



B-well™

IMMUNE
Boosting
COOKBOOK



A fun and informative
cookbook that packs the
power of all the highest
immunity promoting foods
for the whole family.



BOOSTING YOUR IMMUNITY THROUGH BETTER CHOICES



B-well™ is passionate about **health** and **wellness**. We understand that the fundamentals to a healthy body comes down to a strong and efficient **immune system** - the body's vast and intelligent network of cells, tissues, and organs that coordinate your body's defences against any threats to your health.

At **B-well™**, we are confident that a healthy and balanced diet is essential for the correct function of every part of our body, including the immune system. That is why we have carefully created and compiled this cookbook filled with yummy, mouth-watering and oh-so-easy recipes that comprise of an alchemy of immune boosting nutrients.

The nutritional factors in food that have been found to have immune regulating properties have been included in each recipe. These include micronutrients such as **vitamin C**, **vitamin D**, **zinc**, or macronutrients such as **omega fatty acids**, found in our canola products.

Each recipe has been created with love,
from our **B-well™** family to yours.



SHOPPING LIST

WHAT TO LOOK OUT FOR



It is common consensus amongst dieticians and health professionals that the best way to boost and support one's immune system through food and diet is to **diversify our foods** in order to ensure we eat as many different types of nutrients and minerals as possible. To maintain the benefits, eating nutritionally must be **consistent**, that means we are consistently eating nutritional food.

Let's look at just some of the **essential nutrients** needed for the immune system to stay strong and some of the foods it can be found in:



OMEGA 3 & 6 FATTY ACIDS

B-well™ Canola Oil & Mayonnaise, Eggs, Salmon, Walnuts, Hemp Seed and Linseed



PROBIOTICS

Natural Yoghurt, Kombucha, Kefir, Sauerkraut and Miso



PROTEIN

Meat, Chicken, Fish, Shellfish, Lentils and Peas



WATER

Teas, Broths, Soups and Fruit



VITAMIN C

Citrus Fruits, Berries, Bell Peppers and Brassica Greens (Brussel Sprouts, Kale, Spinach)



VITAMIN A

Sweet Potato, Carrots and Broccoli



VITAMIN D

Orange Juice, Milk, Cereals, Mushrooms and Cheese



VITAMIN E

Almonds, Hazelnuts, Peanut and Butter



B VITAMINS

Fatty Fish, Avocado, Nuts, Sweet Potato, Chicken, Leafy Greens and Oats



NATURAL ANTIVIRALS/ANTIBIOTIC

Garlic, Ginger, Turmeric and Pomegranate



NATURAL ADAPTOGENS

Shiitake Mushrooms, Ashwagandha and Rosemary



RECIPE INDEX

A fun and informative **IMMUNE BOOSTER COOKBOOK** featuring a variety of power-packing meals, snacks and specialities that boost immunity and give your body the healthy TLC it needs.

PLEASE NOTE: All recipes and health hacks are based on standard food and nutritional information, intended to be used as a complimentary guideline in promoting wellness. **B-well™**, nor any contributor(s) to this booklet can be held responsible for any action (or lack thereof) as a result (indirectly or directly) of information contained in, or accessed through this book. Please consult a medical professional for advice, specialised treatment or dietary replacements.



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B-well

**KALE
AND
CHICKPEA
SPREAD**





15 MINUTES



2 CUPS

CHEEKY GREEN KALE & CHICKPEA SPREAD

The ease of a ready-made spread is incomparable, especially one that is powered with nutrients, tastes delicious and is so versatile. This kale chickpea sandwich spread is all of that; vegan, gluten-free and loaded with immune boosting power from nutrient-dense kale and chickpeas.



INGREDIENTS

2 Tbsp
B-well™ Thick & Creamy Mayonnaise

2 medium kale leaves, *ribbed*

1 carrot, *peeled and cut into chunks*

1 can chickpeas, *drained and rinsed*

2 Tbsp nutritional yeast

¼ cup tahini

¼ cup fresh flat-leaf parsley leaves

2 green onions/scallions
(green parts only), *roughly chopped*

2 Tbsp fresh lemon juice

2 tsp mustard seeds

1 tsp red wine vinegar

1 tsp sea salt, *or more to taste*

¼ tsp turmeric

½ tsp curry powder

½ tsp ground cumin

½ freshly ground pepper

PREPARATION

- 1 In a pan on medium heat, add the mustard seeds and heat up while swirling the pan until slight fragrance is released. Then add it to a mortar and pestle/spice grinder with the turmeric. Once ground up, add vinegar and blend into a smooth yellow mustard paste. Set aside.
- 2 Combine the kale leaves and carrot in a food processor fitted with the s-blade, and pulse until finely chopped.
- 3 Add the mustard paste, the **B-well™ Thick & Creamy Mayonnaise** and the remaining ingredients and pulse until the chickpeas are evenly chopped and everything is combined, but still slightly chunky.
- 4 Transfer to a bowl and serve. Garnish with fresh parsley sprinkle. Place any left overs in a sealed container in the refrigerator.
- 5 Best served as a delicious dip, a drizzle over veggies or as a nutritious sandwich spread!



Kale - Exceptional amounts of vitamin A, C & K, rich in magnesium and iron.

Chickpeas - Rich in vitamin B6, iron, magnesium and protein.

Sesame (Tahini) - High in iron, magnesium and vitamin B6.



“EASY-PEAZY”

05



B-well™

**SPROUTED
MUNG BEAN
BURGERS**





40 MINUTES



10 BURGERS

SPROUTED MUNG BEAN BURGERS WITH CREAMY MINT DRESSING

Plant-based food is a growing sensation, not only for foodies, but for better health. These scrumptious burgers are vegan, gluten-free, have no artificial sugars and are packed with live health-promoting enzymes and plant-powered goodness from fresh mung bean sprouts.



