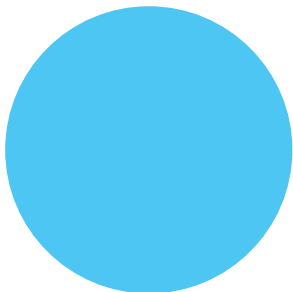
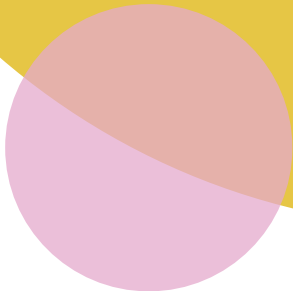




Eating well in pregnancy

A recipe guide
for teenagers



FIRST STEPS NUTRITION TRUST



Eating well in pregnancy: A recipe guide for teenagers

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This resource is provided for information only and individual advice on diet and health should always be sought from appropriate health professionals.



First Steps Nutrition Trust

112 Queens Road

London SW19 8LS

E: helen@firststepsnutrition.org

Registered charity number: 1146408

First Steps Nutrition Trust is a charity which provides clear, evidence-based and independent information and support for good nutrition from pre-conception to five years of age. For more information, see our website www.firststepsnutrition.org

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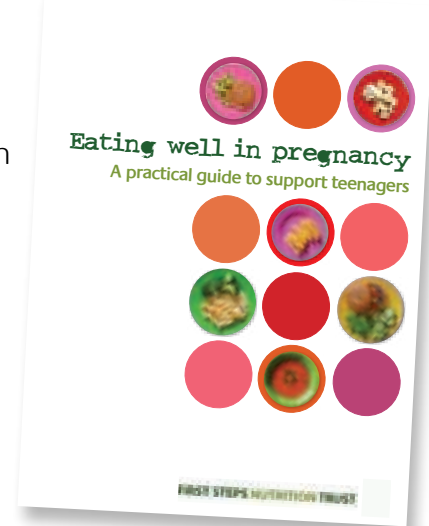
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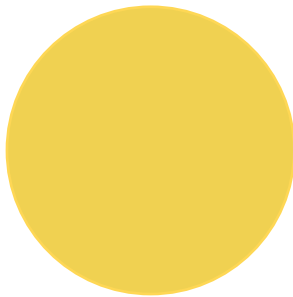
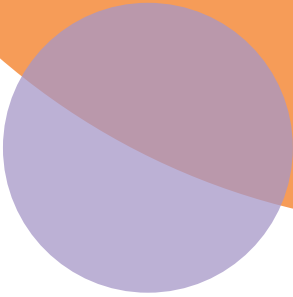
Congratulations! Being pregnant is an exciting time in anyone's life and we know that all mums-to-be want the very best for their new baby. Looking after yourself in pregnancy is really important and you will be given lots of information and advice from the people looking after you, as well as from family and friends. This recipe guide provides some ideas of how you can get all the energy and nutrients you need while you are pregnant to keep you and your baby healthy.

All the suggestions in this guide are easy to make, won't cost a lot of money and hopefully include things you, and the people you live with, will enjoy. Learning to cook or practising what you know now will be really helpful when it comes to being a mum and feeding your family, and will save you a lot of money.

The practical guide shown on the right has a lot more information about eating well in pregnancy, how to get free vitamins and vouchers to help with food shopping through the Healthy Start scheme, and why eating well in pregnancy really matters. You can look at this online at www.firststepsnutrition.org



A day of eating well for...



A day of eating well for ...

Charlotte – 15 years old, 8 weeks pregnant

Charlotte is 15 years old and in year 11 at school and lives with her parents and younger brother. She has recently found out that she is 8 weeks pregnant. Charlotte is a healthy weight and is moderately active as she is doing a PE course and plays badminton twice a week. She needs about **2,400kcal a day** to meet her current energy needs (which are no different to before she became pregnant).

On waking

Charlotte's mum wakes her with a **glass of milk** and some **gingernut biscuits** as she is currently feeling sick in the mornings. Her mum reminds Charlotte to take her **Healthy Start vitamin**.



Breakfast

Before she sets off for school, Charlotte eats a breakfast of **beans on toast** and has a glass of **orange juice**.



Packed lunch

Charlotte takes a packed lunch from home. Today she has an **egg and cress roll with cucumber sticks and cherry tomatoes**, and some **yoghurt and blueberries**.

Snack after school

After school, Charlotte plays badminton and when she gets back she has a **mug of hot milk** and a piece of **carrot cake**.



Dinner with the family

Charlotte eats dinner with her family and has **spaghetti Bolognese with salad**, and quick microwave **sponge pudding**.



Supper

During the evening, Charlotte has some **peanut butter on toast** and a **banana**, and a **drink of ginger tea**.



A day of eating well for ...

Sara – 16 years old, 17 weeks pregnant

Sara is 17 weeks pregnant and lives at home with her mum. She works as a care worker and does an early morning shift, returning home for a late lunch. Sara is active as she walks to and from work, which takes her over an hour each day, as well as being active at work. She needs about **2,600kcal a day** to meet her current energy needs.



Breakfast

Before she sets off to work, Sara has a breakfast of **porridge with jam**, and a **small glass of orange juice** with her **Healthy Start vitamin**.



During the morning at work

Sara then does her 30-minute walk to work. She starts work early, so she has two morning breaks. At each break she has **2 wholemeal digestive biscuits** and a **mug of milky decaffeinated coffee** made with semi-skimmed milk. She also has an **orange**.



Late lunch

After her 30-minute walk home, Sara has a late lunch of a **peanut butter and banana sandwich with apple**.



Afternoon snack

In the middle of the afternoon she has a snack of a **fruit scone** and a **jug of decaffeinated tea**.



Dinner

For dinner she has home-made **salmon fish fingers with tomato salsa, oven chips and a salad**. And for dessert she has **apple and cinnamon crumble and custard**.



Before bed

In the evening Sara usually feels hungry. Today she has some **rice pudding with canned mandarin oranges**. And she has a **glass of milk** before going to bed.



A day of eating well for ...

Abby – 17 years old, 20 weeks pregnant

Abby is 17 years old and is 20 weeks pregnant. She is currently unemployed and is on a tight budget. She shares a flat with her older sister who has a three-year-old son and who also has no paid employment outside the home. Abby has been struggling with her weight and after advice from her midwife she is taking more exercise, and is trying to eat more fruit and vegetables and to avoid fizzy drinks and sugary snacks. She is spending less on drinks and snacks eaten out, and is using her and her sister's Healthy Start vouchers to buy more milk, fruit and vegetables so they can cook and eat together. Abby needs about **2,300kcal a day** to meet her energy and nutrient needs in pregnancy.

Breakfast

Abby has a breakfast of **wheat biscuits and milk, toast and jam,** and a glass of **orange juice.** She takes her **Healthy Start vitamin** at breakfast time every day.



Mid-morning

She tries to go out every morning for a 15-minute walk to the shops. Today she buys salad and some vegetables and oranges, using her and her sister's Healthy Start vouchers. When she gets back home she has a **milky decaffeinated coffee.**





Lunch

For lunch, Abby has a **jacket potato** (cooked in the microwave) **with chicken and sweetcorn and salad**, and a **banana**.



Afternoon snack

For an afternoon snack, Abby has two slices of **fruit bread** with **orange wedges**, and a **glass of semi-skimmed milk**.



Tea

Abby takes turns with her sister to make tea. Abby, her sister and nephew eat tea together. Today Abby has made **tuna and tomato pasta with salad**. For dessert they have **tinned peaches and custard**.



Before bed

Before she goes to bed, Abby has a **mug of hot semi-skimmed milk**.



A day of eating well for ...

Ayesha – 19 years old, 22 weeks pregnant and lactose-intolerant

Ayesha is 22 weeks pregnant and needs about **2,400kcal a day** to meet her energy needs (which are no different to before she became pregnant). She lives with her partner and works part-time in a shop doing a shift that starts after lunch. She has a moderately active lifestyle as she walks to and from work. Ayesha is lactose-intolerant and avoids cow's milk, so she has unsweetened calcium-fortified soya milk instead of milk on cereal and in hot drinks, and soya yoghurt instead of cow's milk yoghurt.

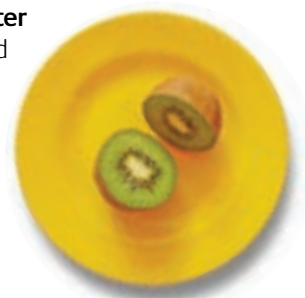
Breakfast

Ayesha gets up at about 8 o'clock and has a breakfast of **cornflakes with soya milk**, and a **small glass of orange juice**. She takes her **Healthy Start vitamin** during breakfast time.



Snack

In the middle of the morning she has half a **bagel with Brazil nut butter and apple**, and a **kiwi fruit**.



Lunch

Ayesha usually has lunch at home before setting off for work. Today she makes herself a **falafel and houmous pitta with carrot sticks**, and has a **soya fruit yoghurt with oatcakes**.

