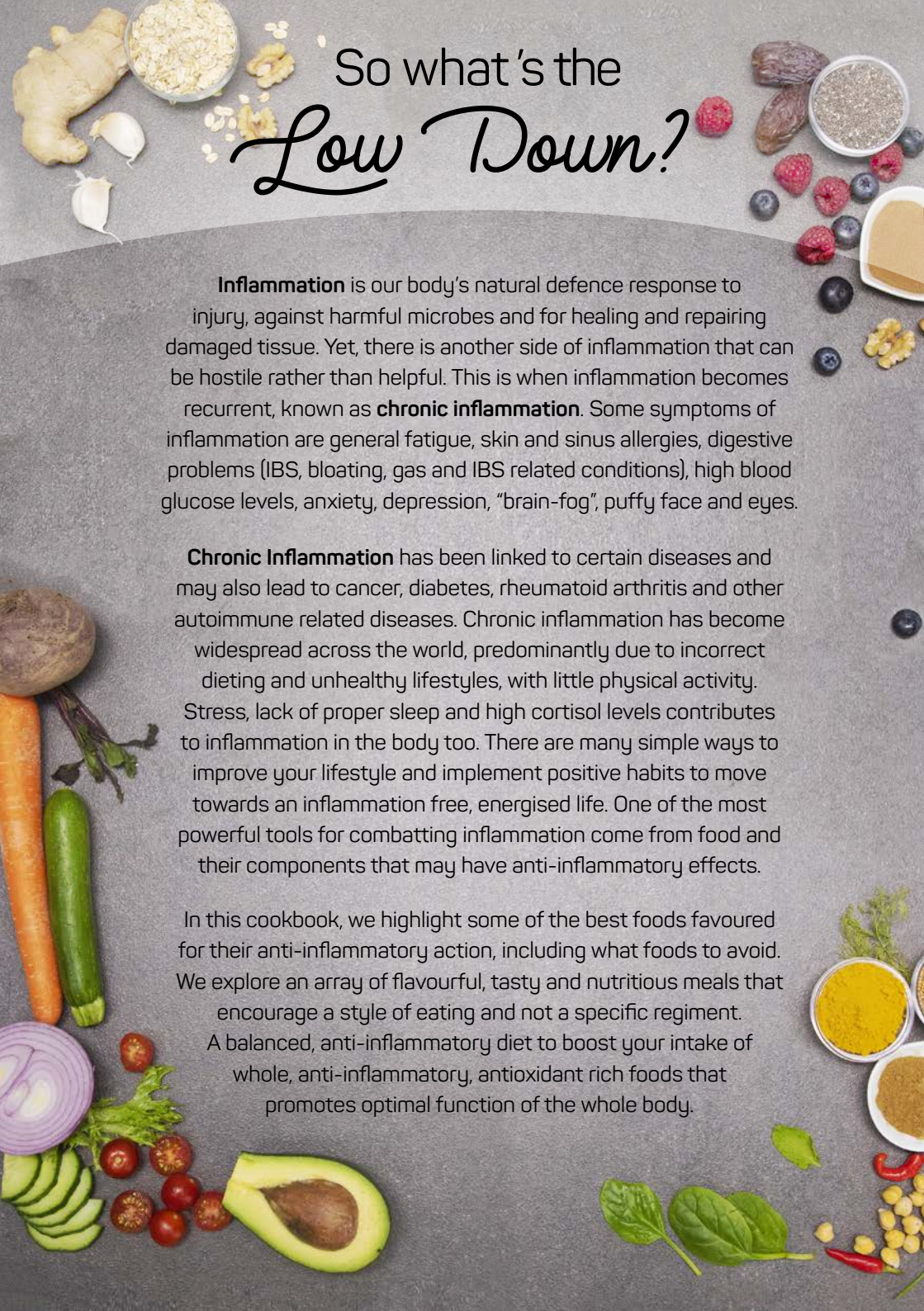




B-well™

Anti Inflammation **COOKBOOK**

For a life less inflamed.

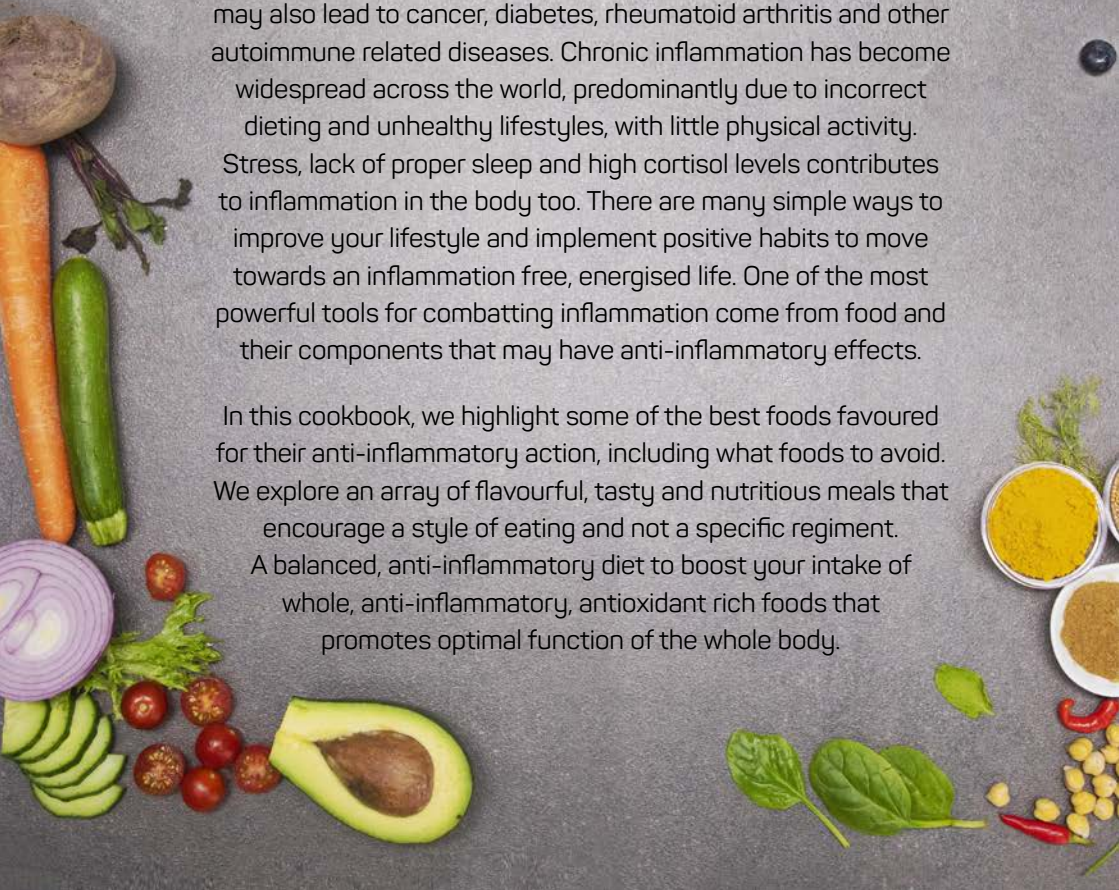


So what's the *Low Down?*

Inflammation is our body's natural defence response to injury, against harmful microbes and for healing and repairing damaged tissue. Yet, there is another side of inflammation that can be hostile rather than helpful. This is when inflammation becomes recurrent, known as **chronic inflammation**. Some symptoms of inflammation are general fatigue, skin and sinus allergies, digestive problems (IBS, bloating, gas and IBS related conditions), high blood glucose levels, anxiety, depression, "brain-fog", puffy face and eyes.

Chronic Inflammation has been linked to certain diseases and may also lead to cancer, diabetes, rheumatoid arthritis and other autoimmune related diseases. Chronic inflammation has become widespread across the world, predominantly due to incorrect dieting and unhealthy lifestyles, with little physical activity. Stress, lack of proper sleep and high cortisol levels contributes to inflammation in the body too. There are many simple ways to improve your lifestyle and implement positive habits to move towards an inflammation free, energised life. One of the most powerful tools for combatting inflammation come from food and their components that may have anti-inflammatory effects.

In this cookbook, we highlight some of the best foods favoured for their anti-inflammatory action, including what foods to avoid. We explore an array of flavourful, tasty and nutritious meals that encourage a style of eating and not a specific regiment. A balanced, anti-inflammatory diet to boost your intake of whole, anti-inflammatory, antioxidant rich foods that promotes optimal function of the whole body.



Inflammation Foods

What to avoid:

Some foods contain ingredients that can trigger or worsen inflammation.

Sugary or processed foods may cause this, including fast foods that can trigger the formation of free radicals like foods that get fried in repeatedly heated cooking oil.

- **Processed foods:** *Contain a lot of preservatives, additives and emulsifiers.*
- **Sugary beverages:** *Sugar sweetened drinks, mixers, products with high fructose, corn syrup, flavoured waters and fruit juices.*
- **Processed meat:** *Hot dogs, deli meats, cold meats, Russian sausages, polony, ham, vienna sausages, store-bought burgers and boerewors.*
- **Processed carbs:** *White bread, pastries, commercial noodles, white flour pastas, crackers, chips, pretzels.*
- **Omega-6 oils:** *Vegetable oils, sunflower and palm oil.*
- **Trans fats:** *Foods with partially hydrogenated ingredients.*
- **Overuse of alcohol**



Recipe Index:

Let's get into it...

