



Research • Educate • Support

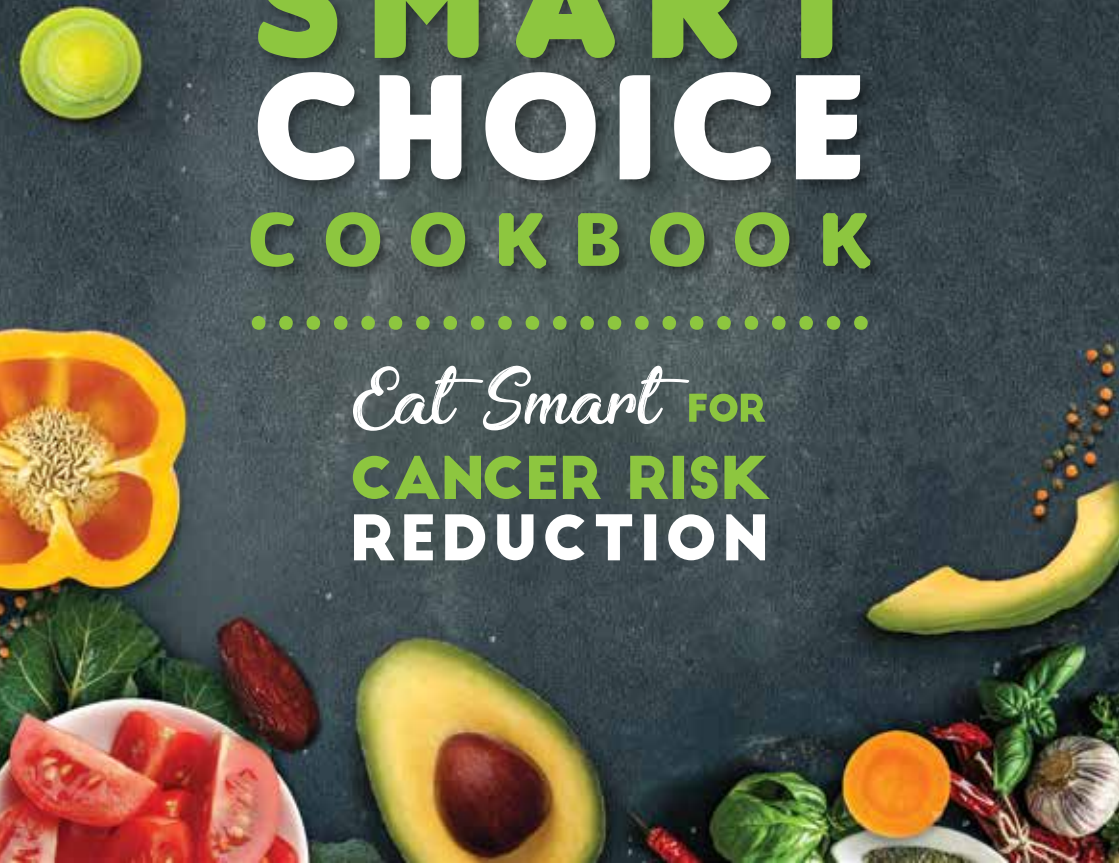
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THE SMART CHOICE COOKBOOK



Eat Smart **FOR**
CANCER RISK
REDUCTION



RECIPE INDEX

Whilst the **Cancer Association of South Africa (CANSA)** and **B-well** have taken every precaution in compiling this booklet, neither it, nor any contributor(s) to this booklet can be held responsible for any action (or the lack thereof) taken by any person or organisation wherever they shall be based, as a result, direct or otherwise, of information contained in, or accessed through, this booklet.



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CHOOSE A HEALTHY BODY



The Smart Choice Cookbook with the **Cancer Association of South Africa (CANSA)** distinguishes itself from other healthy-eating cookbooks with its collection of fresh recipes that focus on ingredients that may aid in reducing the risk of cancer. All the recipes were developed in consultation with **Megan Pentz-Kluyts**, CANSA's consulting dietitian known for her extensive understanding of nutrition and its role in cancer risk reduction. The book covers breakfast, lunch, dinner as well as snacks and treats, with a vegetarian option in each section. In addition to the mouth-watering flavours, each recipe is simple enough for even the most novice of cooks.

Every year, around **115 000** South Africans are diagnosed with cancer. Life style and poor diet play a considerable role in causing a significant number of these cancers. **The Smart Choice Cookbook** with **CANSA** will guide you to balanced, nutritious meals that are healthy and tasty.

CANSA's AIM

The Smart Choice Cookbook with **CANSA** offers a practical guideline that is about eating foods that are healthy, tasty and contribute to reducing the risk of cancer.

SO BE SMART AND EAT SMART TO REDUCE THE RISK OF CANCER!



DID YOU KNOW

Switch to canola, switch to healthier living.

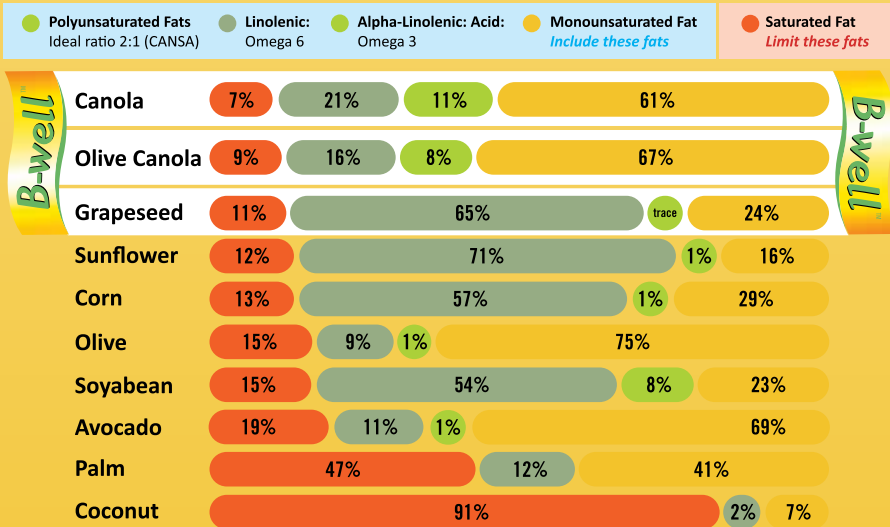
B-well Canola oil is cholesterol free, with only 7% saturated fat (compared to Sunflower 12% and Olive 15%)

- naturally it is the healthier option.

Our Canola Oil carries the **CANSA Smart Choice Seal**, this is due to the ideal 2:1 ratio of Omega 6 to Omega 3.



Typical fatty acid values of different oils:



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**EGG
MUFFINS**

BREAKFAST





EGG MUFFINS

Egg yolks are one of few foods that contain Vitamin D, which may help reduce the risk of some cancers. Enjoy this breakfast muffin on the go.



INGREDIENTS

1 Tbsp **B-well™ Canola Oil**
B-well™ Canola Cooking Spray

¼ cup red onions, *chopped*

1 green bell pepper, *diced*

3 peppadews, *chopped*

6 eggs

1 cup milk

½ tsp salt

¼ tsp freshly ground pepper

fresh herbs of choice, *chopped*

½ cup cheese, *grated*

PREPARATION

- 1 In a pan, sauté the onions in the 1 Tbsp **B-well™ Canola Oil**, then add the bell pepper and peppadews. Set aside.
- 2 In a large bowl, add and mix together the 1 Tbsp **B-well™ Canola Oil**, eggs, milk, salt, pepper and herbs and stir until well combined.
- 3 Lightly spray the muffin tin with **B-well™ Canola Cooking Spray** and put a Tbsp of the onion mix into each muffin pan.
- 4 Pour over the egg mix.
- 5 Sprinkle cheese on top of each muffin, and bake for 10 - 12 min, until the eggs have cooked and set.

OPTIONAL EXTRA: Add lightly sauteed mushrooms to your egg muffin mix

● ○ ○ ○ "EASY-PEAZY"

Makes: **6 MUFFINS**

Time: **25 MIN**



For more recipes, visit: www.bwellfoods.co.za

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**FRUITY
OATS**

BREAKFAST





FRUITY OATS

A bowl of oats is rich in anti-inflammatory substances, antioxidants, vitamins and minerals. We should eat more of our cereals and grains in a minimally processed form.



