



Healthy Lifestyles Week 2025

Recipe Book.

CHEESE AND SWEETCORN SAVOURY MUFFINS

INGREDIENTS

Dry Ingredients

- 250 g Self-raising flour
- 1 tsp Baking powder
- 1 tsp Salt
- 200 g Grated cheese
- 160 g Tinned sweetcorn, Drained
- 25 g (1 oz) Fresh chives, Chopped finely

Wet Ingredients

- 2 Eggs, Beaten
 - 100 ml Oil, Sunflower or vegetable
 - 250 ml Milk
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- 1 tbs Oil to brush the tin



METHOD

1. Preheat the oven to 200°C
2. Brush the inside of a muffin tin well with oil.
3. Mix all of the dry ingredients (Flour, baking powder, salt, grated cheese, tinned sweetcorn and chives) in one bowl.
4. Mix all of the wet ingredients (eggs, milk & oil) in a bowl or jug, and stir until well mixed.
5. Add the wet mixture into the dry and mix until totally combined. (Don't over-mix, but do check thoroughly as there are often pockets of dry flour hiding!)
6. Scoop into the 12 muffin holes and bake for 20-25 minutes or until golden brown.

You can keep this recipe in the fridge for 3 days. Reheat fully before serving or eat cold.

These are great for freezing. Simply pop them into a freezer container or bag when fully cooled, then when you're ready to eat them, defrost thoroughly and enjoy cold or heat them up.

SUPER SALAD WRAPS

INGREDIENTS

- 1 tortilla
- 2 tbsp hummus (or substitute with cream cheese or salsa)
- 1 lettuce leaf
- grated carrot
- cucumber cut into sticks and/or 2 avocado slices
- Chopped cherry tomatoes
- handful grated cheddar



METHOD

1. Lay the tortilla out flat on a board and spread the hummus on the bottom third and put the lettuce on top.
2. Arrange the carrot, cucumber in a bank on top of the lettuce and spoon the chopped tomatoes on top. Sprinkle on the cheese.
3. Fold the bottom of the wrap up just over the filling, fold the sides in and then roll the wrap the rest of the way up.
4. Cut in half or into pieces.

CHEESE & TOMATO PIZZA SWIRLS

INGREDIENTS

- Ingredients:
- 1 sheet of puff pastry
- Flour for rolling
- 3 tbsps. tomato puree
- ½ onion, chopped
- 1 cup cheddar cheese, grated



METHOD

1. Preheat the oven to 220 °C
2. Roll out the puff pastry to a rectangle shape. Use flour so the pastry becomes sticky.
3. Finely chop the onion.
4. Spread the pastry with the tomato puree.
5. Sprinkle the onion and cheese onto the tomato puree.
6. Roll the sheet of pastry along the short side.
7. Mark the pastry 1 finger space apart along the log shape, then cut where you have marked.
8. Lay the swirls on a parchment-lined tray about 2cm away from each other.
9. Bake in the oven at 220 °C for 20 minutes.

SAVOURY VEGETABLE MUFFINS

INGREDIENTS

- 1 medium courgette
- 1 medium carrot
- 30g frozen peas
- 30g frozen sweetcorn
- 125g cheese
- 125ml milk
- 60 g plain Greek yoghurt
- 60 ml olive oil
- 2 eggs
- 250g plain flour
- 2tsp baking powder



METHOD

1. Preheat oven to 180 °C
2. Grate the courgette and carrot into a bowl. Wrap the grated mixture in a clean dish cloth, then squeeze out the excess liquid.
3. In a large mixing bowl, add the courgette, carrots, peas, sweetcorn, grated cheese, milk, yoghurt, olive oil and egg.
4. Combine the wet and dry ingredients: Add the baking powder to the flour and gently combine. Gradually add in the dry ingredients to the wet until it is all combined.
5. Grease a 12 hole muffin tray with oil or butter. Equally distribute the muffin batter into the sections and bake for 20-25 minutes.