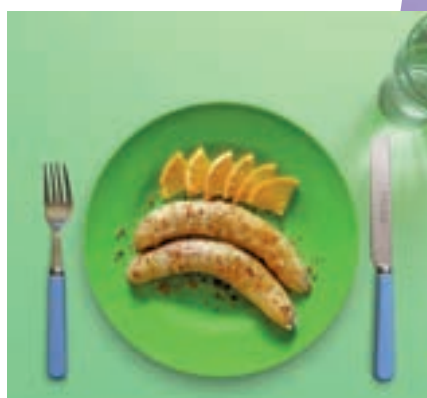


Dinner

Ayesha walks back from work, stopping off at the shops to buy food for dinner. She uses her Healthy Start vouchers to buy potatoes, broccoli and bananas.

When she gets home, she and her partner make the dinner.

Today it's **meatballs in tomato sauce with herb mash and broccoli**. For dessert they have **baked banana with honey**.



Evening snack

Later in the evening, Ayesha has a **small bowl of unsalted peanuts** and a **soya milkshake**.



A day of eating well for ...

Jade – 15 years old, 30 weeks pregnant

Jade is 15 and is 30 weeks pregnant. She lives at home with her mum and two younger sisters and is still at school. Jade's family likes traditional West Indian food and Jade takes a packed lunch to school. She has been told she needs to eat more as she has not gained as much weight in pregnancy as would be expected, so she is currently trying to eat about **2,600kcal a day**.

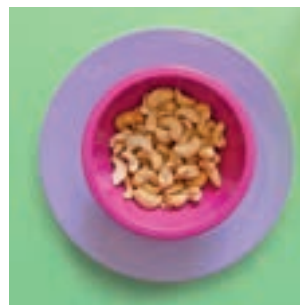
Breakfast

Jade's mum makes **eggy bread and baked beans** for breakfast for everyone. Jade has this with a **glass of semi-skimmed milk**, and takes her **Healthy Start vitamin**, before setting off to walk to school.



Snack at school break

Jade usually brings in a snack to have at morning school break. Today she has a **banana** and some **cashews**.



Packed lunch

She also takes a packed lunch of **tuna and sweetcorn pasta**, with **carrot and cucumber sticks**, a **yoghurt** and a **carton of juice**.

After school

When she gets back from school she has a **milky decaffeinated tea** and **3 gingernut biscuits**.



Dinner

For dinner she has **jerk chicken, rice and peas and callaloo**. For pudding she has **tinned pineapple and custard**.



Before bed

In the evening Jade usually feels hungry so she has some **wholemeal toast with honey and apple slices**, and a **glass of milk**.



A day of eating well for ...

Jabeen – 18 years old, 35 weeks pregnant and vegetarian

Jabeen is 18 years old and is 35 weeks pregnant. She lives with her husband and parents-in-law and, as she is not very active, she is likely to need **between 2,300 and 2,500kcal a day** in her last trimester to meet her energy and nutrient needs. Jabeen is a vegetarian.



Breakfast

Jabeen has **muesli with milk**, a small **glass of orange juice**, and **a banana** for breakfast. And she takes her **Healthy Start vitamin**.



Snack

For a mid-morning snack she has some **dried fruit and nuts**, and a **glass of lassi**.



Lunch

Each day, Jabeen's family makes a large meal, which they then have for both lunch and dinner. Today Jabeen and her mother-in-law make **vegetable curry with lentil dahl and rice**. For dessert they have **yoghurt and blueberries**.



Snack

For a snack in the afternoon, Jabeen has **half a bagel with soft cheese and apple slices.**



Dinner

Jabeen's family always have dinner together. They have the remaining **vegetable curry with lentil dahl** that they made earlier in the day, and have this with freshly cooked **rice**. Afterwards, Jabeen has a mug of **milky decaffeinated coffee**.



Supper

Before she goes to bed, Jabeen has a **fruit platter with milk.**



A day of eating well for ...

Jasmine – 18 years old, 38 weeks pregnant

Jasmine is 18 years old and 38 weeks pregnant. She no longer goes to college but is still active getting everything ready for the new baby and every day walks to see friends who live 30 minutes away. She needs about **2,600kcal a day** to meet her current energy needs. (This is 200kcal more than before she became pregnant.) Jasmine lives with her partner, Rob, and tends to eat little and often at the moment as she gets heartburn if she eats big meals.

On waking

Just before Rob goes out to work, he brings a **mug of milky decaffeinated coffee** for Jasmine to have in bed. She also takes her **Healthy Start vitamin**.



Breakfast

For breakfast, Jasmine makes herself **scrambled egg and tomato with toast** and has a **glass of orange juice**.

Mid-morning snack

For a mid-morning snack, she has some **breadsticks with cottage cheese and pepper sticks**, and a **glass of semi-skimmed milk**.





Lunch

Jasmine does the 30-minute walk to see her friends and they have lunch together. Today she has **leek and potato soup with a wholemeal roll**, and a **currant bun with grapes**.



Afternoon snack

Jasmine spends a few hours with her friends before walking back home again. When she gets back she has an **oaty raisin cookie** and a **hot chocolate** and a small bowl of **peanuts** for an afternoon snack.



Dinner

For dinner, Jasmine makes **salmon couscous with salad and pitta bread**, which she has with Rob when he gets back from work.

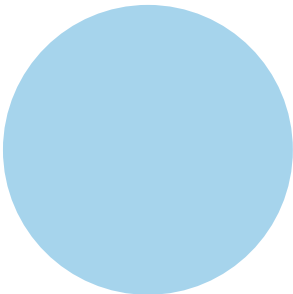


During the evening

Jasmine usually feels hungry during the evening, so she has **3 slices of malt loaf**. Later on she has a **bowl of cornflakes with milk** and a **small glass of orange juice**. Just before she goes to bed she has an **apple**.







Recipes



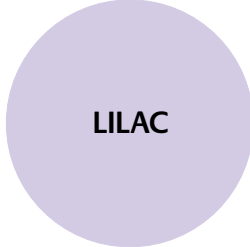
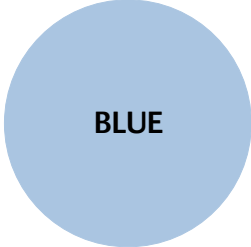
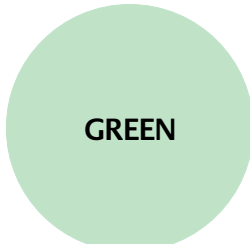

About the recipes

The recipes we give on the following pages are all easy to prepare and won't break the bank. The pictures show the portion size that is the right amount for young pregnant women for a:

-  Main meal (mauve background)
-  Light meal, snack, breakfast or dessert (green background)
-  For extra nutrients important in pregnancy once a day (blue background)
-  For extra energy in the last 3 months of pregnancy (pink background)

We have costed the recipes on the basis of the prices of typical foods bought in a supermarket (in 2013) and give an approximate recipe cost.

Price guide

 LILAC	Large meal or snack £ = under £1 ££ = £1-£1.50 £££ = £1.50+ per portion	 BLUE	'Pregnancy extra' £ = under 25p ££ = 25p-50p £££ = 50p+ per portion
 GREEN	Light meal or snack £ = under 50p ££ = 50p-75p £££ = 75p + per portion	 PINK	Extra energy £ = under 50p ££ = 50p-75p £££ = 75p+ per portion

Eating well for about £4 a day

MONDAY

Breakfast

Muesli with milk
Toast with jam
Orange juice
Healthy Start vitamin

Snack

Toasted teacake
Decaffeinated tea
or coffee

Lunch

Vegetable frittata with a crusty roll
and salad
Fruit fool

Snack

Mixed dried fruit and nuts
Decaffeinated tea or coffee

Evening meal

Jacket potato with cheesy
Mexican bean filling and salad

Evening snack

Milk
Apple

WEDNESDAY

Breakfast

Baked beans on toast
Orange juice
Healthy Start vitamin

Snack

Fruit bread with orange wedges
Decaffeinated tea or coffee

Packed lunch

Ham and cheese sandwich with
cucumber sticks and cherry tomatoes
and juice
Banana

Evening meal

Vegetable risotto, tomato salad
and crusty bread
Quick microwave sponge pudding
and custard

Evening snack

Milk
Oatcakes with honey

TUESDAY

Breakfast

Porridge with jam
Toast with peanut butter
Orange juice
Healthy Start vitamin

Snack

Malt loaf
Decaffeinated tea or coffee

Lunch

Vegetable curry with lentil dahl
and rice
Yoghurt with kiwi

Snack

Small bowl of unsalted peanuts
Decaffeinated tea or coffee

Evening meal

Macaroni cheese and broccoli

Evening snack

Milk
Pear

LILAC Large meal or snack

GREEN Light meal or snack

BLUE 'Pregnancy extra'

The recipes for these meals and snacks are on pages 25-56. For a complete list of recipes, see page 24.