INGREDIENTS

2 Tbsp **B-well™ Canola Oil**

1 ½ cups oats, *raw*

1 cup warm water
or milk of choice

2 cups fresh fruit
or ¼ cup dried fruit

¼ cup unsalted nuts or seeds

1 cup plain yoghurt

½ tsp ground cinnamon

4 tsp warm honey



PREPARATION

- 1 Place the oats, warm liquid and **B-well™ Canola Oil** in a bowl. Cover with a lid or plate and leave to stand for 15 min, until the oats are soft.
- 2 Mix through the fruit and the nuts. Set aside until ready to serve.
- 3 Divide the oats among 4 bowls and serve each with 4 Tbsp yoghurt, a sprinkling of cinnamon and a tsp warm honey.

FRUIT&NUT TOPPINGS

Blueberries and sunflower seeds; mango and coconut; raisins and nuts; grated apple and walnuts; banana and peanut butter.

● ○ ○ ○ "EASY-PEAZY"

Serves: **4 PEOPLE**

Time: **20 MIN**



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**BLUEBERRY
ZINGER
SMOOTHIE**

BREAKFAST





BLUEBERRY ZINGER SMOOTHIE

Blueberries are among the fruits highest in antioxidant power, which help neutralize free radicals that can lead to cancer.



INGREDIENTS

2 Tbsp **B-well™ Canola Oil**

2 cups milk of choice

OR 1 cup milk of choice &
1 cup rooibos tea (*cooled down*)

1 Tbsp chia seeds

2 bananas, *peeled*

3 oranges / 4 naartjies, *peeled*

2 cups frozen blueberries

1 cup frozen strawberries



For more recipes, visit: www.bwellfoods.co.za

PREPARATION

- 1 Add everything to the blender in the order listed.
- 2 Blend until smooth and transfer into four tall glasses.
- 3 If your blender doesn't blend frozen fruit well, you might consider lightly thawing your berries before adding it.

TIP:

Aim for seasonal fruits in your smoothie -
a variety of fruits can help diversify and increase your intake of nutrients.

● ○ ○ ○ "EASY-PEAZY"

Serves: **2 PEOPLE**

Time: **10 MIN**



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**POWER GREEN
SMOOTHIE
BOWL**

BREAKFAST





POWER GREEN SMOOTHIE BOWL

Spinach is full of cancer-fighting flavonoids and healthy monounsaturated fats from avocado will boost your intake of antioxidants for cancer protection.



INGREDIENTS

2 Tbsp **B-well™ Canola Oil**

1 cup milk of choice

4 cups spinach

1 medium avocado, *ripe*

2 medium bananas, *ripe & peeled*

1½ cups pineapple, *frozen*

½ mango, *chopped & frozen*

1 Tbsp chia seeds, *optional*

TOPPINGS

1 Tbsp toasted coconut
or pumpkin seeds

2 tsp chia seeds

½ cup strawberries,
blueberries / raspberries

PREPARATION

- 1 Add the ingredients in the order listed into a blender, and adding only ½ cup liquid to start.
- 2 Start on low speed, scraping down the bowl as needed and adding more liquid if it gets stuck. Once thick and creamy, set the mixer to high speed until it reaches sorbet-like consistency.
- 3 Divide smoothie mixture between 4 bowls and garnish with smoothie bowl topping options (*e.g. chia seeds, fresh berries*).



For more recipes, visit: www.bwellfoods.co.za

● ○ ○ ○ "EASY-PEAZY"

Serves: **4 PEOPLE**

Time: **15 MIN**

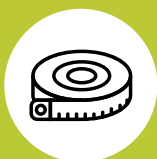


CHOOSE A HEALTHY BODY



Being **overweight** or **obese** is linked to a higher risk of several cancers and South Africa has the highest occurrence of obesity in sub-Saharan Africa.

CANSA agrees with the World Cancer Research Fund that leading a balanced lifestyle can help lower the cancer risk. This includes maintaining a healthy body weight through **good nutrition** and **physical activity**.



CANSA ADVISES...

Because each body is different, consult with a healthcare professional for guidelines on healthy weight-loss and appropriate goals you can achieve.

FOR MORE INFORMATION, VISIT:

www.cansa.org.za/adopt-a-balanced-lifestyle/



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Love. Food. Life.

Choose — your — Heart — 00 —

B-well™ Canola Oil is the smart choice.

It's naturally cholesterol free, low
in saturated fat and has the perfect
Omega 6 to Omega 3 ratio of 2:1,
which is why it carries the
CANSA Smart Choice Seal.



www.bwellfoods.co.za



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**CHICKEN
STOCK**

LUNCH





CHICKEN STOCK

Making this stock butts back on the typically high salt content found in commercial stock. Reducing your salt intake can be cancer protective.



INGREDIENTS

- 1 whole free range chicken,
rinsed (giblets removed)
- 2 large carrots, *unpeeled & cut*
- 3 sticks celery, *cut into chunks*
- 2 large onions, *quartered*
- 4 cloves garlic, *whole*
- 1 turnip, *unpeeled & halved*
- 3 litres water
- 5 sprigs fresh thyme
- 2 bay leaves
- 1 tsp whole black peppercorns



For more recipes, visit: www.bwellfoods.co.za

PREPARATION

- 1 Wash the vegetables before chopping. Place the chicken and vegetables in a large stock pot over medium heat. Pour in enough cold water to just cover. Add the thyme, bay leaves and peppercorns, and allow to slowly come to the boil.
 - 2 Reduce the heat to medium-low and simmer gently for 1 - 1½ hours, partially covered, until the chicken is done. As it cooks, skim off any impurities that rise to the surface. Add more water if necessary to keep the chicken covered while simmering. Too much water will give the stock a weak taste.
- Carefully transfer the chicken to a cutting board. When it is cool enough to handle, discard the skin and bones, and shred by hand. Transfer to a storage container or use to make soup.
- 4 Strain the stock through a fine sieve into another container to remove the vegetable solids. Use the stock immediately or place the pot in a sink of iced water and stir to cool the stock quickly. Discard the vegetable pieces. Cover and refrigerate for up to one week or freeze.

● ● ○ ○ “EASY-ISH”

Time: **2HR 30 MIN**



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**VEGETABLE
STOCK**

LUNCH





VEGETABLE STOCK

This vegetable stock is loaded with flavour and nutrients such as potassium from anti-oxidant rich vegetables, which can be cancer protective.



INGREDIENTS

4 large carrots, *unpeeled & cut*

2 sticks celery, *cut into chunks*

2 large onions, *quartered*

4 litres water

handful parsley stalks

few sprigs thyme

1 tsp whole black/white
peppercorns (12 total)



For more recipes, visit: www.bwellfoods.co.za

PREPARATION

- 1 Wash the vegetables before chopping roughly.
- 2 Combine all the vegetables and aromatics (*if using*) into a large pot and fill with water.
- 3 Bring to the boil.
- 4 Reduce the heat to low and simmer for 1 hour. Remember to treat your stock with care and simmer gently – rapid boiling will destroy your delicious flavour.
- 5 Strain and discard solids.
- 6 Freeze in portions until required.

● ○ ○ ○ “EASY-PEAZY”

Time: **1HR 15 MIN**



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**BEAN
..... &
RED PEPPER
SOUP**

LUNCH





BEAN & RED PEPPER SOUP

Beans, although a humble food, contains IP6 (inositol hexaphosphate) a powerful cancer fighting compound. Wholesome and amazingly affordable.



INGREDIENTS

- 2 Tbsp **B-well™ Canola Oil**
- 250 g dried red speckled beans
- 2 onions, *peeled & chopped*
- 2 potatoes, *peeled & cubed*
- 3 red sweet peppers, *deseeded, cut into strips or chopped*
- 2 carrots, *peeled, finely chopped or grated*
- 3 ripe tomatoes, *cut into chunks*
- 2 garlic cloves
- salt & ground black pepper
- 2 cups chicken or vegetable stock
- 1 - 2 marrow bones, *optional*



For more recipes, visit: www.bwellfoods.co.za

PREPARATION

- 1** Soak and cook the beans according to the instructions on the pack.
- 2** In a large pot, heat the **B-well™ Canola oil** and fry the onions until softened. Add red pepper strips, garlic and carrots. Cook for a few minutes over medium heat, stirring often.
- 3** Then add the tomato with a few Tbsp of the chicken stock, stirring while it cooks.
- 4** Now add the rest of the stock, taste and season well and simmer for 15 min.
- 5** If serving your soup with the marrow bones, preheat the oven to 230 °C and bake the marrow bones, well seasoned with salt, while the soup is cooking. The marrow bones are ready when the marrow starts to separate from the bone.
- 6** Add the cooked & drained beans to the simmering broth and heat through. For a chunky soup, serve as is, or puree the soup in small batches with a blender or masher, then return to the pot and reheat over low heat for 5 min.

