

FREE RECIPE BOOK



DELICIOUS, EASY &
CHEAP MEAL OPTIONS
FROM ONE YOU LEEDS.

ONEYOU LEEDS



LOOKING FOR INSPIRATION IN THE KITCHEN?

One You Leeds is here to help!

Check out our recipe book – a collection of delicious recipes from the One You Leeds team and our friends at Leeds Rhinos and Jamie's Ministry of Food .

We've collected our favourite healthy and easy-to-cook meal ideas. They are all within Public Health England's new daily recommended calorie intake of 400 for breakfast, 600 for lunch and 600 for dinner.

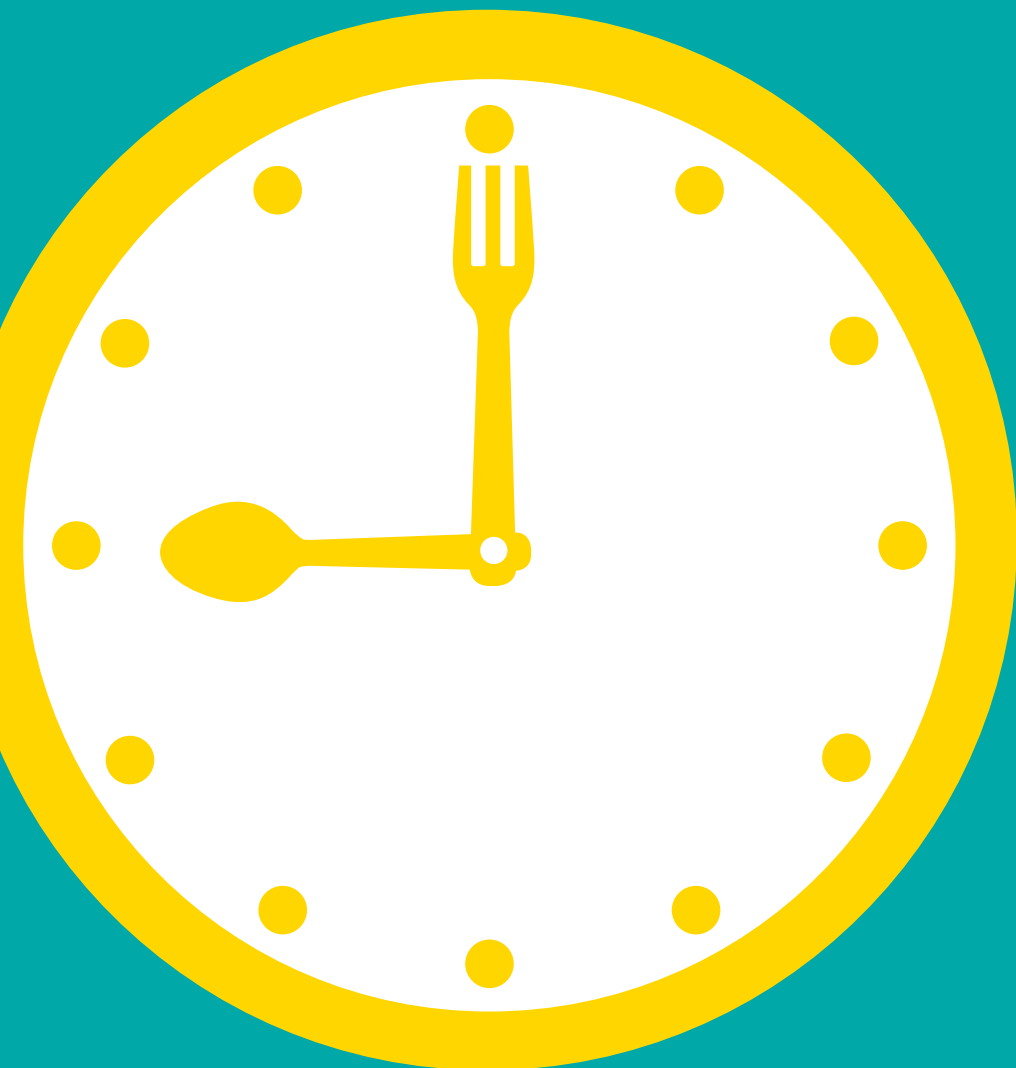
We hope you enjoy these delicious meals as much as we do!

Bon appetite!

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BREAKFAST



BREAKFAST BURRITO

ONEYOU LEEDS

Whole wheat soft tortillas are topped with tomato and pepper omelettes, then rolled up. Perfect for a tasty breakfast or wrap up for a packed lunch.

NUTRITIONAL INFORMATION

BASED ON	ENERGY	FAT
1 serving	229 kcal	12g
SATURATED FAT	SUGAR	SALT
4g	5g	0.6g

INGREDIENTS

4 tbsp 1% fat milk
6 eggs
1 pinch ground black pepper
1 pepper, any colour
40g reduced fat hard cheese
4 soft wholewheat flour tortillas
2 spring onions, chopped
2 tomatoes, chopped
2 tsp vegetable oil

METHOD

1. Lay out the tortillas on a work surface preheat the grill
2. Beat the eggs and milk together. In a separate bowl, mix together the tomatoes, spring onions and pepper, seasoning with black pepper
3. Heat 1 1/2 tsp of vegetable oil in a non-stick frying pan and pour in one quarter of the beaten egg mixture. Cook on the hob over a medium heat for a few moments to set the base. Sprinkle one quarter of the tomato mixture over the surface, then sprinkle 10g of the cheese over the top. Grill to set the egg and melt the cheese
4. Slide the omelette on to one of the tortillas. Leave to cool a little while you make three more omelettes, placing them on top of the tortillas as you go
5. Roll up the tortillas, slice in half and serve immediately, or wrap in foil to serve later.