THURSDAY

Breakfast

Milky coffee with digestive biscuits
Healthy Start vitamin

Snack

Pitta bread pizza
Decaffeinated tea or coffee

Lunch

Cream cheese bagel packed lunch
Apple

Snack

Milkshake
Baguette with humous, carrot and
cucumber sticks

Evening meal

Vegetable and mixed bean couscous
Greek yoghurt with banana

Evening snack

Milky decaffeinated coffee with
gingernut biscuits

FRIDAY

Breakfast

French toast
Orange juice
Healthy Start vitamin

Snack

Apple rings with peanut butter
Decaffeinated tea or coffee

Lunch

Veggie burger and salad
Canned pineapple with yoghurt

Snack

Milkshake

Evening meal

Sweetcorn fritters
Spanish tortilla

Evening snack

Milky decaffeinated coffee and
gingernut biscuits

SATURDAY

Breakfast

Peanut butter and banana sandwich
Apple
Orange juice
Healthy Start vitamin

Snack

Peanuts and raisins
Milky tea

Lunch

Sweetcorn chowder with toasted tortilla
Fruit scone with jam

Snack

Malt loaf
Decaffeinated tea

Evening meal

Jacket potato
with roasted vegetables
Carrot cake

SUNDAY

Breakfast

Omelette with grilled tomatoes
and toast
Orange juice
Healthy Start vitamin

Snack

Wholemeal toast with peanut butter
Milky coffee

Lunch

Fish pie with broccoli
Apple crumble

Snack

Greek yoghurt with honey

Evening meal

Beef ciabatta with relish sub
Orange

Evening

Bagel with soft cheese and banana

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LARGE MEALS AND SNACKS

Jacket potato with cheesy Mexican bean filling and salad

£



Jacket potato	220g
Cheesy Mexican bean filling	130g
Salad	80g

Cheesy Mexican bean filling

This recipe makes 4 portions of about 130g.

- 2 spring onions, chopped
- 1/2 small red pepper, chopped
- 1 small can (220g) baked beans
- 1/2 large (400g) can mixed Mexican beans, rinsed and drained (about 125g when drained)
- 1/2 small can (100g) chopped tomatoes
- 1 teaspoon chilli powder
- 80g grated cheese

1. Dry-fry the onion and pepper for 2 to 3 minutes.
2. Add the baked beans, Mexican beans, chopped tomatoes and chilli powder and cook for 5 minutes over a medium heat until heated through.
3. Remove from the heat, add the cheese and stir thoroughly before serving.

Jacket potato with roasted vegetable and tomato filling and vegetable sticks

£



Jacket potato	220g
Roasted vegetable and tomato filling	130g
Vegetable sticks	80g

Roasted vegetable and tomato filling

This recipe makes 4 portions of about 130g.

- 1 medium courgette
- 8 medium mushrooms
- 1 medium onion
- 1 small red pepper
- 1 small yellow pepper
- 1 teaspoon dried mixed herbs
- 1 tablespoon vegetable oil
- 1 can (400g) chopped tomatoes
- 60g Cheddar cheese, grated

1. Heat the oven to 180°C / 350°F / Gas 4.
2. Cut the vegetables into chunks.
3. Place all the vegetables except for the tomatoes on a baking tray, sprinkle on the mixed herbs, and drizzle with the oil.
4. Roast for 25 minutes until tender. Add the tomato, mix well and cook for a further 5 minutes.
5. Sprinkle the cheese over the filling just before serving.

LARGE MEALS AND SNACKS

Jacket potato with chicken and sweetcorn filling and salad

£



Jacket potato	220g
Chicken and sweetcorn filling	80g
Salad	80g

Chicken and sweetcorn filling

This recipe makes 4 portions of about 80g.

200g cooked diced chicken
2 tablespoons canned or frozen sweetcorn (defrosted)
2 tablespoons low-fat mayonnaise

1. Mix the chicken, sweetcorn and mayonnaise together in a bowl.

Jacket potato with tuna and sweetcorn filling and salad

£



Jacket potato	220g
Tuna and sweetcorn filling	125g
Salad	80g

Tuna and sweetcorn filling

This recipe makes 4 portions of about 125g.

1 can tuna in spring water, drained
(drained weight 140g)
1 tablespoon low-fat mayonnaise
2 tablespoons low-fat natural yoghurt
1/2 teaspoon black pepper
350g frozen or canned sweetcorn, defrosted
or drained

1. Flake the tuna and mix with all the other ingredients.

LARGE MEALS AND SNACKS

Macaroni cheese with broccoli and garlic bread £



Macaroni cheese 220g

Broccoli 80g

Garlic bread 60g

Macaroni cheese

This recipe makes 4 portions of about 220g.

150g dried macaroni

40g vegetable fat spread

40g flour

1 teaspoon English mustard powder

500ml semi-skimmed milk

150g mature Cheddar cheese, grated

1. Cook the macaroni in boiling water for 10 to 12 minutes (see packet for cooking time) and then drain.
2. Melt the vegetable fat spread in a saucepan, and then mix in the flour and mustard powder to make a thick paste. Cook gently for 1 or 2 minutes, stirring all the time.
3. Slowly add the milk to the flour mixture, stirring continuously to make a smooth sauce.
4. Bring to the boil until the sauce thickens, and then reduce the heat.
5. Add the grated cheese to the sauce and stir until smooth.
6. Add the drained macaroni and stir well until all the pasta is coated with sauce.
7. Put the macaroni into an ovenproof bowl and put under a hot grill for a few minutes until the top starts to brown.

Vegetable and bean couscous £



Vegetable and bean couscous 300g

Salad 80g

Vegetable and bean couscous

This recipe makes 4 portions of about 300g.

1 small onion

1 small red pepper

1 small yellow pepper

100g green beans

2-3 tablespoons canned sweetcorn (drained) or frozen sweetcorn

2 tablespoons vegetable oil

2 teaspoons dried mixed herbs

200g couscous

400ml boiling water

1/2 teaspoon black pepper powder

1/2 large (400g) can mixed beans, rinsed and drained (about 130g when drained)

1. Prepare the vegetables and then dice them into similar-sized pieces.
2. In a large frying pan, heat the vegetable oil and fry the vegetables and mixed herbs until the vegetables are softened.
3. To prepare the couscous, put the couscous into a bowl, pour boiling water over it, mix gently, cover and allow to stand for 5 minutes. Then fork over the couscous to separate the grains.
4. Add the black pepper and combine with the cooked vegetables and drained mixed beans.

Vegetable curry with lentil dahl and rice

£



Vegetable curry 200g

Lentil dahl 80g

Rice 180g

Vegetable curry

This recipe makes 4 portions of about 200g.

- 1 tablespoon vegetable oil
- 1 medium onion, peeled and sliced
- 2 teaspoons curry powder
- 1 clove garlic, finely chopped
- 150ml water
- 2 medium carrots, peeled and diced
- 1/2 small head of cauliflower, florets only
- 1 large potato, peeled and cubed
- 1 small (200g) can sweetcorn (about 160g when drained)
- 1/2 small (150g) carton low-fat natural yoghurt

1. Heat the oil in a saucepan and cook the onion until softened and beginning to brown.
2. Add the curry powder and garlic and cook for 1 minute.
3. Add the water.
4. Add the carrots, cauliflower, potato and sweetcorn and bring to the boil.
5. Reduce the heat, cover and simmer for 15 minutes.
6. Remove from the heat and stir in the yoghurt. Return the pan to a low heat and cook gently for 2 minutes.

Lentil dahl

This recipe makes 4 portions of about 80g.

- 150g split red lentils
- 1 tablespoon vegetable oil
- 1 teaspoon cumin seeds
- 1/2 small onion, diced
- 1 clove garlic, finely chopped
- 1/2 teaspoon ground ginger
- 1 teaspoon mild chilli powder
- 1 teaspoon ground turmeric
- 1 small tomato, diced
- 150ml water

1. Boil the lentils in water until tender. Drain off any excess water.
2. Heat the vegetable oil in a large pan and fry the cumin seeds for about a minute, until they 'pop'.
3. Add the onion, garlic, ginger, chilli powder and turmeric and fry for several minutes until the onions soften.
4. Add the cooked lentils to the pan, along with the diced tomato and the water, and cook for 5 to 10 minutes, stirring occasionally.

LARGE MEALS AND SNACKS

Vegetable frittata with a crusty roll and salad

£



Vegetable frittata 200g

Salad 80g

Crusty roll 60g

Vegetable frittata

This recipe makes 4 portions of about 200g.

- 1 tablespoon vegetable oil
- 200g left-over (or cooked) vegetables (Any green vegetables such as peas, spinach, leeks, cabbage, asparagus or broccoli work well.)
- 1 large boiled potato, peeled and sliced or diced
- 8 large eggs, beaten
- 60g Cheddar cheese, grated

Each portion uses $\frac{1}{4}$ tablespoon of oil, 50g of vegetables, $\frac{1}{4}$ potato, 2 eggs and 15g of cheese.

1. Heat the oil in a frying pan, add the vegetables and cook gently for 5 minutes.
2. After 5 minutes, turn up the heat, add the sliced potatoes and pour the beaten eggs over the potatoes and vegetables.
3. Turn down the heat to the lowest setting, sprinkle the cheese over and cook for 5 to 10 minutes.
4. Place the frying pan under a hot grill for a few minutes to make sure all the egg is cooked through from the top, but be careful not to burn the pan handle.