● ○ ○ ○ “EASY-PEAZY”

Serves: **4 PEOPLE**

Time: **30 MIN**



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**CURRY LENTIL
SOUP
WITH KALE**

LUNCH





CURRY LENTIL SOUP WITH KALE

Studies are showing the positive effect of curcumin, an anti-cancer compound in turmeric. Here, it's combined with kale, a staple of a cancer fighting diet.



INGREDIENTS

- 2 Tbsp **B-well™ Canola Oil**
- 1 onion, *diced*
- 3 cloves garlic, *minced*
- 2 Tbsp ginger, *minced*
- 1 ½ Tbsp garam masala, *ground*
- 1 tsp turmeric, *ground*
- 1 tsp cumin, *ground*
- 5 carrots, *diced*
- 2 tins diced tomatoes, *in juice*
- 6 cups vegetable stock
- 2 cups red lentils, *dry*
- 1 medium zucchini, *chopped*
- 3 cups kale, *roughly chopped*
- 2 tsp chili flakes, *optional*
- ½ tsp sea salt
- ½ tsp black pepper ground



For more recipes, visit: www.bwellfoods.co.za

PREPARATION

- 1** Heat the **B-well™ Canola oil** in a medium pot over medium heat and add onions sautéing until translucent, usually around 3 - 5 min. Add carrot and continue to cook for another 5 min or until tender.
- 2** Add the garlic, ginger, garam masala, turmeric and cumin and sauté until fragrant, usually around 30 secs.
- 3** Next add the canned tomatoes, stock, and red lentils. Bring to a boil, then reduce heat to a simmer for about 8 min, then add the chopped zucchini. Simmer for an additional 10 min or until lentils are tender and have broken apart and the zucchini is cooked.
- 4** Add kale and turn off the heat. The kale only needs to wilt, not to cook. Taste the soup and add salt and pepper as necessary. Remove from heat.
- 5** To serve squeeze lemon juice over individual servings of soup, and top with a dollop of plain yoghurt, and chopped coriander or parsley.

If you can't find garam masala, curry powder is a substitute.

Boost the vegetables: Add 2 cups of chopped mushrooms 5 min before adding the kale.

● ○ ○ ○ **"EASY-PEAZY"**

Serves: **4-6 PEOPLE**

Time: **30 MIN**

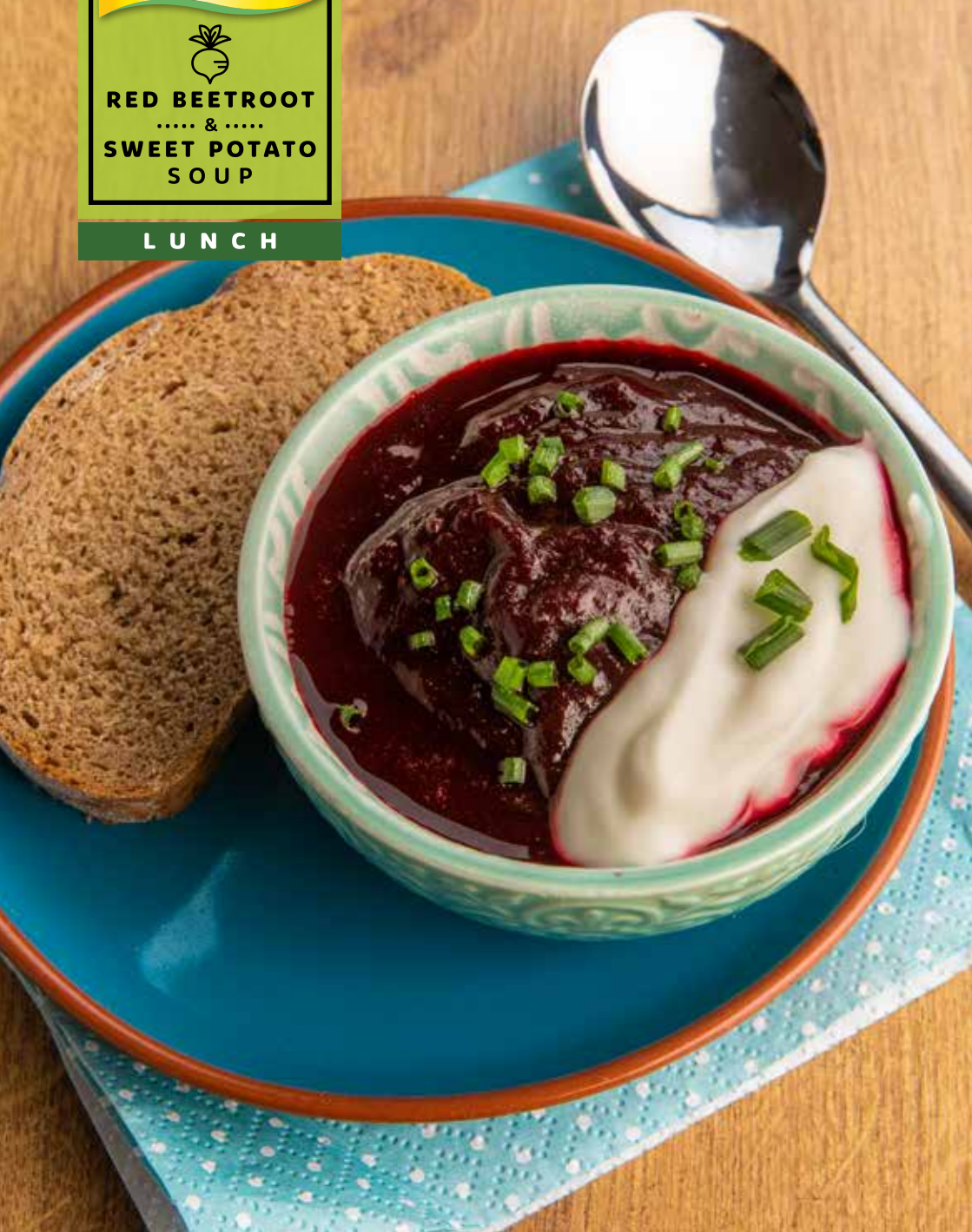


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**RED BEETROOT
..... &
SWEET POTATO
SOUP**

LUNCH





RED BEETROOT & SWEET POTATO SOUP

Foods with bright colours, like beetroot and sweet potato, contain phytochemicals that decreases the risk of certain cancers and also gives the food its vibrant hue.



INGREDIENTS

- 2 Tbsp **B-well™ Canola & Olive Oil**
- 4 beetroots, *raw*
- 1 medium onion, *chopped*
- 2 large carrots, *peeled & chopped*
- 3 celery stalks, *sliced*
- 2 sweet potatoes, *chopped*
- 1 bouquet garni
(*small bunch of thyme, bay leaves and sage, tied with string*)
- 1 litre chicken stock (*see recipe*)
- 1 cup water
- 2 Tbsp plain yoghurt
- 1 tsp fresh chives, *chopped*



For more recipes, visit: www.bwellfoods.co.za

PREPARATION

- 1** Trim the beetroot stems and leaves. Peel and chop the beetroot wearing rubber gloves to protect your hands.
- 2** Heat the oil in a pot over medium-high heat. Add the onion, carrots and celery. Cook, stirring for 5 min or until the onion is tender. Add the beetroot, sweet potato, bouquet garni, stock and cold water. Bring to the boil.
- 3** Reduce the heat and simmer, partially covered, for 1 hour or until the beetroot is tender. A pressure cooker can also be used to reduce the cooking time.
- 4** Leave to cool slightly. Remove the bouquet garni and process the soup in batches until smooth. Return to a low heat and cook, stirring, for 4 – 5 min or until heated through. Add more stock or water if the soup is too thick.
- 5** Season, top with a spoonful of plain yoghurt and sprinkle with chives.
- 6** Serve with seedloaf bread spread with hummus.

Lunchbox option: Take to work in a flask.

● ○ ○ ○ **“EASY-PEAZY”**

Serves: **4-6 PEOPLE**

Time: **1HR 20 MIN**



B-well™



CHICKEN

..... &

**BEAN
WRAP**

LUNCH





CHICKEN & BEAN WRAP

This wrap includes red pepper, tomatoes and garlic, which contain sulphur compounds that may stimulate the immune system's natural defences against cancer.