SHORT & SWEET:

- Pineapple, Carrot & Turmeric **Anti-Inflammatory Muffins**. ... page 04
- Oh So Very Berry **Chia Pudding**, with homemade Oat Milk. ... page 07
- Decadent Apple Crumble Overnight **Oats**. ... page 10
- Nutty Butter & Berry **Crumble Bars**. ... page 13

LIGHT & SAVOURY:

- Crispy Kale & Beetroot **Chips**. ... page 16
- Green Goodness **Pancakes & Crepes**. ... page 19
- Savoury Wholegrain Green **Muffins**. ... page 22
- Rainbow Rice **Wraps**. ... page 25

MIDDAY MEALS:

- Sweet & Spicy **Red Pepper Soup**. ... page 28
- Garlic, Roasted Cauliflower & Roots Spiced **Soup**. ... page 31
- Smokey Salmon Hokey **Poke**. ... page 34
- Refried Black Bean Mexican Lettuce **Wraps**. ... page 37
- Crispy Chickpea Chopped **Salad**. ... page 40

HEARTY MEALS:

- Roasted Aubergine & Quinoa **Salad**, with Pomegranates. ... page 43
- Artisan Falafel **Mediterranean Bowl**. ... page 46
- Spaghetti **Vegballs** in Recco Tomato Sauce. ... page 49
- Moroccan Style **Chicken**, with Olives & Prunes. ... page 52
- Sweet Sesame & Ginger Glazed Chicken, Bok & Broc **Stir Fry**. ... page 55
- Poached Aubergine & Fish **Curry**. ... page 58
- Sweet Beets & Bean **Burger**. ... page 61





PINEAPPLE,
CARROT & TURMERIC

ANTI-INFLAMMATORY *Muffins.*

POWERED BY OMEGA-3

Carrot, pineapple, turmeric, ginger and honey! We're putting these anti-inflammatory, anti-microbial, immune-boosting ingredients to work, powered by omega-3 from canola oil, chia seed and walnuts. Who would've guessed it will be from the most scrumptious, moist and vegan muffins!

PINEAPPLE, CARROT & TURMERIC ANTI-INFLAMMATORY MUFFINS

INGREDIENTS

DRY

2 cups flour of choice

3 Tbsp chia seeds

¼ tsp salt

1 ½ tsp baking powder

2 tsp bicarbonate soda

1 tsp pumpkin spice

(cardamom, cinnamon, nutmeg, clove)

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

½ cup walnuts, *chopped*

WET

1 ½ cup **B-well™ Pure Canola Oil**

1 ½ cup **B-well™ Thick &
Creamy Mayonnaise**, or 3 eggs

1 small tin crushed pineapple

½ cup maple syrup/
honey

2 cup carrots, *grated*

1 tsp vanilla extract

1 pinch ground black pepper

1 cm piece fresh ginger, *peeled*

1 to 2 Tbsp sugar, *for sweeter option*

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



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, sift the flour and then mix it with the other dry ingredients. Fold in dates, currants or other dried fruit.
- 3 In another bowl or a cake mixer, combine all wet ingredients until well combined and the honey/syrup is diluted.
- 4 Mix the wet and dry ingredients until just about combined. Drop the batter into lined muffin tray. Garnish with chia seeds, coconut and nuts.
- 5 Bake for 45- 50 min. Cool for 5 min, then serve.
- 6 Cool completely before storing (*on the counter for the day, in the refrigerator for up to 5 days*). Can be frozen, defrost to eat.



10-12
MUFFINS



45 MINS



“EASY-ISH”

DID YOU KNOW

TURMERIC.

Turmeric research to date suggests that **chronic inflammation, oxidative stress, and most chronic diseases** are closely linked, and the antioxidant **properties of curcumin** found in turmeric and can play a key role in the prevention and treatment of chronic inflammation diseases.¹

Locally produced **B-well™ Pure Canola Oil** is naturally cholesterol free, low in saturated fat, **very high in omega 3** and is perfect for all your cooking needs.

Enjoy a light neutral flavour with a cooking oil that cares.

PINEAPPLE.

contains a wide variety of vitamins, minerals and enzymes like **bromelain** that may collectively **boost immunity and suppress inflammation**, including reduce inflammation markers.²



For more information on the health benefits of canola oil, visit: www.bwellfoods.co.za

OH SO VERY BERRY CHIA PUDDING

WITH
HOMEMADE

Oat
Milk.

PACKED WITH FIBRE & OMEGA-3

Oats contain a unique compound, **avenanthramides**, found to play a huge role in reducing inflammation and promoting healthy cell function. This is why we have created a lush and creamy chia pudding, packed with amazing fibre and omega-3 and all the delicious antioxidant-rich and yummy berries.



OH SO **VERY BERRY CHIA PUDDING**

WITH HOMEMADE OAT MILK

INGREDIENTS

OAT MILK

- 1 cup rolled oats
- 3 Tbsp chia seeds
- ¼ tsp salt
- 1 tsp vanilla extract
- 2 pitted dates or
2 Tbsp maple
syrup
- 3 cups water
(use 4 cups for a
thinner milk, we use
3 cups for a
creamier option)

BERRY CHIA PUDDING

- ½ cup strawberries, *fresh or frozen*
- ½ cup blueberries, *fresh or frozen*
- 2 cups homemade oat milk
- ½ cup + 2 Tbsp chia seeds
- 1 tsp baobab powder, *optional*
(for a superfood boost)
- ½ cup raspberries, *fresh or frozen*
- 1 tsp vanilla extract
- dark chocolate bits, *optional for a treat*
- ½ cup almond flakes,
for topping
- coconut shavings, *for topping*
(optional)
- 2–3 Tbsp pure maple syrup/honey, *to taste*

PREPARATION

MAKE OAT MILK FIRST:

- 1 Add all the ingredients to your blender and blitz until well blended, for about 45 seconds. Do not over blend, else mixture can become slimy.
- 2 Strain through a nut milk bag or place cheesecloth over a strainer, or a clean stocking and strain it.
- 3 Transfer to a sealed container and refrigerate. Will keep in the refrigerator up to 5 days. Shake well and enjoy cold. Will need 2 cups for pudding.

FOR THE PUDDING:

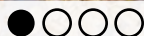
- 1 In a large bowl, mix the oat milk, chia seeds, vanilla, maple syrup and baobab powder together. Set aside.
- 2 Set out 4 jars or smaller bowls, add some of each berry into the jars, keeping some aside for the top. Using the back of a spoon, give some a light squash to pop them and allow some of their juices to release.
- 3 Ladle the chia pudding onto each berry serving and refrigerate for 2 hours for minimum setting time, otherwise for at least 8 hours for the chia to soak up and get really thick and creamy.
- 4 Before serving, top with almond flakes, leftover berries and dark chocolate bits. Serve cold, so very berry delicious.



4
SERVINGS



2 HRS (TO SET)



“EASY-PEAZY”

DID YOU
KNOW



This icon means the product is Very high in omega-3 means it is good for your **heart health**, **promotes brain health** and **fight**s cancer cells.



CHIA SEED.

Chia seed is a whole grain that is **rich in fiber**, Omega 3 essential fatty acid and minerals.

It is also an **excellent source of anti-inflammatory alpha-linolenic acid (ALA)**.

For more information on the health benefits of canola oil, visit: www.bwellfoods.co.za

DECADENT APPLE CRUMBLE OVERNIGHT *Oats.*



**DECADENTLY
CREAMY**

Here is a super easy health option that can be prepped the night before, packed with fibre and nutrient-rich oats and an omega-3 boost through nuts and seeds. Naturally sweetened and so decadently

DECADENT APPLE CRUMBLE OVERNIGHT OATS

INGREDIENTS

1 cup gluten-free rolled oats
1 cup unsweetened plant milk,
plus more to thin out if desired

1 cup apple, *grated or
chopped small*

1 pinch nutmeg

1 pinch salt

1 Tbsp chia seed

1 tsp cinnamon

½ cup plain Greek yoghurt

½ cup dates, *chopped into small bits*

TOPPINGS:

(Recommended for the
"crumble", but optional)

peanut butter,
1 Tbsp for each bar

½ cup walnuts, *for topping*

sliced almonds, *for topping*

granola of choice,
*for topping (sugar-free
one recommend)*

1 handful of berries
of choice, *optional*

½ sliced apple,
for topping

PREPARATION

1 Add oats, milk, yoghurt,
chopped dates, chia seeds,
cinnamon, nutmeg and salt into a
jar or storage container with a lid.

2 Stir ingredients (*not the toppings*) together then
place in the fridge overnight or for minimum 2-4
hours to soak well.

3 Remove from the fridge and stir to loosen.
Add some more milk if it's too thick/dry. Now add
toppings and enjoy the deliciousness!

4 You can also heat your oats in the microwave for
45-60 seconds or in a saucepan over medium heat.



2
SERVINGS



OVERNIGHT
+15 MINS



“EASY-PEAZY”



← DATES.

Dates are the perfect way to **replace processed sugar** in your meals.



↪ OATS.

Besides being packed with **fiber**, **oats** also contain special compounds called **avenanthramides** that seem to reduce the number of **inflammatory signals** put out by cells that **line blood vessels**.²²



↪ PLAIN YOGHURT.

Yoghurt is thought to reduce inflammation by **improving the integrity of the intestinal lining** and **promoting the gut microbes** that are integral in their immune boosting and regulating abilities.



DID YOU KNOW



SMART CHOICE

CANSA has created a **Smart Choice Seal** to help consumers identify products free of chemicals and other risk factors associated with cancer development.

B-well™ Pure Canola Oil is endorsed by CANSA and wears this Smart Choice Seal.