229
CALORIES

Preparation: 10 mins
Cooking: 10 mins
Serves: 4 adults



SMART ENGLISH BREAKFAST

Everyone loves a traditional cooked breakfast! This one is trimmed down to make it healthier- yet every bit as tasty.

NUTRITIONAL INFORMATION

BASED ON	ENERGY	FAT
1 serving	262 kcal	13g
SATURATED FAT	SUGAR	SALT
3g	8g	1.7g

INGREDIENTS

4 slices lean back bacon rashers, trimmed
8 tomatoes, halved
250g closed cup mushrooms thickly sliced
50ml cold water
420g reduced sugar & salt baked beans in tomato sauce
1 tsp vegetable oil
4 eggs
1 pinch ground black pepper

METHOD

1. Preheat the grill. Arrange the lean bacon rashers and halved tomatoes on the grill rack and grill for 5-6 minutes, turning the bacon once
2. Meanwhile, put the mushrooms into a large frying pan with the water. Heat and simmer for 5 minutes, stirring occasionally. At the same time, heat the baked beans in a separate saucepan
3. Heat the vegetable oil in a non-stick frying pan and crack in the eggs. Cook over a medium heat for about 2 minutes until set then transfer to the grill to set the surface. At this point, remove the grill pan and share the bacon and tomatoes between four warm serving plates
4. Share out the baked beans and mushrooms, then place one egg on to each plate. Serve, seasoned with black pepper.

262
CALORIES

Preparation: 10 mins
Cooking: 10 mins
Serves: 4 adults

RASPBERRY AND BANANA SMOOTHIE

A great part of your breakfast, these shakes only take minutes to put together and help towards your 5 A DAY.

NUTRITIONAL INFORMATION

BASED ON	ENERGY	FAT
1 serving	80 kcal	0.7g
SATURATED FAT	SUGAR	SALT
0.4g	14.4g	0.1g

INGREDIENTS

2 Medium bananas, ripe
150g frozen raspberries
200g low-fat natural yoghurt
400ml 1% fat milk
1 tsp vanilla extract

METHOD

1. Slice the bananas into a blender and add the frozen raspberries, yogurt, milk and vanilla extract
2. Whizz together for a few seconds until smooth and blended, then pour into 6 glasses
3. Serve at once.

80
CALORIES

Preparation: 5 mins
Cooking: 0 mins
Serves: 6 adults



APPLE AND BANANA MUFFINS

ONEYOU LEEDS

Muffins are very easy to make, and they're perfect for breakfast on the go. You can freeze them too, so you don't have to eat them all at once!

NUTRITIONAL INFORMATION

BASED ON	ENERGY	FAT
1 serving	99 kcal	2.7g
SATURATED FAT	SUGAR	SALT
0.7g	6.3g	0.2g

INGREDIENTS

150g plain flour
1 1/2 tsp baking powder
50g caster sugar
100ml semi-skimmed milk
1 egg
1 tsp vanilla extract (optional)
40g lower-fat spread melted
1 medium apple peeled, cored and chopped
1 banana mashed

METHOD

1. Preheat the oven to 200°C, fan 180°C, gas mark 6. Put 12 paper cases into a bun tray
2. Sift the flour and baking powder into a mixing bowl, then stir in the sugar
3. Put the milk, egg, vanilla extract and melted low-fat spread in a jug and beat together. Add to the dry ingredients with the apple and mashed banana. Stir until just combined. Do not overmix
4. Spoon the mixture into the paper cases and bake for 20-25 minutes, until the muffins are risen and golden
5. Carefully take the muffins in their paper cases out of the bun tray. Cool on a wire rack.
6. Suitable for freezing

99 CALORIES	Preparation: 20 mins
	Cooking: 25 mins
	Serves: 12 adults

LUNCH



CLASSIC VEGETABLE SOUP

ONEYOU LEEDS

A tasty and nourishing soup that's also a great way to help you and the family eat more veg. Try experimenting with different ingredients and serve with a slice of wholemeal bread.

NUTRITIONAL INFORMATION

BASED ON	ENERGY	FAT
1 serving	100 kcal	1.5g
SATURATED FAT	SUGAR	SALT
0.6g	9g	0.4g

INGREDIENTS

- 1 tsp vegetable oil
- 1 medium onion, chopped
- 2 carrots, chopped
- 1 leek, sliced
- 2 celery sticks, sliced
- 400g chopped tomatoes
- 1L reduced salt vegetable or chicken stock

- 1 tbsp. tomato puree
- 50g sugar snap peas or green beans, sliced
- 50g frozen peas
- 40g dried pasta shapes
- 1 tsp dried mixed herbs
- 1 pinch ground black pepper

METHOD

- Heat the oil in a large saucepan. Add the onion, carrots, leek and celery and fry gently for 3-4 minutes
- Add the tomatoes, stock, tomato puree, beans and frozen peas. Bring to the boil and add the pasta, herbs and pepper
- Lower the heat and simmer for 15 minutes or until the pasta is cooked, stirring frequently to make sure the pasta doesn't stick. Serve with a slice of wholemeal bread
- Suitable for freezing.