INGREDIENTS

- 8 tsp **B-well™ Canola & Olive Oil**
- 1 tin black beans / red kidney beans, *drained & rinsed*
- 4 skinless free range chicken breast fillet (300g)
- 4 tortilla wraps
- lettuce leaves
- 16 baby tomatoes, *halved*
- few slices of cucumber
- 1 cup pineapple, *chopped*
- 1 cup red bell pepper, *chopped*
- freshly ground black pepper
- 1 tsp garlic, *chopped*
- 2 tsp Soya sauce, *naturally brewed (less sodium)*
- 4 Tbsp Mozzarella, *grated*



For more recipes, visit: www.bwellfoods.co.za

PREPARATION

- 1** Cut chicken breast into strips and stir fry while seasoning with garlic and ground pepper. Stir fry till cooked through and lightly golden brown. Remove from heat.
- 2** Slice tomato in half. Cut cucumber into thin slices. Cut pineapple into small pieces and cut red pepper into long thin slices.
- 3** Mix **B-well™ Canola & Olive oil** and Soya sauce together.
- 4** Heat tortilla for few seconds in microwave until soft.
- 5** Lie the tortilla flat. First place the lettuce, followed by the fresh fruit, vegetables and beans. Then, spread chicken pieces on top.
- 6** Fold the tortilla and garnish with the **B-well™ Canola & Olive oil** and soya sauce mix and grated cheese.

● ○ ○ ○ “EASY-PEAZY”

Serves: **4 PEOPLE**

Time: **20 MIN**

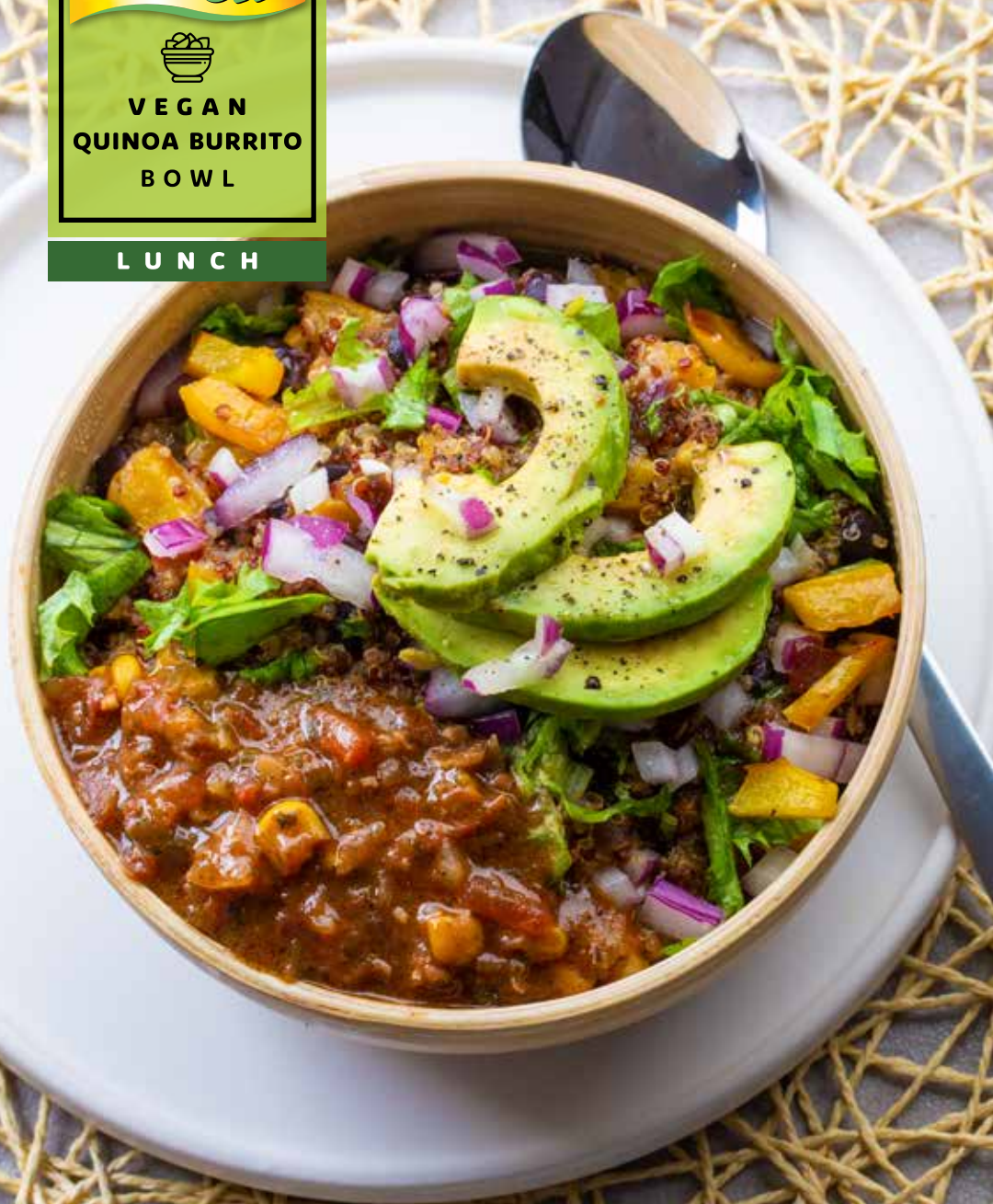


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**VEGAN
QUINOA BURRITO
BOWL**

LUNCH





VEGAN QUINOA BURRITO BOWL

Quinoa (*pronounced "keen-wah"*) is popular for its high nutritional value, including an abundance of polyphenols that help reduce the risk of cancer.



INGREDIENTS

- 1 Tbsp **B-well™ Canola Oil**
- ½ red onion, *diced*
- 1 bell pepper, *diced*
- ½ tsp salt
- 1 tsp ground cumin
- 1 cup quinoa, *rinsed well*
- 1 cup salsa
- 1 cup water
- 1½ cup cooked black beans

TOPPINGS

Avocado, guacamole, fresh coriander, green onions, salsa, lime wedges, shredded lettuce

PREPARATION

- 1** Heat the **B-well™ Canola Oil** in a pot. Sauté the onions and peppers until start to soften, about 5 - 8 min, then add in cumin and salt and sauté another minute.
- 2** Add in the quinoa, salsa, water, and beans, then cover with a lid and gently simmer until the quinoa completely absorbs the liquid.
(*This should take 10 - 15 min*)
- 3** Remove the lid and fluff quinoa with a fork. Serve warm, with any toppings you love, such as avocado, diced onions, salsa, and shredded lettuce.

Leftovers can be stored in an airtight container in the fridge for up to a week. You can quickly reheat on the stove top, or serve cold!



For more recipes, visit: www.bwellfoods.co.za

● ○ ○ ○ "EASY-PEAZY"

Serves: **2-4 PEOPLE**

Time: **20 MIN**





B-well™



**TOFU
SALAD BOWL**
... WITH ...
GLORY DRESSING

LUNCH



TOFU SALAD BOWL

WITH GLORY DRESSING

Soy-containing foods, like tofu, are known for their isoflavone content and is associated with a lower risk of certain cancers.



INGREDIENTS

- 2 Tbsp **B-well™ Canola & Olive Oil**
- 1 cup brown rice, *dry*
- 2x 350g blocks organic tofu
- 1 Tbsp sesame oil
- 2 Tbsp Soya sauce, *naturally brewed (less sodium)*
- 1 bunch of kale, *de-stemmed*
- 1 head of fresh salad greens
- 2 beetroots, *peeled & grated*
- 2 carrots, *grated*
- ¼ cup sunflower seeds
- 1 tsp fresh chives, *chopped*

SALAD DRESSING

- ½ cup **B-well™ Canola Oil**
- ¼ cup nutritional yeast
- ¼ cup water
- 3 Tbsp Soya sauce, *naturally brewed (less sodium)*
- 3 Tbsp apple cider vinegar, *unpasteurised*
- 1½ Tbsp tahini paste
- 1 clove of garlic, *minced*



For more recipes, visit: www.bwellfoods.co.za

PREPARATION

- 1** To prepare the rice, rinse well under running water. Add to a pot with 2 ¼ cups of water. Bring to a boil, then turn down the heat and let simmer. The rice will be ready when all the water has evaporated, about 30 - 40 min.
- 2** To prepare the tofu, cut into rectangles about 1 cm thick. Toss with **B-well™ Canola & Olive Oil** and **B-well™ Canola Oil** and sesame oil and soy sauce. Spread onto an oiled baking sheet and bake at 180°C for 15 min.
- 3** While the rice and tofu are cooking, prepare the salad. First wash the salad greens and rip them into bite size pieces. Add greens to a bowl with carrot, beets and sunflower seeds. Set aside while you prepare the dressing.
- 4** Otherwise add all ingredients to a bowl and whisk until the ingredients are incorporated.
**Blender recommended, if you have.*
- 5** When the rice and tofu are done, assemble by serving the rice in a bowl topped with the salad and sunflower seeds. Add the tofu and dressing on top. Enjoy!