For more information on the health benefits of canola oil, visit: www.bwellfoods.co.za

NUTTY BUTTER & BERRY *Crumble Bars.*

NOTHING SWEETER

Crunchy oat base filled with antioxidant-rich berries, creamy protein-boosting nut butter and a crumble that hits all the notes. Omega-3 boosters throughout!



NUTTY BUTTER & BERRY CRUMBLE BARS

PREPARATION

- 1 Preheat your oven to 180°C.
- 2 To prepare the base, add the rolled oats into a food processor and pulse for about 1 min to lightly break them down. Add the **B-well™ Pure Canola Oil** and the rest of the base ingredients and process until you get a sticky dough. Set aside.
- 3 Meanwhile, add the berries into a small pot, with a stick of cinnamon and heat the berries on the stove over medium heat, then add the finely chopped dates and lemon juice and stir, mashing the berries to release the juice. Cook until the majority of the berries and the dates have broken down (*about 5 min*) and then cook for a further 10 min on low heat to reduce the liquid.
- 4 Sprinkle in the cornflour and swiftly stir it through. Increase the heat to activate the cornflour and cook on high for about 1 min, whilst constantly stirring, or until the berry mixture thickens. Stir in the chia seeds, set aside to cool and further thicken.
- 5 Line a 20x20 cm baking tin with baking paper, then add the base mixture to the tin and evenly press the base into the bottom.
- 6 Place the base in the oven, and allow to bake for 8 mins, then remove and allow to cool slightly.
- 7 Once the base is cool, spread the nut butter evenly over the base.
- 8 Remove the cinnamon stick first, then spread the berry-chia mixture across the base.
- 9 To prepare the crumble, simply combine all ingredients in a mixing bowl and stir until you get sticky clusters.
- 10 Top your blueberry mix with the crumble, then place everything into the preheated oven at 180°C for 20-25 min or until golden.
- 11 Allow cool down for a minimum of 20 min before slicing. Serve hot or cold, with cream or just like that! Easy summer snack, coming right up!

INGREDIENTS

THE CRUMBLE

- 2 Tbsp coconut oil
- 4 Tbsp maple syrup
- 2 tsp cinnamon
- 1 tsp ginger powder
- 1 cup rolled oats
- 2 pinches nutmeg
- 60 g walnuts, *crumbled*
- ¼ cup coconut shavings

THE FILLING

- 2 cups blueberries, raspberries, cherries
- ½ cup dates, *finely chopped*
- 2 Tbsp lemon juice
- 2 tsp cornflour/ tapioca flour
- 2 Tbsp chia seeds
- 1 cup nut butter of choice

THE BASE

- 120 ml **B-well™ Pure Canola Oil**
- 400 g gluten-free rolled oats
- ¼ cup plant milk of choice
- 100 ml maple syrup
- ¼ cup gluten-free All-Purpose Flour
- 1 tsp baking powder
- 2 tsp cinnamon
- ¼ tsp salt



15 BARS



50 MINS



“FOODIE”

DID YOU KNOW

Canola oil is naturally cholesterol free, making it the healthiest choice of all cooking oils.

It's also growing in popularity locally because it is rich in Omega-3 and has the lowest saturated fat content of any cooking oil (approx. 7%). Combined with its high smoking point and versatility in cooking, canola oil is the smart choice.

BERRIES.

Resveratrol found in blueberries and raspberries may reduce inflammation in **individuals with heart disease, insulin resistance, gastritis, ulcerative colitis** and other conditions.¹⁸

CINNAMON.

Cinnamon contains large amounts of **polyphenol antioxidants** which also have **anti-inflammatory effects**. It has even been shown to **reduce swelling**.¹⁹



For more information on the health benefits of canola oil, visit: www.bwellfoods.co.za



CRISPY KALE & BEETROOT *Chips.*

CRAVING A CRUNCH?

Here are two amazing veggie chips, utilising naturally anti-inflammatory kale and beetroot and their natural flavours to create a tasty, crispy snack.

CRISPY KALE & BEETROOT CHIPS

KALE CHIPS

1 ½ Tbsp **B-well™ Canola & Extra Virgin Olive Blend**

500 g kale, *rinsed well and destalked*

1 Tbsp sesame seeds

1 tsp sesame oil

½ tsp red chilli powder

sea salt

black pepper

HOW TO MAKE

- 1 Preheat oven to 220 °C.
- 2 Make sure the kale leaves are completely dry, then cut leaves into 5 cm slices.
- 3 Place on a baking tray and drizzle the **B-well™ Canola & Extra Virgin Olive Blend** and sesame oil, rubbing to coat each leaf, then sprinkle the sesame seeds and spread leaves out evenly.
- 4 Sprinkle with some sea salt and pepper and the chilli powder and bake for 20 min. Turn the chips halfway, until crispy but not burnt around the edges.
- 5 Remove from the oven and place on a cooling rack for a few minutes.
- 6 Kale chips are best eaten on the day. Store in a very airtight container.

BEETROOT CHIPS

½ tsp sea salt

3 medium beetroots,
cleaned and peeled

3 sprigs of fresh thyme

2 Tbsp **B-well™
Canola & Extra Virgin
Olive Blend**

HOW TO MAKE

- 1 Preheat the oven to 180°C and line a baking tray with parchment paper.
- 2 Thinly slice the beetroot or use a mandoline slicer for a thin cut, then place in a bowl. Pick in the thyme leaves, sprinkle in the salt and toss with the **B-well™ Canola & Extra Virgin Olive Blend**.
- 3 Allow the sliced beets to sit in the marinade for about 15-20 min to release their flavour and natural juices.
- 4 Toss the beetroot again and then drain the excess liquid.
- 5 Spread out on lined baking trays and roast for 40-45 min or until crisp, not brown, flipping over halfway.
- 6 Remove from the oven and allow to cool completely before serving. Serve with your favourite dip or with some hummus.



1HR 20MIN
(KALE)



30MIN
(BEETS)



“EASY-PEAZY”

DID YOU
KNOW



APPROVED AS PART OF
THE HEART AND STROKE
FOUNDATION EATING PLAN

KALE.

Kale is rich in **vitamin K** and **C**. Studies shows eating more vitamin K-rich foods showed **lower levels of inflammation** and **vitamin is profound** in its **immune boosting**.

THYME.

Thyme contains Thymol which has **anti-inflammatory** and **antibacterial properties**, especially for oral health.

Crisps in the grocers are usually filled with additives and extra flavourings, preservatives and the things we don't want – especially for inflammation.



For more information on the health benefits of canola oil, visit: www.bwellfoods.co.za



GREEN GOODNESS

Pancakes & Crepes.



DELIGHTFULLY GLUTEN-FREE

Powered by spinach, rich in antioxidants and anti-inflammatory benefits, packed with phytonutrients including folate, fibre, vitamin A, C, E, K and minerals.

GREEN GOODNESS PANCAKES & CREPES

INGREDIENTS

B-well™ Canola Baking Spray	2–3 Tbsp maple syrup/honey
2 cups fresh baby spinach	1 tsp vanilla extract
1 ½ cups plain flour (<i>gluten-free or regular</i>)	1 ½ cup milk of choice
1 tsp baking powder	1 pinch salt
2 eggs / 2 Tbsp flaxseed powder	1 tsp ground cinnamon

Savoury option

*** Omit the cinnamon, vanilla essence and maple syrup/ honey and add 1 Tbsp of lemon juice or apple cider vinegar and an extra pinch of salt ***

PREPARATION

- 1 Add the flour and baking powder to a large bowl.
- 2 In a blender or smoothie maker, blend the spinach, eggs/ flaxseed powder, maple syrup/ honey, milk, cinnamon and vanilla extract.
- 3 Add this mixture to the flour and baking powder. Mix with a hand whisk until you have a classic pancake batter consistency, add the extra ½ cup if crepes are desired instead.
- 4 Spray some **B-well™ Canola Baking Spray** to coat a frying pan, then place over on low heat. Add some of the batter (*the amount will depend on how thick or thin you want your pancakes to be. Lightly spread the batter with a spatula for crepes*) and cook for 2-3 min either side for thick pancakes or 1-2 min either side for crepes.

SAVOURY TOPPINGS:

- Salmon, cream cheese, chives, chopped coriander, avocado and lemon zest.
- Spiced beef, yoghurt, coriander, sundried tomatoes and avocado.
- Sundried tomatoes, feta cheese, cucumber and **B-well™ Thick & Creamy Mayonnaise**.

SWEET TOPPINGS:

- Cream cheese, plain yoghurt, milk, vanilla extract and honey. Add berries, with mint. Add nuts, fig and cheese.
- Berries and ice cream with chocolate drizzle.



SERVES
10-12



40 MINS



“EASY-ISH”

**DID YOU
KNOW**

FLAXSEED.

*Flaxseed is
high in Omega-3
fatty acids,
which are proven
inflammation
fighters.*



B-well™ Canola Sprays have **NO added preservatives** or **colourants** and is **naturally cholesterol free**. Stops food from sticking to sauce pans, frying pans and more.



For more information on the health benefits of canola oil,
visit: www.bwellfoods.co.za

SAVOURY *Wholegrain* GREEN MUFFINS


SPICY & AROMATIC

The most amazing marriage whole grains, spinach and zucchini in a tasty savoury batter! Spicy and aromatic, these are an easy winner for anytime! We love packing them in for lunchboxes, picnics, mini road trips and foodie gatherings.



