



# FUEL YOUR *Fun* IN THE SUN

Nutrition tips &  
delicious recipes  
for Summer!



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# HEALTHY TIPS FOR THE SUMMER

Summer is a great time to enjoy fresh, seasonal produce and stay hydrated. Here are some tips for nutrition during the summer.



## Stay hydrated

Whilst enjoying the rays of sunshine and higher temperatures we are more prone to dehydration therefore it's important to ensure we drink plenty of water and fluids throughout the day. During this time, we also tend to drink more alcohol, which can further dehydrate us and add extra unwanted calories to our diet. Instead, check out some of our delicious mocktails within the recipe section.

## Incorporate lean proteins

Grill up lean proteins to help reduce your saturated fat consumption such as chicken or fish, tofu, beans, pulses etc for a healthy and tasty summer meal.



## Limit sugary drinks

These drinks can easily lead to the overconsumption of calories without providing the body with the necessary vitamins and minerals it needs to function properly. Beware, sugary drinks don't count towards our daily fluid intake instead, choose water, or unsweetened iced tea.

## Eat seasonally

Take advantage of the delicious fruits and vegetables that are in season during the summer, such as strawberries, cucumber, celery, lettuce, raspberries, beetroot and many more! Why not visit the local farmer's markets or pick your own, these are fun ways to support local growers and try new fruits and vegetables.



## Sun Protection

Along with proper nutrition, it's important to protect the skin from the sun's harmful rays. Style it out by wearing hats, sunglasses, and sunscreen (at least factor 30 and higher) when spending time outdoors.

## Watch portion sizes

With summer parties and BBQs, it can be easy to overeat. Be mindful of portion sizes and try to fill up on healthy, nutrient-dense foods.



## Body Positivity

To practice body positivity this summer, focus on how you feel, wear what makes you feel confident and comfortable, appreciate your body's abilities, practice self-care, and surround yourself with positive people. Doing so can help you enjoy the season and improve your mental health.



## Choose healthy snacks

The snacks we choose between meals can make a big difference to the nutritional quality of our overall diet and calorie intake! Instead opt for wholegrains, fresh seasonal fruit, and vegetables with hummus, nuts, and seeds. It's important to remember, moderation is key, you can still consume a healthy balanced diet whilst enjoying some of your favourite foods (don't over-restrict yourself).

## Add healthy fats

Incorporate healthy fats like avocado, nuts, and olive oil into your meals for added nutrients and satiety. Don't forget to be mindful of those salad dressings, they can be high in salt, saturated fat and add extra unwanted calories to your meals.



## Staying Active

Summer is a great time to get outdoors and be active. Being active can make a huge difference to your health. The UK recommendation is to achieve 150 minutes per week, but these can be broken down into smaller amounts. Start by gradually increasing the time as your body gets used to the activity levels. But don't worry, if exercise isn't a part of your daily routine, start small like taking a walk on your lunch break or parking at the far end of the supermarket car park. Small differences do add up!

# FOOD GROUP FOCUS

## Hydration!

### WHY ITS IMPORTANT?

- Regulates body temperature.
- Transports nutrients & oxygen around the body.
- Removes waste from the body.
- Aids digestion
- Keeps joints lubricated.
- Improve cognition & mood.

### REQUIREMENTS

Drink **1.5 to 2 litres** of fluid daily, this is about 6-8 glasses.

However, this recommendation can vary and depends on a person's age, weight, activity level, and climate.

### DID YOU KNOW?

Lots of fruit and vegetables are also great sources of water. In fact, around 1/5th of your daily fluid intake comes from the foods you eat such as watermelon, cucumbers, and oranges.

Eating hydrating foods during the hot weather is important due to the amount of water lost and vital electrolytes through sweating! Not only can fruit and vegetables keep your hydration levels up but can also provide you with essential vitamins and minerals as well as fibre!

Good hydration is one of the most important aspects of a diet that is often forgotten. Without good hydration, this can lead to headaches, fatigue, dizziness & loss of concentration.

### Top tips

#### ON HOW TO STAY HYDRATED

- Always keep a water bottle with you to ensure you are drinking enough water throughout the day, especially if you are on the go.
- Set yourself reminders- on your phone or computer! This is ideal if you are having a super busy time at work etc.
- Get creative and try adding fresh fruit, herbs, or vegetables to your water, this can make it more refreshing and encourage you to drink more.
- Try to drink before you are thirsty. By the time you feel thirsty, you are already dehydrated.
- Eat hydrating foods that are high in water content, such as watermelon, cucumber, strawberries, and tomatoes, as well as soups and yoghurts. These foods can help keep you hydrated and supply more nutrients.
- Try to drink water with meals. This can help you stay hydrated and aid digestion- try to drink a glass of water before, during and after meals.