Vegetable risotto, tomato salad and crusty bread

£



Vegetable risotto 160g

Tomato salad 80g

Crusty bread 45g

Vegetable risotto

This recipe makes 4 portions of about 160g.

- 40g vegetable fat spread
- $\frac{1}{2}$ small onion, diced
- 1 medium carrot, diced
- 30g frozen peas
- 8 medium mushrooms, sliced
- 4 baby sweetcorn (or 1 heaped tablespoon frozen sweetcorn kernels)
- 150g risotto rice
- 300ml water
- 2 tablespoons Parmesan cheese (or vegetarian hard cheese if serving to vegetarians)

1. Melt the vegetable fat spread in a pan, add the onion, carrot, peas, mushrooms and sweetcorn, and cook gently for 2 to 3 minutes.
2. Add the rice, cook without colouring for a further 2 to 3 minutes stirring occasionally, and then add the water.
3. Bring to the boil then reduce the heat, cover with a lid and allow to simmer gently until the rice is cooked.
4. Mix in the cheese with a fork and serve.

LARGE MEALS AND SNACKS

Roasted vegetable and soft cheese wrap with potato wedges and salad

£



Roasted vegetable filling	100g
Soft cheese	35g
Tortilla wrap	60g (large)
Potato wedges	150g
Side salad	80g
Tomato sauce	40g

Roasted vegetable filling

This recipe makes 4 portions of about 100g.

- 1 small courgette
- 8 medium mushrooms
- 1 medium onion
- 1 small red pepper
- 1 small yellow pepper
- 1 teaspoon dried mixed herbs
- 1 tablespoon vegetable oil

1. Heat the oven to 180°C / 350°F / Gas 4.
2. Cut the vegetables into chunks.
3. Place the vegetables on a baking tray, sprinkle on the mixed herbs, and drizzle with the oil.
4. Roast for 30 minutes until tender.

Veggie burger with salad

£



Veggie burger	100g
Burger bun	70g
Green salad	80g

Veggie burger

This recipe makes 4 portions of about 100g.

- 2 tablespoons vegetable oil
- 1 small onion, finely chopped
- 1 clove garlic, crushed
- 300g vegetarian mince
- 1 small can (200g) kidney beans, rinsed, drained and mashed (about 120g when drained)
- 50g wholemeal flour
- 1 egg
- 1 tablespoon Worcestershire sauce
- 1 tablespoon tomato purée
- 1 teaspoon mixed herbs

1. Heat the oil in a frying pan over a medium heat. Fry the onions until they are translucent, then add the garlic and cook for a further minute.
2. Put the cooked onion mix and all the remaining ingredients in a large bowl and, using your hands, combine well.
3. Divide the mixture into four and, with wet hands, shape it into burgers about 2cm thick.
4. Cook the burgers on both sides for 2 minutes under a hot grill, then reduce the heat and grill for a further 10 minutes, turning occasionally.

Jerk chicken, rice and peas and callaloo

££



Jerk chicken	100g
Rice and peas	180g
Callaloo	80g

Jerk chicken

This recipe makes 4 portions of about 100g.

4 chicken breasts, skin removed

For the jerk seasoning:

- 1 tablespoon ground allspice
- 1 tablespoon dried thyme
- 2 teaspoons cayenne pepper
- 2 teaspoons garlic granules
- 1 teaspoon ground black pepper
- 1 teaspoon ground cinnamon
- 3 tablespoons vegetable oil

1. Place the chicken in a shallow bowl.
2. Mix together the jerk seasoning ingredients and then pour the mixture over the chicken breasts. Stir them around to cover them with the mixture. Cover and leave to marinade for at least one hour in the fridge.
3. Remove the chicken from the fridge and cook on both sides under a hot grill for 2 minutes. Reduce the heat and grill for a further 20 to 25 minutes, turning occasionally.

Rice and peas

This recipe makes 4 portions of about 180g.

- 1 small can (220g) kidney beans, rinsed and drained
- 1 teaspoon dried thyme
- 1 teaspoon white pepper
- 1/2 small onion, diced
- 400ml water
- 200g long grain rice

1. Place all the ingredients except for the rice into a saucepan and bring to the boil.
2. Add the rice and stir.
3. Boil rapidly for 3 to 4 minutes then lower the heat and simmer gently for 10 to 12 minutes, stirring occasionally until the rice is tender.

LARGE MEALS AND SNACKS

Meatballs in tomato sauce with herb mash and broccoli

£



Meatballs in tomato sauce 180g

Herb mash 150g

Broccoli 80g

Meatballs in tomato sauce

This recipe makes 4 portions of about 180g.

300g beef mince
1 egg, beaten
1/2 teaspoon black pepper powder
1/2 tablespoon vegetable oil
1 medium onion, finely chopped
1 large (400g) can chopped tomatoes
100ml water

1. Put the mince, egg and pepper into a large bowl and, using your hands, mix together thoroughly.
2. Roll the mixture between your hands to make about 12 small balls.
3. Heat the oil in a frying pan and fry the onions and meatballs until browned.
4. Add the tomatoes and water and simmer for 30 minutes.

Herb mash

This recipe makes 4 portions of about 150g.

4 medium-sized old potatoes, peeled and cut into large chunks
20g non-dairy fat spread
1 tablespoon chopped chives

1. Boil the potatoes until tender and then drain.
2. Mash the potatoes with the non-dairy fat spread until smooth.
3. Mix in the chopped chives.

LARGE MEALS AND SNACKS

Spaghetti Bolognese with salad

£



Bolognese sauce 180g

Pasta 180g

Salad 80g

Bolognese sauce

This recipe makes 4 portions of about 180g.

- 1 tablespoon vegetable oil
- 400g lean minced beef
- 1 small onion, diced
- 1 stick celery, diced
- 1 clove garlic, crushed
- 1 teaspoon dried mixed herbs
- 1 large (400g) can chopped tomatoes

1. Heat the oil in a saucepan, add the minced beef and cook for 5 minutes, until lightly browned.
2. Add the onions, celery, crushed garlic and mixed herbs.
3. Stir and cook for 2 minutes.
4. Add the chopped tomatoes. Bring to the boil, then turn down the heat and simmer uncovered for about an hour, stirring occasionally.

Fish pie with broccoli

£



Fish pie 300g

Broccoli 80g

Fish pie

This recipe makes 4 portions of about 300g.

- 400g frozen or fresh white fish fillets – or a mixed fish pie pack (Choose fish from sustainable sources.)
- 600g potatoes, peeled and diced
- 45ml semi-skimmed milk
- 60g Cheddar cheese

For the sauce:

- 1 tablespoon vegetable fat spread
- 2 tablespoons flour
- 350ml semi-skimmed milk
- 1/2 teaspoon white pepper

1. Heat the oven to 200°C / 400°F / Gas 6.
2. Poach and flake the fish.
3. Boil the potatoes and mash with the milk.
4. Melt the vegetable fat spread in a saucepan, and then mix in the flour to make a thick paste. Cook gently for 1 or 2 minutes, stirring all the time.
5. Slowly add the milk to the flour mixture, stirring continuously to make a smooth sauce. Then season with the pepper.
6. Add the flaked fish to the sauce.
7. Place the fish mixture in a dish, cover it with the mashed potatoes and sprinkle with cheese.
8. Bake for about 20 minutes, until the potatoes are golden.

Note: When serving fish, make sure that all bones are removed.

LARGE MEALS AND SNACKS

African beef stew with cassava and plantain



££

African beef stew	160g
Cassava	100g
Plantain	80g

African beef stew

This recipe makes 4 portions of about 160g.

350g lean beef stewing steak
1 tablespoon vegetable oil
1/2 medium onion, finely chopped
1/2 teaspoon fresh root ginger, peeled and grated
1 clove garlic, crushed
1 small (200g) can chopped tomatoes
1/2 medium green pepper, finely chopped
1/2 teaspoon ground cayenne pepper
100g spinach leaves, chopped

1. Cut the meat into thin strips.
2. Heat the oil over a medium heat and fry the onion without browning.
3. Add the meat, ginger and garlic and fry until the meat browns.
4. Add the tomatoes, green pepper and cayenne pepper and continue cooking for about 40 minutes until the meat is tender.
5. Add the spinach and cook for a further 5 minutes.

Chicken piri piri with rice and salad



££

Chicken piri piri	105g
Savoury rice	180g
Salad	80g

Chicken piri piri

This recipe makes 4 portions of about 105g (edible portion, without bones).

12 chicken thighs, skin removed
2 tablespoons olive oil
2 tablespoons lemon juice
2 teaspoons mild chilli powder
1 clove garlic, crushed
1/2 teaspoon black pepper
1/2 teaspoon dried tarragon
1/2 teaspoon dried basil
1/4 teaspoon dried oregano

1. Score the flesh of the chicken thighs with a sharp knife and place in a shallow bowl.
2. Put all the remaining ingredients into a small bowl and whisk together with a fork to make a marinade. Pour the marinade over the chicken and mix well. Cover the dish with cling film and chill for 2 hours or overnight in the fridge.
3. Remove the chicken from the marinade and cook on both sides under a hot grill for 2 minutes, then reduce the heat and grill for a further 20-25 minutes, turning and basting occasionally with the remaining marinade.