SAVOURY WHOLEGRAIN GREEN MUFFINS

INGREDIENTS

- 
- B-well™ Canola Cooking Spray**
½ cup B-well™ Pure Canola Oil
2 cups fresh baby spinach/ kale,
finely shredded
2 small zucchini, unpeeled and grated
3 eggs, beaten or
3 Tbsp B-well™ Mayonnaise of choice
1 medium onion, finely chopped
1 ½ tsp baking powder
½ cup quinoa or buckwheat flour
¼ cup polenta
1 cup chickpea flour
1 tsp bicarbonate of soda
½ tsp salt
½ tsp turmeric
¼ tsp black pepper
juice of ½ lemon
2 Tbsp hulled hemp seed or ½ tsp of sesame seeds
2 Tbsp green masala
(to make: see method below)
- EASY GREEN MASALA MIXTURE:**
Blend 1 fresh green chilli, 4 garlic cloves, 1 thumb-sized amount fresh ginger and ¼ bunch fresh coriander, add about 2 Tbsp of B-well™ Pure Canola Oil.

PREPARATION

- 
- 1 Preheat your oven to 180°C.
 - 2 In a big bowl, combine all the ingredients stirring just until lightly blended.
 - 3 Grease a muffin tray or large casserole dish with **B-well™ Canola Cooking Spray**, then add your mixture, filling each cup evenly. Top with the sesame/hemp seeds.
 - 4 Bake for 30-40 min, or until golden brown on the outside – do a clean knife test.
 - 5 Remove from the oven and allow to rest for at least 10 min. Enjoy the unique and delightful flavours and textures of each bite.
- Enjoy these with **B-well™ Sandwich Spread**.
 - Enjoy these with plain yoghurt or even better, tzatziki.
 - Enjoy with a fresh herb salad or even just some ketchup.



6-8
MUFFINS



1 HOUR

● ○ ○ ○ “EASY-PEAZY”

DID YOU KNOW

ZUCCHINI.

Vitamins A and C, glutathione peroxidase and superoxide dismutase are all anti-inflammatory compounds found in zucchini skin.

Zucchini also reduces oxidation and inflammation within the body, boost the body's immunity and protects against disease associated with inflammation.

TURMERIC.

Turmeric's main component, Curcumin, has been shown to decrease inflammation in diabetes, heart disease, inflammatory bowel disease, cancer and the symptoms of osteoarthritis and rheumatoid arthritis.¹⁵

Unhealthy lifestyle and food choices are the leading cause of **high cholesterol**, directly causing an increase in the **risk of heart disease and strokes**.

We can lower cholesterol without medication by avoiding **trans fats**, like unsaturated vegetable fats. With its low saturated fat level and ideal balance of polyunsaturated fats, **B-well™ Pure Canola Oil** is **naturally cholesterol free** which reduces the risk of heart attacks.



For more information on the health benefits of canola oil, visit: www.bwellfoods.co.za

Rainbow Rice

WRAPS

Held together by a soft wrapping and combined with a nutty and flavourful dip, these wraps are perfect for picnics or to liven up a food platter.

Anti-inflammatory, gluten-free, vegan and totally inclusive for most diets.



RAINBOW RICE WRAPS

INGREDIENTS

DIPPING SAUCE:

½ cup smooth peanut butter,
homemade or organic

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

2 Tbsp soy sauce

1 Tbsp sriracha sauce
or any other hot sauce

2 Tbsp lemon Juice

1 garlic clove, *minced*

1 Tbsp ginger, *minced*

1/4 cup water

WRAPS:

1 small head raw broccoli,
cut into thin florals

2 cups baby spinach

3 medium carrots, *thinly julienne or grated*

1 small head red cabbage,
finely shredded

8-12 sheets of rice paper

3 beetroots, *grated*

INGREDIENTS

THAI PEANUT SAUCE:

1 Add the peanut butter, **B-well™ Original Tangy Mayonnaise**, soy sauce, ginger, garlic, sriracha and lemon juice to a small bowl.

2 Whisk together, then whisk in the water slowly until the desired consistency has been reached. This peanut sauce tends to thicken up over time, so add more water as needed to thin. Taste and adjust as you'd like, then set aside.

WRAPS:

3 Dip a sheet of rice paper in a plate of water, quickly place it onto a clean dishcloth, allow to drain some of the excess water, place it on a plate before it softens.

4 Add a thin layer of each of your toppings: The grated carrot, grated beetroot, the thin pieces of broccoli (*line it up so to not be too thick*), the shredded cabbage and thin layer of the baby spinach.

5 Carefully wrap into a spring roll. Roll in sesame seeds (*optional*) and set onto a greased plate – to prevent sticking.

6 Serve with the peanut dipping sauce, and enjoy the play on textures and flavour.



8-12
SERVINGS



30 MINS



“EASY-PEAZY”

DID YOU KNOW

BROCCOLI.

Broccoli & Spinach.

Both are extremely high in **Vitamin C, A and K**, this means it is a superfood for immune boosting and stimulating the detoxifying process. It is a good source of **Lutein, Zeaxanthin and Beta-carotene**, which fight **free-radicals** and **support bodily function**.

High in fiber and **cholesterol-lowering**. Do not over-cook as to not lose all its powerful nutrients.

If you enjoy the more refined things in life, with a fresh, South African twist - our **B-well™ Original Tangy mayonnaise** will be right up your alley.

With a delicious **traditional tangy flavour** - it will leave your taste buds begging for more.

Ideal to use in **salads, wraps** and making **dips**.



For more information on the health benefits of canola oil, visit: www.bwellfoods.co.za

SWEET & SPICY RED PEPPER *Soup.*



LADLES OF LOVE

A divinely delicious soup, rich in phytochemicals, capsaicin – responsible for the depth of flavour and spicy taste. It is incredibly rich in Vitamin A, C, E, loaded with antioxidants and flavonoids with strong anti-inflammatory effects.

SWEET & SPICY RED PEPPER SOUP

INGREDIENTS

3 Tbsp B-well™ Extra Virgin Olive Oil
1 large red onion, *chopped*
1 large red pepper, *seeded and finely chopped*
1 large orange pepper, *seeded and chopped*
1 red chilli, *chopped and deseeded*
3 garlic cloves, *whole and unpeeled*
1 tsp black/ mixed peppercorns
handful of fresh basil leaves
half a tin of coconut milk, *optional*
habanero/ tabasco/ sweet chilli pepper sauce

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

1 tsp coriander seeds

salt, *to taste*

1 cup veg stock



PREPARATION

- 1 Heat the oven to 180°C.
- 2 In an oven dish, add all the chopped orange peppers, tomatoes, onions and the cloves of garlic, still in their jackets, drizzle with B-well™ Extra Virgin Olive Oil and roast for 40 min, or until cooked through and slightly charred.
- 3 In a large saucepan 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 veggie stock and basil and blend using a hand-blender (*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 fresh 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.



SERVES
4-6



1 HOUR



“EASY-ISH”

DID YOU
KNOW

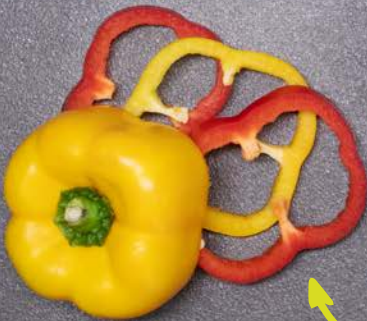


Being a **B-well™ Extra Virgin Olive Oil**, it contains all the goodness naturally found in olives which, together with its **high monounsaturated fat** content, makes it the smart choice.



TOMATO.

Tomatoes are rich in lycopene, which helps **reduce inflammation** in the **lungs** and **throughout the body**. Cooked tomatoes provide even more lycopene than raw ones, especially when cooked with olive oil. A 2013 study found that even tomato juice consumption was beneficial for **reducing systemic inflammation**.⁶



CHILLI.

Chilli (& peppers) Capsicum, a phytonutrient found in chilli and peppers contains potential antioxidant and anti-inflammatory compounds which could be tested as **drug candidates against oxidative and inflammation-related diseases** and cancer.^{7,8}



For more information on the health benefits of canola oil, visit: www.bwellfoods.co.za

GARLIC,
ROASTED CAULIFLOWER &
ROOTS SPICED
Soup.




**NURTUREMENT
FOR THE SOUL**


This soup is created to comfort the body during illness and serve as a way of nurturement, even for the soul. This soup is flavourful and filled with phytonutrient power and anti-inflammatory action from every ingredient.

GARLIC, ROASTED CAULIFLOWER & ROOTS SPICED SOUP

INGREDIENTS

- 
- 5 garlic cloves, *in their jackets*
 - 1 head cauliflower, *cut into florets*
 - 2 onions, *chopped*
 - 1 tsp turmeric powder
 - pinch fennel seeds
 - 2 ½ cups vegetable stock
 - 4 Tbsp **B-well™ Extra Virgin Olive Blend**
 - 1 thumbnail-sized knob of ginger, *peeled*
 - 1 large fennel bulb (*can sub with large potato*)
 - ½ tsp cinnamon
 - ½ tsp cayenne pepper
 - ½ tsp white pepper
 - 1 tsp salt
 - ½ tsp black pepper, *crushed*
 - 1 tsp sage leaves
 - 1 can coconut cream

PREPARATION

- 
- 1 Preheat the oven to 180°C.
 - 2 On a baking tray, place onion, garlic, cauliflower and the fennel/potato.
 - 3 Drizzle the **B-well™ Extra Virgin Olive Blend**, cinnamon, turmeric and white pepper. Mix well to coat everything evenly.
 - 4 Bake for 25-30 min until crispy, and slightly charred.
 - 5 Remove vegetables from the oven, squeeze the garlic out of its skin, and add to a heavy-bottomed saucepan with remaining ingredients. Place on stovetop.
 - 6 Using a stick blender, blitz the soup until creamy and smooth (or use a potato masher for a thicker texture). Turn stove on medium-high heat and allow soup to come to a simmer for 5 min.
 - 7 Allow to cool down a bit, serve hot.
 - 8 Decorate with fennel fronds and enjoy the creamy delight. Serve with wholewheat toast or crispy roasted chickpeas.
- 



4
SERVINGS



45 MINS



“EASY-PEAZY”

DID YOU
KNOW



CAULIFLOWER.