Bump up the protein: Serve it with quinoa instead of brown rice.

● ○ ○ ○ “EASY-PEAZY”

Serves: **4 PEOPLE**

Time: **45 MIN**



A top-down view of a meal on a blue plate with an orange rim. The plate contains three golden-brown, round fishcakes. The top fishcake is garnished with a small sprig of fresh green parsley and a pinch of white salt crystals. To the left of the fishcakes are two bright yellow lemon wedges. Behind the fishcakes is a fresh green salad consisting of lettuce, sliced red tomatoes, and avocado. A semi-transparent logo box is overlaid on the top left of the plate.

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FISHCAKES

LUNCH



FISHCAKES

Population studies have linked higher fish consumption with reduced risk of cancers so, include fish twice a week as part of a healthy eating plan.



INGREDIENTS

- 1 Tbsp **B-well™ Canola Oil**
- 400 g fish, *cooked or steamed*
(salmon, pilchards, hake, haddock)
- 300 g potatoes, *cooked & mashed*
- 1 medium onion, *peeled & finely grated/chopped*
- 1 tsp lemon juice
- 1 Tbsp fresh parsley, *chopped*
- 2 large eggs
- 80 g breadcrumbs
(2 slices of bread of your choice)
- salt and black pepper, *to taste*
- B-well™ Canola Oil**,
to shallow pan fry



For more recipes, visit: www.bwellfoods.co.za

PREPARATION

- 1** Combine the fish, potato, onion, salt and pepper, **B-well™ Canola oil**, lemon juice and parsley in a bowl. Mix well.
- 2** Make 8 round fishcakes about 2,5 cm in thickness. Put the fishcakes on a plate, cover and refrigerate for at least 30 min to set.
- 3** Beat the eggs in a bowl large enough to dip a whole fishcake. Place the breadcrumbs in a separate bowl. Dip each fishcake in the egg and then roll it in the breadcrumbs.
- 4** Heat the oil and shallow fry the fishcakes until crisp.
- 5** Serve hot or cold with slices of avocado, grilled vegetables / vegetable kebabs (lunchbox) and a serving of bean salad.

● ● ○ ○ “EASY-ISH”

Serves: **4 PEOPLE** (8 FISHCAKES)

Time: **45 MIN**



B-well™



**RAINBOW
RICE
SALAD BOWL**

LUNCH





RAINBOW RICE SALAD BOWL

Mix the protein of beans, the vitamins of peppers & tomato plus the health benefits of wholegrain rice and you've got a nutrient-dense, cancer fighting dish.



INGREDIENTS

- 200 g uncooked brown & wild rice *with lentils*
- 1 tin butter beans &
- 1 tin red kidney beans, *drained & rinsed*
- 2 tomatoes, *chopped*
- 1 red pepper, *chopped*
- 1 yellow pepper, *chopped*
- 1 onion, *chopped*
- ½ cucumber, *chopped*
- 90 g mixed nuts, *chopped*

SALAD DRESSING

- ½ cup **B-well™ Canola & Olive Oil**
- ¼ cup balsamic vinegar
- 1 Tbsp lemon juice
- ½ tsp each parsley, oregano and thyme
- 1 tsp sesame seeds
- salt & black pepper, *to taste*

PREPARATION

- 1 Cook rice and allow it to cool.
- 2 Spread with avocado.
- 3 Then add in all the other ingredients and mix through.
- 4 Blend **B-well™ Canola & Olive Oil** together with all the dressing ingredients - shake and pour over the salad.
- 5 Chill and serve.



● ○ ○ ○ “EASY-PEAZY”

Serves: **4-6 PEOPLE**

Time: **40 MIN**



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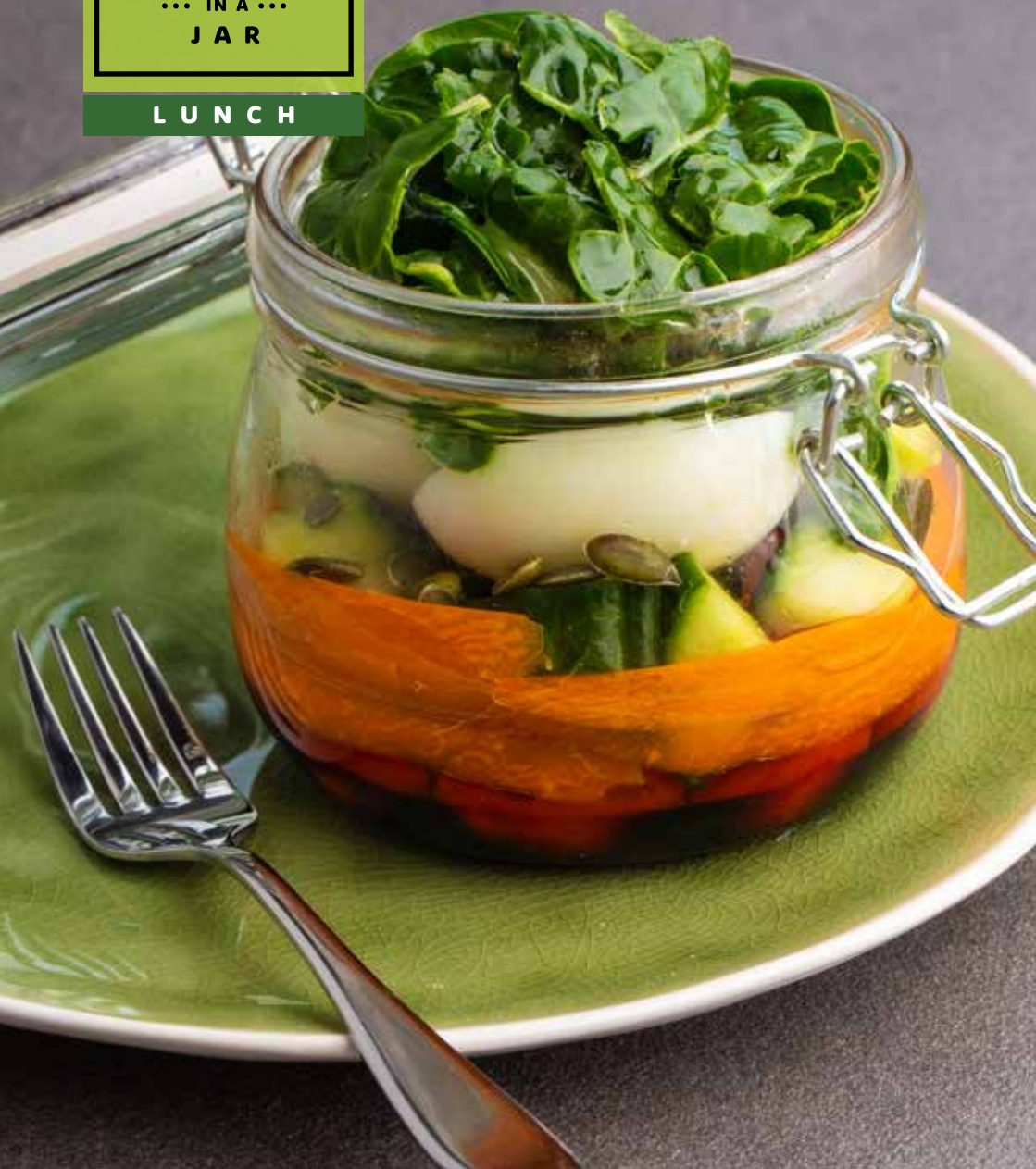


SALAD

... IN A ...

JAR

LUNCH





SALAD IN A JAR

A quick and convenient way to boost your antioxidant and fibre intake; one jar offers over 2 servings of your recommended vegetable intake.



INGREDIENTS

The arrangement, from bottom to top

½ cup carrots, *shredded*

½ cup baby tomatoes

2 tsp sunflower seeds

¼ cup onions, *chopped*

1-2 free range eggs, *hard-boiled*

1 cup baby spinach

SALAD DRESSING

¼ cup **B-well™** Canola & Olive Oil

¼ cup balsamic vinegar



For more recipes, visit: www.bwellfoods.co.za

PREPARATION

- 1 In the mason jar, start with the dressing.
- 2 Arrange the rest of the salad ingredients in a large mason jar.
- 3 Store in fridge to chill.
- 4 When ready to eat: shake jar, place on a plate, and eat!
- 5 You can make any arrangement you want - add red onion, cucumbers, radishes or peppers.