LARGE MEALS AND SNACKS

Salmon couscous with salad and bread £



Salmon couscous 225g

Pitta bread 60g

Salad 80g

Salmon couscous

This recipe makes 4 portions of about 225g.

1 large (420g) can red salmon, drained (about 350g when drained) (Buy fish from sustainable sources where possible.)

150g couscous

3 spring onions, finely sliced

300ml boiling water

1/2 lemon

1/4 medium cucumber, finely chopped

1/2 teaspoon fresh mint, finely chopped

1/2 teaspoon fresh parsley, finely chopped

1/2 teaspoon fresh coriander, finely chopped

1. Drain and flake the salmon and keep chilled until required.
2. Put the couscous in a large bowl and mix in the spring onions.
3. Bring the water to the boil and pour it over the couscous. Stir gently, cover, and leave for about 4 minutes and then fluff the couscous with a fork.
4. Zest the lemon (that is, finely grate the outer rind), and squeeze the juice out of the lemon.
5. Mix the salmon, couscous, cucumber, herbs, lemon zest and lemon juice thoroughly and chill until serving.

Tuna and tomato pasta with salad ££



Tuna and tomato pasta 300g

Salad 80g

Tuna and tomato pasta

This recipe makes 4 portions of about 300g.

2 tablespoons vegetable oil

1 medium onion, diced

1 clove garlic, finely chopped

1 1/2 large (400g) cans chopped tomatoes with herbs (total of 600g)

1 teaspoon sugar

250g dried pasta shapes such as penne

1 1/2 small (200g) cans tuna in spring water, drained (total of 300g tuna, or about 210g tuna when drained) (Buy fish from sustainable sources where possible.)

1. Heat the oil in a saucepan and cook the onion until softened.
2. Add the chopped garlic and cook for a further minute.
3. Add the chopped tomatoes and sugar and bring to the boil.
4. Reduce the heat and allow to simmer without a lid for about 12 minutes.
5. Meanwhile, cook the pasta in boiling water, following the instructions on the packet.
6. Flake the drained tuna with a fork and stir into the pasta sauce to warm through.
7. Drain the cooked pasta well and return it to the pot, pour the sauce over the pasta and mix gently.

LARGE MEALS AND SNACKS

Salmon fish fingers, tomato salsa, oven chips and salad

££



Salmon fish fingers 90g

Tomato salsa 50g

Oven chips 140g

Salad 80g

Salmon fish fingers

This recipe makes 4 portions of about 90g.

350g salmon fillet
(either fresh, or frozen and thoroughly defrosted) (Buy fish from sustainable sources where possible.)
2 eggs
3 slices of bread, crumbed

1. Heat the oven to 190°C / 375°F / Gas 5.
2. Cut the salmon fillet into 12 even-sized strips.
3. Beat the eggs in a shallow dish to make an egg wash.
4. Dip the strips in the egg wash and then roll the strips in the breadcrumbs until fully coated.
5. Place the coated strips on a baking tray and bake in the oven for 15 minutes.

Note: When serving fish, make sure that all bones are removed.

Tomato salsa

This recipe makes 4 portions of about 50g.

100g or 1/2 small (200g) can chopped tomatoes
1/2 medium tomato, diced
1 spring onion, finely chopped
1 teaspoon chopped fresh parsley
1/2 teaspoon sugar
1/2 clove garlic, crushed
1 teaspoon white wine vinegar
2 teaspoons lemon juice

1. Mix all the ingredients together. Chill before serving.

LARGE MEALS AND SNACKS

French toast

£



French toast 180g

French toast

This recipe makes 4 portions of about 180g.

- 4 eggs
- 160ml semi-skimmed milk
- 1 teaspoon cinnamon
- 8 large slices wholemeal bread
- 8 teaspoons of butter
- 4 teaspoons of sugar

Each portion uses 1 egg, 40ml milk, $\frac{1}{4}$ teaspoon of cinnamon, 2 slices of bread, 2 teaspoons of butter and 1 teaspoon of sugar.

1. Beat the eggs, milk and cinnamon together in a bowl, and blend well.
2. Place the bread in the bowl and allow it to soak up the mixture.
3. Melt the butter in a large frying pan over a medium heat and fry the slices of bread on both sides until golden brown.
4. Sprinkle with sugar and serve immediately while warm.

Eggy bread with beans

£



Eggy bread 180g

Baked beans 120g

Eggy bread

This recipe makes 4 portions of about 180g.

- 8 eggs
- 8 thick slices wholemeal bread
- 8 teaspoons butter

Each portion uses 2 eggs, 2 slices of bread and 2 teaspoons of butter.

1. Beat the eggs.
2. Dip the bread in the egg on both sides.
3. Melt the butter in a frying pan.
4. Fry the bread in the butter over a gentle heat until the egg coating is well cooked. Turn the bread over and cook the other side.

LARGE MEALS (PACKED MEALS)

Peanut butter and banana sandwich with apple £



Peanut butter and banana sandwich 175g
Apple 80g

Peanut butter and banana sandwiches

This recipe makes 4 portions of about 175g.

4 small bananas
4 tablespoons peanut butter
8 slices brown or wholemeal bread

Each portion uses 1 small banana, 1 tablespoon of peanut butter and 2 slices of bread.

1. Mash the bananas with a fork.
2. Fill each sandwich with peanut butter and mashed banana.

Ham and cheese sandwich with cucumber sticks and cherry tomatoes, and a carton of orange juice ££



Ham and cheese sandwich 140g
Cucumber sticks 40g
Cherry tomatoes 40g
Orange juice carton 200ml

Ham and cheese sandwiches

This recipe makes 4 portions of about 140g.

140g Cheddar cheese
4 teaspoons vegetable fat spread
8 slices brown or wholemeal bread
100g sliced ham
4 large leaves of lettuce

Each portion uses 35g of Cheddar cheese, 25g of ham, 1 lettuce leaf, 1 teaspoon of spread and 2 slices of bread.

1. Cut the cheese into slices.
2. Spread a thin layer of vegetable fat spread on each slice of bread.
3. Fill the sandwiches with the ham, cheese and lettuce leaves.

Beef slice ciabatta with relish and salad ££



Sundried tomato ciabatta roll 85g
Beef slices 65g
Relish 50g
Salad 80g

LARGE MEALS (PACKED MEALS)

Cream cheese bagel with boiled egg, cucumber and celery sticks, malt loaf and a pear £



Bagel	60g
Low-fat soft cheese	25g
Boiled egg	50g
Cucumber sticks	40g
Celery sticks	40g
Malt loaf	50g
Pear	170g

Egg and cress roll with cucumber sticks, cherry tomatoes, natural yoghurt and blueberries

£



Egg and cress roll	120g
Cucumber sticks	40g
Cherry tomatoes	40g
Natural yoghurt	125g
Blueberries	80g

Egg and cress roll

This recipe makes 4 portions of about 120g.

4 wholemeal rolls

Egg and cress filling:

4 hard-boiled eggs
2 tablespoons reduced-fat mayonnaise
1/2 punnet mustard and cress

Each portion uses 1 wholemeal roll, 1 egg, 1/2 tablespoon of mayonnaise, and 1/8 punnet of mustard cress.

1. Mash the hard-boiled eggs and mayonnaise together.
2. Halve the roll, spread with the egg mixture, and sprinkle the mustard and cress on top.

LARGE MEALS (PACKED MEALS)

Falafel and houmous pitta with carrot sticks, grapes, fruit yoghurt, and a carton of orange juice

££



Falafel and houmous pitta	170g
Carrot sticks	40g
Grapes	40g
Fruit yoghurt	125g
Orange juice carton	200ml

Falafel and houmous pitta

This recipe makes 4 portions of about 170g.

- 4 pitta breads
- 4 tablespoons houmous
- 12 falafel, sliced
- 4 lettuce leaves

Each portion uses 1 pitta, 1 tablespoon of houmous, 3 falafel and 1 lettuce leaf.

1. Toast the pitta and cut open while hot.
2. Spread the houmous in the pitta and then put in the lettuce leaves and sliced falafel.

Tuna and sweetcorn pasta, carrot and cucumber sticks, yoghurt, and a carton of orange juice

££



Tuna and sweetcorn pasta	160g
Carrot sticks	40g
Cucumber sticks	40g
Low-fat fruit yoghurt	125g
Orange juice carton	200ml

Tuna and sweetcorn pasta

This recipe makes 4 portions of about 160g.

- 1 small (200g) can tuna in water, drained (about 140g when drained)
- 1 small (195g) can sweetcorn, drained (about 160g when drained)
- 300g cooked pasta shapes
- 2 tablespoons low-fat mayonnaise
- 2 spring onions, finely sliced

1. Combine all the ingredients and mix well.
2. Chill until serving.

LIGHT MEALS AND SNACKS

Carrot cake



Carrot cake 65g

Carrot cake

This recipe makes 8 portions of about 65g.