Cauliflower is particularly **high in glucosinolates** and **isothiocyanates**, two groups of antioxidants.

Cauliflower contains **carotenoid** and **flavonoid** antioxidants as well, all which are **beneficial for reducing inflammation** and protecting against several chronic diseases.³



GINGER.

Ginger contains **anti-inflammatory compounds** that function in the same way as COX-2 inhibitors. A study found that ginger extract was as effective as ibuprofen in the first treatment of osteoarthritis and helps **reduce swelling**.⁴



Our pure canola oil does not contain any **genetically modified organisms**.

No vitamins, aromas and other food additives are added, meaning it is free from allergens, **reduces cancer risk** and **improves overall health**.

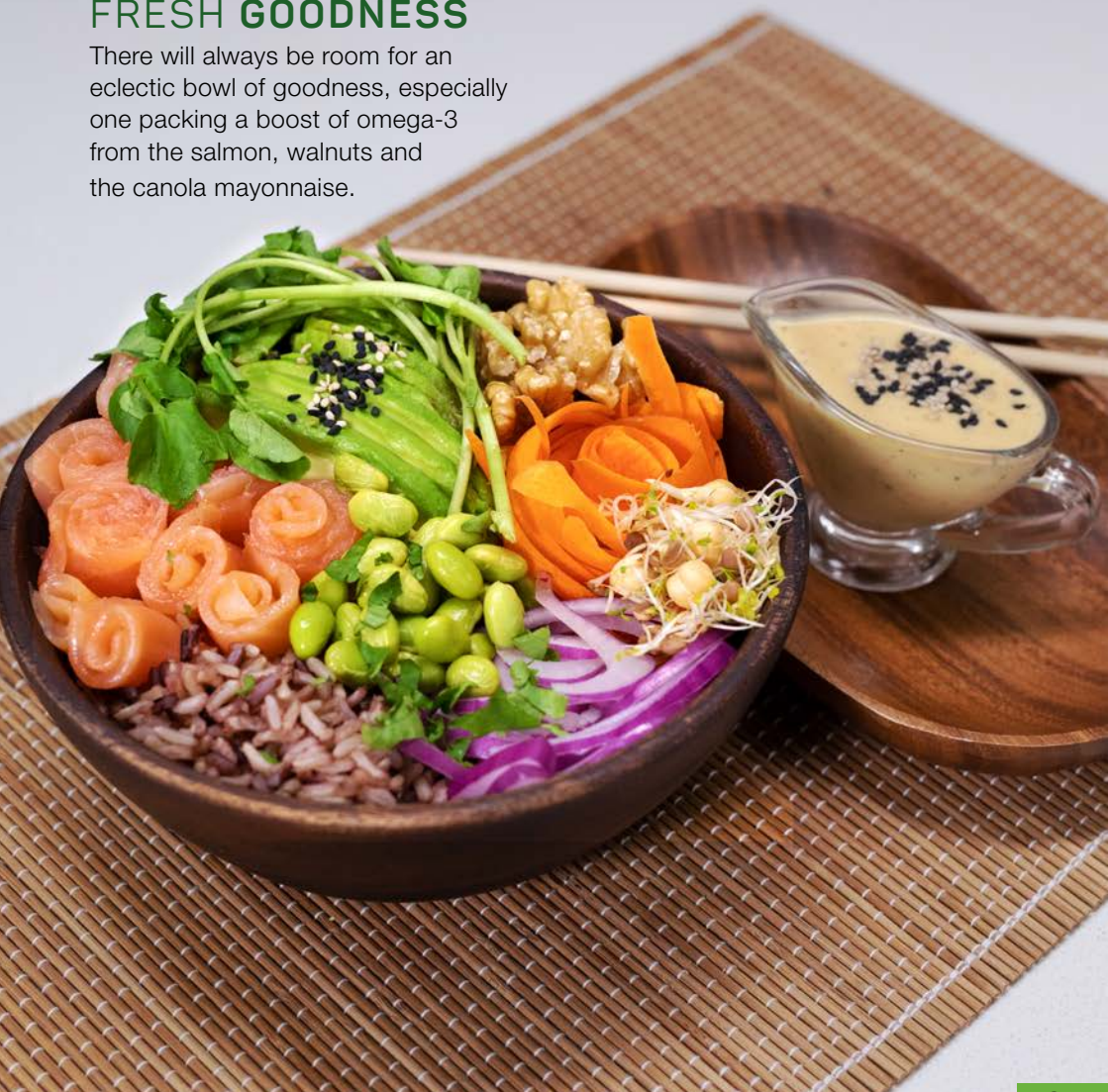


For more information on the health benefits of canola oil, visit: www.bwellfoods.co.za

SMOKEY SALMON *Hokey Poke.*

FRESH GOODNESS

There will always be room for an eclectic bowl of goodness, especially one packing a boost of omega-3 from the salmon, walnuts and the canola mayonnaise.



SMOKEY SALMON

HOKEY POKE

INGREDIENTS

- 1 cup edamame beans
- 4 cups watercress
- 4 cups brown rice, *cooked*
- 400 g smoked salmon, *thinly sliced*
- 1 cup fresh blueberries
- ½ cup shredded/ grated carrots
- ½ cup walnuts, *chopped/ pieces*
- 1 ripe avocado, *sliced or diced*
- ½ red onion, *thinly sliced*
- ½ cup fresh coriander, *lightly chopped*
- sprouts of choice, *optional*

CREAMY GINGER CITRUS DRESSING:

- ¼ cup **B-well™ Extra Virgin Olive Oil**
- ½ cup **B-well™ Thick & Creamy Canola Mayonnaise**
- 1/3 cup freshly squeezed orange juice
- 2 Tbsp apple cider vinegar
- 2 tsp fresh ginger, *finely grated*
- 2 tsp Dijon mustard
- 2 tsp raw honey
- 1 tsp sriracha sauce
- salt and black pepper, *to taste*

PREPARATION

DRESSING:

In a small container or mason jar, shake up all of the ingredients or add to a blender for a finer mix. Add half of the sauce to the rice and mix. Set both aside.

- 1 Use a sharp knife to dice the smoked salmon into cubes and divide into four sections.
- 2 Divide the sauced rice between four bowls. Add a section of salmon on one part of the rice in each bowl. Surround with a pile of the watercress, blueberries, edamame, onion slices and carrot. Spread half of a sliced avocado on top of each bowl.
- 3 Drizzle the rest of the sauce over each bowl, then sprinkle the coriander and walnut bits on top, with the optional sprouts.
- 4 Serve with additional dressing on the side if needed. Enjoy!



4 BOWLS



30 MINS

● ○ ○ ○ “EASY-PEAZY”

DID YOU
KNOW



When a product is vegan-friendly, it does not contain animal ingredients or animal-derived products.

B-well™ Canola Mayonnaise range is **100% vegan friendly** and is **locally made** with lots of love, **NO** eggs, gluten or dairy.



SALMON.

Salmon contains **Vitamins D, B6 and B12** which are essential to maintaining a **good mood** as well as **omega 3 fatty acids** which reduce inflammation.

For more information on the health benefits of canola oil, visit: www.bwellfoods.co.za

REFRIED BLACK BEAN MEXICAN LETTUCE

Wraps.

**QUICK
& TASTY**

This hearty black bean mix, with peppers, spices and lime, packs a wholesome amount of antioxidants and anti-inflammatory elements too and is super quick to get ready. Fibre-rich too, for gut health ingredients for extra benefits!



REFRIED BLACK BEAN MEXICAN LETTUCE WRAPS

INGREDIENTS

- | | |
|--|--|
| 1 tsp cumin | ½ tsp smoked sweet paprika |
| 3 garlic cloves, <i>crushed</i> | 1 avocado |
| ½ turmeric | 1 Tbsp lime juice |
| 1 medium onion, <i>finely chopped</i> | 1 lime, <i>cut in wedges</i> |
| 1 Tbsp lime juice | 1 handful fresh coriander, <i>chopped</i> |
| 1 can black beans or 400 g cooked, <i>rinsed and drained</i> | 1 chilli, deseeded, <i>finely chopped</i> |
| 3 Tbsp B-well™ Canola and Olive Blend | sea salt and freshly ground black pepper |
| ½ red or green pepper, <i>finely diced</i> | 1 mielie (corn on the cob), <i>or ½ can of whole kernel corn</i> |
| 500 g portobello mushrooms, <i>sliced</i> | 1 cup of plain yoghurt |
| | 1 head of lettuce, <i>full leaves removed</i> |

PREPARATION

- 1 Boil the mielie in a large pot of boiling water until tender, then drain and set aside.
- 2 Heat the oil in a large pan over medium-high heat and fry the onions until golden and cooked. Add in the garlic and fry for 1 min before adding the black beans.
- 3 Fry the beans, stirring occasionally so it doesn't stick. Fry off all the liquid.
- 4 Add the spices, red/green pepper and stir in the mushrooms and season with salt and pepper. Cook for another 6-8 min or until the mushrooms are well sautéed.
- 5 Transfer the black bean mixture to a bowl, wipe the pan clean and cook the mielie over medium heat with a little extra **B-well™ Canola and Olive Oil Blend** until golden and just slightly charred. Remove and allow to cool before cutting the kernels off. Set aside.