REMEMBER:

Always put the dressing at the bottom and the spinach / lettuce at the top! Store upright.

● ○ ○ ○ “EASY-PEAZY”

Serves: **1 PERSON**

Time: **10 MIN**



CHOOSE GOOD NUTRITION



For healthy eating, CANSA recommends:

At least 5 portions of fruit & veg daily

Choose wholegrains and healthy fats

Reduce the intake of red meat

Include legumes and fish twice a week

**Stay hydrated by drinking clean water
or rooibos tea (rich in antioxidants)**



CANSA ADVISES...

Limit your intake of sugar and processed foods.
Also, be mindful of healthy food preparation methods.
Prepare your food by baking or steaming and cut down
on frying.

FOR MORE INFORMATION, VISIT:

www.cansa.org.za/adopt-a-balanced-lifestyle/





B-well™

Love. Food. Life.

Versatility
— meets —
Quality
— 00 —

B-well™ Canola & Canola Oil blend
has the delicious taste of olive oil
with the health benefits of canola oil.
It's very high in Omega 3, can be used
cold for drizzling over salads or hot
for pan, braai or oven cooking, and it
carries the **CANSA Smart Choice Seal**.



www.bwellfoods.co.za



B-well[™]



GRILLED TUNA

... WITH ...
**AVOCADO
CHILE SALSA**

D I N N E R





GRILLED TUNA WITH AVOCADO-CHILE SALSA

Just like B-well™ Canola Oil, tuna is also a great source of Omega 3 fatty acids, that reduces inflammation that could lead to cancer.



INGREDIENTS

- 1 ripe avocado, *cut into chunks*
- 2 plum tomatoes, *cut into chunks*
- 1 cup red onion, *minced*
- 1 jalapeño pepper, *minced*
- ½ cup fresh coriander, *minced*
- 1 lime, *juiced*
- ½ tsp salt

MARINADE

- 2 Tbsp B-well™ Canola Oil
- 600 g tuna, *cut into 4 pieces*
- 1 lime, *juiced*
- ½ tsp kosher salt
- ½ tsp freshly ground black pepper



For more recipes, visit: www.bwellfoods.co.za

PREPARATION

- 1 Combine all of the ingredients in a large bowl (glass, stainless steel, or glazed ceramic), and mix gently with a spoon. Set aside. You can prepare this salsa up to a few hours before serving and store it in the refrigerator in a covered container.
- 2 In a deep dish (glass, stainless steel, or glazed ceramic), marinate the fish with **B-well™ Canola Oil** and other ingredients for 20 - 30 min before grilling.
- 3 Grill over coals or on a grill, or cook under a grill for 6 - 8 min per side.
- 4 Serve the fish with the salsa on top.
- 5 Serve with seasonal vegetables and sweet potato.

● ○ ○ ○ “EASY-PEAZY”

Serves: **4 PEOPLE**

Time: **40 MIN**



B-well™



CURRIED FISH
... WITH ...
APRICOTS

D I N N E R





CURRIED FISH WITH APRICOTS



INGREDIENTS

- 2 Tbsp **B-well™ Canola Oil**
- 1 medium onion, *chopped*
- 2 cloves fresh garlic, *crushed*
- 1 Tbsp curry powder
- 1 cup vegetable stock
- ½ tsp dried thyme
- ¼ tsp salt
- pinch of white pepper
- 600 g hake fillets
- 8 apricots, *thinly sliced*



For more recipes, visit: www.bwellfoods.co.za

PREPARATION

- 1** Heat the **B-well™ Canola Oil** in a large frying pan over low heat and fry the onion and garlic until the onion is soft.
- 2** Add the curry powder and cook, stirring, for 3 min.
- 3** Add the vegetable stock and thyme, and bring to the boil.
- 4** Reduce the heat. Sprinkle salt and pepper on the hake fillets and add to the frying pan. Simmer for 5 min, then turn the fish and simmer for another 5 min until the fish flakes easily with a fork. Remove the fish from the pan and set aside, covered.
- 5** Add the apricots to the pan and cook over high heat until they are soft, about 3 min. Spoon the sauce over the fish and serve immediately with baby potatoes, carrots and peas.

● ○ ○ ○ **“EASY-PEAZY”**

Serves: **4 PEOPLE**

Time: **20 MIN**



B-well™



**ROASTED
BUTTERNUT
SQUASH RISOTTO**

D I N N E R





ROASTED BUTTERNUT SQUASH RISOTTO

INGREDIENTS

3 Tbsp **B-well™ Canola & Olive Oil**

1 small yellow onion, *chopped*

2 cloves garlic, *pressed/minced*

4 cups vegetable stock, *divided*

1 cup water

1½ cups brown basmati rice

1 kg butternut squash, *sliced*

1 cup Parmesan cheese, *grated*

3 Tbsp unsalted butter, *diced*

1 tsp salt, *to taste*

Ground black pepper, *to taste*

Pinch red pepper flakes, *to taste*

FRIED SAGE

1 Tbsp **B-well™ Canola & Olive Oil**

16 - 20 fresh sage leaves, *chopped*



For more recipes, visit: www.bwellfoods.co.za

PREPARATION

- 1 Preheat oven to 190°C. Line a large baking sheet with baking paper for the butternut squash. Reserve 1 cup of vegetable stock and set it aside for later.
- 2 Heat 1 Tbsp **B-well™ Canola & Olive Oil** in pot over medium heat. Add onion and a pinch of salt. Cook, stirring occasionally, until softened and turning translucent. Add the minced garlic and cook until the garlic is fragrant.
- 3 Add 3 cups stock and 1 cup water, cover, and bring to a boil over medium-high heat. Remove from heat and stir in the rice. Transfer into a casserole dish and bake on the lower rack for 65 - 70 min.
- 4 Toss the cubed butternut with 2 Tbsp **B-well™ Canola & Olive Oil** on your baking sheet. Sprinkle with salt and some freshly ground black pepper and arrange the butternut in a single layer on the pan. Roast until the butternut is tender.
- 5 While the risotto and butternut are in the oven, fry the sage: Heat 1 Tbsp **B-well™ Canola & Olive Oil** in a pan over medium heat. Add the sage and toss to coat. Let the sage get darker green and crispy before transferring it to a plate covered with a paper towel.
- 6 Remove the casserole dish from the oven, pour in the remaining cup of stock, the Parmesan and butter. Stir vigorously until the rice is thick and creamy. Stir in the salt, pepper and a pinch of red pepper flakes. Stir in the roasted butternut. Divide the risotto into bowls and sprinkle with fried sage.

● ● ○ ○ “EASY-ISH”