- 1 large carrot, peeled
- 1 egg
- 75g brown sugar
- 65g vegetable oil
- 75g wholewheat flour
- 1 teaspoon powdered cinnamon
- 1/4 teaspoon nutmeg
- 25g sultanas
- 1 teaspoon mixed spice
- 1/2 teaspoon bicarbonate of soda
- 1/2 teaspoon baking powder

1. Heat the oven to 180°C / 350°F / Gas 4.
2. Grease the base of a small baking tin with a little vegetable oil and line with baking parchment.
3. Grate the carrot.
4. Whisk the egg and sugar together until thick and creamy.
5. Whisk in the oil. Slowly add the grated carrots and the remaining ingredients and mix together.
6. Spoon the mixture into the prepared tin, level the surface and bake for 20 to 25 minutes until firm to the touch and golden brown.
7. Cool on a wire tray.

Gingerbread loaf



Gingerbread loaf 50g

Gingerbread loaf

This recipe makes 8 portions of about 50g.

- 90g unsalted butter
- 1 1/2 tablespoons golden syrup
- 125ml semi-skimmed milk
- 100g caster sugar
- 125g plain flour
- 1 heaped tablespoon ground ginger
- 1/2 teaspoon allspice
- 1/2 teaspoon bicarbonate of soda

1. Heat the oven to 180°C / 350°F / Gas 4. Grease and flour a small loaf tin.
2. In a saucepan, combine the butter, syrup and milk. Bring to the boil and then set aside.
3. Mix the remaining ingredients in a large bowl and then add the boiled mixture and stir well. Pour the mixture into the loaf tin and place in the oven.
4. Reduce the heat to 160°C / 320°F / Gas 3 and bake for 1 hour or until cooked. To test if the loaf is cooked, put a skewer or sharp knife into the cake. If it comes out clean, the cake is cooked.

LIGHT MEALS AND SNACKS

Apple and cinnamon crumble and custard

£



Apple and cinnamon crumble 90g

Custard 80g

Apple and cinnamon crumble

This recipe makes 4 portions of about 90g.

75g plain flour
75g porridge oats
2 teaspoons powdered cinnamon
2 tablespoons brown sugar
60g vegetable fat spread
500g cooking apples

1. Heat the oven to 180°C / 350°F / Gas 4.
2. Grease the base of a small, deep, ovenproof dish with a little vegetable fat spread.
3. Mix all the dry ingredients together.
4. Melt the vegetable fat spread and add it to the dry ingredients. Mix well with a fork until a crumbly texture is achieved.
5. Peel, core and slice the apples and add them in layers in the base of the dish.
6. Place the crumble mixture on top of the apples and bake for 45 minutes until golden.

Mango fritters with yoghurt

££



Mango fritters 130g

Yoghurt 50g

Mango fritters

This recipe makes 4 portions of about 130g.

75g plain flour
1 large egg
60ml semi-skimmed milk
2 large ripe mangos
20g sugar
1 tablespoon vegetable oil

1. Sift the flour into a large bowl.
2. Make a well in the centre of the flour, add the egg and gradually beat in the milk to form a smooth batter.
3. Mash the mangos and then add them and the sugar to the batter and mix well.
4. Heat the oil in a frying pan. Once hot, fry spoonfuls of the mixture for about 2 minutes on each side. Serve immediately.

Baked banana

£



Baked banana 200g

Baked banana

This recipe makes 4 portions of about 200g.

- 8 small bananas
- 4 tablespoons orange juice
- 2 teaspoons brown sugar
- 4 orange slices for garnish (optional)

Each portion uses 2 small bananas, 1 tablespoon of orange juice and 1/2 teaspoon of sugar.

1. Lay the bananas in a flat bowl suitable for the microwave or grill.
2. Pour the orange juice over the bananas and sprinkle with the sugar.
3. Either cover and microwave on high for about 3 minutes until the bananas are soft, or place under a hot grill for 4 to 5 minutes.

Quick microwave sponge pudding and custard

£



Quick microwave sponge pudding 60g

Custard 60g

Quick microwave sponge pudding

This recipe makes 4 portions of about 60g.

- 75g vegetable fat spread
- 75g caster sugar
- 75g self-raising flour
- 1 large egg
- 1 tablespoon semi-skimmed milk
- 4 tablespoons of fruit (for example, blackberries, blackcurrants, raspberries or chopped canned fruit)

This recipe is made in the microwave. You will need either 4 small pudding pots (plastic or ceramic), or 1 larger bowl to make one big pudding.

1. Put the vegetable fat spread, sugar, flour, egg and milk together in a large bowl and beat together until well mixed and smooth.
2. Place the fruit in the bottom of the individual bowls or a large bowl.
3. Divide the sponge mix between the bowls or place it in the large bowl.
4. Cover with cling film and microwave on high for 1 minute for an individual pudding, or for about 4 minutes for a large pudding.
5. Remove the cling film and turn the pudding upside down onto a plate.

LIGHT MEALS AND SNACKS

Rice pudding with canned mandarin oranges

£



Rice pudding 200g
Mandarins canned in juice (drained) 50g
(= 1/3 of a 300g can of mandarins)

Rice pudding

This recipe makes 4 portions of about 200g.

80g pudding rice
900ml milk
1 tablespoon sugar
1 tablespoon butter
1/2 teaspoon ground cinnamon or nutmeg (optional)

1. Place the rice and milk in a saucepan and bring to the boil. Reduce the heat and simmer for 30 to 35 minutes, stirring occasionally.
2. Add the sugar and butter and then stir until the sugar has dissolved and the butter has melted.
3. Sprinkle with cinnamon or nutmeg before serving.

Baguette with houmous, and carrot and cucumber sticks

£



Baguette 60g
Houmous 40g
Carrot sticks 80g
Cucumber sticks 40g

Cheese and tomato quesadillas

£



Cheese and tomato quesadillas 140g

Cheese and tomato quesadillas

This recipe makes 4 portions of about 140g.

1 tablespoon tomato purée
1 teaspoon mild chilli powder
4 medium tomatoes, diced
60g Cheddar cheese, grated
8 small tortilla wraps

1. Mix together the tomato purée, chilli powder, diced tomato and cheese.
2. Place a tortilla in a frying pan and spread with a quarter of the tomato mixture. Place another tortilla on top and dry-fry until brown. Turn the tortilla over and dry-fry until brown.
3. Remove the tortilla from the pan and cut into triangles.
4. Repeat steps 1 to 3.

LIGHT MEALS AND SNACKS

Tuna melt muffin

££



Tuna melt muffin 140g

Tuna melt muffin

This recipe makes 4 portions of about 140g.

- 2 muffins
- 4 teaspoons tomato purée
- 2 medium tomatoes, sliced
- 1 small can (200g) tuna in spring water, drained and flaked
- 60g Cheddar cheese, grated

Each portion uses 1/2 muffin, 1 teaspoon of tomato purée, 1/2 tomato, 1/4 can tuna and 15g Cheddar cheese.

1. Cut the muffins in half.
2. Spread the tomato purée on the cut surface of the muffins, and then layer on the sliced tomato and tuna. Sprinkle with cheese and then cook under a hot grill until browned.

Mini fish finger sandwich

£



2 fish fingers 56g
Baguette 50g
Lettuce 20g
Tomato 30g

Pitta bread crisps with a chilli dip and grapes

£



Pitta bread crisps 50g
Chilli dip 30g
Grapes 80g

Pitta bread crisps

This recipe makes 4 portions of about 50g.

4 pitta breads

Each portion uses 1 pitta bread.

1. Heat the oven to 200°C / 400°F / Gas 6.
2. Cut the pitta bread into triangles and spread out in a single layer on a baking tray. Bake in the oven for about 7 minutes until crisped and beginning to brown.

Chilli dip

This recipe makes 4 portions of about 30g.

- 1/2 small (200g) can chopped tomatoes
- 1/2 jalapeño pepper, de-seeded and finely chopped
- 2 spring onions, finely chopped
- 2 teaspoons fresh parsley, chopped
- 1 teaspoon sugar
- 1/2 clove garlic, crushed
- 1/2 tablespoon white wine vinegar
- 1/2 tablespoon lemon juice

1. Mix all the ingredients together. Chill before serving.

LIGHT MEALS AND SNACKS

Tortilla crisps with a curry dip and apple £



Tortilla crisps 40g

Curry dip 50g

Apple 80g

Tortilla crisps

This recipe makes 4 portions of about 40g.

4 small tortilla wraps

Each portion uses 1 tortilla wrap.

1. Heat the oven to 200°C / 400°F / Gas 6.
2. Cut the tortillas into triangles and spread out in a single layer on a baking tray. Bake in the oven for about 10-15 minutes until crisp.

Curry dip

This recipe makes 4 portions of about 50g.