TO SERVE:

Wash and dry each lettuce leaf well. Then stuff the bean mixture, mielie kernels, avocado, coriander and chilli into the lettuce leaves to create a boat. Serve immediately with lime wedges.

To eat, wrap the filling into the lettuce leaves, dip in some yoghurt and take a delicious bite! YUM!



4
SERVINGS



20 MINS

● ○ ○ ○ “EASY-PEAZY”

DID YOU
KNOW



MUSHROOMS.

Mushrooms are rich in anti-inflammatory components, such as polysaccharides, phenolic and indolic compounds, **mycosteroids**, **fatty acids**, **carotenoids**, **vitamins** and **biometals**.¹⁰



BLACK BEANS.

Black beans are members of the legume family.

They are **high in fiber** and rich in antioxidants that help decrease inflammation and are a good way to **get protein in your diet without consuming red meats**, associated with increased inflammation.¹¹



B-well™ Canola and Olive Blend is **CANSA** endorsed meaning this product is free of **chemicals** and other **risk factors** associated with cancer development.



For more information on the health benefits of canola oil, visit: www.bwellfoods.co.za

CRISPY CHICKPEA CHOPPED *Salad.*

CRUNCHY
MUNCHY

High in protein, packed with good fats and all the canola benefits, this salad is perfect as a main or for a side spruce up of your meal!



CRISPY CHICKPEA CHOPPED SALAD

INGREDIENTS

CHICKPEAS:

½ tsp paprika

½ tsp fine cumin powder

1 pinch kosher salt

½ tsp fine coriander powder

1½ cups pre-soaked/
canned chickpeas, *drained*

1 handful freshly chopped coriander, *garnish*

1 Tbsp soy sauce

1 pinch fine black pepper

45 ml **B-well™ Pure Canola Oil**

½ tsp turmeric powder

SALAD:

6 small carrots

2 sticks of celery

1 handful cherry tomatoes

½ English cucumber

2 cups mixed herb leafy
greens/ lettuces

100 g feta cheese

½ cup pomegranates, *optional*

DRESSING:

1/3 cup **B-well™ Extra Virgin Olive Oil**

1 tsp Dijon mustard

2 ½ Tbsp apple cider vinegar

¼ cup mint, *finely chopped*

1/3 cup apple juice

salt and pepper, *to taste*

PREPARATION

- 1 Preheat oven to 180°C. Drain the chickpeas and allow to sit and dry slightly.
- 2 In a saucepan, combine the **B-well™ Pure Canola Oil**, soy sauce and spices together and mix well.
- 3 Allow to heat up on the stove till the marinade becomes hot. Once hot, turn off the heat and add the chickpeas. Mix well so that each chickpea is covered with flavor. Allow to sit for 5 min.
- 4 Line an oven tray with foil or baking paper and spread the coated chickpeas evenly. Pop into the oven for 30-40 min or until the chickpeas are golden and crispy, check and stir the chickpeas around every 15 min to allow even toasting.
- 5 In the meantime, make the salad by finely chopping the carrots, cucumber, celery, and tomatoes. Then chop the lettuce. Start mixing up the chopped ingredients and chop some more – pieces must be small. Set aside.
- 6 In the meantime, make the salad by finely chopping the carrots, cucumber, celery, and tomatoes. Then chop the lettuce. Check on the chickpeas. Once crispy, take the roasted chickpeas out of the oven, allow to cool slightly and sprinkle the chopped fresh coriander.
- 7 In a small bowl or a mason jar, add the dressing ingredients and mix/shake well to combine.
- 8 Toss the chickpeas into the salad, crumble the feta cheese on top and optional pomegranate seeds and serve with a drizzle of the minty dressing or over the whole bowl, toss, serve and enjoy!



4-6
SERVINGS



50 MINS



“EASY-ISH”

DID YOU KNOW

CELERY.

*Celery and celery seeds have approximately 25 anti-inflammatory compounds, specifically two beneficial antioxidants, **apigenin** and **luteolin**.*

*Research shows that apigenin and luteolin **reduce inflammation** and may help treat a **range of inflammatory diseases**.²⁰*

B-well™ Extra Virgin Olive Oil carries a fresh, grassy aroma and a distinct peppery aftertaste that will liven up your favourite dish.

It's a 100% cold press olive oil that contains all the natural vitamins and antioxidants found in olives.



APPLE CIDER VINEGAR.

Arthritis can cause chronic inflammation, pain, and stiffness in the joints of the body such as the fingers, hands, knees, elbows, hips, jaw. Apple Cider Vinegar Helps with **Osteoarthritis, Rheumatoid arthritis, Gout, Psoriatic arthritis** and more.²¹



For more information on the health benefits of canola oil, visit: www.bwellfoods.co.za

ROASTED AUBERGINE & QUINOA

Salad. WITH POMEGRANATES



IT'S HEARTY

A hearty salad filled with incredible fibre, antioxidants and protein from the aubergine, quinoa and pomegranates, with a prebiotic boost from fresh rocket. These individually delicious components come together in a creamy tahini dressing, topped with avocado.

ROASTED AUBERGINE & QUINOA SALAD

WITH POMEGRANATES

INGREDIENTS

- 1 Tbsp B-well™ Pure Canola Oil
- 1 cup quinoa, *uncooked*
- 2 medium aubergines
- 2 handfuls rocket
- ½ cup pomegranate seeds
- salt and pepper
- ½ cup walnuts, *chopped*
- 1 avocado

DRESSING:

- 1 Tbsp tahini
- salt, *to taste*
- 1 Tbsp tahini
- ½ tsp paprika
- juice of ½ lemon
- 1 garlic clove, *finely chopped*
- 3 Tbsp B-well™ Extra Virgin Olive Oil
- 2 Tbsp B-well™ Thick & Creamy Mayonnaise

PREPARATION

- 1 Preheat your oven to 180°C.
- 2 Cut the aubergine lengthwise into wedges then place on an oven tray. Lightly cover with the B-well™ Pure Canola Oil and sprinkle with some salt and pepper.
- 3 Roast in oven for about 40 min or until golden brown.
- 4 Meanwhile, rinse the quinoa well with cold water and drain through a fine-mesh strainer to remove excess water.
- 5 Boil the kettle, you will need 1 ½ cups of boiling water. Add the rinsed and drained quinoa into a dry pan, on medium heat. Toast the quinoa lightly until you can smell a nutty flavour, then remove off the heat.
- 6 In a pot, add 1 ½ 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 lid and remove from the pot.
- 7 Set the quinoa aside and allow to cool. Make the dressing by combining all the ingredients into a bowl and mixing well, or add to a jar and shake it up.
- 8 In a large salad bowl, or four individual bowls, add the quinoa and the rocket and a good drizzle of the dressing, keep half for the top. Then add the aubergine wedges.
- 9 Split the avocado into four and add the slices of fresh avocado to the salad.
- 10 Top with the pomegranates and chopped walnuts and drizzle with the last of the dressing. Serve and enjoy the pops of flavour.



4
SERVINGS



1 HOUR



“EASY-PEAZY”

DID YOU
KNOW

QUINOA.

Quinoa saponins may be used as functional food components for **prevention and treatment of inflammation**.¹²

ROCKET.

Rockets are **excellent pre-biotic** for the gut.

POMEGRANATES.

Pomegranates is **rich in the polyphenol, punicalagins, a potent antioxidant** that have been shown to reduce inflammation.

Ingredients for better living.

At **B-well™ Foods** not only are the ingredients we use of the highest quality but our hero ingredient, **canola**, boasts a variety of health benefits. Our **local-first approach** is in itself an ingredient for better living. From sourcing canola from SA farmers to using local processing plants and by employing SA staff, we're contributing to the **economy**.



For more information on the health benefits of canola oil, visit: www.bwellfoods.co.za

ARTISAN FALAFEL *Mediterranean* BOWL

GET
CREATIVE

We bring components of the Mediterranean diet which act synergistically to reduce inflammation and oxidation and thus the risk of chronic diseases. We serve these high protein, spice-infused balls with delicious accompaniments to complement the earthy flavours and bring a pop of flavour.