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HYDRATION PODCAST



Overall having good hydration is key to health therefore it is important to consume the right amount to keep fluid levels topped up to ensure our bodies are performing at their best.



# Summer RECIPES



Summer meal prep can help make healthy eating easier during the summer months. Try to include more fresh salads, and grilled proteins so you are reducing the amount of fat used during the cooking process, and plenty of delicious fresh fruits and vegetables to help you prepare quick and easy nutritious meals.

## BBQ RECIPES



BBQs are a key summer activity that brings your family and friends together, but there are plenty of ways to make it more nutritious and fun. When building a healthy plate at a BBQ, it's important to focus on incorporating a variety of nutrient-dense foods that will provide you with the energy and nutrients you need to enjoy your day while also supporting your overall health.

### Here's a guide to help you:

- 1. Start with vegetables:**  
Fill 1/3 of your plate with colourful veggies. They are low in calories but high in fibre, vitamins, and minerals, which can help you feel fuller for longer. 1/3 is just a guide, but you can fill your plate up with as many veggies and salad as you like, it's a great way to add bulk to your meals, especially during the summer.
- 2. Add wholegrain carbohydrates:**  
Fill another 1/4 of your plate with starchy vegetables like sweet potatoes or wholegrains like quinoa, brown rice, or wholegrain pasta. These foods are a great source of complex carbohydrates, which provide you with a slow release of energy throughout the day whilst providing you with additional fibre!
- 3. Choose a lean protein source:**  
Fill 1/4 of your plate with a lean protein source such as grilled chicken, fish, tofu, tempeh, or other plant-based sources. Protein is essential for building and repairing muscle tissue and can help you feel fuller for longer.
- 4. Include healthy fats:**  
Add a small amount of healthy fat (approximately a thumb size portion for spreads and oils), such as avocado, nuts or seeds. Healthy fats are important for brain function, hormone production, and absorbing fat-soluble vitamins.
- 5. Lastly, don't forget to Hydrate!**



# MARINADES & RUBS

Serves 5

Summer is the perfect time for a BBQ, the below delicious marinades and rubs are **lower in salt and sugar** compared to the typical marinade. Simply add these to your lean protein and enjoy!



## Herby Lemon Marinade

- 2 tbsp Lemon juice
- 2 tbsp Olive oil
- 2 tsp Thyme, chopped
- 2 Garlic cloves, minced

## Ginger Citrus Marinade

- 1 Small orange, juiced
- 3 tbsp Olive oil
- 1 tbsp Ginger, finely chopped
- 2 Garlic cloves, minced

## Italian Basil Marinade

- 2 tbsp Rosemary, chopped
- 3 tbsp Basil, chopped
- 1 tbsp Olive oil
- 1 Spring onion, finely diced
- 2 Garlic cloves, minced

## Hot & Herby Rub

- 1 tbsp Thymes leaves
- Pinch of rosemary leaves
- 1 Garlic clove, minced
- 1 tsp Rapeseed oil
- ½ tsp Smoked paprika
- Pinch of chilli flakes
- Squeeze of lemon juice

## Sweet & Smoky Rub

- 1 tsp Fennel seeds
- 1 tsp Smoked paprika
- 1 Small Orange, zested + 2 tbsp of juice
- 1 tsp Light brown sugar
- 1 Garlic clove, minced
- Pinch of dried thyme & black pepper

## Method

For all marinades and rubs: Mix all the ingredients and brush/rub over your uncooked protein. Leave in the fridge for 2 hours to 1 day to marinate and then BBQ!

# CITRUS GLAZED BBQ GRILLED CHICKEN

Serves 4



## INGREDIENTS

- 8 Chicken thighs
- 220g Barbecue sauce, low sugar
- 56ml Freshly squeezed orange juice
- 1 tbsp Garlic powder
- 1 ½ tbsp Olive oil
- ½ tsp Paprika
- ½ tsp Salt and pepper
- Parsley, chopped for garnish
- 1 Orange, sliced for garnish

## Method

1. Mix the barbecue sauce, orange zest, orange juice, oil, garlic powder, paprika, salt and pepper in a large bowl. Remove 100g of sauce for basting.
2. Add chicken thighs to the remaining sauce in the bowl and toss to coat well. Refrigerate for at least 15 minutes.
3. BBQ the chicken thighs for 5 minutes per side, basting with the reserved sauce. Continue to BBQ and baste often for 15 to 20 minutes. *(Discard any remaining marinade.)*
4. To serve sprinkled with parsley and garnished with orange slices.