1/2 small onion, grated
1 teaspoon curry powder
1 teaspoon garlic powder
1 teaspoon sugar
1 teaspoon ready-made horseradish sauce
1 teaspoon cider vinegar
150g fromage frais
1 heaped tablespoon reduced-fat mayonnaise

1. Mix all the ingredients together in a small bowl and chill until serving.

Tortas fritas with guacamole ££



Tortas fritas 40g

Guacamole 60g

Tortas fritas

This recipe makes 4 portions of about 40g.

100g plain flour
1 teaspoon baking powder
1/4 teaspoon salt
1/2 tablespoon vegetable fat spread
60ml water
60g semi-skimmed milk

1. Mix the flour, baking powder and salt together in a bowl, then rub in the fat spread, mixing well.
2. Gradually add the water and milk to form a smooth dough. Cover with a damp cloth and set aside for 5 minutes.
3. Take golf ball size pieces of the dough and roll into balls. On a lightly floured surface, roll out the dough balls into circles about 7cm across, and then prick them with a fork.
3. Heat the oil in a frying pan and then add the circles of dough. Cook until golden brown, turning occasionally. Repeat for each bread.
4. Allow to cool slightly before serving.

Guacamole

This recipe makes 4 portions of about 60g.

2 avocados, peeled and de-stoned
2 spring onions, finely chopped
1 clove garlic, crushed
1 teaspoon chilli powder
2 tablespoons lime juice (fresh lime)
1 heaped tablespoon plain yoghurt (low-fat)
1 small tomato, chopped

1. Place all the ingredients, except for the chopped tomato, in a bowl and mash with a fork until smooth.
2. Stir in the chopped tomatoes and chill before serving.

LIGHT MEALS AND SNACKS

Pitta bread pizza

£



Pitta bread pizza 110g

Pitta bread pizza

This recipe makes 4 portions of about 110g.

4 pitta breads
4 teaspoons tomato purée
120g grated cheese
60g mushrooms

Each portion uses 1 pitta bread, 1 teaspoon of tomato purée, 30g cheese and 1 or 2 mushrooms.

1. Heat the grill to a medium temperature and toast the pitta breads on one side.
2. Remove the bread from the grill and place the tomato purée, cheese and mushrooms on the untoasted side of the pitta bread.
3. Place under the grill for a few minutes until the cheese has melted.

Tip: You could try using other vegetables for toppings. Peppers, sweetcorn or left-over vegetables can be used instead of mushrooms.

Leek and potato soup with a wholemeal roll

£



Leek and potato soup 250g

Wholemeal roll 80g

Leek and potato soup

This recipe makes 4 portions of about 250g.

4 medium leeks
1 tablespoon vegetable oil
1 onion, peeled and diced
2 medium potatoes, peeled and roughly chopped
500ml water
1 bay leaf
1/2 teaspoon black pepper powder
1 teaspoon salt
250ml semi-skimmed milk

1. Chop the top off the leeks and trim the roots. Chop the leek in half lengthways and wash under running water, fanning out the layers, to make sure they are thoroughly clean. Chop the leeks roughly.
2. Heat the oil in a large pot over a medium heat and add the leeks, onions and potatoes. Stir, reduce the heat to low, and simmer gently for 10 minutes, stirring occasionally to stop browning.
3. Add the water, bay leaf and seasoning, stir well and bring to the boil. Then reduce the heat, cover and simmer for 15 minutes, until the potatoes are soft.
4. Take out the bay leaf and purée the soup in a liquidiser or with a hand-held blender. Add the milk, and heat through before serving.

LIGHT MEALS AND SNACKS

Noodle salad with peanut sauce

£



Noodle salad with peanut sauce 230g

Noodle salad with peanut sauce

This recipe makes 4 portions of about 230g.

- 4 noodle nests
- 4 tablespoons peanut butter
- 4 teaspoons soy sauce
- 2 small carrots, grated
- 1/2 small cucumber, chopped
- 1 small red pepper, cored and diced

Each portion uses 1 noodle nest, 1 tablespoon of peanut butter, 1 teaspoon of soy sauce, 1/2 grated carrot and 1/4 red pepper.

1. Cook the noodles according to the manufacturer's instructions. Drain the noodles, run them under cold water and then set them aside to cool.
2. In the meantime, make a sauce by mixing together the peanut butter and soy sauce in a large bowl. Add the carrots, cucumber and red pepper and mix well.
3. Add the noodles to the vegetables and sauce and mix well. Divide between four bowls and serve immediately.

Omelette with grilled tomato and toast and a small glass of orange juice

££



Omelette 60g

Grilled tomatoes 80g

Wholemeal toast 35g

Spread 8g

Orange juice 150ml

Omelette

This recipe makes 4 portions of about 60g.

- 4 large eggs
- 2 tablespoons water
- 2 teaspoons butter

Each portion of omelette uses 1 large egg, 1/2 tablespoon of water and 1/2 teaspoon of butter.

1. Break the eggs into a jug or mixing bowl.
2. Add the water to the eggs and beat together using a fork.
3. Heat an omelette pan or frying pan over a medium heat.
4. Add the butter to the hot pan and as soon as it sizzles, swirl the pan and add the egg mixture. Don't allow the butter to brown.
5. Allow the egg mixture to cook until the omelette is set.
6. Fold the omelette in half and serve.

LIGHT MEALS AND SNACKS

Mexican scrambled egg wrap

£



Mexican scrambled egg 100g
Tortilla wrap 40g

Mexican scrambled egg

This recipe makes 4 portions of about 100g.

- 4 eggs
- 2 teaspoons butter
- 2 spring onions, chopped
- 2 medium tomatoes, diced
- 1 teaspoon mild chilli powder

Each portion uses 1 egg, 1/2 teaspoon of butter, 1/2 spring onion, 1/2 tomato and 1/4 teaspoon of chilli powder.

1. Beat the eggs in a bowl.
2. Melt the butter in a non-stick saucepan.
3. Add the eggs, stirring all the time over a low heat until the egg is thoroughly set.
4. Mix in the spring onions, tomatoes and chilli powder.

Fish balls with tomato salsa

£££



Fish balls 160g
Tomato salsa 80g

Fish balls

This recipe makes 4 portions of about 160g.

- 300g frozen or fresh white fish fillets
(Use fish from sustainable sources where possible.)
- 2 medium potatoes, peeled and diced
- 2 tablespoons vegetable oil
- 5 spring onions
- 1 tablespoon fresh parsley, chopped
- 2 tablespoons plain flour
- 1 teaspoon paprika powder
- 1 tablespoon semi-skimmed milk

1. Poach the fish in water for 10 to 15 minutes until opaque.
2. Boil the potatoes for 10 to 15 minutes, drain and then mash them.
3. Heat 1 tablespoon of the oil in a frying pan, add the onions and gently fry for 1 to 2 minutes. Add the parsley and stir well.
4. Place all the ingredients except for the remaining oil into a bowl, mix well and allow to cool.
5. Once the mixture has cooled, take pieces of the mixture and roll into balls.
6. Heat 1 tablespoon of oil in a frying pan, add the fish balls and fry until golden. Drain on paper before serving.

Tomato salsa

This recipe makes 4 portions of about 80g.

- 1 small (200g) can chopped tomatoes
- 1 small tomato, diced
- 2 spring onions, finely chopped
- 2 teaspoons fresh parsley, chopped
- 1 teaspoon sugar
- 1/2 clove garlic, crushed
- 1/2 tablespoon white wine vinegar
- 1/2 tablespoon lemon juice

1. Mix all the ingredients together. Chill before serving.

LIGHT MEALS AND SNACKS

Spanish tortilla with garlic mushrooms and tomato salad

££



Spanish tortilla	140g
Garlic mushrooms	40g
Tomato salad	80g

Spanish tortilla

This recipe makes 4 portions of about 140g.

- 1 tablespoon vegetable oil
- 1 medium onion, diced
- 2 medium boiled potatoes, sliced
- 4 large eggs, beaten

Each portion uses $\frac{1}{4}$ tablespoon of oil, $\frac{1}{4}$ onion, $\frac{1}{2}$ potato and 1 egg.

1. Heat the oil in a frying pan, add the onion and cook gently for 10 minutes.
2. Turn up the heat, add the sliced potatoes and pour the beaten eggs over the potatoes and onions.
3. Turn down the heat to the lowest setting and cook for 15 to 20 minutes.
4. Place the frying pan under a hot grill for a few minutes to make sure all the egg is cooked through from the top, but be careful not to burn the pan handle.

Garlic mushrooms

This recipe makes 4 portions of about 40g.

- 1 tablespoon vegetable oil
- 2-3 teaspoons of garlic purée
- 200g mushrooms, quartered

1. Heat the oil in a frying pan. Add the mushrooms and garlic purée. Mix well and fry for 3 to 4 minutes.

Porridge with jam and a small glass of orange juice

£



Porridge	250g
Jam	10g
Orange juice	150ml

Porridge

This recipe makes 4 portions of about 250g.

- 1 litre semi-skimmed milk
- 125g rolled oats

Each portion uses 250ml of milk and about 30g of oats.

