIENTS:
2/3 cup whole wheat flour
1 cup loosely packed brown sugar
1 tsp salt
1/4 tsp baking soda
1 cup dry old-fashioned oats

LIQUID INGREDIENTS:
1/2 cup extra virgin olive oil
1/2 cup natural peanut butter
1 large egg, beaten
1 tbsp milk
Optional: 1/2 cup chopped peanuts or raisins

METHOD
1. Preheat the oven to 190°C.
2. Combine the dry ingredients in a large bowl. Add any optional ingredients.
3. In another bowl, mix together the liquid ingredients. Make a well in the dry ingredients and add the liquid ingredients. Mix until combined using a rubber spatula. The batter will be thick.
4. Press the mixture into a 9x9 square coated cake pan. Bake the bars for 14 to 15 minutes, or until the edges are browned. Cool in the pan and cut into 8 servings.

Recipe from Associate Professor Mary Flynn
OVEN-BAKED KALE CHIPS

THE PERFECT CRUNCHY SNACK THAT YOU CAN HAVE SOME FUN WITH!

INGREDIENTS

- Kale
- 5 tbsp extra virgin olive oil
- Sea salt
- Optional: pepper or cayenne pepper

METHOD

1. Preheat the oven to 200°C.
2. Tear any large pieces of kale into smaller pieces and evenly spread all of the kale as a single layer onto a baking tray (or two trays if it doesn’t fit onto one).
3. Drizzle the extra virgin olive oil over the kale and using your hands, scrunch the kale so the extra virgin olive oil can coat it all.
4. Sprinkle sea salt over the kale. You can also add any extra seasoning you would like. For example, a small amount of cayenne pepper makes for a spicer flavour.
5. Bake in the oven for 15 minutes, checking after 10 minutes and move the tray around if necessary. Keep a close eye on the kale for crisping up and browning - it can easily burn.
6. Take the tray out of the oven and allow the chips to cool and crispy up more. Serve in a bowl for everyone to share.

Recipe from the Olive Wellness Institute team
LUNCH OR DINNER

Recipes courtesy of the Olive Wellness INSTITUTE™
MUSHROOM AND SPINACH LINGUINE

AN EASY BUT HEALTHY DINNER RECIPE.

INGREDIENTS

- 2 tbsp extra virgin olive oil
- 2 cups sliced mushrooms
- 1/4 tsp ground dry thyme
- 1 cup baby spinach leaves (or 1/4 cup frozen spinach)
- 2 tbsp of white flour or corn starch
- 1 cup vegetable broth
- 85 g (dry weight) linguine, preferably whole wheat
- Optional: salt (preferably sea salt) and pepper.

METHOD

1. Heat a large pot of salted water to cook the pasta. When the water boils, cook the pasta as directed on the box.

2. Heat the extra virgin olive oil on medium (4 to 5 on the dial) in a frying pan. Stir in the sliced mushrooms. Cook for about 10 minutes. Season with the thyme, and the salt and pepper, if using.

3. Add the spinach and stir to combine. Cook the vegetables on medium 5 to 6 minutes, stirring often.

4. Sprinkle the flour or corn starch over the vegetables and stir in completely; there should not be any dry powder visible. Add the vegetable broth and stir in so the vegetables and broth are completely combined. Heat on medium until the sauce thickens. This should be approximately 5 minutes.

5. Toss with cooked pasta and serve.

Recipe from Associate Professor Mary Flynn
ZUCCHINI POTATO PANCAKES
GREAT AS A SNACK OR AS PART OF A MEAL.

1.5 hours  MAKES 20 PANCAKES

INGREDIENTS

- 2 tbsp extra virgin olive oil
- 1 cup diced red onion
- 170 g potatoes (diced and peeled)
- 225 g zucchini (shredded)
- 2 large eggs
- 1/2 cup flat leaf parsley (shredded)
- 1/2 cup cheddar cheese (shredded)
- Sea salt and pepper

METHOD

1. Put the shredded zucchini into a colander and place over a bowl. Sprinkle with salt and leave to rest for 30 minutes. This will make some fluid leave the zucchini so there is less water in the batter.