100
CALORIES

Preparation 20 mins
Cooking 25 mins
Serves: 4 adults

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PIZZA PITTA BREAD

These quick pitta pizzas are perfect if you want a quick, light meal. Why not get the kids involved and let them choose the toppings?

NUTRITIONAL INFORMATION

BASED ON	ENERGY	FAT
1 serving	218 kcal	4g
SATURATED FAT	SUGAR	SALT
1g	5g	0.9g

INGREDIENTS

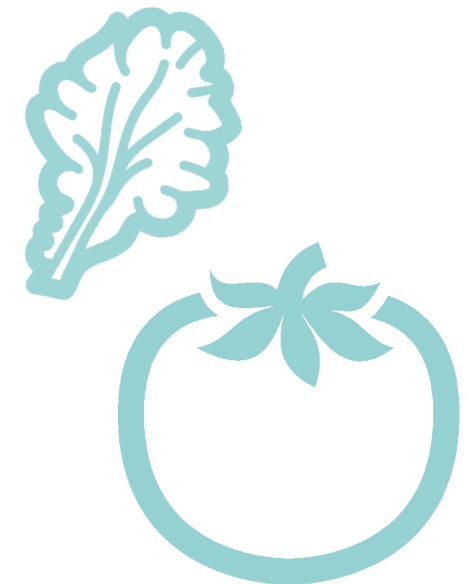
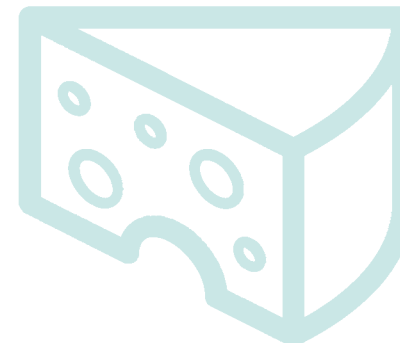
- 4 wholemeal pitta breads
- 4g tomato puree
- 1 handfuls mushrooms (cup or button), sliced
- 4 tomatoes, thinly sliced
- 125g light mozzarella cheese, sliced
- 2 tsp dried mixed herbs
- 1 pinch ground black pepper

METHOD

- Preheat the oven to 190°C, fan 170°C, gas mark 5. Place the pitta breads on a baking sheet
- Spread 1 tsp of tomato puree on to each pitta, then top with the mushrooms, sliced tomatoes and cheese. Sprinkle with the mixed herbs and season with black pepper
- Bake for 10-12 minutes, or until the cheese is melted and bubbling. Serve with salad.

218
CALORIES

Preparation: 5 mins
Cooking 10 mins
Serves: 4 adults



CHICKEN AND TOMATO JACKET POTATO

ONEYOU LEEDS

Chicken & tomato jacket with Greek yoghurt is a simple jacket potato recipe, with a creamy and flavoursome filling. Baked potatoes can be cooked in the oven, or in the microwave in under 10 mins if you want a quick and easy meal for lunch or dinner.

NUTRITIONAL INFORMATION

BASED ON	ENERGY	FAT
1 serving	353 kcal	2.4g
SATURATED FAT	SUGAR	SALT
0.7g	5.5g	trace

INGREDIENTS

- 4 baking potatoes (each needs to be around 225g)
- 4g skinless, boneless uncooked chicken breasts
- 1 tsp dried oregano
- 8 tomatoes (ripe is best)
- 150g low fat Greek-style natural yoghurt
- 4 spring onions, finely chopped
- 1 tsp red pesto (optional)

METHOD

1. Scrub the potatoes, then dry and prick each one several times with a sharp knife
2. Microwave Method: Cook one potato (225g/ 8oz) for 6 minutes on full power (800W), turn halfway through cooking. Allow to stand for 1-2 minutes before serving. If cooking more than one potato at a time you need to increase the cooking time accordingly
3. Oven Method: Rub a few drops of olive oil into the potato skin, place the potatoes in a pre-heated oven at 200°C, 400°F, Gas Mark 6 on a baking tray. Bake for 75 minutes or until soft
4. When the potatoes are almost ready, cut the chicken breasts into bite-size chunks, heat a non-stick frying pan and pan fry until lightly browned on both sides and cooked through for about 6-8 mins. Add a pinch of dried oregano, rosemary or basil per person
5. Meanwhile, chop the tomatoes into chunks, discarding the seeds. When the chicken is cooked, stir together the chicken, tomato, spring onions and the pot of yoghurt. Add pesto if you wish
6. Serve the jacket potatoes with a portion of the chicken mixture and enjoy.



353
CALORIES

Preparation 5 mins
Cooking: 25 mins
Serves: 4 adults

COTTAGE PIE

ONEYOU LEEDS

This comforting pie, topped with mash rather than pastry, is made with lean mince and extra veg to give it a healthy twist.

NUTRITIONAL INFORMATION

BASED ON	ENERGY	FAT
1 serving	363 kcal	5.3g
SATURATED FAT	SUGAR	SALT
2.6g	5.6g	0.89g

INGREDIENTS

- 1 kg potatoes, chopped into chunks
- 350g extra lean minced beef
- 1 small onion, finely chopped
- 1 carrot, finely chopped
- 1 courgette finely, chopped
- 100g green beans, chopped
- 1 tsp dried mixed herbs
- 1 pinch ground black pepper
- 450ml cold water
- 4 tsp reduced salt gravy granules
- 50g sweetcorn

METHOD

1. Cook the potatoes in a large saucepan of boiling water until tender, about 20 minutes
2. Meanwhile, heat a large saucepan, add the minced beef - a handful at a time - cooking until browned
3. Stir in the onion, carrot, courgette, green beans and mixed herbs. Add 450 ml water and bring to the boil. Simmer without a lid for 20 minutes
4. Preheat the grill and warm a large baking dish under it for 1-2 minutes. Drain and mash the potatoes, seasoning them with some pepper
5. Add the sweetcorn to the mince mixture, then sprinkle in the gravy granules, stirring until thickened. Season if needed, then tip into the baking dish. Spoon the mash on top, spreading it out to cover the mince, then grill until browned. Serve at once.