# TURKEY & COURGETTE BURGERS WITH CREAMY SUMAC SAUCE

Serves 4-6



*Want to reduce your red meat consumption? Try these delicious lean turkey burgers with hidden veggies. They are also great for your lunch boxes with a fresh salad for the next day.*

## METHOD

1. First, make the creamy sumac sauce by placing all the ingredients into a bowl and mix. Chill until needed.
2. In a large bowl, mix the burger ingredients and shape into 4-6 burgers.
3. Place the burgers onto the BBQ and grill on both sides until cooked through and golden brown. Serve with the sauce.

## INGREDIENTS

- 550g Turkey, minced
- 1 Courgette, grated
- 40g Spring onions, thinly sliced
- 1 Free-range medium egg
- 2 tbsp Mint, chopped
- 2 tbsp Coriander, chopped
- 2 Garlic cloves, crushed
- 1 tsp Ground cumin
- ½ tsp Salt and Pepper
- Pinch of cayenne

## SAUCE

- 100g Soured cream
- 150g Low-fat Greek yoghurt
- 1 tsp Lemon zest
- 1 tbsp Lemon juice
- 1 Garlic clove, crushed
- 1 tbsp Sumac
- 1 tbsp Olive oil
- ½ tsp Salt and pepper



# GRILLED SMOKY MISO AUBERGINES

Serves 4



Looking for a more plant-based option? This miso glazed aubergines recipe will help you towards achieving your 5ADAY.



## INGREDIENTS

- 30ml Rice wine vinegar
- 35g White miso paste
- 12g Golden caster sugar
- 7 Baby aubergines
- 1 tbsp Sesame oil
- 2 Spring onions, sliced

## METHOD

1. Mix the rice wine vinegar, miso, and caster sugar in a bowl.
2. Halve the aubergines lengthways and score the flesh on the diagonal, at about 2cm intervals.
3. Brush the aubergines with sesame oil and place on the barbecue to grill for 2-4 minutes, until starting to turn golden and soften. Brush all over with the miso paste.
4. Grill again for a further 15 minutes. Keep turning the aubergines every few minutes to stop the sugar from catching, brushing with more of the miso paste when you turn them.
5. The aubergine should be very soft all the way through and coated with the sticky glaze, which is just starting to catch at the edges and turn golden brown. Serve with a sprinkle of sliced spring onions.



# JERK TOFU & VEGGIE SKEWERS

Serves 4



These colourful tofu and veggie skewers are perfect for all the family - another great way of getting lean proteins and extra veggie into your diet.

## INGREDIENTS

- 140g Portobello mushrooms
- ½ Aubergine
- ½ Courgette
- 1 Red onion
- ½ Red pepper
- ½ Yellow pepper
- 100g Tofu diced into 5cm cubes
- 1 ½ tsp Jerk seasoning
- 1 tbsp Olive oil
- ½ Lime, halved

## METHOD

1. Fire up your barbecue and cut the vegetables into 3-4cm chunks.
2. In a large bowl, mix the vegetables and tofu with the jerk seasoning and oil. **Tip:** to prevent the skewers from burning, soak them in cold water.
3. Add the vegetables and tofu to the skewers, ensuring that you get a well-balanced mixture of everything on each skewer. Cook for 6-8 minutes, turning every 2 minutes until lightly charred and tender. Add the lime halves to the grill for 1-2 minutes, until charred.
4. Once cooked serve with the charred lime wedge to squeeze over and enjoy!

# MANGO & PRAWN SKEWERS

Serves 4



## INGREDIENTS

- ½ Mango, ripe
- 130g White fish (pollock, cod etc.)
- 100g Large raw king prawns
- ½ tsp Chaat masala spice
- 1 tsp Mango chutney
- 1 tsp Rapeseed oil

Deliciously juicy and charred mango and prawn skewers- great to share with the family whilst increasing the amount of fish in your diet! *Why not add some veggie onto the skewers too?*

## METHOD

1. Fire up your barbecue.  
*Tip: to prevent the skewers from burning, soak them in cold water.*
2. Remove the skin and stone from the mango, then cut the flesh into evenly sized chunks.
3. Then cut the white fish into similar size chunks.
4. Put the fish and prawns into a bowl and add the chaat masala and oil. Toss well to coat, then thread onto the drained skewers, alternating between prawns, white fish, and mango.
5. Grill the skewers for 4-5 minutes on each side, or until the prawns are pink and opaque, the fish is cooked through, and the mango is beginning to char.
6. Mix the mango chutney with 1 tsp water and brush over the skewer.