CHEESE AND VEGETABLE FRITTATA

INGREDIENTS

- 2 tsp olive, sunflower or vegetable oil, for greasing
- 4 large eggs
- 50ml milk
- handful grated cheddar or crumbled feta
- freshly ground black pepper
- 1 tbsp chopped fresh herbs such as parsley or chives (optional)
- 10 cherry tomatoes cut into halves
- 1 red pepper, chopped
- handful frozen peas, defrosted
- 50g/1¾oz broccoli, chopped into small florets



METHOD

1. Preheat the oven to 180C/350F/Gas 4.
2. Rub the oil over the inside of a 6-hole muffin tin with a bit of kitchen roll or a pastry brush.
3. Break the eggs one by one into a small bowl so you can check if there is any egg shell in the bowl. If there is you can fish it out with a spoon. Tip each egg into a big bowl when you have checked for shell. Wash your hands after handling eggs.
4. Add the milk to the eggs. Whisk the eggs with a fork or metal whisk until it is light and fluffy.
5. Add half of the grated cheese and a little ground black pepper. You can also add herbs if you like.
6. Put the chopped vegetables into the muffin tin. Pour the egg and cheese mixture onto the vegetables and sprinkle the rest of the cheese on top.
7. Place the tin in the oven for 20 minutes so that the frittata is golden-brown and set. Leave to cool a little before removing from the tin with a heatproof spatula. You can eat it warm or cold.

FRUIT MUFFINS

INGREDIENTS

- Ingredients:
- 250g bananas (2 medium bananas)
- 2 eggs
- 1 teaspoon vanilla essence
- 100g melted butter
- 160g plain flour
- 1.5 teaspoon baking powder
- blueberries



METHOD

1. Preheat the oven to 180 °C.
2. In a large bowl, mash the bananas with a fork.
3. Add the eggs, vanilla extract and melted butter to the bowl. Beat the wet ingredients together and a whisk until it is smooth.
4. Add the flour and baking powder to the wet mixture. Beat the mixture together using a whisk.
5. Grease the muffin tins or use muffin cases. Portion the mixture into the cases.
6. Top the muffin with a blueberry. Bake at 180 °C for 20-25 minutes.

PITTA CHIPS

INGREDIENTS

- 4 wholemeal pittas
- 1 tbsp olive oil
- 1 tsp smoked paprika
- 1 tsp salt



METHOD

1. Preheat the oven to 200°C.
2. Cut the pittas into 12 triangles, then separate each to make 24 pieces. Toss with the olive oil, salt and paprika, then transfer to a baking tray.
3. Bake for 6-8 mins until crispy.

SMASHED CANNELLINI BEAN DIP

INGREDIENTS

- 4 tbsp olive oil
- 1 onion, finely chopped
- 1 garlic clove
- ½ tsp cracked black pepper
- 400g can cannellini beans, drained and rinsed



METHOD

1. Heat half the oil in a shallow saucepan over a low-medium heat. Finely chop the onion and add to a saucepan and cook for 3 minutes until soft, then add the chopped garlic and cook for 1 minute.
2. Sprinkle in the pepper and then stir in the beans.
3. Season the mixture with salt and pepper then tip into a food processor with the remaining oil.

VEGETABLE COUSCOUS

INGREDIENTS

- ¼ cucumber
- 10 cherry tomatoes
- 1 pepper
- 100g frozen sweetcorn
- 150g couscous
- 1tbsp olive oil
- 200ml boiling water



METHOD

- 1. Chop all of the vegetables into small pieces.
- 2. Place the couscous into a large heat proof bowl and drizzle over the olive oil
- 3. Boil the kettle and pour over 200 ml of boiling water onto the couscous, cover with a plate then set aside to stand for 5 minutes.
- 4. Use a fork to stir up the couscous until it looks fluffy.
- 5. Add the chopped vegetables to the couscous and stir well.