363
CALORIES

Preparation: 15 mins
Cooking: 30 mins
Serves: 4 adults

CAESAR ON THE LIGHTER SIDE

Jamie's
MINISTRY
OF FOOD
LEEDS

This twist on the classic Caesar salad is a little bit healthier on the dressing. It's all about taking influences from the original and bigging up texture and flavour with beautiful fresh ingredients.

INGREDIENTS

1 cos or romaine lettuce
1 clove of garlic
75g low-fat natural yoghurt
2 tablespoons olive oil
A handful of freshly grated Parmesan cheese, plus extra to serve
2 teaspoons Worcestershire sauce
Juice of ½ lemon
2 anchovy fillets, in olive oil, from sustainable sources
Sea salt and freshly ground black pepper

METHOD

1. Snap off and discard any wilted or dark green outer lettuce leaves. Trim the leaves, then cut the head into quarters lengthways. Chop into chunks and get rid of the core. Wash under cold running water and dry in a salad spinner
2. To make the dressing, peel and finely chop the garlic. Whisk the yoghurt, olive oil, grated Parmesan, Worcestershire sauce, garlic and lemon together in a bowl. Roughly chop and add the anchovies, season and whisk again
3. Toss the lettuce in the dressing, then scoop the salad into a serving bowl
4. Coarsely grate over a little extra Parmesan, if you like. Toss again, then serve.



NUTRITIONAL INFORMATION

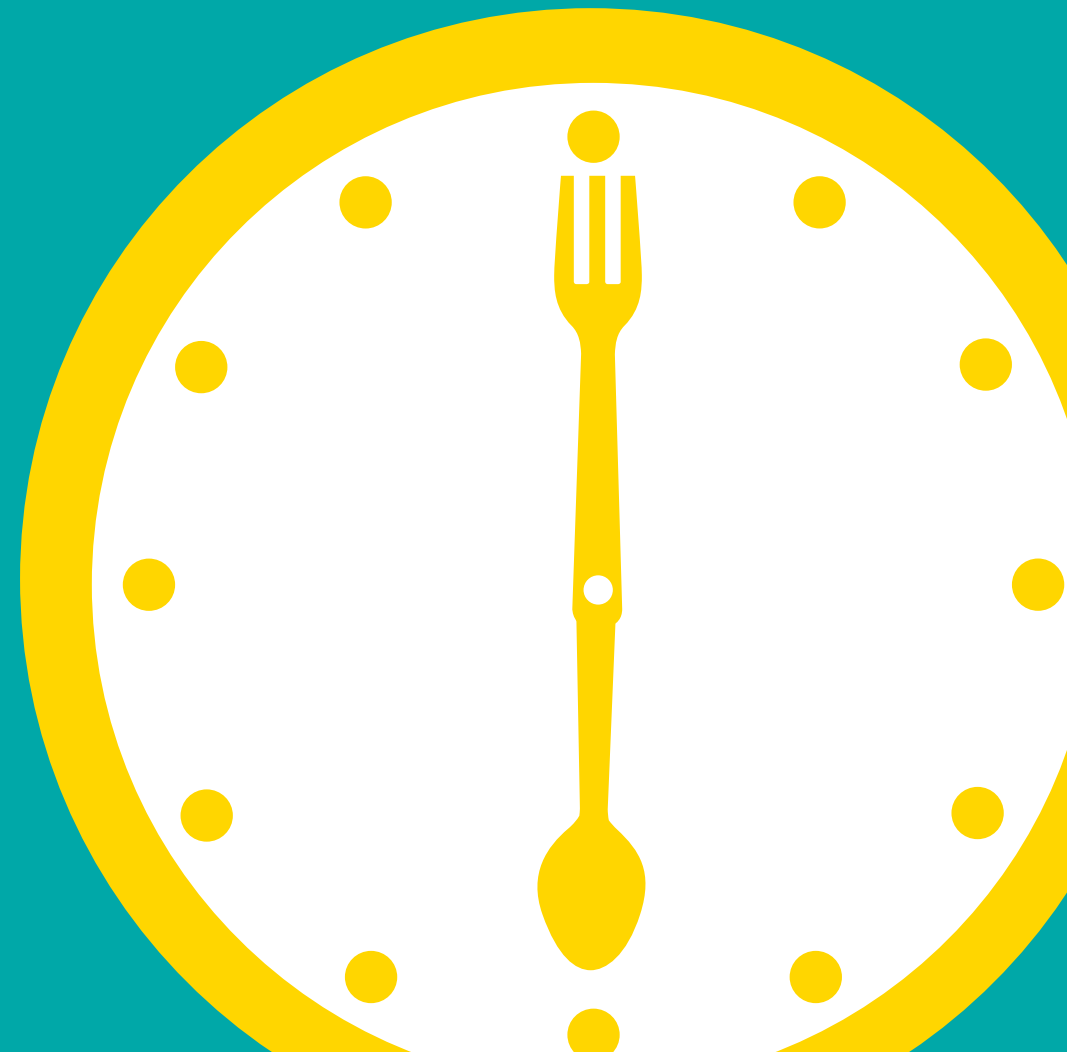
BASED ON	ENERGY	FAT
1 serving	120 kcal	9.3g
SATURATED FAT	SUGAR	SALT
2.5g	3.4g	0.7g

120
CALORIES

Preparation: 10 mins
Cooking: 0 mins
Serves: 4 adults

Recipe ©JOEL
Photographer: Tara Fisher

DINNER



VEGETARIAN SPAGHETTI BOLOGNAISE

This easy vegetarian Bolognese is packed with vegetables, making it healthier and very tasty too.