# SUN-DRIED TOMATO, CUMIN & CHILLI BARBECUED FLATBREADS

Serves 4

## INGREDIENTS

- 100g Plain flour, *plus extra for dusting*
- 100g Wholemeal flour
- 2 tsp Baking powder
- 1 tbsp Cumin seeds
- 180g Low-fat Greek yoghurt
- 50g Sun-dried tomatoes in oil, roughly chopped
- 2 tbsp Rapeseed oil
- ½ Red chilli, finely sliced
- Pinch of sea salt



Easy to make at home flatbreads, with additional fibre from the wholemeal flour. These are a great accompaniment for any BBQ.

## METHOD

1. Preheat the BBQ.
2. Mix the flour, baking powder, cumin seeds and a pinch of salt and stir in the yoghurt, sun-dried tomatoes, rapeseed oil and chilli, to taste.
3. Bring the ingredients together to form a ball of dough using your hand. Knead in the bowl for 2 minutes. Then set aside to rest for 20 minutes at room temperature, covered with a clean tea towel.
4. Form into a log on a lightly floured surface and divide into 4 equal pieces. Make each piece of dough into a ball, then use your fingertips to press out into a round shape, about 3mm thick.
5. Cook the breads on the barbecue, until puffed up and well browned (*in patches*) on both sides. Once cooked, pile on a plate, covered with a clean cloth to keep warm, until all four are cooked & serve.

# SRIRACHA & LIME POTATO SALAD

Serves 4



Add a bit of zest and spice to your potato salad this summer!  
**Tip: You can always use sweet potatoes instead.**

## INGREDIENTS

- 750g New potatoes
- 80g Light mayonnaise
- 50g Greek yoghurt
- 2 tbsp Sriracha
- 1 Lime, juiced & zested
- 1 tsp Honey
- 6 Spring onions, finely sliced
- 25g Coriander, finely chopped
- ½ tsp Chilli flakes *(optional)*

## METHOD

1. Add the potatoes to a large pan of cold water. Bring to the boil, then reduce the heat and simmer for 15-18 mins until tender. Drain and leave to cool completely.
2. Mix the light mayonnaise, Greek yoghurt, sriracha, lime zest and juice, honey, half the spring onions and most of the coriander.
3. Toss the cooled potatoes with the sriracha-mayonnaise mixture until all the potatoes are coated.
4. Transfer into a serving bowl and scatter over the remaining spring onions, the rest of the coriander and chilli flakes.

# MEXICAN STYLE CORN

Serves 4



## INGREDIENTS

- 4 Corn on the cob
- 20ml Rapeseed oil
- ½ tsp Chilli powder, *plus extra to serve*
- ½ tsp Garlic granules
- A small handful of fresh coriander, chopped
- 1 Lime, cut into wedges

## SAUCE

- 80g Greek yoghurt
- ½ tsp Smoked paprika
- 40g Feta cheese

## METHOD

1. Preheat the BBQ.
2. Rub the baby corn with the rapeseed oil and season with the chilli powder and garlic granules.
3. Add the corn onto the BBQ, and turn often until charred all over for approximately 10 minutes.
4. While the corn is cooking, mix the yoghurt, paprika and crumbled feta into a bowl and set aside until the corn is cooked.
5. Remove the corn from the BBQ, spread over the yoghurt mix on top and sprinkle over the chopped coriander and a pinch of chilli powder. Serve with a lime wedge.

# LIGHT MEALS & VIBRANT SALADS

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In the summer, we tend to crave lighter refreshing meals. Look to incorporate vibrant and fresh salads, grilled vegetables, and lean proteins into meals. Don't worry, salads don't have to be boring—create fun and flavourful salads with lots of colours and textures and pair them up with delicious grilled lean proteins, fresh herbs, and unique dressings.