INGREDIENTS

FOR THE BURGERS

B-well™ Canola Cooking Spray/
Cooking Olive Oil for frying patties

1 cup dry mung beans

2 potatoes, *peeled, cooked and mashed*

2 Tbsp chickpea flour

2 cloves garlic, *minced*

1 tsp ginger, *minced*

1 green chilli, *very finely minced*

1 small onion,
finely minced/grated (liquid removed)

1 tsp turmeric

2 Tbsp coriander leaves, *minced*

1 tsp cumin

2 Tbsp mint leaves, *finely minced*

½ tsp salt and ½ tsp black pepper, *to taste*

FOR THE GREEN CHUTNEY

2 tsp **B-well™ Thick & Creamy Mayonnaise**

¼ cup coriander leaves

¼ cup mint leaves

1 tsp ginger-garlic paste

Juice of ½ lemon

½ cup desiccated coconut

1 green chilli, like jalapeno, *chopped*

Salt to taste

PREPARATION

THE BURGER

- 1 Soak your mung beans overnight or for 8 hours in enough water to cover them by at least 8 cm. Drain the beans in a colander, give them a thorough wash. Now cover the colander with a kitchen towel. Wait for little white shoots to appear. It should take a full day if the weather is warm. *If beans haven't sprouted yet, rinse them once in the morning and again in the evening, cover again and wait.*
- 2 Once the beans have sprouted, cook the sprouts with just enough water to cover them and add a pinch of salt. Do this for 30 min until al dente (*not mushy*).
- 3 In a food processor, pulse the cooked beans or mash them to break them into smaller pieces.
- 4 In a bowl, mix the mung beans with all the other ingredients. The mixture should hold together when you form a patty.
- 5 Patting the mixture out on your palm and shaping the edges with your fingers, form 10 burger patties. Allow to rest in the fridge for 5 min before cooking.
- 6 Heat a pan to medium high heat, coating the pan with **B-well™ Cooking Olive Oil** or **Cooking Spray**. Cook over medium high heat until golden brown on both sides.
- 7 Serve in a salad or on a whole wheat burger bun, topped with some creamy mint-coriander dressing, salad greens and tomato.

THE CHUTNEY:

- 1 Place the **B-well™ Thick & Creamy Mayonnaise** and all of the chutney ingredients in a food processor or blender, add a splash of water and process until smooth.
- 2 Add just enough water to keep the blades moving. Add more water if you like your chutney runnier.

STAR INGREDIENTS

Mung Bean Sprouts - Rich in vitamin A, C, B6, protein and potassium.

Mint - Natural anti-inflammatory, vitamin A, C, iron and magnesium.



“FOODIE”

B-well™

**GRILLED SPICY
GARLIC-LEMON
PRAWN SALAD**





25 MINUTES



SERVES 4

GRILLED SPICY GARLIC-LEMON PRAWN SALAD

A burst of spice, complimenting the zest of lemon and the natural sweetness of prawns. All of these elements amplify flavour and these may also **amplify your health** and **boost your immune system**. Perfect for the braai, to entertain guests or just treat yourself and your body.



INGREDIENTS

B-well™ Extra Virgin Olive Oil
(if using oven and for drizzling over salad)

500 g of prawns, tiger prawns preferred,
shelled, deveined and tails still on
bamboo skewers, soaked in water

1 lemon, cut into wedges

FOR THE MARINADE

4 Tbsp **B-well™ Original Tangy Mayonnaise**

2 Tbsp **B-well™ Extra Virgin Olive Oil**

¼ cup fresh coriander, *chopped*
(use ½, keep ½ for salad)

3 garlic cloves, *minced*

½ tsp garam masala

¼ - ½ tsp chilli powder, *as desired*

2 Tbsp lemon juice

¼ turmeric powder

½ salt, *or to taste*

Fresh parsley, *finely chopped* (garnish)

sprinkle of black pepper

FOR THE SALAD

2 ripe avocados, *sliced*

2 cos lettuce, *cleaned and separated*

1 cucumber, *thinly sliced*

1 pinch sea salt

1 red bell pepper, *thinly sliced*

1 cup feta cheese, *optional*

slices of lemon/lime, *for serving*

PREPARATION

- 1 Mix all the ingredients of the marinade in a bowl. Stir to combine well.
- 2 Add the clean prawns to the bowl, covering each prawn in marinade and marinate for at least 2 hours, preferably overnight.
- 3 Make the salad by adding all the ingredients to a bowl and toss it together. Set aside in the fridge until serving.
- 4 Thread the prawn onto the bamboo skewers, set aside.
- 5 Grill the prawns on a grill on both sides, until they are cooked and slightly charred on the surface.
- 6 Baste with **B-well™ Extra Virgin Olive Oil** while grilling. *If you are using an oven, line a baking sheet with aluminium foil or baking paper and arrange the prawn skewers in a single layer. Using a small brush, baste both sides of the shrimp with the **B-well™ Extra Virgin Olive Oil**. Roast for 10 min or until the prawns are cooked. Broil for 1 min or until the top surface is slightly charred.
- 7 Remove from the grill (or oven*), garnish with chopped coriander and serve immediately with lemon wedges, a delicious fresh salad and a drizzle of **B-well™ Extra Virgin Olive Oil**. Enjoy the tasty flavour experience.

Prawns - Rich in selenium, zinc and protein (9 amino acids).

Lemon - High in vitamin C, anti-inflammatory, antioxidant rich.

Turmeric - Natural anti-inflammatory, immune supporting.



“FOODIE”



B-well

**PARADISE
GARDEN
GRAIN SALAD**





25 MINUTES



SERVES 4

PARADISE GARDEN GRAIN SALAD WITH BABY SPINACH & POMEGRANATE

Nothing beats a fresh, crunchy and flavour popping salad, especially if one is feeling grouchy and in need of some refreshing uplifting flavours. Inspired by the Middle Eastern tabbouleh, packed with **antioxidants**, flavonoid-rich ingredients on a bed of **protein-packed** quinoa.



INGREDIENTS

FOR THE DRESSING

- ⅓ cup **B-well™ Extra Virgin Olive Oil**
- ⅓ cup apple juice
- ½ tsp dijon mustard
- ⅓ tsp apple cider vinegar
- ¼ cup mint, *finely chopped*
- salt and pepper, *to taste*

FOR THE SALAD

- 1 cup quinoa
- ⅓ cup pomegranates
- 2 cups baby spinach, *chopped*
- 2 cups rocket/baby spinach
(*your choice*)
- 200 g peas
(*trimmed, stringed, cut in half on diagonal*)
- ½ cup feta/goat cheese, *crumbed*
- ½ cup walnuts, *chopped (optional)*

PREPARATION

TO MAKE THE DRESSING

- 1 In a jar or bowl, add all dressing ingredients. Place lid on jar and shake, or in bowl whisk until all ingredients are combined. Store in the refrigerator when ready to use. Shake before use.

TO MAKE THE SALAD

- 1 Rinse the quinoa well with cold water and drain through a fine mesh strainer to remove excess water.
- 2 Add the rinsed and drained quinoa into a dry pan, heated to medium. Toast the quinoa lightly until you can smell a nutty flavour, then remove from heat.
- 3 In a pot, add 1 ⅓ cups boiling water and the toasted quinoa. Replace the lid, leaving a small gap for the steam to release. Cook for about 15 min, or until all the water is gone. Remove from the pot.
- 4 Allow the quinoa to cool down for at least 10 min, then fluff with a fork.
- 5 Once the quinoa is cool and fluffed, add the spinach, rocket, pomegranate, cheese and peas.
- 6 Shake and drizzle the apple mint vinaigrette over salad, toss and serve. Enjoy the zesty, satisfying bite full of deliciousness.