1. Place the milk and oats into a non-stick saucepan.
2. Heat gently until boiling, and then turn the heat down and simmer, stirring occasionally, until the oats are softened and have absorbed the milk.

LIGHT MEALS AND SNACKS

Scrambled egg and tomato with toast and a small glass of orange juice

££



Scrambled egg	55g
Grilled tomato	80g
Wholemeal toast	35g
Spread	8g
Orange juice	150ml

Scrambled egg

This recipe makes 4 portions of about 55g.

- 4 eggs
- 2 tablespoons milk
- 4 teaspoons butter

Each portion of scrambled egg uses 1 egg, 1/2 tablespoon of milk and 1 teaspoon of butter.

1. Beat the eggs in a bowl with the milk.
2. Melt the butter in a non-stick saucepan.
3. Add the eggs, stirring all the time over a low heat until the egg is set thoroughly.

Sweetcorn fritters with tomato salsa and a bagel

£



Sweetcorn fritters	110g
Tomato salsa	50g
Bagel	80g

Sweetcorn fritters

This recipe makes 4 portions of about 110g.

- 100g plain flour
- 1 medium egg
- 120ml semi-skimmed milk
- 1 small can (200g) sweetcorn, drained
- 1 teaspoon paprika
- 1 tablespoon vegetable oil

1. Sift the flour into a large bowl.
2. Make a well in the centre of the flour, add the egg and gradually beat in the milk to form a smooth batter.
3. Add the sweetcorn and paprika to the batter and mix well.
4. Heat the oil in a frying pan. Once the oil is hot, fry spoonfuls of the mixture for 2 to 3 minutes on each side. Serve immediately.

Tip: Try adding some chopped onion or spring onion for extra flavour.

Tomato salsa

This recipe makes 4 portions of about 50g.

- 1 small (200g) can chopped tomatoes
- 1/2 small tomato, diced
- 1 spring onion, finely chopped
- 1 teaspoon fresh parsley, chopped
- 1/2 teaspoon sugar
- 1/4 clove garlic, crushed
- 1 teaspoon white wine vinegar
- 1 teaspoon lemon juice

1. Mix all the ingredients together. Chill before serving.

'PREGNANCY EXTRAS'

Chocolate milkshake

£



Chocolate milkshake
(made with semi-skimmed milk) 150g

Chocolate milkshake

This recipe makes 1 portion of about 150ml.

3 teaspoons chocolate milkshake mix powder
150ml semi-skimmed milk

1. Mix the milk and chocolate milkshake mix powder and stir well, or put it in a large jar, screw on the lid and then shake it up.

Soya milkshake

£



Soya milkshake 300ml

Soya milkshake

This recipe makes 1 portion of about 300ml.

200ml soya milk
80g drained canned peaches (canned in juice)
(= 2/3 of a small 200g can of peaches)

1. Place all the ingredients into a blender or jug and blend until smooth.

Lassi

£



Lassi 200ml

Lassi

This recipe makes 1 portion of about 200ml.

60g plain yoghurt
140ml milk
1/2 teaspoon sugar

1. Mix the ingredients together in a jug or in a large jar and serve at room temperature.

Yoghurt and fresh fruit smoothie

£££



Yoghurt and fresh fruit smoothie 200ml

Yoghurt and fresh fruit smoothie

This recipe makes 4 portions of about 200ml.

400g natural yoghurt
100ml milk
320g berries (blueberries, strawberries, blackberries)

Each portion uses 100g yoghurt, 25ml milk and 80g berries.

1. Place all the ingredients into a blender and blend until smooth. Or, place in a jug and blend using a hand-held blender. Serve immediately.

'PREGNANCY EXTRAS'

Soft cheese and banana platter

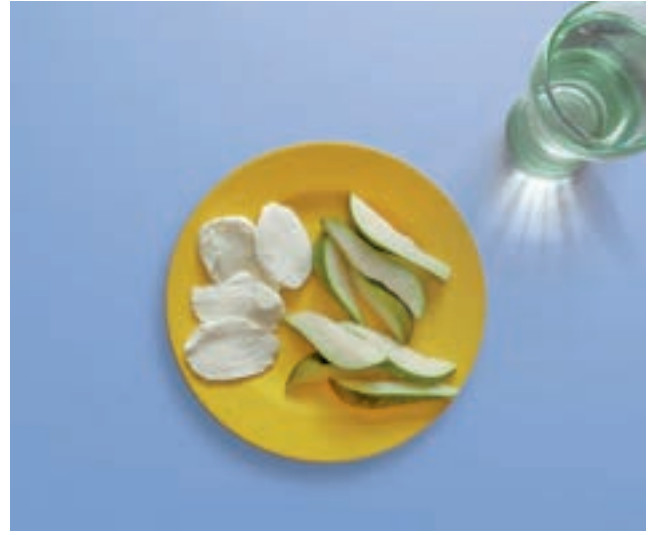
£



Soft cheese 30g
Banana 80g

Mozzarella and pear platter

££



Mozzarella cheese 35g
Pear 80g

Custard with apricots

£



Custard with apricots 110g

Custard with apricots

This recipe makes 4 portions of about 110g.

280g custard (home-made or ready-prepared)
160g dried apricots, chopped

Each portion uses 70g of custard and 40g of chopped dried apricots.

Frozen yoghurt with grapes

££



Frozen yoghurt 60g
Grapes 80g

Frozen yoghurt

This recipe makes 4 portions of about 60g.

240g yoghurt

1. Put the yoghurt in a freezable tub and place in the freezer.
2. Mix the yoghurt every hour or so for about 2-3 hours to avoid ice crystals forming.
3. Freeze overnight.

EXTRA ENERGY

Mashed avocado on melba toast with cherry tomatoes and red pepper sticks, with milk

£



Mashed avocado 30g
Melba toast 15g
Cherry tomatoes 40g
Red pepper sticks 40g
Milk (semi-skimmed) 150ml

Oatcakes, celery sticks and houmous, with milk

££



Oatcakes 30g
Celery sticks 40g
Houmous 40g
Milk (semi-skimmed) 150ml

Popcorn with apple slices, with milk

£



Popcorn 15g
Apple 80g
Milk (semi-skimmed) 150ml

Pitta bread, houmous, pepper and cucumber sticks, and soya milk

£££



Pitta bread 30g
Houmous 40g
Red pepper sticks 40g
Cucumber sticks 40g
Soya milk 150ml

Spicy potato wedges with tomato salsa, with milk

££



Spicy potato wedges	70g
Tomato salsa	50g
Milk (semi-skimmed)	150ml

Spicy potato wedges

This recipe makes 4 portions of about 70g.

- 2 medium potatoes
- 4 tablespoons vegetable oil
- 2 teaspoons lemon juice
- 2 teaspoons mustard powder
- 2 teaspoons paprika

1. Heat an oven to 200°C / 400°F / Gas 6.
2. Scrub the potatoes and cut each one into 8 wedges.
3. Place the remaining ingredients in a jug and whisk together.
4. Put the wedges in a roasting tin (in a single layer), pour the dressing over and mix well.
5. Cook on the top shelf for about 30 minutes, turning once after 15 minutes.

Tomato salsa

This recipe makes 4 portions of about 50g.

- 100g or 1/2 small (200g) can chopped tomatoes
- 1/2 medium tomato, diced
- 1 spring onion, finely chopped
- 1 teaspoon chopped fresh parsley
- 1/2 teaspoon sugar
- 1/2 clove garlic, crushed
- 1 teaspoon white wine vinegar
- 2 teaspoons lemon juice

1. Mix all the ingredients together. Chill before serving.

Wholemeal toast with honey and apple slices, with milk

£



Wholemeal toast	35g
Honey	10g
Apple	80g
Milk (semi-skimmed)	150ml

EXTRA ENERGY

Jacket potato

£



Jacket potato 200g

Mashed potato

£



Mashed potato 200g

Rice

£



Rice 150g

Wholemeal roll

£



Wholemeal roll 70g

Chapatti

£



Chapatti 110g

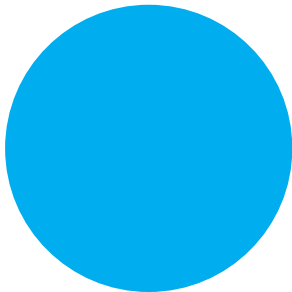
Mashed sweet potato

£



Sweet potato 200g

For more
information



Do you want to know more about eating well and pregnancy?

Tommy's

www.tommys.org

Pregnancy line: 0800 0147 800

The young woman's guide to a healthy pregnancy provides lots of information for young women aged 16-19 years

YMTB (Young Mums-To-Be)

www.ymtb.org

The YMTB classes offer support for young mums and their partners during pregnancy

Also check out the **Start4life** resources at www.nhs.uk/start4life

And information on **NHS Choices** www.nhs.uk/Pages/HomePage.aspx

There is also useful information on good nutrition in pregnancy and for babies and young children at **First Steps Nutrition Trust** www.firststepsnutrition.org.



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www.firststepsnutrition.org

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