NUTRITIONAL INFORMATION

BASED ON	ENERGY	FAT
1 serving	453 kcal	8.2g
SATURATED FAT	SUGAR	SALT
0.8g	12.2g	0.9g

INGREDIENTS

300g frozen minced meat substitute (e.g. Quorn)
 1 large onion, chopped
 2 garlic cloves, crushed
 1 tsp red chilli (or green), chopped
 2 celery sticks
 1 carrot, chopped
 1 aubergine (small), finely chopped
 1 reduced salt vegetable stock with 400ml of boiled water

1 can chopped tomatoes
 2 tsp dried Italian mixed herbs
 2 tbsp. tomato puree
 200g mushrooms, sliced
 250g dried wholemeal spaghetti
 1 pinch ground black pepper

METHOD

1. Heat a large heavy-based saucepan. Tip in the frozen vegetarian mince and add the onion, garlic, chilli, celery, carrot, aubergine and stock. Bring to the boil
2. Add the tomatoes, dried herbs, tomato puree and mushrooms. Stir well. Simmer, partially covered, for 25-30 minutes, adding a little extra water if needed. Season with pepper
3. Fifteen minutes before you want to eat, cook the spaghetti in plenty of boiling water for 10-12 minutes, or according to pack instructions. Drain well, share between 4 warm plates and top with the Bolognese sauce.



453
CALORIES

Preparation 20 mins
 Cooking 35 mins
 Serves: 4 adults

FOUR SEASON PIZZA



Everyone loves pizza - it's so much fun to put together, and usually a lot healthier than shop-bought ones.

NUTRITIONAL INFORMATION

BASED ON	ENERGY	FAT
1 serving	182 kcal	5.2g
SATURATED FAT	SUGAR	SALT
2.1g	3.6g	0.7g

INGREDIENTS

1 23cm pizza base
 1g tomato puree
 2 tomatoes, sliced
 50g ready-grated mozzarella cheese
 1 tsp dried Italian mixed herbs
 25g sliced wafer thin ham, chopped
 25g pineapple pieces in natural juice, drained
 2 mushrooms (cup or button), thickly sliced
 25g cooked chicken, chopped

METHOD

1. Preheat the oven to 200°C, fan 180°C, and gas mark 6
2. Place the pizza base on a large baking sheet. Spoon the tomato puree on top and spread it evenly over the surface
3. Arrange the tomatoes on top. Scatter with half the mozzarella, then sprinkle with the herbs. Arrange the ham over one quarter of the pizza with the pineapple pieces
4. Arrange the mushrooms over a second quarter of the pizza. Then put the chopped cooked chicken or turkey over a third quarter of the pizza. Leave the last quarter plain and sprinkle the rest of the mozzarella over the whole of the pizza
5. Transfer the baking sheet to the oven and bake the pizza for 12-15 minutes, until the cheese is bubbling. Cool for a few moments before serving.

182
CALORIES

Preparation 15 mins
 Cooking 15 mins
 Serves: 4 adults

STUFFED PEPPERS

ONE YOU LEEDS

Vegetarian food is never dull - especially if you serve these colourful rice-filled peppers and tomatoes.

NUTRITIONAL INFORMATION

BASED ON	ENERGY	FAT
1 serving	284 kcal	5.5g
SATURATED FAT	SUGAR	SALT
2g	19g	0.2g

INGREDIENTS

150g wholegrain brown rice
2 tsp vegetable oil
1 large onion, chopped
2 celery sticks, finely sliced
2 garlic cloves, crushed
2 handfuls mushrooms (cup or button), sliced
1 courgette, chopped
1 tsp dried Italian mixed herbs
4 large tomatoes, halved

4 pepper(s), any colour, halved and deseeded
40g reduced fat hard cheese, finely grated
1 pinch ground black pepper

METHOD

1. Put the rice on to cook in plenty of gently boiling water. It will take 30-35 minutes to cook
2. Meanwhile, heat the oil in a large non-stick frying pan and cook the onion, celery, garlic, mushrooms and courgette for about 8-10 minutes, until soft. Set aside
3. Preheat the oven to Gas Mark 5, 190°C, fan oven 170°C
4. Drain the rice and mix with the cooked vegetables and herbs. Season with black pepper
5. Slice the tops from the tomatoes and scoop out the seeds. Arrange them in a roasting tin with the pepper halves. Fill with the rice mixture and sprinkle with the cheese. Pop the tops back onto the tomatoes, then bake for about 20-25 minutes, until the vegetables are tender.