Serves: **4-6 PEOPLE**

Time: **1HR 30 MIN**

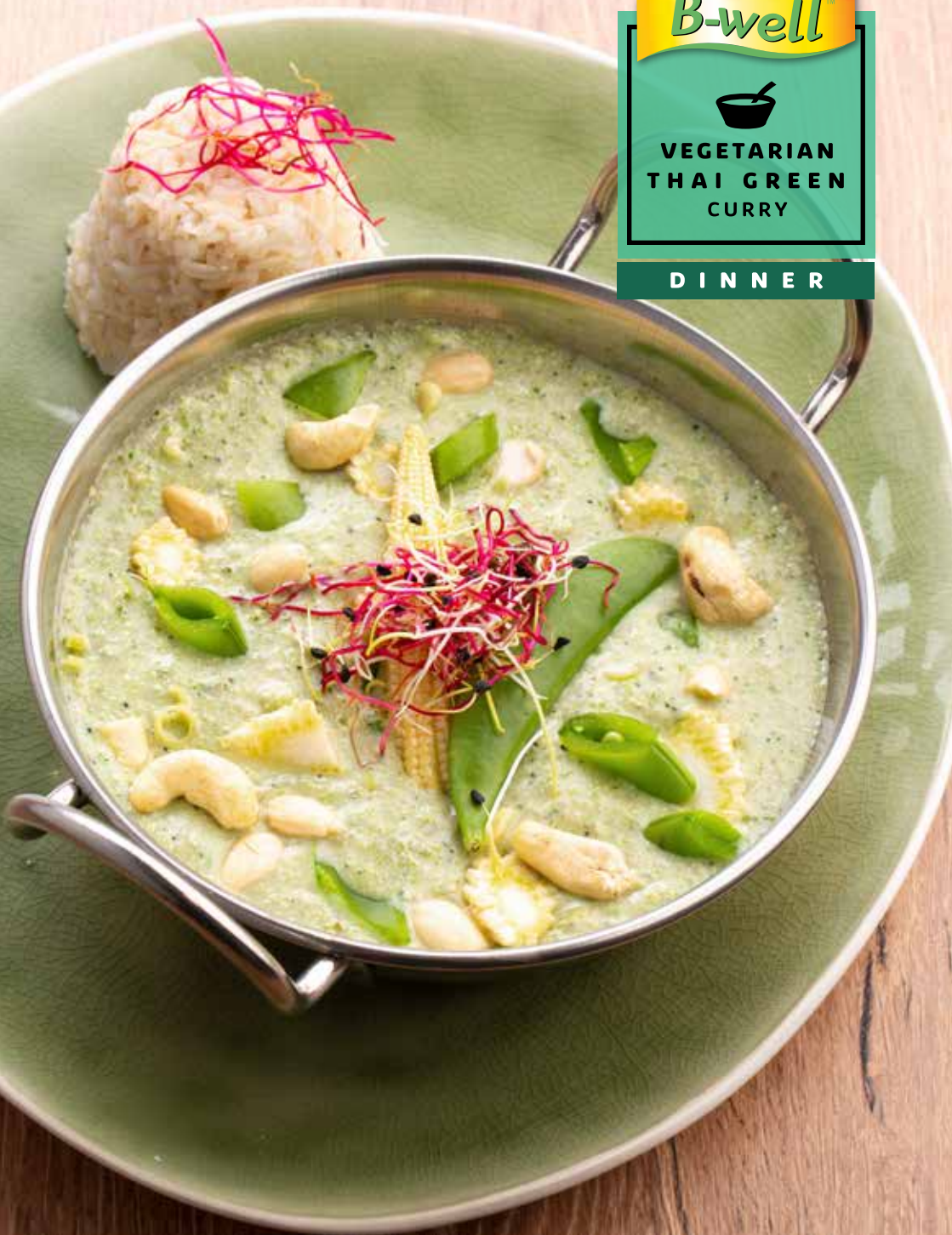


B-well™



**VEGETARIAN
THAI GREEN
CURRY**

D I N N E R





VEGETARIAN THAI GREEN CURRY



INGREDIENTS

2 Tbsp **B-well™ Canola Oil**

1 large onion

3 cm piece of ginger

2 - 3 handfuls frozen vegetables
(carrot, cauliflower, broccoli)

1 handful snow peas / snap peas

8 baby corns

200 ml cup vegetable stock

1 can coconut milk

1 Tbsp maple syrup

1-2 tsp green curry paste

¼ tsp salt

1 handful peanuts / cashews

OPTIONAL

½ lime, juiced



For more recipes, visit: www.bwellfoods.co.za

PREPARATION

- 1 Peel and dice the onion and ginger and fry them in **B-well™ Canola Oil** on medium heat for a couple of minutes.
- 2 Add the frozen vegetables and give them a few minutes to cook.
- 3 In the meantime, wash the snow peas and cut them and the baby corn into small chunks and add them to the other vegetables in the pan.
- 4 Then add the vegetable stock and coconut milk and let it all simmer for 10 - 15 min.
- 5 Add the curry paste, maple syrup and salt to taste and let it cook for another 5 min.
- 6 Finally, add the nuts in the last minutes of cooking so they are still crunchy.
- 7 Serve with basmati rice or noodles.



“EASY-PEAZY”

Serves: **4 PEOPLE**

Time: **25 MIN**



B-well



**SPICY
CHICKEN
DISH**

D I N N E R





SPICY CHICKEN DISH



INGREDIENTS

- 1 Tbsp **B-well™ Canola & Olive Oil**
- ½ cup plain yoghurt
- 1 Tbsp lemon juice
- 1 Tbsp coriander leaves, *chopped*
- 1 whole clove
- 3 peppercorns
- 1 cinnamon stick
- 1 cardamom pod
- 2 green chillies, *sliced lengthwise*
- 1 tsp fresh ginger, *grated*
- 1 clove garlic, *crushed*
- ¼ tsp cumin seeds, *ground*
- ½ tsp salt
- ¼ tsp saffron threads
- 1 medium onion, *chopped*
- 4 pcs skinless chicken breasts
- 8 baby potatoes, *washed & quartered*



For more recipes, visit: www.bwellfoods.co.za

PREPARATION

- 1** Mix the marinade ingredients, except the oil and onion, and set aside.
- 2** Heat **B-well™ Canola & Oil** in a large pan and fry the onion until translucent. Remove from the heat. Add the marinade mixture to the fried onions.
- 3** Place the chicken pieces in a large mixing bowl and pour the marinade over them. Marinate for at least 1 hour in the fridge.
- 4** Place the chicken and the marinade in a large pot and simmer over low heat until all the chicken is cooked, around 45 min. Stir occasionally and add a little water if the sauce is sticking to the bottom of the pot.
- 5** Add the potatoes halfway through the cooking process and simmer with the chicken. Serve with rice and a cucumber and tomato salsa.

● ○ ○ ○ "EASY-PEAZY"

Serves: **4 PEOPLE**

Time: **50 MIN**



B-well™



**CHICKEN
& FRUIT
CASSEROLE**

D I N N E R





CHICKEN & FRUIT CASSEROLE



INGREDIENTS

2 Tbsp **B-well™ Canola & Olive Oil**

500 g lean chicken breasts, *cubed*

2 onions, *peeled & chopped*

1 ½ cups chicken stock

1 tsp salt

pinch of ground black pepper

1 Tbsp fresh origanum, *chopped*

1 apple, *peeled & cubed*

8 dried apricots, *chopped*

8 prunes, *pitted & chopped*

1 Tbsp Soya sauce,
naturally brewed (less sodium)

2 Tbsp vinegar



For more recipes, visit: www.bwellfoods.co.za

PREPARATION

- 1 Heat **B-well™ Canola & Olive Oil** in a pot and shallow fry the chicken and onion until brown and cooked.
- 2 Add all remaining ingredients to the pot and stir to combine.
- 3 Simmer for 30 min, until the sauce has thickened.
- 4 Serve on a bed of brown rice with seasonal vegetables.

Bump up the flavour:

Replace the lean chicken breasts
with ostrich

● ○ ○ ○ "EASY-PEAZY"

Serves: **4 PEOPLE**

Time: **30 MIN**



B-well™



**SOUTH AFRICAN
BOBOTIE**

D I N N E R





SOUTH AFRICAN BOBOTIE



INGREDIENTS

- 2 Tbsp **B-well™ Canola & Olive Oil**
- 1 yellow onion, *finely chopped*
- 3 large cloves garlic, *chopped*
- 1 Tbsp curry powder
- 1 slice day-old brown bread
- 1 cup of milk of choice
- 2 free range eggs
- 1 Tbsp of honey
- 1 tsp salt, *to taste*
- $\frac{1}{2}$ tsp ground black pepper, *to taste*
- $\frac{1}{2}$ Tbsp ground turmeric
- juice & zest of 1 large lemon
- 3 Tbsp mango chutney, *chopped*
- 12 blanched almonds, *chopped*
- $\frac{1}{2}$ cup seedless raisins
- 3 lemon leaves, *optional*
- 1 cup tomatoes
(fresh / canned), *chopped*
- 800g lean minced beef

PREPARATION

- 1** Brown the onions and garlic lightly in **B-well™ Canola & Olive Oil** and add the curry powder. Cook gently for about 2 min until slightly golden brown.
- 2** Soak the bread in the milk and squeeze dry, saving the milk. In a large mixing bowl, add the onion mixture to the bread with all the remaining ingredients, reserving 1 egg. Mix well to combine.
- 3** Pack the mixture tightly into an ovenproof flat dish that has been rubbed lightly **B-well™ Canola & Olive Oil**. Bake at 180°C for 1 hour.
- 4** Beat the remaining egg with a little of the saved milk and pour over the top of the bobotie.
- 5** Return to the oven and bake for another 15-20 min, or until the custard is set and light brown.
- 6** Serve bobotie with a side salad, wholesome rice, and steamed vegetables.