# HERBY WATERMELON, CUCUMBER AND FETA SALAD

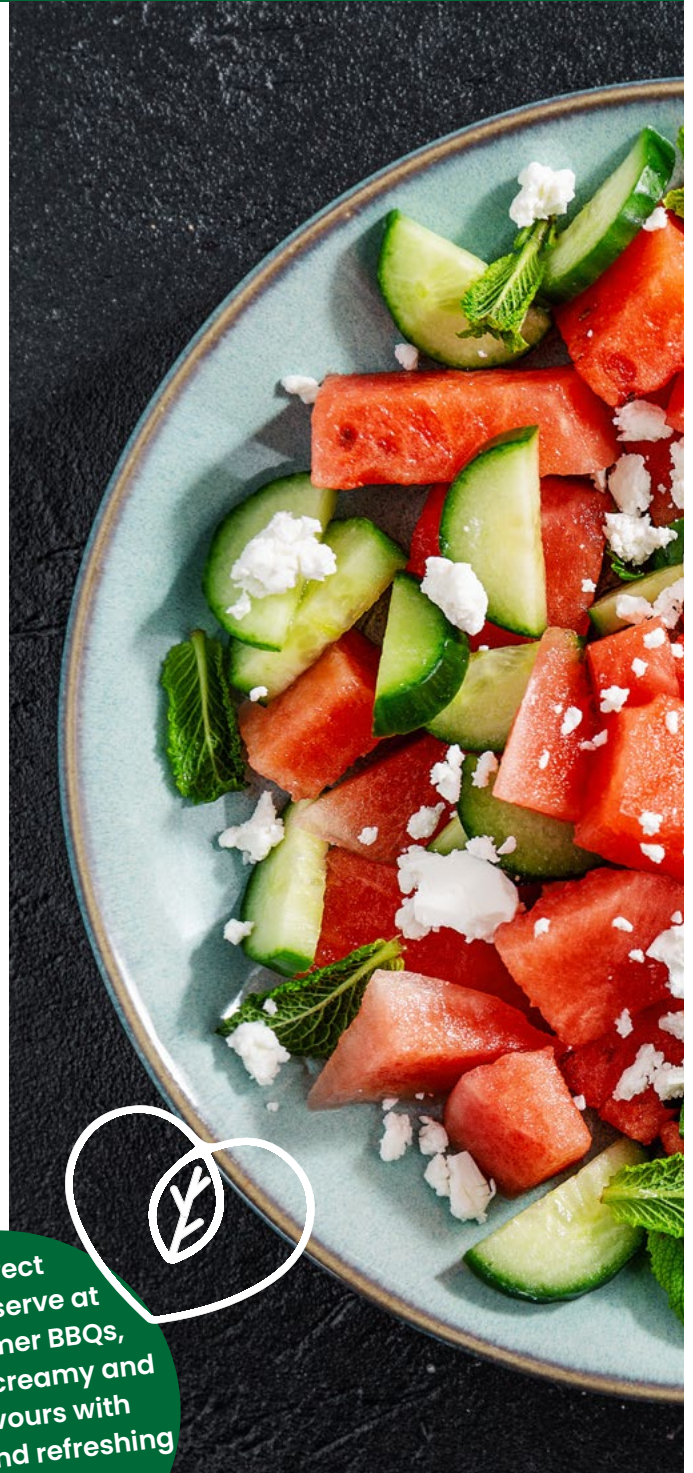
Serves 4

## INGREDIENTS

- 180g Watermelon
- 150g Cucumber
- 50g Mint
- 80g Feta cheese
- 10g Extra virgin olive oil
- 10g Balsamic vinegar glaze

## METHOD

1. Chop the watermelon and cucumber into chunks and add to a bowl.
2. Add mint leaves (*leave some for garnish*) and drizzle over the olive oil.
3. Crumble over the feta and remaining mint leaves, then drizzle with the balsamic glaze before just serving.



A perfect salad to serve at your summer BBQs, combining creamy and tangy flavours with hydrating and refreshing watermelon and cucumber!



# RAW BROCCOLI TABBOULEH

Serves 4



## INGREDIENTS

- 175g Broccoli
- 100g Spring onions
- 50g Parsley, roughly chopped
- 50g Mint, roughly chopped
- 100g Avocado, destoned and chopped
- 50g Pumpkin seeds
- 50g Spinach
- 22ml Lime juice
- 10ml Olive oil
- Pinch of salt and pepper

## METHOD

1. Remove the stalk from the broccoli and peel its outer layer.
2. Chop the broccoli head and stalk as fine as you can.
3. Combine all the remaining ingredients and serve.

This fresh and nourishing salad is packed full of flavour and veggies. It is great to take on the move as well as to accompany any delicious BBQ dish this summer.

# HERBY CELERY SALAD

Serves 4



Enjoy this crispy and aromatic salad which is full of fresh ingredients. Great to have at any BBQ, as a healthy salad to take on the go or as a side dish.

## INGREDIENTS

- 125g Bulgur wheat
- 1 Head of celery
- 1 Green apple, cored and finely sliced
- 50g Mint, chopped
- 50g Dill, chopped
- 40g Pumpkin seeds, toasted
- 80g Pomegranate seeds
- 1 Lime, juiced & zested
- 2 tbsp Olive oil

## METHOD

1. Place the bulgur wheat into a bowl and add 300ml boiling water. Cover and leave to stand for 20 minutes.
2. Meanwhile, trim the celery, reserving the tender central leaves. Slice the sticks on a diagonal into 1cm pieces. Mix with the apple and the herbs. Fluff up the bulgur wheat with a fork and fold it into the celery.
3. Add the salad to a serving bowl. Shred the reserved celery leaves and scatter with over the pumpkin and pomegranate seeds.
4. Whisk together the lime zest, juice and olive oil and drizzle over the salad.