284
CALORIES

Preparation 20 mins
Cooking: 60 mins
Serves: 4 adults

ONE YOU LEEDS

JALFREZI VEGETARIAN CURRY

NUTRITIONAL INFORMATION

BASED ON	ENERGY	FAT
1 serving	401 kcal	9g
SATURATED FAT	SUGAR	SALT
1g	19g	0.9g

INGREDIENTS

2 tsp vegetable oil
2 medium onions chopped
1 medium apple cored and chopped
1 garlic clove crushed
2 tbsp Jalfrezi curry paste
1 carrot sliced
1 green pepper deseeded and chopped
400g chopped tomatoes
3 handfuls cauliflowers broken into florets
410g chickpeas in water rinsed and drained
300ml reduced salt vegetable or chicken stock
180g easy cook long grain brown rice
50g frozen peas
2 tbsp fresh coriander chopped (optional)
4 tbsp low-fat natural yoghurt to serve
1 pinch ground black pepper

METHOD

1. Heat the vegetable oil in a large saucepan. Add the onions, apple and garlic and cook, stirring, for 3-4 minutes. Stir in the curry paste and cook for a few seconds
2. Add the carrot, pepper, tomatoes, cauliflower, chickpeas and stock. Simmer, partially covered, for 25-30 minutes, adding a little extra stock or water if needed. At the same time, cook the rice in a large saucepan of gently boiling water. It will take about 30 minutes
3. Add the peas and coriander to the curry (if using) and heat for 2-3 minutes. Check the seasoning, adding a little ground black pepper if needed
4. Serve the vegetable curry on warmed plates, with the rice, topping each portion with 1 tbsp of low fat yoghurt.

401
CALORIES

Preparation: 20 mins
Cooking 40 mins
Serves: 4 adults



ONE YOU LEEDS

JOLLOF RICE

Probably the most popular dish in the western region of Africa, Jollof rice is a one-pot dish to relish. Its origins are unclear, but it gets its name from the Wolof language where it is known as Benachin meaning 'one pot'. Each region has its variation on this dish, but the results are always the same - tasty!

NUTRITIONAL INFORMATION

BASED ON	ENERGY	FAT
1 serving	260 kcal	0.8g
SATURATED FAT	SUGAR	SALT
0.02g	5g	0.3g

INGREDIENTS

400g plum tomatoes
1 medium onion, roughly chopped
1 red pepper, deseeded and chopped
100g tomato puree
1 bay leaf
1 garlic clove, crushed
4 tsp curry powder
4 tsp dried thyme
700ml reduced salt vegetable or chicken stock
500g easy cook long grain white rice
1 pinch ground black

METHOD

1. Liquidise the tomatoes, onion and pepper in a blender or food processor. Tip into a large saucepan, then cover and cook over a medium-high heat for 6-8 minutes. Add the tomato puree, bay leaf, garlic, curry powder and thyme. Simmer for a further 2 minutes, stirring occasionally
2. Add the stock or water and bring to boil
3. Add the rice, stir, then cover and turn down the heat. Allow to simmer over a low heat for about 15-20 minutes, or until the rice is tender. During cooking, check and stir occasionally to make sure there is enough liquid to cook the rice. This is to ensure that the rice does not burn. If there is not enough, add a little extra water.

260
CALORIES

Preparation 15 mins
Cooking 30 mins
Serves: 8 adults

TRAYBAKED CRISPY CHICKEN

Jamie's
MINISTRY
OF FOOD
LEEDS

This recipe is super quick to prepare, then just whack it in the oven and leave it to cook nice and slowly so the meat is beautifully tender and falls away from the bone. Delicious!

NUTRITIONAL INFORMATION

BASED ON	ENERGY	FAT
1 serving	380 kcal	11.8g
SATURATED FAT	SUGAR	SALT
2.6g	13.2g	0.7g

INGREDIENTS

1 x 400g tin of cannellini beans
A big bunch of fresh basil
1 bulb of garlic
500g mixed-colour and various-sized tomatoes
½ a fresh red chilli
1 butternut squash (neck-end only, roughly 750g)
8 chicken drumsticks, preferably higher-welfare
Sea salt and freshly ground black pepper
Olive oil

METHOD

1. Preheat the oven to 180°C/350°F/gas mark 4
2. Drain and add the beans to a 25cm x 35cm roasting tray, spreading them out in an even layer
3. Pick the basil leaves, then finely chop the stalks. Push down on the garlic bulb with the palm of your hand, peel away and discard the white skin, then break it apart into individual cloves. Halve the cherry tomatoes, quartering any bigger ones. Deseed and finely chop the chilli
4. Cut the neck-end off the squash (save the rest for another day), trim away the stalk, then cut into rough 2cm pieces (there's no need to peel it)
5. Place the chicken into the roasting tray in one layer, then sprinkle over most of the basil leaves and all of the stalks. Scatter over the garlic cloves, tomatoes, squash and chilli. Use your hands to push everything in and around the drumsticks, pushing some of the tomatoes underneath the chicken
6. Sprinkle over a pinch of salt and a good pinch of pepper, then drizzle everything with 1 tablespoon of olive oil. Place in the hot oven for around 1 hour, or until the skin is crisp and the meat is tender and falls away from the bone, turning halfway
7. Carefully squeeze the garlic out of the skins with the back of a teaspoon and add back into the tray (discarding the skin), then give everything a quick mix up with tongs, sprinkle with the remaining basil leaves and divide between your plates. Delicious served with a simple green salad and new potatoes.



380
CALORIES

Preparation: 30 mins
Cooking: 60 mins
Serves: 4 adults

Recipe ©JOEL
Photographer: Matt Russell

TUNA PASTA SALAD

Jamie's
MINISTRY
OF FOOD
LEEDS

Fresh, colourful and nutritious, this is a great dinner to knock up in super-quick time. Save any leftovers for a packed lunch the next day.