B-well™ Extra Virgin Olive Oil - Rich in polyphenols and antioxidants, anti-inflammatory properties.

Pomegranates - Antioxidant-rich, vitamin C, potassium, magnesium.

Quinoa - High in protein: 9 essential amino acids, iron, B vitamins, magnesium.



“EASY-ISH”

B-wellTM

**FULLY LOADED
OVEN-BAKED
FRITTATA**





1 H 15 MIN



SERVES 6-8

FULLY LOADED OVEN-BAKED FRITTATA

Achieving greatness doesn't always mean huge amounts of effort, easy does it too, especially if the issue is getting those veggies in. This frittata recipe is packed with a combination of nutrient-dense ingredients, set in a protein-rich mixture. Did we mention how insatiably delicious it is? Aaah, it's so good, a real family favourite!



INGREDIENTS

B-well™ Canola Baking Spray

$\frac{3}{4}$ cup **B-well™ Pure Canola Oil**

3 eggs/3 Tbsp

B-well™ Reduced Oil Mayonnaise

$\frac{1}{2}$ cup of flour/gluten-free flour

200 ml of red/white quinoa

$\frac{1}{4}$ cup of bulgar wheat/polenta

1 $\frac{1}{2}$ cups red bell peppers

1 can of sweetcorn

2 cups spinach, *shredded*

$\frac{1}{2}$ punnet mushrooms, *thinly sliced*

$\frac{1}{2}$ cup feta cheese/vegan cheese

1 tsp bicarb

1 tsp salt

1 tsp dry coriander

1 tsp ground cumin

1 tsp ground red chillies

1 tsp garlic flakes

sesame seeds, *for sprinkling*

PREPARATION

- 1 Preheat your oven to 180°C. Spray the **B-well™ Canola Cooking Spray** to grease a large casserole dish or muffin tray.
- 2 In a big bowl, combine all your amazing ingredients, stirring just until just blended. Add your mixture to the greased oven dish/tray.
- 3 Sprinkle the sesame seeds and garlic flakes on the top and put the dish into the preheated oven.
- 4 Bake for 30-40 min, or until golden brown and cooked through - *do a clean knife test*.
- 5 Take out of the oven and allow to rest for at least 10 min.
- 6 Enjoy the unique flavours and textures of each bite. Serve with a side salad. Fully loaded, packed with power, so darn delish!

Quinoa - High in essential amino acids, magnesium, B vitamins, iron, antioxidants.

Red Bell Peppers - High in vitamin C, B6, antioxidants and beta-carotene.

Spinach - Rich in antioxidants, vitamin K, C, A, magnesium, iron and protein.



“EASY-PEAZY”

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**RED
POWER RANGER
SOUP**





1 HOUR



SERVES 4-6

RED POWER RANGER SOUP

This red and devilishly divine soup is definitely a power package with bell peppers and chili, rich in the **phytochemical, capsaicin** - the star element to this meal responsible for the spicy taste. It is incredibly rich in **vitamin A, C, E**, loaded with **antioxidants, minerals** and contains flavonoids which have shown to assist with respiratory functions.



INGREDIENTS

B-well™ Extra Virgin Olive Oil

6 large red tomatoes/
600 g chopped rosa tomatoes/
1 ½ cans chopped tomatoes

1 large red onion, *chopped*

1 large red pepper, *seeded and chopped*

1 orange pepper, *seeded and chopped*

1 red chilli, *chopped and deseeded*

1 tsp coriander seeds

1 cup vegetable stock

3 garlic cloves, *whole and unpeeled*

1 tsp black peppercorns

handful of fresh basil leaves

half a tin of coconut milk, *optional*

salt, *to taste*

habanero/tabasco/sweet chilli pepper
sauce to spice things up

PREPARATION

- 1 Heat the oven to 180°C.
- 2 In an oven dish, add the chopped orange peppers, tomatoes, onions and the garlic cloves, still in their jackets. Drizzle with **B-well™ Extra Virgin Olive Oil** and roast for 40 min, or until cooked through.
- 3 In a large sauce pan on medium heat, add 2 Tbsp of **B-well™ Extra Virgin Olive Oil** and add the coriander seeds. Remove the vegetables from the oven and add to the pan, squeezing the soft garlic from its jacket into the pan (*remove casing*) and adding the rest of the ingredients.
- 4 Add the vegetable stock and basil and blend using a hand-blender (*you will have to blend ingredients in sections if using a normal blender and then add the mixture back to the saucepan*).
- 5 Once blended, stir in the optional coconut cream, add salt to taste and allow to come to the boil before removing from the heat to serve. Once done, top with the freshly chopped red peppers, packed with vitamin C when kept raw.
- 6 Serve hot! Enjoy the pleasant flavours, textures and aromas - add your pepper sauce to your heat preference!

Red and Orange Bell Peppers, Chillies - Rich in vitamin A, C, E, antioxidant, anti-inflammatory, manganese and potassium.

Tomatoes and Olive Oil - Ideal synergy to absorb power-packed lycopene - phytochemical in tomatoes for antioxidant action, cell regulation, immune modulating and immune protection.



“EASY-ISH”

B-well

**GREEN
POWER RANGER
SOUP**





35 MINUTES



SERVES 6-8

GREEN POWER RANGER SOUP

Few groups of power plants can compare to the **brassica family**, consisting of leafy greens, cruciferous veg and our **B-well™ Canola Oil**. Mostly loaded with **antioxidants**, high levels of **vitamin C, A, E, K, calcium, iron, folate, potassium** and **phosphorus**. As well as power-packed **phytonutrient, glucosinolates** - shown to have anti-viral, antibiotic and anti-fungal activity in the body. Pow-pow!



INGREDIENTS

- 2 Tbsp **B-well™ Canola Oil**
- 1 head broccoli, *separate florets*
- 1 head cauliflower, *separate florets*
- 1 handful spinach/kale
- 3 medium onions, *chopped*
- 6 medium/small zucchini, *chopped*
- 2 tsp vegan veggie stock
- boiling water
- balt & pepper, *to taste*
- 3 garlic cloves, *chopped*
- 1 can coconut cream/cream
(optional)

OPTIONAL

- 4 cubed chicken breast
for an extra protein boost
- bone marrow for an extra
immune boost. The flavours are
complimentary.