# ZINGY SUMMER LAYERED SALAD JARS

Serves 2



Perfect salad to take with you on the go this summer... Packed full of vibrant and delicious veggies along with added fibre from the beans, grains, and mixed seeds. Why not experiment with the ingredients to develop your own concoctions.

## INGREDIENTS

- ½ Cucumber, diced
- 2 Tomatoes, diced
- 400g Mixed beans, tinned
- ½ Courgette, ribboned
- 50g Feta
- 120g Cooked brown rice/ grain of choice
- 60g Spinach
- A handful of mixed seeds

## DRESSING

- See below recipes for healthier salad dressing options

## METHOD

1. Layer 1: Add the dressing of your choice.
2. Layer 2: Cooked rice or grain of choice.
3. Layer 3: Mixed beans and courgette.
4. Layer 4: Diced tomatoes and cucumber.
5. Layer 5: Spinach leaves and mixed seeds.
6. Layer 6: Feta- *enjoy!*

# SUMMER TUNA CRUNCH LETTUCE WRAPS

Serves 4

## INGREDIENTS

- 400g Cannellini beans, tinned-rinsed and drained
- 400g Tuna, tinned and drained
- 1 Lemon, zested and juiced
- 2 Spring onions, finely chopped
- 150g Sweetcorn, tinned and drained
- 100g Radishes, finely diced
- 2 tbsp Greek yoghurt
- 16 Large romaine lettuce leaves

## METHOD

1. Mix all the ingredients (*except for the lettuce*) in a bowl.
2. Trim the chunky part of the stalk at the base of each lettuce leaf so they are easier to roll up, then place the leaves in pairs on top of each other, head to toe.
3. Spoon on the tuna crunch mixture, then roll up and keep in place with strips of baking parchment, which make the wraps easier to hold and eat. Pack into a container to keep the wraps from getting crushed and, if possible, chill to keep the lettuce crisp.



**Fancy a light summer lunch or dinner?** Try these lettuce wraps! You can swap the salad and proteins to fit what you have at home.

# SUMMER VEGGIE PASTA SALAD

Serves 4

*Who doesn't  
love a pasta salad?  
This one contains 3  
of your 5aDay! This  
would be perfect to serve  
with a delicious grilled  
lean protein.*



## INGREDIENTS

- 300g Wholewheat pasta
- 20g Rapeseed oil
- 150g Broccoli
- 200g Cherry tomatoes, halved
- 160g Sweetcorn, drained
- 100g Sugar snap peas, roughly chopped
- 2 Garlic cloves, crushed
- 2 tbsp Greek yoghurt
- 25g Basil leaves
- 100g Mixed lettuce leaves
- 80g Feta cheese, crumbled

## METHOD

1. Bring a pan of salted water to a boil and cook the pasta according to pack instructions.
2. Meanwhile, heat a large frying pan over high heat with rapeseed oil. Once hot, add in the broccoli florets, tomatoes, sweetcorn, and sugar snaps, then sauté for 5 minutes until golden and tender.
3. Add the garlic and cook for another 2 minutes, then take the pan off the heat.
4. Strain the pasta, reserving 50ml of pasta water. Add the pasta and water to the frying pan and mix well with the veggies.
5. Once cool, add the mixed salad leave and mix. Shred the basil leaves, then scatter over the pasta, along with the feta cheese and serve.

# SALAD DRESSINGS

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We need to be mindful of what and how much salad dressing we are adding to our delicious and vibrant salads as they can add additional calories, fat, and salt. However, salad dressings don't need to be tricky and can be made with a healthier edge, try out some of the below.

(All recipes serve 4)



# CREAMY CUCUMBER SALAD DRESSING



## INGREDIENTS

- 25g Low-fat Greek yoghurt
- 30g Cucumber
- ½ tsp of Lemon juice
- ½ Garlic, crushed
- Pinch of black pepper

## METHOD

1. Blend all ingredients together in a food process or blender, and store in the fridge until needed.
2. If you don't have a food processor or blender, then chop the cucumber finely instead and mix the ingredients together for a chunkier dressing.

# CREAMY MINT SALAD DRESSING



## INGREDIENTS

- 40g Low-fat Greek yoghurt
- ½ tsp of Lemon juice
- ½ tsp of Garlic, crushed
- 3g Mint, freshly chopped

## METHOD

1. Blend all ingredients together in a food process or blender, and store in the fridge until needed.

## LEMON & OLIVE OIL SALAD DRESSING



### INGREDIENTS

- 32ml Olive oil
- 12ml Lemon juice
- Pinch of black pepper

### METHOD

1. Whisk together the ingredients. If you want to make it thinner add a teaspoon of water. Add the black pepper and store in the fridge until needed.