INGREDIENTS

1 x 185g tin good-quality tuna, from sustainable sources
300g green beans
4 spring onions
400g ripe cherry tomatoes
30g black olives, stone in
Sea salt and freshly ground black pepper
400g farfalle or other dried pasta
½ a bunch of fresh flat-leaf parsley
1 lemon
Extra virgin olive oil

METHOD

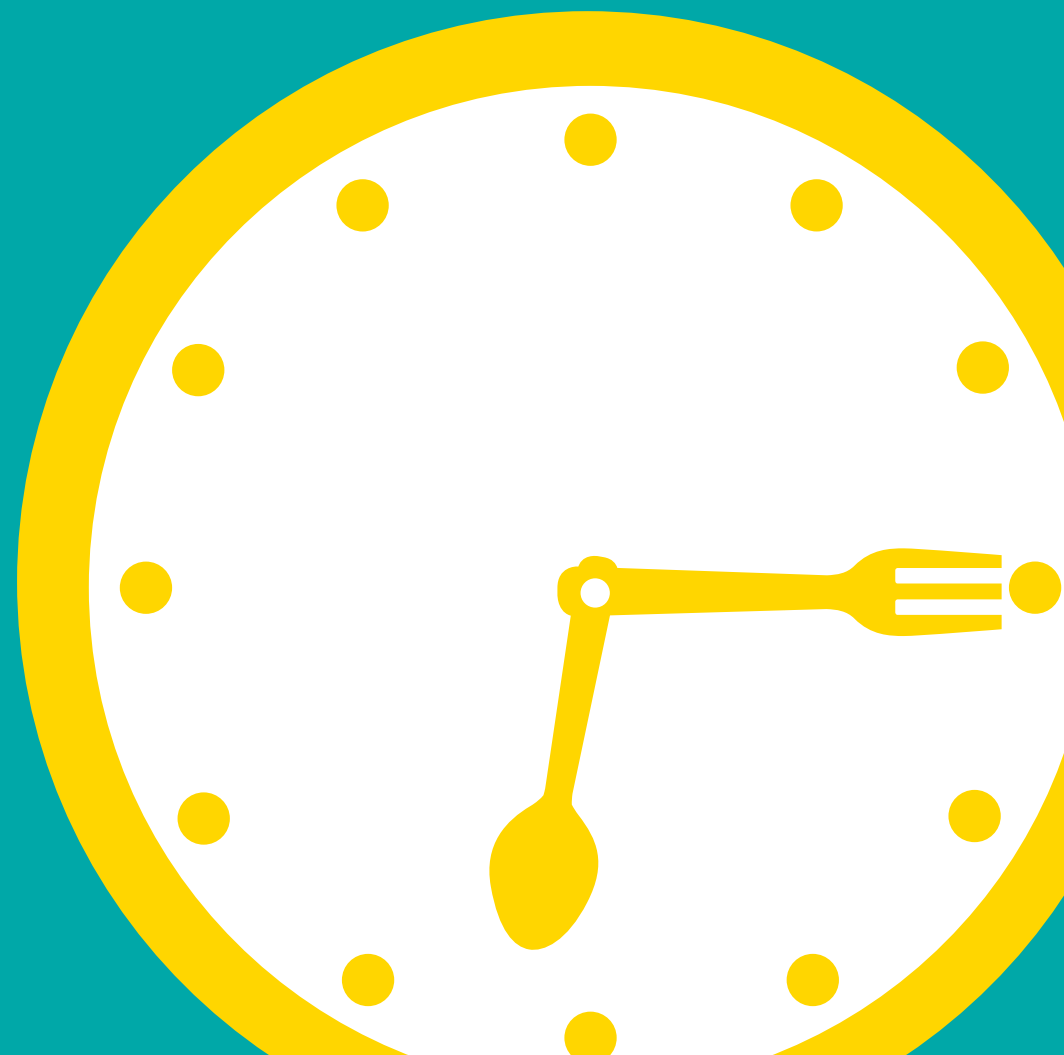
1. Drain the tuna in a sieve over the sink, using a fork to break it up into nice big chunks
2. Trim the beans, leaving the wispy tips on. Trim and finely chop the spring onions
3. Halve the cherry tomatoes. Crush the olives lightly with the palm of your hand and pull out the stones, then roughly chop and put aside
4. Bring a large pan of salted water to the boil, then carefully add the beans. Cook for around 4 minutes, or until soft and cooked through. Remove with a slotted spoon and drain in a colander
5. Add the pasta to the pan and cook according to packet instructions. Drain and set aside
6. Pick and roughly chop the parsley leaves, discarding the stalks
7. Halve the lemon and squeeze the juice into a large mixing bowl, holding your hand underneath to catch any pips
8. Add 3 tablespoons of extra virgin olive oil and a pinch of pepper, followed by the cooked pasta, beans, spring onions, tomatoes and olives
9. Sprinkle over the parsley and serve.

NUTRITIONAL INFORMATION

BASED ON	ENERGY	FAT
1 serving	587 kcal	17.3g
SATURATED FAT	SUGAR	SALT
3g	8.3g	1.3g

Recipe ©JOEL
Photographer: Matt Russell

DESSERT





RONNIE'S HOT CROSS BANANA CAKES

This healthier choice cake is super easy and a much healthier alternative to shop bought hot cross buns.