PREPARATION

- 1** In a large pot, heat the **B-well™ Canola Oil** on medium high heat and add the chopped onions.
- 2** Braise the onions till light brown and blush, then add the garlic and stir well to allow flavours to release.
- 3** Add enough water to cover the onions. Then add the chopped zucchini and allow to cook and slightly braise till soft.
- 4** Add the stock to a cup of boiled water till diluted and add to the pot.
- 5** Now add in the florets of broccoli and cauliflower and the chopped spinach/kale.
- 6** Add another cup of boiling water (*add pre-braised chicken cubes or bone marrow bones*).
- 7** Reduce the heat to medium and replace the lid of the pot.
- 8** Allow vegetables to cook and soften completely for at least 5 min. Then remove lid and allow soup to reduce slightly for another 5 min.
- 9** Using a hand blender (*preferably*) or a standard blender, blend the soup until smooth.
- 10** Add soup back onto medium heat and stir in coconut cream.
- 11** Allow to cook for another 5 min.
- 12** Add salt and pepper to taste and serve.

Brassicas - **B-well™ Canola Oil**, broccoli, cauliflower, spinach/kale.

Garlic - Natural anti-viral, anti-microbial.

Onions - Packed with selenium, zinc and vitamin C, natural anti-viral, anti-histamine and strong antioxidants.



“EASY-ISH”

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**CHICKEN
JALFREZI
FOR THE SOUL**





45 MINUTES



SERVES 6

CHICKEN JALFREZI FOR THE SOUL

This take on the traditional jalfrezi will bring you much delight. Besides being packed with **vitamin C** from the peppers and tomatoes and the **anti-microbial properties** from the chilli and spices, it's all brought together with tender bites of chicken to add **protein**, extra **B vitamins** and more **selenium**. Soul food with an immune boost.



INGREDIENTS

- 2 Tbsp **B-well™ Extra Virgin Olive Oil**
- 2 Tbsp **B-well™ Original Tangy Mayonnaise**
- 4 chicken breasts, *skinless*
- 2 garlic cloves, *peeled*
- fresh ginger (2 cm piece), *peeled*
- ½ tsp turmeric
- sea salt
- 2 Tbsp tomato puree
- 1 fresh green chilli
- 1 bunch fresh coriander, *chopped*
- 1 tsp cumin seeds
- ½ tsp mustard seeds
- ½ tsp fenugreek seeds
- ½ tsp coriander seeds
- 2 red onions, *quartered & petals separated*
- 3 mixed bell peppers, *deseeded & halved*
- 1 can plum tomatoes, *excess juice drained*

PREPARATION

- 1 In an oven heated to 200°C, dry roast the onion and peppers for 30-40 min (depending on oven) until slightly charred. Once done, remove from oven and set aside.
- 2 Add the spices and seeds to a frying pan on a medium to high heat and toast in the dry pan. Lightly toast for a few minutes until fragrant.
- 3 Add the toasted spices to a pestle and mortar/food processor and grind to a powder. Add 2 Tbsp of **B-well™ Extra Virgin Olive Oil**, ginger, garlic, half of the fresh coriander, tomato puree, **B-well™ Original Tangy Mayonnaise** and ½ tsp of sea salt. Blend until smooth. The marinade is now done.
- 4 Chop the chicken into even chunks and together with the spicy sauce, add to a bowl and mix - rubbing the chicken to coat well. Set aside to marinate.
- 5 In a large casserole pan, add the chicken and all the excess marinade. Fry for 2-3 min per side, making sure to scrape the marinade throughout.
- 6 Add the charred onions and peppers and toss for another 2 min to blend all the flavours together.
- 7 Garnish with fresh coriander and serve hot with savoury rice, a naan or roti and a slice of lemon or lime.

Chicken - Rich in protein, selenium, vitamin B3 and B6.

Bell Peppers - Rich in vitamin A, C, E, antioxidant, anti-inflammatory, manganese and potassium.

Spices & Seeds - Rich in iron, zinc, magnesium, selenium.





B-well™

OH, SWEET
DAALING
LENTIL
CURRY





1 H 20 MIN



SERVES 6

OH, SWEET DAALING LENTIL CURRY

The humble red lentil curry or “dhal” has found its way into the hearts of many. A simple dish with incredible flavour and an array of spice infusions makes a statement with its power pack. This includes **zinc**, **selenium** and **protein** from the lentils, the creaminess and **nutrition** of butternut squash and of course, all the **Ayurvedic alchemy** from the spices to all boost immunity.



INGREDIENTS

- 2 Tbsp B-well™ Pure Canola Oil
- 1 medium onion, *finely chopped*
- 2 garlic cloves, *finely chopped*
- 1 tsp ground coriander
- 1 tsp ground cumin
- 1 tsp ground turmeric
- ½ tsp cayenne pepper
- 1 red chilli, *whole*
- 2 tsp mustard seeds
- 8 curry leaves
- 1 tsp salt, *to taste*
- 800 ml water
- 400 g butternut squash, *peeled and cut into 2 cm cubes*
- 400 g can chopped tomato
- 300 g red lentil, *rinsed well*
- 1 handful fresh coriander, *chopped*
- naan bread or rice, *to serve*



PREPARATION

- 1** In a large pot, add the pre-rinsed red lentils and 800 ml of water. Bring to the boil and then reduce heat to medium.
- 2** In a different saucepan on medium heat, add the finely chopped onions and sweat down for 10 min.
- 3** To the saucepan, stir in the garlic and cook for a further 1 min, then stir in the spices and mustard seeds and cook for another 1-2 min or until fragrant.
- 4** Add a splash of water to loosen the spice masala and then add the chopped butternut squash, stirring through. Allow to cook for a further 10 min.
- 5** Add the lentils and simmer for another 20 min until the lentils and squash are tender.
- 6** Tip in the chopped tomatoes, stock and season with salt to taste. Bring to the boil, then gently simmer for about 10 min. Stir in the coriander and serve with warmed naan bread, rice and wedges of lemon.

Red Lentils - Rich in protein, vitamin B1, B3, B6, iron, zinc, selenium, phosphorus.

Butternut Squash - Vitamin A, C, E and B, magnesium, zinc.

Mustard Seeds - High in selenium, omega 3, iron, zinc.



B-well

**AFRICAN PEANUT
AND
LEAFY GREEN
STEW**





15 MINUTES



SERVES 5

AFRICAN PEANUT & LEAFY GREEN STEW WITH TOASTED SUNFLOWER SEEDS

This exceptionally creamy, peanut-infused stewed leafy greens, AKA **Muriwo unedovi** has been passed down over the years, filled with protein, antioxidants and flavour. This take on combining two of Africa's favourite foods is sure to find its way as a favourite in your home.