ARTISAN FALAFEL MEDITERRANEAN BOWL

INGREDIENTS

TZATZIKI:

- 1 cup plain Greek yoghurt
- 1 Tbsp lemon juice
- ½ cup finely grated cucumber
- 1 Tbsp mint, *finely chopped*
- 1 Tbsp fresh dill/ coriander, *chopped*
- salt and pepper, *to taste*

TAHINI DRESSING (to drizzle):

- ½ cup tahini
- ½ lemon, *juiced*
- ½ tsp paprika
- ¼ tsp turmeric
- 1 garlic, *minced*
- salt and pepper, *to taste*
- 3 Tbsp water

HERB SALSA:

- 2 cups rosa tomato, *chopped in half*
- ½ red onion, *diced*
- juice of 1 lemon
- 2 cups parsley leaves, *chopped*

B-well™ Fry-well Oil

- 3 garlic cloves
- 5 Tbsp water
- 1 ¾ tsp salt
- 1 tsp cumin
- ¼ tsp black pepper
- ½ cup fresh coriander, *just the leaves*
- ½ cup fresh parsley, *just the leaves*
- 1 medium onion, *roughly chopped*
- 1 cup chickpeas, *soaked overnight & drained (DO NOT use canned chickpeas)*
- 4 Tbsp chickpea flour
- ½ tsp baking powder
- ½ tsp ground coriander
- 1 pinch ground cardamom

POKE BOWL EXTRAS:

- Pickled cabbage; pickled cucumbers; cucumber (*chopped or sliced*); peppers (*chopped or sliced*); olives; hummus; fresh baby spinach; avocado; carrot ribbons; seeds and nuts sprinkle; grain of choice: quinoa, buckwheat, bulgur wheat

PREPARATION

- 1 Place chickpeas in a large bowl, pour over plenty of cold water and leave to soak overnight or 12+ hours. Drain the chickpeas and place in a food processor.
- 2 Add the chopped onion, parsley, coriander, garlic, chickpea flour, baking powder, cumin, ground coriander, salt, pepper, cardamom and water all to the food processor too. Blitz for 2-3 min, scraping down the sides for even processing, until the chickpeas are grainy like couscous.
- 3 If you don't have a falafel scoop: using a tablespoon, scoop up a spoonful and shape into balls and place on a tray, then refrigerate for 30 min. If you have a falafel scoop: pour mixture into a bowl and refrigerate mixture for 30 min.
- 4 Pour B-well™ Fry-well Oil in a large pot or skillet, add enough to deep fry or shallow fry so balls are emerged and heat to medium-high. Using a tong/large spoon for your prepared balls or scooping balls, cook falafel in batches for around 4 min, on all sides, until deep golden and super crunchy on the outside. Remove from oil and drain on a paper towel to soak out the excess oil. Repeat with remaining falafel.
- 5 Assembling the poke bowl: Spoon in some herb salsa, add the falafel balls, add some pickled veg, fresh baby salad, a scoop of tzatziki, hummus and make sure to drizzle with the tahini dressing.



4-6
SERVINGS



1HR 15MIN



“FOODIE”

DID YOU
KNOW

Choose your health.

All **B-well™** products are created with one thing in mind, simplifying consumer's lives and helping them reach the perfect balanced lifestyle.

We promote more than just **healthier alternatives to sunflower oil or ordinary mayonnaise**, we promote better living.



CHICKPEAS.

Chickpeas combat inflammation due to their **antioxidant** and **anti-inflammatory compounds, fiber, protein** and their **phytonutrients**.

They support gut **health-promoting microbes** which support immune system.

CORIANDER.

Coriander & Parsley.

These contain **high amounts of chlorophyll** to promote **alkalinity** and **aids with digestion, hormone balance**, and ridding the **body of excess mercury** and has 70 percent of your daily Vitamin C needs in just one cup.

For more information on the health benefits of canola oil, visit: www.bwellfoods.co.za

SPAGHETTI

Veg Balls

IN RECCO
TOMATO SAUCE



A MIGHTY TWIST

A slight twist on the original comforting Italian dish, okay, a mighty twist on the meatballs. These ones are packed with phytonutrient goodness and are excellent for an alternative with all the flavour and meaty texture. An antioxidant-rich sauce packed with lycopene from the cooked tomatoes.

SPAGHETTI VEGBALLS

IN RECCO TOMATO SAUCE

INGREDIENTS

KOFTA/MEATBALLS:

2 cups cauliflower, *grated*

1 cups cabbage, *grated*

1 ½ cups chickpea flour

½ tsp yellow asafoetida/ hing powder

OR ½ tsp garlic powder &

½ tsp onion powder

1 tsp ground cumin

spaghetti of choice, *we love zucchini/ spinach spaghetti or a whole wheat tagliatelle*

nutritional yeast/ grated parmesan cheese, *for topping (optional)*

1 ½ tsp salt

1 tsp garam masala

½ tsp cayenne pepper

fresh basil, *for garnish*

SAUCE:

2 Tbsp **B-well™ Canola and Extra Virgin Olive Oil Blend**

8 tomatoes, *blanched or 2x cans of chopped tomatoes*

2 medium onions, *finely diced*

4 garlic cloves, *chopped*

½ tsp yellow asafoetida/ hing powder or ½ tsp garlic powder & ½ tsp onion powder

5 curry leaves

2 cup green onion, *chopped*

1 Tbsp tomato paste

1 tsp dried basil

½ tsp ground black pepper

2 Tbsp curry powder

1 cup coconut cream

1 tsp dried oregano

1 tsp sugar

1 tsp salt

PREPARATION

- 1 Preparing the Kofta's:** Combine all the kofta ingredients in a bowl and stir until well mixed.
- Roll the mixture into ± 20 Balls. Bake the balls for 20-30 min at 180°C, flipping over every 10 min. Now make the pasta sauce.
- Cook the spaghetti of choice as per pack instructions.
- 4 Preparing the Sauce:** Heat the **B-well™ Canola and Extra Virgin Olive Oil Blend** in a saucepan over medium heat. Once hot, add the onions and braise until soft and brown.
- Add the garlic, curry leaves, oregano and sauté for 1 min or until fragrance is released. Sprinkle in the yellow asafoetida and fry momentarily.
- Stir in the chopped tomato, tomato paste and the dried basil. Increase the heat, bring to a boil and then reduce heat and simmer for 10 min to reduce. Use the back of the spoon to squash any big lumps of tomato to reduce.
- Add the salt, pepper, curry powder and sugar, mix well. Add the coconut cream and stir.
- Once the balls are done, allow to drain excess oil on a paper towel. Once drained, add to sauce and allow to soak up the flavours for at least 10 min.
- Then stir in the spaghetti or serve on top, garnish with some fresh basil leaves and a sprinkle of parmesan/ nutritional yeast and enjoy!



6
SERVINGS



55 MINS



“FOODIE”



RED CABBAGE.

Sulforaphane, kaempferol and other antioxidants found in these remarkable group of plants are likely responsible for their



BASIL.

Basil contains many vitamins and minerals, as well as antioxidants such as lutein, zeaxanthin, beta-carotene, and beta-cryptoxanthin that play a role in supporting the immune system and modulating inflammation.



OREGANO.

Oregano contains B-caryophyllene, a compound shown to play a role in modulating inflammation.



TOMATO.

Tomatoes packed with anti-inflammatory phytonutrient and Lycopene.



DID YOU KNOW

B-well™ Canola & Olive Blend has a high smoke point.

Perfect for use at all temperatures, whether **drizzled over salads** or sizzling in the frying pan, the **versatility** of this canola & olive blend makes it your perfect partner in the kitchen.



For more information on the health benefits of canola oil, visit: www.bwellfoods.co.za



MOROCCAN STYLE *Chicken* WITH OLIVES & PRUNES

Inspired by the traditional tagine, this quick-to-make chicken dish takes on a twist by incorporating middle eastern spice combinations that are also rich in anti-inflammatory action.

Cooked with antioxidant-rich canola oil, olives and prunes, this dish screams flavour and wellness!



MOROCCAN STYLE CHICKEN

WITH OLIVES & PRUNES

INGREDIENTS

2 Tbsp **B-well™ Canola & Extra Virgin Olive Blend**

500 g skinless free-range chicken thighs or breasts, *diced/cubed*

2 medium onion, *finely diced*

1 cup chicken broth

1 cup Greek yoghurt

3 Tbsp tomato paste

3 cloves of garlic, *crushed*

½ cup coriander, *chopped & garnish*

¼ cup parsley, *chopped*

1 Tbsp ginger, *crushed*

2 fresh chillies, *chopped*

juice of half a lemon

zest of half a lemon, *and for serving*

1 pack (±15) calamata/green olives

12 dried prunes, *pitted (or dried apricots)*

SPICE MIX

1 tsp ground cardamom

1 tsp turmeric

½ tsp ground cumin

1 stick cinnamon

1 tsp salt

1 tsp pepper

1 tsp ground coriander

PREPARATION

- 1 Prepare and dice chicken pieces to medium/bite-size cubes and season with spice mix, coating each piece and set aside.
- 2 Heat up a large skillet over medium-high and add the **B-well™ Canola & Extra Virgin Olive Blend**, then add the onions and braise until brown.
- 3 Add the garlic to the onions and cook for 1 min, then add the chicken and spices.
- 4 Stir fry the chicken and then add the chicken broth. Cook for about 5 min, then add the tomato paste, lemon juice, lemon zest, prunes and olives, allow to simmer for 20 min to cook chicken through.
- 5 Stir in the yoghurt, sprinkle the parsley and half of the coriander on top. Reduce heat and replace the lid. Allow the mixture to cook for another 10 min.
- 6 Sprinkle the rest of the fresh coriander, serve on a bed of bulgur wheat, brown basmati rice or with wholewheat roti.



4
SERVINGS



45 MINS



“EASY-ISH”

DID YOU
KNOW

PLAIN YOGHURT.

Plain yoghurt is thought to reduce inflammation by improving the integrity of the intestinal lining and supporting gut microbiome, responsible for many immune modulatory actions. **Yoghurt protein and probiotics**, such as *Lactobacillus Bulgaricus* and *Streptococcus thermophilus*, have **anti-inflammatory and immunomodulatory roles**.



Endorsed by the **Heart & Stroke Foundation of South Africa (HSFSA)**, this product forms part of a heart healthy diet.



For more information on the health benefits of canola oil, visit: www.bwellfoods.co.za

SWEET SESAME & GINGER GLAZED CHICKEN BOK & BROCC *Stir Fry.*

A super satisfactory umami meal, packed with essential nutrients and holding the integrity of the phytonutrients from the veg. In this easy and quick stir-fry, make it an accessible go-to for an insatiable meal and health booster.