NUTRITIONAL INFORMATION

BASED ON	ENERGY	FAT
1 serving	260 kcal	2g
SATURATED FAT	SUGAR	SALT
0.6g	13g	0.3g

INGREDIENTS

250ml of semi-skimmed milk
75g of ready to eat dried apricots (chopped)
50g sultanas

Ronnie's Top Tip: why not try combining different fruits here such as cherries or golden raisins?

40g light muscovado or soft brown sugar
150g self-raising flour
2 beaten eggs
1 mashed banana
100g bran flakes

METHOD

1. Put the bran flakes in a large mixing bowl and add in the milk and dried fruit (sultanas and apricots). You need to cover this and put it in a cool place for about an hour – make sure you give it a mix from time to time
2. Time to heat up the oven, 180°C (fan oven 160°C/ gas mark 4)
3. You need to now prepare your cake cases by placing 12 paper muffin cases onto a baking tray or line a loaf tin with greaseproof paper
4. After your mixture has been soaking for a while you need to add in the sugar, flour, mashed banana and beaten eggs to the mixing bowl and stir thoroughly
5. Spoon the mixture carefully into your cases. Ronnie's Top Tip: being careful not to overfill these as you don't want your mixture spilling out
6. Put the baking tray containing your cake mixtures onto a middle shelf and bake for 50-55minutes
7. Take out of the oven and make sure you cool them for at least 10minutes, carefully tip out onto a wire rack
8. Suitable for freezing.

260
CALORIES

Preparation: 20 mins
Cooking 55 mins
Serves: 12 adults

LEMON & RASPBERRY TRIFLES

ONEYOU LEEDS

Treat yourselves to this easy dessert with its wonderful raspberry sauce.

NUTRITIONAL INFORMATION

BASED ON	ENERGY	FAT
1 serving	138 kcal	3.0g
SATURATED FAT	SUGAR	SALT
1.9g	14g	0.5g

INGREDIENTS

250g lower fat soft cheese
125g low-fat vanilla yoghurt
1/2 lemons zest finely grated and 1 tbsp juice
250g frozen raspberries defrosted, fresh would also work well
8 sponge fingers broken into pieces

METHOD

1. Beat the soft cheese with a wooden spoon until smooth and creamy, then stir in the yoghurt. Add the lemon zest and juice, mixing well
2. Put half the raspberries to one side, then puree the rest with a blender or simply mash them with a fork or potato masher. Stir them into the whole raspberries
3. Divide the sponge fingers between 4 serving glasses or ramekin dishes and spoon half the raspberry mixture on top. Now spoon the lemon mixture into the dishes and finish off with the rest of the raspberry mixture. Keep in the fridge until ready to serve.

138
CALORIES

Preparation: 15 mins
Cooking: 0 mins
Serves: 4 people





About Me

My name is Louis Padian. I'm an Adult Weight Management and Physical Activity Coach at One You Leeds. My background is a BSc in Sports Science. I'm currently studying for my MSc and AfN accreditation in Nutrition. I've been a personal trainer and wellbeing coach for four years and had a brief stint as a professional rugby union player.

My Top 5 One You Leeds Tips

1. It's about being better, not perfect! In my experience people want to change too much, too quickly. It's great for us to see that you're enthusiastic to make change, but making one or two smaller changes and keeping to them is better for long term success. As you progress then you can start to change more habits.
2. Get social! Get a walking buddy, cooking friend or group mate to join a programme with you. This means that you can keep each other motivated, share ideas, make new friends in the group and even try and meet up outside of sessions for activities or just a bite to eat. This can help you all develop your new habits and celebrate each other's successes
3. Ask questions! There is no such thing as a silly question. If you're unsure then just ask one of our trained coaches, because if you're unsure about something there's usually at least one other person in the room thinking the same thing. The coaches are happy to answer questions to help you get the most out of our services.
4. Track your habits! One of the key things we find in people trying to get healthier and lose weight is that keeping a food or activity diary makes you more likely to be successful. We have them in the back of our weight management diaries to help you get the best results possible.
5. Enjoy the process! Managing your weight, learning to cook and getting active can seem like all work and no play - but it's not! It's all about trying new things to get you healthier and happier and hopefully find something that you like that fits your lifestyle.



EAT WELL

Healthy eating is about eating a balanced diet which contains a variety of foods. Eating poorly and becoming overweight or obese increases your risk of getting Type 2 diabetes, heart disease and some cancers. Eating a **healthy, balanced diet** provides nutrients to your body. These nutrients give you energy and keep your heart beating, your brain active and your muscles working.

HOW WE CAN HELP:

Free **1 x 60** minute personal assessment

Free **4-8 x 30** minute support sessions

Discover advice and tips on eating well and keeping your weight under control. Develop shopping and cooking skills, plus important advice on reading food labels and portion sizes.

Individual appointments / in person / over the phone.



COOK WELL with *Jamie's* MINISTRY OF FOOD LEEDS

Jamie's Ministry of Food courses are hands-on, practical, fun and friendly. Learning how to cook can save you money and improve your own and your family's health and wellbeing.

HOW WE CAN HELP:

£8 for **8 x 90** minute classes

Prices are reduced to **£2** if you meet our eligibility criteria

Cook tasty, affordable, nutritious meals from scratch. Learn to make delicious Jamie Oliver recipes, discover new skills and techniques and take home your tasty creations.

Plus, there's more – including clever shopping on a budget, and lots of nutrition and healthy eating advice.

FOR MORE INFORMATION VISIT US AT:

ONEYOULEEDS.CO.UK
0800 169 4219

One You Leeds also offers Be Smoke Free, Manage Your Weight and Move More.