INGREDIENTS

- 60 ml **B-well™ Canola & Olive Blend**
- 1 cup spinach leaves & stalks,
thinly shredded
- 1 cup kale leaves, *thinly shredded*
- 1 cup pumpkin/beetroot/
swiss chard leaves, *thinly shredded*
- 2 garlic cloves, *minced*
- 1 onion, *diced*
- 2 small tomatoes, *diced*
- ½ Tbsp red chilli powder
- ½ tsp ground cumin
- ½ tsp ground coriander
- ½ Tbsp salt
- ½ tsp black pepper
- 2 Tbsp peanut butter,
smooth or chunky
- ¼ cup sunflower seeds

PREPARATION

- 1 Heat the **B-well™ Canola & Olive Blend** in a frying pan, add the chopped onions and fry until soft.
- 2 Add the spices and garlic, stirring with the onions and fry until mixture is golden and brown.
- 3 Add the shredded spinach, kale and greens and cook for 5 min, stirring occasionally.
- 4 Add the chopped tomatoes and cook for another 2 min.
- 5 Add the peanut butter and a small splash of water, stirring until it's all blended and thick. Add more water slowly till desired thickness.
- 6 Replace the lid of the pan, reduce heat to low and allow mixture to simmer and cook for 3-5 min.
- 7 Meanwhile, in a dry pan on medium heat, toast the sunflower seeds till light brown and crunchy.
- 8 Your leafy greens in peanut butter, Muriwo unedovi is complete. Now top with the toasted sunflower seeds.
- 9 Best served with pap, rice, bread or traditionally with amagwinya/vetkoek. Perfect as a side dish!



- Kale** - Exceptional amounts of vitamin A, C & K, rich in magnesium and iron.
- Peanut Butter** - High in protein, magnesium, iron.
- Spinach** - Rich in vitamin A, B2, C, K, magnesium, iron and antioxidants.



“EASY-PEAZY”



B-well™

**BOOSTING
BEEF KORMA
WITH
AUBERGINE**





3-4 HOURS



SERVES 6

BOOSTING BEEF KORMA WITH AUBERGINE, MUSHROOMS & SWEET POTATO

The traditional Korma is ever evolving, shifting and changing, what remains is the sensual flavours, brought by the array of flavour through spices. Add slow cooked organic beef and some power-packed vegetables to this spicy mix, and dear ones, you have a foodies dream, a definite favourite.



INGREDIENTS

- 4 Tbsp **B-well™ Cooking Olive Oil**
- 2 Tbsp **B-well™ Thick & Creamy Mayonnaise**
- 1,5 kg grass-fed/organic beef pieces,
cut into 3 cm pieces
- 3 medium onions, *finely chopped*
- 2 cups cooked sweet potatoes, *small cubes*
- 1 large aubergine, *thinly sliced*
- 1 punnet mushrooms, *sliced/quartered*
- 500 g natural yoghurt
- ½ cup roasted cashews, *optional*
- 1 whole star anise

FOR THE MASALA

- 4 garlic cloves, *peeled and ½ finely chopped*
- 2 Tbsp crushed ginger
- 1 small tin/½ big tin tomato puree
- ½ tsp fine red chilli powder
- ½ tsp turmeric powder
- ½ fine cumin powder
- 1 tsp dry coriander powder
- 1 tsp cardamom powder
- 1 tsp fine black pepper
- 1 tsp kosher salt
- ¼ cup fresh coriander, *for garnish*

STAR INGREDIENTS

Grass-fed Beef - Rich in protein, iron, omega 3 fats.

Natural Yoghurt - Gut health promoting bacteria, vitamin B1, B2, B3, B6, B9, B12, A and E.

Sweet Potato - High in vitamin A and C, B3, B5, B6, potassium, magnesium.

PREPARATION

- 1 On medium high heat, heat 1 Tbsp **B-well™ Cooking Olive Oil** to a large skillet/sauce pan. Sear and seal the beef pieces on each side until slightly browned. Sprinkle with some salt and pepper. Remove from skillet and set aside.
- 2 To the skillet, add the rest of the **B-well™ Cooking Olive Oil**, then add the finely chopped onions and braise until golden and brown.
- 3 To the onions, add the minced ginger, chopped garlic, red chilli powder, turmeric, cumin, coriander powder and the cardamom powder. Mix well and allow the heat to release all the flavours of the spices for 2-3 min, then add the tomato puree and stir well.
- 4 Add 1 cup boiling water and add the browned beef pieces to the skillet with the salt and pepper, making sure to coat each piece in spiced mix. Allow to come to the boil, then reduce heat to low medium to simmer. Replace the lid and allow to simmer for 2-3 hours.
- 5 Once the beef is tender, add the sliced aubergine. Mix in the aubergine and mushrooms, add these to the top of your mixture, sprinkling the salt, black pepper and garlic onto the mushrooms. Mix and allow to absorb all the flavours, replace the lid and allow to cook for 5 min.
- 6 Add the pre-cooked butternut, yoghurt and **B-well™ Thick & Creamy Mayonnaise**. Replace the lid, turn the stove to low heat and allow the curry to simmer for 10 min.
- 7 Take off the heat, sprinkle the fresh coriander. Serve the tender beef korma with some gravy and vegetables on a bed of basmati rice or your choice of naan or bread.



“FOODIE”

B-well

GARLICKY
MUSHROOM
CRÈME DE
LA CRÈME





20 MINUTES



SERVES 6

GARLICKY MUSHROOM CRÈME DE LA CRÈME WITH WILTED SPINACH

Besides being lusciously creamy, what's really special about this recipe is its showcase of the humble button mushroom. Partnered with all the delicious garlic and spices, the mushroom adds meaty flavour, while boosting this meal with selenium, a trace mineral important for a healthy immune system.



INGREDIENTS

2 Tbsp **B-well™ Original Tangy Mayonnaise**

3 Tbsp **B-well™ Cooking Olive Oil**

B-well™ Extra Virgin Olive Oil, drizzle

1 medium onion, *finely sliced*

1 punnet of button mushrooms, *sliced*

4 large spinach leaves, *thinly shredded*

4 garlic cloves, *chopped*

½ tsp red chilli powder

½ tsp salt

½ tsp black pepper

½ tsp dry coriander

milk (*coconut/cow's*)

pasta of your choice
(*we love baby marrow pasta*)

FEELING MEATY?

Add chicken strips

MARINADE IN:

4 Tbsp **B-well™ Original Tangy Mayonnaise**

½ tsp salt and ½ tsp pepper

¼ tsp ground cumin

½ tsp fine red chilli

2 minced garlic cloves

½ tsp minced ginger

1 Tbsp lemon juice

PREPARATION

- 1 In a medium saucepan, add the onions and braise in some **B-well™ Cooking Olive Oil**, until pink and blush.
- 2 Add some water, enough to cover the onions (*about 45 ml*) and allow the onions to soften for 3 min.
- 3 Mix the salt, pepper and red chilli.
- 4 Now add the mushrooms, allow to brown and stir to ensure they are coated.
- 5 Add the garlic, coriander, milk and **B-well™ Original Tangy Mayonnaise**, and stir well (*add chicken strips here if you are feeling meaty*).
- 6 Close the lid of the saucepan and allow to thicken and cook for about 2-3 min (*with chicken: 15 min*).
- 7 Drizzle with **B-well™ Extra Virgin Olive Oil** and stir.
- 8 Add the cooked pasta, mix, serve, garnish as you wish and ENJOY the creamy pleasures of all the mushroom flavours, while your body enjoys the boost.