## RASPBERRY VINAIGRETTE



### INGREDIENTS

- 12ml Raspberry Vinegar
- 30ml Olive Oil
- Pinch of black pepper

### METHOD

1. Mix all the ingredients together; add the black pepper to taste, and store in the fridge until needed.



# DESSERTS

Summer is the perfect time for a fruity chilled or frozen healthy treat to keep you cool and feeling refreshed. If you have a sweet tooth and love dessert, try to consume these in moderation and choose lower-sugar options where possible.

Cool down on hot summer days with these refreshing ice lollies. These rely on the natural sweetness of the fruit with a hint of maple syrup.



## FRUITY ICE LOLLIES

Each recipe makes 6 x 50ml Lollies

# COCONUT & LIME ICE LOLLIES



## INGREDIENTS

- 500ml Light coconut milk
- 100ml Greek yoghurt
- 2 tbsp Maple syrup
- 35ml Lime Juice
- 1 Lime, zested (*optional*)

## METHOD

1. Blitz all ingredients together in a food processor/blender, making sure its lump free! Pour the mixture into moulds, put in the sticks, and freeze until solid.

# PEACHES & CREAM ICE LOLLIES



## INGREDIENTS

- 200g Peaches, very ripe, peeled and stoned
- 100ml Greek yoghurt
- 1 tbsp Maple syrup (*optional*)

## METHOD

1. Blitz the peaches with the yoghurt and add the maple syrup if you think its necessary. Pour the mixture into moulds, put in the sticks and freeze until solid.

# STRAWBERRY & BLUEBERRY ICE LOLLIES



## INGREDIENTS

- 150g Strawberries
- 150g Blueberries
- ½ Lime, juiced
- 1 tbsp Maple syrup

## METHOD

1. Blitz all ingredients together in a food processor/blender, making sure its lump free! Pour the mixture into moulds, put in the sticks, and freeze until solid.

# MANGO LASSI ICE LOLLIES



## INGREDIENTS

- 1 tin of Mango slices, drained
- 2 tbsp of Greek yoghurt
- ½ Lime, juiced

## METHOD

1. Blitz the mango and lime juice in a blender and stir in the Greek yoghurt, making sure its lump free! Pour the mixture into moulds, put in the sticks and freeze until solid.

# FRESH GRILLED PINEAPPLE WITH MINT & CRÈME FRAICHE

Serves 4



This is a delicious, fresh, and light dessert to have at any BBQ and another amazing way to help you towards your 5ADAY!



## INGREDIENTS

- 1 Pineapple
- 200ml Low fat crème fraîche
- 1 Vanilla pod, scored lengthways and scraped
- 20g Mint leaves, finely sliced
- Icing sugar, *for dusting*

## METHOD

1. Mix the crème fraîche with the seeds from the vanilla pod and put to one side.
2. Cut the ends off the pineapple. Sit it on a board, cut off the skin in wide strips from top to bottom and remove the core. Thinly slice the pineapple, and dust the slices with icing sugar.
3. Grill the sliced pineapple for about 30 seconds on each side then lift off with the tongs and transfer to a serving plate.
4. Serve scattered with fresh mint and a generous dollop of vanilla-flavoured crème fraîche.

# ZESTY LIME & GINGER CHEESECAKE

Serves 8



Enjoy this chilled zesty cheesecake for a lighter summer dessert option for everyone to enjoy!

## INGREDIENTS

- 200g Digestives
- 75g Butter, unsalted
- 1 tsp Ground ginger

## FILLING

- 300g Light cream cheese
- 250ml (thick) Greek yoghurt
- 2 Limes, juiced & zested
- 100ml Maple syrup

## METHOD

1. Blitz the digestive biscuits in a food processor or put them in a plastic bag and bash them with a rolling pin until they are the consistency of fine breadcrumbs.
2. Melt the butter in a saucepan. Remove the pan from the heat and add the ground ginger and crushed biscuits and stir until the mixture is well combined. Press the mixture into a 23cm flan dish and put it in the fridge to chill while you make the filling.
3. Mix the cream cheese with a fork to loosen it a little. Add the Greek yoghurt, zest and juice of the limes and maple syrup and mix well. Pour this over the biscuit base and spread it out as evenly as possible.
4. Chill the cheesecake for a few hours or overnight until firm.

**Tip:** You can also freeze this dessert – just put it in the freezer and remove it about half an hour before serving.

# MANGO & COCONUT PAVLOVA

Serves 8

## INGREDIENTS

- 400g Chickpeas, tinned
- 200g Caster sugar
- 1 tbsp Cornflour

## TOPPING

- 3 Passion fruit, ripe
- 1 Lime, juiced & zested
- 400ml Mango sorbet
- 2 Mangos-ripe, peeled, destoned and sliced

## Coconut cream

- 250ml Coconut cream, chilled for at least 3 hours
- 1tbsp Maple Syrup sliced



A vibrant plant-based summer party showstopper, topped with coconut cream and a delicious tropical fruit layer.