2. Put 2 teaspoons of the extra virgin olive oil in a skillet and heat on low-medium. Add the diced onion and cook for 10 minutes until they are translucent.

3. While the onions are cooking, put the potatoes in a small pan of water and add 1 teaspoon of salt. Cover and bring to a boil. Reduce the heat to medium and cook until the potatoes can be easily pierced, about 6–8 minutes. Drain the potatoes, add 1 teaspoon of extra virgin olive oil and mash so there are no lumps.

4. Put the eggs in a bowl and beat until mixed. Add the cooled mashed potatoes, shredded zucchini, cooked onions, parsley and cheese. Stir until the batter is completely combined.

5. Add a teaspoon of extra virgin olive oil to the skillet and heat on medium. Using a tablespoon, drop mounds of the batter in the pan, leaving space between the mounds. Use the spoon to gently press down on the mound to make a pancake about 2 inches wide. There should be about 5 pancakes in the pan. Cook for 4 minutes or until it is browned and use a spatula to turn the pancakes over. Cook the other side until browned for approximately 4 minutes.

6. Remove the cooked pancakes from the pan and put on a plate if you are going to serve them at room temperature, or on a pan and into a warm oven. Add 1 teaspoon of extra virgin olive oil after you make each batch of 5 pancakes.

Recipe from Associate Professor Mary Flynn

Olive Wellness INSTITUTE™
SPICED TOMATO PASTA SAUCE

INGREDIENTS

2 tablespoons extra virgin olive oil
1 cup thin slices of red onion
1/2 cup sliced chili peppers
2 tbsp capers
1/4 cup cannellini beans, drained, rinsed
6 olives slices (green or black)
3/4 cup chopped tomatoes
55 g (dry weight) pasta, preferably whole wheat
Optional: salt and pepper

METHOD

1. Heat a large pot of salted water to cook the pasta. When the water boils, cook the pasta as directed on the packet.

2. Heat the extra virgin olive oil on medium heat in a frying pan. Add the red onion and chili peppers and cook for about 10 minutes or until the onion is translucent; season with salt and pepper. Add the capers, beans, olives and chopped tomatoes.

3. Turn the heat to low and let the sauce cook for 15 minutes or until the pasta is ready.

4. Drain the pasta and toss in the sauce to get a good covering and serve.

Recipe from Associate Professor Mary Flynn

Olive Wellness INSTITUTE™
OVEN-BAKED FRITTATA WITH CRISPY BROCCOLI

SERVE WITH CRUSTY BREAD DRIZZLED WITH EXTRA VIRGIN OLIVE OIL.

INGREDIENTS

- 6 tbsp extra virgin olive oil
- 1 small onion, peeled and finely chopped
- 1 red pepper, seeded and cut into chunks
- 4 eggs beaten
- 100g soft goat’s cheese
- 4 tbsp milk
- 150 g tenderstem broccoli
- Freshly ground black pepper

METHOD

1. Preheat the oven to 180°C.
2. Spoon half the extra virgin olive oil into a 22cm ovenproof flan dish and add the onion and pepper. Stir to coat them in oil. Cook in the oven for 5–6 minutes, stirring once.
3. Mix the beaten eggs with the soft cheese and milk and season with pepper. Pour over the onions and peppers.
4. Place the flan dish on a baking tray and arrange the tenderstem broccoli on the tray at the side. Drizzle with the rest of the extra virgin olive oil.
5. Bake for 10–12 minutes until the frittata is set in the middle and the broccoli is lightly browned and crisp.

Recipe from Dr. Simon Poole

Olive Wellness INSTITUTE™
BARLEY SALAD

AN EASY, INEXPENSIVE SALAD WHICH CAN BE MADE WITH ANY VEGETABLES THAT YOU HAVE AVAILABLE. COOK THE BARLEY THE DAY BEFORE AND COOL IN THE REFRIGERATOR. THIS SALAD IS BEST MADE A FEW HOURS BEFORE SERVING SO THE FLAVOURS WILL BLEND.