Button Mushrooms - Source of selenium, potassium, B vitamins, calcium, phosphorus & iron.

Spinach - Antioxidant, carotenoids, vitamin C, folic acid, calcium.

B-well™ Selection of Products - Omega 3 and 6.



“SO-SO”

B-well™

**CHICKEN
& VEG
BOOSTER
BROTH**





1 H 30 MIN



SERVES 6-8

ASIAN INSPIRED CHICKEN & VEG BOOSTER BROTH

Chicken soup is renowned for its cold and flu busting abilities since ancient times, with more recent research suggesting its ability to reduce inflammation associated with colds and flus and relieve symptomatic mucous build-up. Add in **superfood greens**, **sprouts**, **high adaptogen mushrooms** and bam! You've got a winner broth, savoury and delicious.



INGREDIENTS

- 1 Tbsp **B-well™ Pure Canola Oil**
- ½ cup dried shiitake or mixed dried mushrooms
- 3 cups boiling water
- 6 cups chicken broth
(*chose low-sodium option*)
- 2 onions, *diced*
- 3 garlic cloves, *thinly sliced*
- 6 slices of fresh peeled ginger (3 mm slices)
- ¼ cup soy sauce (*reduced sodium*)
- 1 cinnamon stick (*5-8 cm piece*)
- 1 whole star anise
- 1 tsp freshly ground pepper
- 1 kg boneless, skinless chicken thighs,
trimmed and cut into bite sizes
- 1 bulb fennel, *cored and cut to 5 mm pieces*
- 8 green onions/scallions,
whites cut into ½ cm pieces and greens chopped (keep seperate)
- 1 bunch bok choy, *white stems sliced lengthwise, greens chopped (keep seperate)*
- 2 cups mung bean sprouts
- ½ cup fresh coriander, *chopped*
- 2 tsp toasted sesame oil (*optional*)
- lime wedges, *garnish*

PREPARATION

- 1** Place shiitake mushrooms in a bowl and cover with boiling water. Soak for 30 min-1 hour until soft. Remove the mushrooms, trim any stems and cut into thin 3 mm slices. Set aside. Strain the soaking liquid and reserve.
- 2** In a large pot, over medium heat, add the **B-well™ Pure Canola Oil**. Allow to heat before adding the onion, garlic and ginger. Fry together, stirring for 5 min.
- 3** To the pot, pour in the reserved mushroom liquid, the chicken broth, soy sauce, cinnamon stick, star anise and pepper. Bring to a boil, then reduce heat to a simmer.
- 4** Add the chicken pieces and simmer for 20 min.
- 5** Stir in the chopped fennel, scallion whites and the reserved mushrooms and cook for 5 min.
- 6** Add bok choy stems and return to a simmer.
- 7** Stir in bok choy greens and bean sprouts. Cook until the greens are just wilted, about 2 min.
- 8** Remove the cinnamon stick and star anise from the broth.
- 9** Serve garnished with scallion greens, fresh coriander and a drizzle of sesame oil, if desired. Enjoy with lime wedges over your favourite noodles/rice, or as is.

Shiitake Mushrooms - Strong adaptogen for immune function support, high in vitamin B5, B3, B2 and B1, rich in selenium, manganese and zinc.

Onion & Scallions - Natural anti-viral properties, rich in vitamin A, C, B1, B2, flavonoids for anti-histamine.

Mung Bean Sprouts - High in antioxidants, potassium, vitamin A, C.

Bok Choy - Rich in vitamin C, E and beta-carotene, high in antioxidants.



“FOODIE”

B-well™

**SHAKEN &
STIR FRIED
WOK
SUPREME**





15 MINUTES



SERVES 6

SHAKEN & STIR FRIED WOK SUPREME

One deliciously and crunchy bite of this spicy stir-fry will leave you craving for the next! Packed with an array of **immune booster foods** coming together in a party of colour and flavour, in the wok, on your plate, in your mouth! This stir-fry brings the heat and healing goodness to you!



INGREDIENTS

- 4 Tbsp **B-well™ Canola Oil** *
(omega 3 and 6 booster)
- 1 Tbsp chilli flakes *
(capsicum - anti-colds + flus, vitamin C)
- 5 garlic cloves, *chopped* *
(natural anti-viral, anti-microbial)
- 1 Tbsp ginger, *minced* *
(natural anti-microbial)
- 3 medium onions, *sliced* *
(antioxidants, natural anti-bacterial)
- 4 peppers (green/yellow), *sliced* *
(high vitamin C)
- 1 punnet of broccoli, *cut into florets* *
(high vitamin C and high phytonutrients and high antioxidant)
- 1 medium head cabbage, *shredded* *
(high vitamin C + high antioxidant)
- 1 punnet mushrooms, *chopped* *
(high vitamin D)
- 6 Tbsp soy sauce
- 1 tsp red wine vinegar
- 1 tsp salt
- 1 Tbsp pepper
- ½ cup peanuts and raisins
- egg/rice/other noodles, *pre-soaked*
- sesame seeds, *for garnish*

OPTIONAL EXTRAS

turmeric and meat strips of choice

PREPARATION

- 1** In a hot wok/pan, add **B-well™ Canola Oil**, 3 Tbsp soy sauce, red chilli flakes, onion, ginger and red wine vinegar, stir stir stir (turmeric can be added as an optional extra).
- 2** Add the peppers, stir stir stir.
- 3** Turn off heat, add the mushrooms, salt, pepper, garlic, stir stir stir. Turn the heat back on and add the cabbage, the noodles and the rest of the soy sauce.
- 4** Add the florets of broccoli, stir stir stir.
- 5** Once the broccoli has enhanced its colour and is slightly softened, stir stir stir. Serve and enjoy topped with sesame seeds and meat strips of choice.



* **Star ingredients** that may boost your **immune system**.



“EASY-PEAZY”

B-well™

**MEDITERRANEAN
SPICED
TOMATO
DISH**





45 – 60 MINS



SERVES 4

MEDITERRANEAN SPICED TOMATO DISH WITH FISH

This winning fish dish is packed with immune supporting potential, powered by foods filled with lycopene, antioxidants, omega 3 and 6. This meal screams flavour and can easily be served for any meal of the day, for a budget or gourmet occasion.