● ● ○ ○ **“EASY-ISH”**

Serves: **4-6 PEOPLE**

Time: **1HR 30 MIN**





B-well™



**GRILLED
CHIMICHURRI
BEEF KEBABS**

D I N N E R

GRILLED CHIMICHURRI BEEF KEBABS

Coriander is a source of powerful antioxidants that help clear the body of potential cancer cells and is a sensational flavour in a chimichurri sauce.



INGREDIENTS

½ cup **B-well™ Canola Oil**

⅓ cup squeezed lemon *juice*

3 cups fresh coriander

3 garlic cloves

1 tsp crushed red pepper flakes

1 tsp dried oregano

1 tsp salt, *to taste*

600 g sirloin steak / beef tenderloin

8 bamboo skewers,
soaked in water for 30 min



For more recipes, visit: www.bwellfoods.co.za

PREPARATION

- 1 In blender, combine lemon juice, coriander, garlic, pepper flakes, oregano, salt and **B-well™ Canola Oil** into a thick puree. Taste and season with pepper flakes and salt as desired. Place ⅓ cup puree in airtight container and refrigerate.
- 2 Cut beef into 4 cm cubes and place in re-sealable plastic bag with remaining puree. Marinate in refrigerator for 4 hours or overnight. Coat evenly.
- 3 Preheat grill to medium-high. Clean it with stiff brush, then rub with **B-well™ Canola Oil**. Remove beef cubes from marinade, and thread onto skewers; leave a bit of space between cubes. Discard marinade. Sprinkle beef kebabs with salt to taste.
- 4 Grill until brown, about 2 min per side for medium-rare. Drizzle some reserved chimichurri sauce over kebabs, and serve hot. Serve remaining sauce on side, along with garden salad.

Variation: *Chimichurri is equally delicious as both a marinade/sauce for grilled beef, tuna and even marinate pork.*

● ○ ○ ○ “EASY-PEAZY”

Serves: **4-6 PEOPLE**

Time: **15 MIN**



CHOOSE YOUR FAVOURITE EXERCISE



There is strong evidence that being physically active protects against colon, endometrial and postmenopausal breast cancer.

Moderate intensity exercise for **30 minutes** on **5 or more days** of the week will help reduce your risk of developing cancer.



CANSA ADVISES...

Try *walking, swimming, cycling, dance, yoga* or any physical activity that you enjoy and can maintain as part of your healthy lifestyle.

FOR MORE INFORMATION, VISIT:

www.cansa.org.za/adopt-a-balanced-lifestyle/





B-well™

Love. Food. Life.

Switch to Canola

B-well™ non-stick Canola oil-based Cooking and Baking Sprays have no preservatives or colourants and they are awarded **CANSA's Smart Choice Seal**. They are high in Omega 3 and maintain a buttery flavour to ensure your cooking and baking stays delicious.



www.bwellfoods.co.za







BEET HUMMUS

Saponins, a phytochemical found in chickpeas, prevent cancer cells from multiplying and spreading throughout the body. This jewel-toned hummus doesn't just taste amazing, it also protects your body.



INGREDIENTS

- 1 Tbsp **B-well™ Canola & Olive Oil**
- 1 cup beetroot, *cooked*
- 1 can chickpeas, *rinsed & drained*
- ½ Tbsp tahini
- 1 garlic clove
- ¼ tsp cumin
- pinch salt
- 4 Tbsp juiced lemon



For more recipes, visit: www.bwellfoods.co.za

PREPARATION

- 1** In blender or food processor, pour in **B-well™ Canola & Olive Oil** together with all other ingredients. Blend until smooth.
- 2** Transfer to serving bowl.
- 3** Serve with cut vegetables.

● ○ ○ ○ "EASY-PEAZY"

Serves: **4-6 PEOPLE**

Time: **10 MIN**







CUSTARD



INGREDIENTS

2 cups (500 ml) milk of choice

2 Tbsp of sugar / honey

2 Tbsp custard powder



PREPARATION

- 1 Bring 400 ml milk to the boil in a medium pot.
- 2 While the milk is heating up, place the reserved 100 ml milk and the sugar in a small mixing bowl and stir to dissolve the sugar / honey.
- 3 Add the custard powder and stir to a smooth paste.
- 4 As the milk starts to bubble, pour half onto the custard powder mixture and stir until smooth. Pour back into the pot and bring to the boil, stirring with a whisk.
- 5 Cook until thickened over low heat.
- 6 Serve hot or cold.

● ○ ○ ○ "EASY-PEAZY"

Makes: **4 HALF-CUP SERVINGS** Time: **10 MIN**



B-well™



**FRUIT
PARFAITS**

S N A C K S





FRUIT PARFAITS

Whole fruits contain cancer-preventing nutrients; one serving of fruit parfait gives you one of your recommended servings of fruit for the day.



INGREDIENTS

½ cup plain yoghurt,
double cream or low fat

1 cup custard,
home-made or ready-made

¼ tsp vanilla essence or extract

1 Tbsp honey
zest of 1 lemon

2 tsp fresh lemon juice

2 cups seasonal fruit salad



For more recipes, visit: www.bwellfoods.co.za

PREPARATION

- 1 In a small mixing bowl whisk together the yoghurt, custard and vanilla essence / extract.
- 2 In a medium-sized mixing bowl, combine the honey, lemon zest and juice. Add this to the fruit salad and mix through to coat all the fruit.
- 3 Assemble the parfaits in individual glasses, starting with 45 ml yoghurt-custard mixture in each glass.
- 4 Top with ¼ cup (60 ml) fresh fruit and alternate layers of the remaining ingredients.
- 5 Finish with fresh fruit.
- 6 Serve well chilled.

● ○ ○ ○ **“EASY-PEAZY”**

Serves: **2-4 PEOPLE**

Time: **10 MIN**



B-well



**BANANA
..... &
CRANBERRY
OAT COOKIES**

S N A C K S





BANANA & CRANBERRY OAT COOKIES

Cranberries are packed with antioxidants, most come from phytochemicals including flavonoids and anthocyanins.



INGREDIENTS

B-well™ Canola Baking Spray

$\frac{2}{3}$ cup **B-well™ Canola Oil**

3 medium ripe bananas, *mashed*

$\frac{1}{2}$ cup cranberries, *dried*

2 $\frac{1}{2}$ cups rolled oats

$\frac{1}{4}$ cup honey

PREPARATION

- 1 Preheat oven to 180°C. Spray 2 cookie sheets with **B-well™ Canola Baking Spray**.
- 2 In bowl, gently stir together **B-well™ Canola Oil** with all ingredients until well combined.
- 3 Drop by spoonful onto cookie sheets, flatten slightly and bake for 10 - 12 min.



For more recipes, visit: www.bwellfoods.co.za

● ○ ○ ○ “EASY-PEAZY”

Serves: **12 COOKIES**

Time: **20 MIN**



B-well™



**RAW CHOCOLATE
BROWNIE
... WITH ...
CARAMEL ICING**

S N A C K S





RAW CHOCOLATE BROWNIE WITH CARAMEL ICING

Sweet and sticky, dates are packed with polyphenols, Vitamin B6 and fibre, all of which may help prevent certain types of cancer.



INGREDIENTS

- 2 tsp **B-well™ Canola & Olive oil**
- B-well™ Canola Baking Spray**
- 1 cup walnuts, *raw*
- 1 cup almonds, *raw*
- 1 cup dates, *pitted*
- ¼ cup cacao powder
- 2 tsp vanilla extract
- pinch sea salt
- ¼ cup water

CARAMEL ICING (OPTIONAL)

- ½ cup cashew butter
- ½ cup dates, *pitted*
- 1 tsp vanilla extract
- pinch sea salt



For more recipes, visit: www.bwellfoods.co.za

PREPARATION

- 1** Spray a small baking dish (*about 30cmx30cm*) with **B-well™ Canola Baking Spray**.
- 2** Process the walnuts and almonds in a food processor until they are roughly chopped. Do not process into a fine flour.
- 3** Add the dates, cacao, **B-well™ Canola & Olive oil**, vanilla and sea salt. Process until ingredients are well mixed, then add ¼ cup of water, or enough to make the mixture stick together. The mixture should look well blended with no large chunks of nuts. Add more water if needed, 1 Tbsp at a time.
- 4** Once blended press the mixture into the prepared baking dish and let the brownie sit in the fridge for at least 1 hour.

CARAMEL ICING

Place all of the ingredients into the food processor and mix until well combined. Once well blended, remove the brownie from the fridge and layer the icing on top of the brownie mixture before placing back in the fridge to set.

● ○ ○ ○ “EASY-PEAZY”

Serves: **6-8 PEOPLE**

Time: **1 HR**





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of South Africa**



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