SWEET SESAME & GINGER GLAZED CHICKEN BOK & BROCC STIR FRY

INGREDIENTS

ASIAN MARINADE:

- 4 garlic cloves, *minced*
- 6-8 Tbsp maple syrup/
agave nectar/ coconut sugar
- 4 tsp ginger, *minced*
- 2 Tbsp sesame oil
- 1 ½ tsp red pepper flakes
- 6-8 Tbsp tamari/ soy sauce
- 6 Tbsp lime juice
- 2 Tbsp water

STIR-FRY:

- 2 Tbsp **B-well™ Cooking Olive Oil**
- 500 g chicken breast/ thighs,
cut into strips/ bites
- 3 medium carrots, *julienned*
- 2 heads bok choy, *leaves separated*
- 2 cup broccolini, *sliced lengthwise*
- 8 cups cooked brown rice or cauliflower rice
- 1 cup cashews, *roasted*
(can sub with peanuts for budget)
- 2 Tbsp sesame seeds
- 2 cup green onion, *chopped*

PREPARATION

- 1 Prepare the rice according to the package ingredients and set aside. Prepare the Asian marinade by adding all ingredients to a small mixing bowl and whisking to combine. Taste and adjust flavor as needed.
- 2 Pour the marinade over the chicken and gently stir/toss to combine. Set aside to marinate for 10-12 min in a shallow dish. Toss occasionally to evenly coat. Meanwhile, in a pan heated to medium heat, carefully toast the cashew nuts and sesame seeds, making sure to just golden and not burn. Remove from heat and set aside.
- 3 To the food processor, add the beans and walnuts and pulse a bit just to break into smaller bits - or add to a bowl and squash with a fork. Make sure the walnuts are grain-like, not too small either then add to the mixture.
- 4 Once the chicken has marinated, heat a large skillet over medium heat and add 2 Tbsp of **B-well™ Cooking Olive Oil**. Then add the chicken and sauté for 10 min on each side or until golden brown and slightly seared.
- 5 Scoop the chicken out into another bowl, leaving any remaining sauce behind, then add the carrots and broccolini to the pan and increase heat to medium-high. Sauté and stir-fry for 2-3 min, frequently stirring.
- 6 Add 2/3 of the green onion, toasted cashews and the bok choy with any remaining chicken marinade, stir to coat. Cook for 2 mins, then remove from heat, sprinkle the toasted sesame seeds, garnish with the rest of the fresh green onion and serve immediately on a bed of rice/cauliflower rice. Enjoy the flavours of Asian delight.



4-6
SERVINGS



30 MINS



“EASY-PEAZY”

DID YOU KNOW

BROWN RICE.

Both brown rice and broccoli contain high amounts of the essential fatty acid, Alpha Lipoic Acid (ALA), which is a potent antioxidant found to work profoundly in the body in **reducing inflammation** and decreasing risk of many **immune-degenerative disease**.

GINGER.

In a study, participants who ingested two grams of either raw ginger or heated ginger experienced **reduced pain and inflammation caused by injury**.¹⁴

B-well™ has developed an olive oil for everyday cooking.

Ideal for use at higher temperatures, **B-well™ Cooking Olive Oil** can be heated without the oil breaking down. Thus, making every dish exceptional and naturally cholesterol-free.



For more information on the health benefits of canola oil, visit: www.bwellfoods.co.za

POACHED AUBERGINE & FISH *Curry.*

A super hearty and delicious meal, packed with anti-inflammatory superfoods. Omega-3 from B-well™ Pure Canola Oil and the fatty fish, poached with fibre-rich aubergine in a spice-infused tomato. Anti-inflammatory temple of flavour right here.

**SUPER
HEARTY**



POACHED AUBERGINE & FISH CURRY

INGREDIENTS

2 Tbsp **B-well™ Pure Canola Oil**

6 small aubergines, *cut the cap off and then cross slice the lengthwise without cutting through to create a flower shape*

450 g of mackerel/ tuna/ herring/ salmon/ trout, *cut in pieces*

½ tsp black pepper

1 medium onion

½ tsp turmeric

3 garlic cloves

½ tsp salt

1 Tbsp chilli paste (*chilli, ginger, garlic*)

½-1 tsp paprika, *as preferred*

1 tsp mustard seeds

1 tsp cumin seeds

3-4 curry leaves

1 Tbsp tomato paste

handful coriander, *destemmed and chopped*

½ tsp garam masala

quarter of a lemon

3 tomatoes, *blanched and chopped or 1 tin of blanched/chopped tomatoes*

PREPARATION

- 1 Heat up the **B-well™ Pure Canola Oil** in a pan on medium heat. Add the mustard seeds and once they start spluttering, add the cumin seeds and curry leaves. Cook for a minute.
 - 2 Then add the paprika, turmeric and garam masala. Stir to mix, then add the chopped onion and garlic to braise.
 - 3 Once onions are browned, add a splash of water to soften and allow to reduce for a minute. Add the chopped tomatoes and tomato paste and bring to a simmer. Keep stirring and flattening tomato bits with the back of the spoon to help break down.
 - 4 Drop the aubergine in, coat in the spiced tomato curry, allow to cook and simmer for 25 min with the lid on.
 - 5 Then add the fish pieces and cook for 10 min, until the flavours are absorbed.
 - 6 Squirt the lemon over the fish pieces and remove from the heat.
 - 7 Garnish with a generous handful of fresh coriander, serve and enjoy!
- *Best served with some savoury brown rice or on top of a roasted sweet potato.*
- *Serve with fresh yoghurt and some cucumber to cool the heat.*
- *For vegan curry, one can also swop the fish for potatoes for a traditional aubergine and potato curry. Add the potatoes with the aubergine in step 4.*



4
SERVINGS



45 MINS



“EASY-ISH”

DID YOU
KNOW

GROUND SPICES.

*Turmeric, Paprika,
Mustard Seeds,
Cumin Seeds.*

Did you know:
Mustard seeds are
effective against
psoriasis, which is a
chronic inflammatory
autoimmune
disorder.⁹

GARLIC.

Garlic contains
high amounts of
Organosulfur,
a compound
that may **lower**
the production
of substances
in the blood
that **boost**
inflammation.

Hence it is
considered a
powerful anti-
inflammatory.

Grown locally, made lovingly.

B-well™ canola
range is made from
**100% local canola
seed.**

All seed are locally
farmed and as a
result we support
and help **grow**
local farming
communities.



For more information on the health benefits of canola oil,
visit: www.bwellfoods.co.za

SWEET BEETS & BEAN *Burger.*

We have the yummiest patty for you, especially for a plant-based meal that's needing to hit the spot. This one is packed with nutrient-dense, anti-inflammatory ingredients to bring you something scrumptious.



SWEET BEETS & BEAN BURGER

INGREDIENTS

B-well™ Pure Canola Oil

1 Tbsp B-well™ Thick & Creamy Mayo

2 medium beetroots, *peeled and grated*

1 onion, *finely chopped*

½ cup black beans, *cooked or from can*

3 cloves garlic, *finely minced*

½ cup buckwheat or chickpea flour

100 g walnuts, *chopped in small bits or (3 Tbsp whole shelled hemp seed + 3 Tbsp sunflower seeds)*

handful of fresh coriander, *finely chopped*

½ tsp red chilli powder

½ tsp ground cumin

½ tsp dried sweet basil

1 ½ tsp dried parsley

¼ tsp black pepper

1 tsp salt

½ tsp dried thyme

BURGER SAUCE:

3 Tbsp B-well™ Thick & Creamy Mayo

2 Tbsp tomato sauce

2 Tbsp Sriracha smokey sauce
(or more for spicier)

PREPARATION

- 1 If baking, preheat oven to 180°C. Heat 2 Tbsp B-well™ Pure Canola Oil in a skillet on medium heat, then add the minced garlic and onion and sauté for about 1 min until onions are translucent. Then toss in the grated beets. Stir constantly, reduce heat and allow to cook for about 10 min. The aim is to reduce the excess liquid from the vegetables. Remove from heat.
- 2 Add half of the beetroot mixture into the food processor, add the salt, pepper, cumin, dried parsley and thyme. Pulse for a few seconds to bring everything together, still chunky.
- 3 To the food processor, add the beans and walnuts and pulse a bit just to break into smaller bits, or add to a bowl and squash with a fork. Make sure the walnuts are grain-like, then add to the mixture.
- 4 Transfer to a large mixing bowl and add in the B-well™ Thick & Creamy Mayo, flour and the other uncooked half of the beetroot mixture. Mix everything together with a spoon until everything is evenly combined.
- 5 Form into tightly packed patties and place on a parchment baking sheet and then put into the fridge to allow to rest for 10 min. If baking, bake for 35 min, flipping patties halfway or grill/fry in a pan for 5 min on each side.
- 6 Mix the burger sauce ingredients together and add to the bun and patty, serve with avocado, tahini, fresh rocket. Also amazing with cucumbers, and pickled veggies or sauerkraut and kimchi.



4
BURGERS



1HR 20MIN



“FOODIE”

DID YOU KNOW

BLACK BEANS.

Quercetin found in black beans is a natural anti-inflammatory that appears to reduce the risk of atherosclerosis and protect against the damage caused by low-density lipoprotein (LDL) cholesterol.¹⁶

BEETROOT.

Beetroots brilliant red colour is an indicator to its equally brilliant antioxidant properties and its ability to support anti-inflammation and detoxication. Specially the phytonutrient, Betalains.

The flavour you love, with all the omega-3 you need. **B-well™ Thick & Creamy Mayonnaise** contains **52% canola oil**.

Deliciously rich with a subtle flavour, this mayo is ideal for use in **sauc**es, **on burgers** and even chocolate cake. Can be used as the perfect **egg supplement for baking**.

(1 tablespoon = 1 egg)



For more information on the health benefits of canola oil, visit: www.bwellfoods.co.za



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