INGREDIENTS

3 Tbsp **B-well™ Canola & Olive Blend**

170 g pieces of fatty fish (*salmon, tuna, mackerel, sardines, pilchards*)*

1 medium onion or 2 small red onions

3 cups ripe tomatoes, *blanched chopped*

1 red bell pepper, *seeded and thinly sliced*

6 garlic cloves, *peeled (whole)*

2 Tbsp tomato paste

1 tsp ground cumin

1 tsp brown sugar

1 tsp sweet paprika

½ tsp turmeric

1 pinch cayenne pepper

zest of 1 lemon

½ tsp salt and ½ tsp black pepper

½ cup fresh parsley/coriander (*garnish*)

**Can replace fatty fish with 8 eggs.*



PREPARATION

- 1 In a large frying/sauté pan, heat the **B-well™ Canola & Olive Oil** over medium heat. Add the onion and cook for 5 min.
- 2 Add the chopped red pepper and garlic, stirring occasionally until onion is brown and peppers are soft. Add in the turmeric, paprika, cayenne pepper and cook for another minute or until fragrant.
- 3 Pour in the chopped tomatoes, add the brown sugar, turn the heat up slightly, bringing mixture to a fast simmer and cook for about 10 min or until the flavours combine and the sauce thickens slightly.
- 4 Reduce heat to medium low and season with salt and pepper, to taste.
- 5 Create wells in the mixture and add the pieces of fish into the pan, covering with some sauce.
- 6 Replace the lid of the pan and allow the fish to cook and soak up all the flavour for about 10 min.
- 7 Remove lid, garnish with the herbs, lemon zest and serve!
- 8 **We love:** Serve on a bed of cauliflower and broccoli rice for an **extra immune boost**. Adding chopped spinach, kale or swiss chard to the cooked tomato sauce for an extra protein and antioxidant boost.

B-well™ Canola Products & Fatty Fish - Omega 3 boost.

Cooked Tomatoes - Lycopene as antioxidant, immune booster and immune support, vitamin c, potassium.

Garlic - Natural anti-viral, anti-microbial.



“EASY-ISH”



B-well

MIDAS
**CARROT
MUFFINS**





45 MINUTES



MAKES 10-12

MIDAS CARROT MUFFINS

'Zingiberaceae' sure is a funny word to say, but it is the name of the family of super medical roots. That's right, it's **ginger**, and its potent immediate family member, **turmeric**. We're putting these **anti-inflammatory**, **anti-microbial**, **immune boosting** ingredients to work, hidden in these delicious, fragrant carrot muffins. From the ginger family, to yours.



INGREDIENTS

DRY

1 ½ cup flour of choice

3 Tbsp chia seeds

¼ tsp salt

2 tsp baking powder

¼ tsp baking (bicarbonate) soda

1 tsp pumpkin spice
(cardamom, cinnamon, nutmeg, clove)

1 handful chopped dates/currants/
raisins or other dried fruit

½ cup walnuts *(optional)*

WET

2 Tbsp **B-well™ Thick & Creamy Mayonnaise**

1 cup carrots, *grated*

½ cup maple syrup/honey

¼ cup coconut, *shredded*

1 tsp turmeric powder / thumbnail
amount knob of peeled fresh turmeric

1 cm piece fresh ginger, *peeled*

1 pinch ground black pepper

1 tsp vanilla extract

1-2 tsp sugar for sweeter *(optional)*

3 tsp lemon juice

½ cup milk of choice *(almond/oat/soya)*

chia seeds and coconut, *topping*

PREPARATION

- 1 Preheat the oven to 180°C. Line a muffin pan or use **B-well™ Canola Baking Spray** and set aside.
- 2 In a bowl, mix the dry ingredients. Fold in dates, currants or other dried fruit.
- 3 In another bowl/cake mixer, combine all the wet ingredients until well combined and ensure the honey/syrup is diluted.
- 4 Mix the wet and dry ingredients until combined. If too runny, add a few extra Tbsp of flour. Pour the batter into muffin pan. Garnish with chia seeds, coconut and nuts.
- 5 Bake for 25-28 min. Cool for 5 min, then serve. Cool completely before storing *(on the counter for the day, in the refrigerator for up to 5 days)*.
- 6 **To bake into a loaf:** Add the batter to a 20 x 12 cm or smaller loafpan. Bake for 50-55 min *(test with toothpick)*.



Turmeric - Natural anti-inflammatory, immune supporting.

Ginger - Natural anti-bacterial, anti-fungal, anti-inflammatory.

Carrot - Beta-carotene antioxidant, vitamin A precursor, immune boosting.



“EASY-ISH”



B-well™

**ULTIMATE GOLDEN
TURMERIC
LATTE**





5 MINUTES



1 CUP

ULTIMATE GOLDEN TURMERIC LATTE

“Golden lattes” have grown in popularity over the past few years, but it’s roots lead to Ayurvedic healing practices. This recipe leads back to the Ayurvedic route to amplify the anti-inflammatory, immune boosting benefits and ultimate flu-busting abilities.



INGREDIENTS

¼ tsp turmeric powder

½ cup of flour/gluten-free flour

½ tsp ginger powder

¼ tsp cardamom powder

¼ tsp cinnamon

1 tsp honey/maple syrup,
or more to taste

1 pinch cayenne pepper/
red ground chili powder

½ tsp coconut oil

10 drops black cumin seed oil

½ tsp Ashwagandha (*optional*)

200 ml hot/frothed milk/plant-milk

45 ml boiling water

PREPARATION

- 1 In a large mug, add in the coconut oil, black seed oil, turmeric, cinnamon, cardamom, black pepper, ginger, honey, cayenne pepper and optional Ashwagandha. Slowly feed in the boiling water, stirring constantly to create a smooth loose paste.
- 2 To the paste, slowly pour in the frothed/hot milk, stirring to make sure the mixture is diluted and mixed well.
- 3 Top with a sprinkle of cinnamon and frothing and enjoy some golden delicious comfort.



Turmeric - Natural anti-inflammatory, immune supporting.

Ginger - Natural anti-bacterial, anti-fungal, anti-inflammatory.

Black Cumin Seed Oil - High antioxidant, anti-inflammatory, anti-allergy properties.



“EASY-PEAZY”





15 MINUTES



MAKES 10

HANDMADE SNICKEROO BARS

Who knew 4 ingredients could bring this much pleasure? More than an **immune boost**, they are insanely moreish, taste deceptively indulgent and are unbelievably easy to make.

Packed with **date power**, our star ingredient is **high in fiber** and energy and filled with **essential minerals**. Paired with **peanut power** and **cacao**. Waweeee!!