## METHOD

1. Place a sieve over a jug and drain the chickpeas, reserving the liquid (*aquafaba*). Chill the aquafaba. Chill the chickpeas in an airtight container to use in other recipes.
2. Heat the oven to 130°C/110°C fan. Whisk the aquafaba until the meringue holds soft peaks when the whisk is lifted. Add the sugar, 1 tbsp at a time, whisking constantly for 15 minutes or until the sugar is completely dissolved. Whisk in the cornflour.
3. Spoon the meringue onto the lined baking sheet in pillows, forming a rough rectangle or circle. Using the back of the spoon, make a slight dip in the middle, then transfer the meringue to the oven and bake for 1½ hours. Turn the oven off (*don't open the door*) and leave to cool for another 2-3 hours. You can make this a day in advance.
4. Halve the passion fruit and scoop out the seeds into a bowl. Add the lime juice, then stir to separate the seeds from the juice.
5. Whisk the chilled coconut cream in a clean mixing bowl until it forms stiff peaks. Turn the mixer to low speed and whisk in the maple syrup, if you like, to sweeten.
6. When ready to serve, top the pavlova with the coconut cream, then scoop the mango sorbet straight onto the cream. Top with the mango slices, then drizzle with the passion fruit pulp and sprinkle over the lime zest to serve.

# DRINKS & MOCKTAILS

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Mocktails and other fruit-infused drinks are a great way to stay hydrated and cool during the summer, especially if you aren't a plain water fan. Why not try to create fun, alcohol-free beverages with fresh fruits, herbs, and sparkling water?



# BLUEBERRY, LIME & MINT INFUSED WATER

Serves 4



Water doesn't need to be boring, try out this hydrating and delicious infused water. You can always try different combinations that work for you.

# GRAPEFRUIT, MINT & KOMBUCHA MOCKTAIL

Serves 4



Zesty & refreshing mocktail, full of bright and refreshing flavours, just perfect for a summer's day.

## INGREDIENTS

- 60g Blueberries
- ½ Lime, peeled
- 25g Mint, leaves only
- 1ltr of Still water (*or sparkling if you prefer*)

## METHOD

1. Puree the lime and 30g of the blueberries with 250 ml of water.
2. Push the pulp through a fine sieve.
3. Add the remaining water, along with the mint leaves and remaining blueberries.
4. Place into the fridge until ready to serve!

## INGREDIENTS

- 2 1/2 Grapefruits
- 2 1/2 Limes
- 16 Mint leaves
- 500ml Kombucha
- 660ml Grapefruit seltzer (2 cans)

## METHOD

1. In a cocktail shaker, add juice from 2 grapefruits and 2 limes. Add mint and muddle with a cocktail muddler. If you don't have either, just chop the mint into large pieces. Shake all together.
2. Add ice to the cocktail glasses. Pour 250ml of kombucha in each glass. Then add half of the juice mixture to each glass.
3. Finish with seltzer and add optional mint sprig and lime & grapefruit slices for serving.



# TROPICAL GREEN TEA SANGRIA MOCKTAIL

Serves 4



## INGREDIENTS

- 3 Green tea bags
- 500ml Water
- ½ tbsp Honey
- 250ml White grape juice
- 250ml Pineapple juice
- 1 Lime, sliced
- 80g Cucumber, sliced
- 120g Pineapple, diced
- Mint sprigs

## METHOD

1. Brew the green tea bags in 500ml boiling water for 3 minutes.
2. Remove the tea bags and stir in the honey.
3. In a jug, combine the brewed tea with the remaining ingredients, apart from the mint sprigs.
4. Chill in the fridge for 2 hours or more. Serve in glasses, garnish with mint sprigs and enjoy!

This green tea mocktail will help ensure you are hydrated whilst adding a bit of summer flavour to your day.

# WATERMELON & COCONUT WATER REFRESHER

Serves 4



Cooling  
and hydrating  
drink perfect for a  
summer's  
day or evening.

## INGREDIENTS

- 600g Watermelon, diced
- 470ml Coconut water
- 2 Limes, juiced
- Still or sparkling water
- Mint sprigs for garnishing

## METHOD

1. Place the watermelon in a blender with the coconut water and lime juice. Blend until it's completely liquified.
2. Pour into a glass with ice and top with a splash of (*still or sparkling*) water and garnish with mint.



bm



VITALITY