55 mins  
MAKES 4 SERVING

INGREDIENTS

2/3 cup dry pearled barley  
2 cups spinach leaves  
1 cup chopped tomatoes  
2 cups of chopped peppers  
1 cup chopped cucumber  
1/2 cup extra virgin olive oil  
Sea salt and pepper  
Optional: fresh herbs, such as basil, oregano, thyme

METHOD

1. To cook barley: put 1 & ½ cups of water in a large pan, preferably one with a lid. Cover and bring to a boil. Add the dry barley, cover and reduce heat to low-medium. Cook at a slow boil until all the water is absorbed. This will take at least 35 minutes and may take 50 minutes. When the barley is cooked, transfer the barley to a container to cool and store covered in the refrigerator until you are ready to make the salad.

2. Put the cooked barley in a large bowl. The barley will be sticky; use a fork to separate the barley. Mix in the vegetables so they are evenly distributed. Add the extra virgin olive oil and season with salt and pepper. If you are using fresh herbs, tear into small pieces and add to the bowl with the salt and pepper.

Recipe from Associate Professor Mary Flynn
BLACK BEAN, CORN AND TOMATO SALAD

A VERY EASY SALAD TO PUT TOGETHER. YOU CAN USE SOME HOT PEPPERS AS PART OF THE FRESH PEPPERS TO SPICE IT UP.

INGREDIENTS

1/2 cup extra virgin olive oil
1/2 to 1 teaspoon dried basil or oregano
1 small can black beans, drained and rinsed
1 small can corn, drained
2 cups chopped tomatoes
2 cups diced green pepper
Optional: 1/2 teaspoon red pepper flakes

METHOD

1. Put the extra virgin olive oil and the basil or oregano in a bowl.
2. Add the red pepper flakes if you are using them.
3. Add the rest of the ingredients and mix gently with a fork; season with salt and pepper.

MAKES 4 SERVING

15 mins

Recipe from Associate Professor Mary Flynn
ORZO WITH ROASTED VEGETABLE SALAD

INGREDIENTS

- 2/3 cup dry weight whole wheat orzo
- 1/2 cup extra virgin olive oil
- 2 cups thinly sliced zucchini
- 2 cups red onion, cut in chunks
- 2 cups peppers
- Sea salt and pepper

You can use any colour of peppers but a mix of green, red, and yellow is best

METHOD

1. Preheat the oven to 220°C.
2. Cook the orzo as directed on the package. Drain and cool.
3. Put the vegetables in a large bowl and pour enough of the extra virgin olive oil over them so that they are lightly coated. Season with sea salt and pepper and spread the vegetables on cooking pans so there is only one layer of vegetables.
4. Roast for 15 minutes, remove from the oven and use a fork to turn over the vegetables. The parts of the vegetables that were on the pans should be starting to brown. Return to the oven and roast for another 15 minutes. Check the vegetables and remove from the oven when browned.
5. Put the cooked and cooled orzo into a bowl and add the vegetables. Stir so that the ingredients are evenly distributed. Pour the rest of the extra virgin olive oil over the salad and toss to mix it in; season with salt and pepper.

MAKES 4 SERVINGS

Recipe from Associate Professor Mary Flynn
QUINOA SALAD

THIS SALAD CAN BE STORED IN THE REFRIGERATOR FOR SEVERAL DAYS, IF YOU ARE MAKING IT FOR PACKED LUNCHES. YOU CAN ALSO SUBSTITUTE ANY FRESH VEGETABLES YOU HAVE AVAILABLE.

40 mins  MAKES 4 SERVINGS

INGREDIENTS

2/3 cup dry quinoa
8 to 10 radishes, thinly sliced (about 1 cup)
2 cups frozen petite peas, defrosted
4 tablespoons almond slivers
1/2 cup extra virgin olive oil
Sea salt and pepper

METHOD

1. Cook the quinoa as directed on the package.
2. Put the cooked quinoa into a bowl and add the vegetables.
3. Stir so that the ingredients are evenly distributed. Pour the extra virgin olive oil over the salad and toss to mix it in; season with salt and pepper.

Recipe from Associate Professor Mary Flynn

Olive Wellness INSTITUTE™