INGREDIENTS

10 dates, *pitted*

10 tsp nut butter of choice

handful of (salted) roasted
peanuts/walnuts/almonds/
brazil/pistachio

40 g dark chocolate
(*dairy-free/refined sugar free*)

ADD A FUN TWIST

We **LOVE** adding fun twists
with fillings like:

nougat

goji berries

dried elderberries

mulberries

cinnamon

sea salt sprinkles

PREPARATION

- 1 Stuff each date with a teaspoon of nut butter and a few nuts.
- 2 Transfer to a freezer-friendly container or tray and place in freezer for at least an hour.
- 3 Once the dates have frozen slightly, melt the chocolate either in the microwave or in a bain-marie.
- 4 Dip the dates in the melted chocolate and use a fork to roll them around until completely coated.
- 5 Place the chocolate-coated dates on greaseproof paper (*will make it much easier to peel off afterwards*) and put them back into the freezer until they have completely hardened.
- 6 Transfer into a sealable container to be enjoyed when you're craving a sweet treat! Can be kept in the freezer for months.



Dates - Selenium, magnesium, potassium, vitamin C, B1, B2.

Nuts - High source of zinc, vitamin E antioxidant, vitamin B2 & B3.

Cacao in Dark Chocolate - Rich in polyphenols antioxidant and helps with immune response.



B-well™

**BANANA
BLUEBERRY
BOOSTER BARS**





1 HOUR



9 BARS

BANANA BLUEBERRY BOOSTER BARS

Sometimes the key to good health goes beyond the body, it is also related to stress and energy levels. This is why these bars are so special; it has quick energy boosts from the fruit and oats. The blueberries are **high in antioxidants** and stress-free to make since they're so easy, even kids can get involved! **Naturally sweetened** and **gluten-free**!



INGREDIENTS

B-well™ Canola Baking Spray

1 cup dates, *pitted and chopped*

1 ½ cups apple juice

1 cup oat flour

2 cups rolled oats (*gluten-free*)

¾ tsp cinnamon

¼ tsp nutmeg

3 bananas, *peeled*

1 tsp vanilla extract

½ cup frozen blueberries

½ cup walnuts

chia seeds, *to sprinkle*

PREPARATION

- 1 Preheat oven to 180°C. In a small bowl, soak dates in apple juice for 10-15 min. Spray the **B-well™ Canola Baking Spray** over a 20 x 20 cm baking pan, making sure the sides and corners are covered.
- 2 In a medium bowl, combine flour, oats, cinnamon, and nutmeg. Mix and set aside.
- 3 Place bananas and vanilla extract into a blender. Remove dates from apple juice and set aside. Add the strained juice to the blender and blend until creamy. Add dates to the blender and pulse a few times so the dates are in small pieces.
- 4 Pour the banana mixture into the dry ingredient bowl. Mix until well combined. Stir in the blueberries and walnuts.
- 5 Using a spatula, pour the batter into baking pan. Bake at 180°C for 30 min, or until a toothpick inserted into the center comes out clean. Cool at room temperature for 5-10 min before cutting and serving.

Blueberries - Rich in antioxidants, flavonoids, high in vitamin C.

Dates - Selenium, magnesium, potassium, vitamin C, B1, B2.

Oats - Beta-glucan for immune support, rich in selenium and zinc.



“EASY-ISH”

B-well™

**PUMPKIN
DATE & NUT
CAKE**





1 H 30 MIN



SERVES 12-14

PUMPKIN, DATE & NUT CAKE WITH GREEK YOGHURT ICING

Experiencing life's simple pleasures can be so soothing and can recharge one's energy, much like this moreish, show-stopping cake! A true pleaser, not only for you, but for your body as well. Low in sugar, high in nutrient dense pumpkin and with a gut-soothing yoghurt icing for full cake power!



INGREDIENTS

1 cup **B-well™ Pure Canola Oil**

B-well™ Canola Baking Spray

450 g raw pumpkin, *grated*

200 g dates, *pitted and chopped*

50 ml bourbon/apple juice/water

150 g brown sugar/coconut nectar sugar

330 g self-raising whole wheat flour

2 tsp bicarbonate of soda

2 tsp ground cinnamon

1 tsp nutmeg

1 tsp ground allspice

½ tsp salt

4 eggs/flax eggs (*1 flax egg = 1 Tbsp flax powder + 3 Tbsp water/coconut cream*)

½ cup raw walnuts, *chopped*

FOR THE GREEK YOGHURT ICING

2 cups plain greek yoghurt, *full fat*

2 tsp pure vanilla extract

1 cup powdered sugar/diabetic sugar or

1 Tbsp stevia glycerite

2** Tbsp coconut flour (*if using stevia*)

STAR INGREDIENTS

Pumpkins - High in antioxidants, beta-carotene, vitamin A and C.

Dates - Selenium, magnesium, potassium, vitamin C, B1, B2.

Greek Yoghurt - Gut-health promoting bacteria, vitamin B1, B2, B3, B6, B9, B12, A and E.

PREPARATION

FIRST: FOR THE YOGHURT ICING

- 1 Place a fine-mesh strainer over a small bowl. Place the yoghurt in the strainer. Cover with plastic wrap and place in the fridge to drain for at least 2 hours (*N.B. Otherwise the yoghurt will be too runny to make a proper icing*).
- 2 Using an electric hand mixer on medium speed, beat the strained yoghurt, the vanilla, and the powdered sugar/diabetic sugar/stevia for about 2 min until the icing thickens.
- 3 Cover and place in the fridge for 30 min while you prep and bake your cake.

SECOND: FOR THE CAKE

- 1 Preheat the oven to 180°C. Spray a bundt tin (*donut shaped cake tin*) or cake loaf tray with **B-well™ Canola Baking Spray**, making sure to cover all sides.
- 2 Place the grated pumpkin in a colander/strainer and squeeze out any excess liquid.
- 3 In a small bowl, place half of the dates in with the bourbon/apple juice/water and set aside to soak.
- 4 In a mixing bowl, beat the eggs/flax egg until light in colour, about 5 min. Add the sugar and continue beating until the mixture thickens and lightens, for another 5 min.
- 5 Add the **B-well™ Canola Oil** and beat for 2 min until combined.
- 6 Sift the flour along with the bicarbonate of soda, spices and salt into a bowl (*include the wheat from the sieve*).
- 7 Stir the dry ingredients into the eggy mixture and fold in the soaked dates with their liquid.
- 8 Add pumpkin, the leftover dry dates and walnuts.
- 9 Pour the batter into the prepared cake/bundt tin and bake for 40–50 min or until a skewer/sharp knife comes out clean.
- 10 Remove from oven and allow to cool before turning out onto a wire rack.
- 11 To ice the cake, use a spatula or piping bag to spread icing over the cake. Decorate with chopped walnuts to complete.



“EASY-ISH”



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