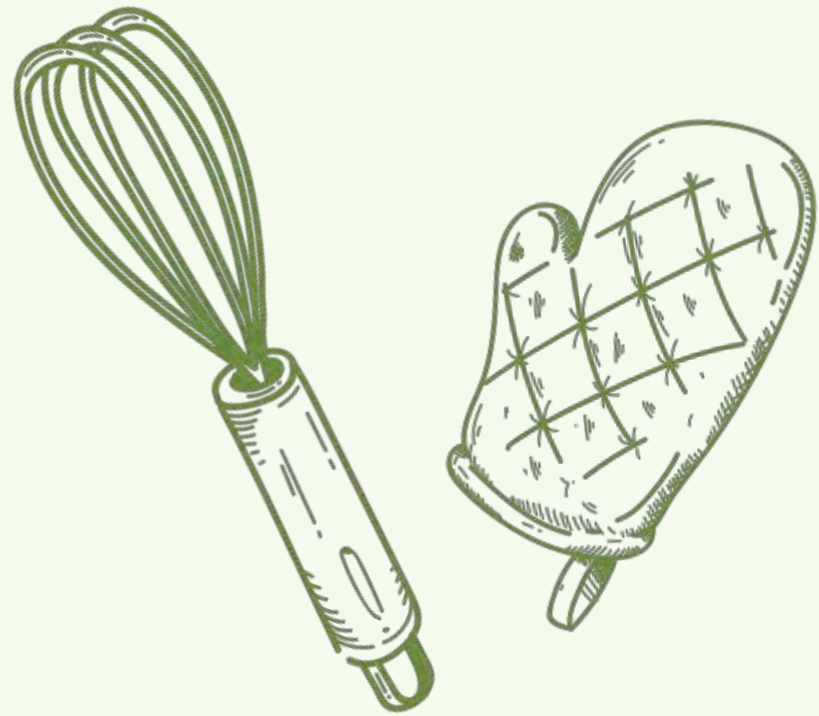


Recipe ideas

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- Blueberry breaky smoothie
- Black-bean and quinoa chilli



BLACK BEAN & QUINOA CHILLI

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SERVES 4-6

INGREDIENTS

- 1 cup quinoa
- 2 x tins black beans
- 1 x tin corn
- 1 x tin tomatoes
- 1 x 400g jar Passata
- 1 onion, chopped
- 2 garlic cloves, minced
- 1tsp chilli flakes
- 1tsp cumin
- 1/2tsp ground coriander seed
- Olive oil

Fresh coriander, avocado, lime and salad to serve



DIRECTIONS

1. In a medium pot, cook quinoa as per packet. Set aside.
2. In a large pot, heat 1 tbsp. of olive oil on medium-high heat. Add onion and garlic, and cook until translucent. Add chilli, cumin and coriander, stir.
3. Mix in tomatoes, passata and black beans.
4. Bring to a boil; then reduce heat, cover and simmer for 20 minutes. Add water if needed.
5. After 20 minutes, stir in reserved quinoa and corn. Cook for another 5 minutes then serve with sides of your choice!

Recipe
Share!

BLUEBERRY BREAKFAST SMOOTHIE

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SINGLE SERVE

INGREDIENTS

- 1/2 cup fresh or frozen blueberries
- 1/2 banana
- 1tbsp oats
- 1tbsp nut butter
- Pinch of cinnamon
- 1 cup milk of choice

DIRECTIONS

Blend all ingredients together until smooth.

Enjoy!

