

ORGANIC FLAVOURS

60 DELICIOUS AND
SIMPLE RECIPES

Cooked by
**breast
cancer uk.**
members



Dear food lover,

It's a myth that delicious food can't be healthy and nutritious.

Because good nutrition has nothing to do with avoiding any form of indulgence. You can still have tasty indulgent food that is healthy for you too.

We've created some fantastic recipes that have been tried-and-tested by our team (lucky us!). They include family favourites, meals for special occasions and even, desserts.

Our recipes include tips on how to prepare them and explain how they provide you and your family with healthy, balanced meals.

Additionally, our recipes may also help reduce your risk of breast cancer. This is because some foods may contain compounds that are protective against breast cancer and other foods may have a cancer-promoting effect. So, what you eat and what you don't is important!

We hope you enjoy the recipes in this cookbook. Please share them with your family and friends and help spread our breast cancer prevention message.

Have fun cooking and bon appétit!

The Breast Cancer UK Team

breast
cancer uk.

Disclaimer: The information and recipes contained within this book have been written for members of the UK public. We do not have specific recipes for people with breast cancer. If you have been diagnosed with breast cancer, before changing any aspect of your diet, please consult a medical professional. Breast Cancer UK is a breast cancer prevention charity and is unable to offer specific advice about the diagnosis or treatment of breast cancer. If you are worried about any symptoms please consult your doctor.

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OUR TOP 10 TIPS

For a healthy and balanced diet which may help reduce your risk of breast cancer

Eating and drinking whole foods (either not processed or processed minimally) helps you stay healthy, increases your energy levels and boosts your overall well-being.



1 Eat a varied diet.

No food alone contains all the nutrients required for good health. The more varied your diet, the better. Make a colourful selection from all food groups, placing special emphasis on plant-based foods.

The Mediterranean diet is an example of a diet that has a high intake of vegetables, fruits, plant protein, fish and other seafood, olive oil, whole grains, nuts, and low-fat dairy, accompanied by moderate alcohol intake and low red meat consumption. There is evidence suggesting following this diet results in a small decrease in breast cancer risk.

2 Eat your “5 a day!”

Enjoy at least three servings of vegetables and two servings of fruit a day (400 g in total). Vegetables and fruit provide you with plenty of nutrients, fibre and phytochemicals that help you feel full. Put special emphasis on eating vegetables high in carotenoids, for examples see our chart on page 6.

3 Choose wholemeal

For cereal products such as bread, pasta, rice and flour, the wholemeal version is the best choice for your health. Foods made from whole grains are more filling and contain added nutrients and fibre compared to white flour products.

It's recommended to eat at least 30 g of dietary fibre per day from whole grain products, but also vegetables - especially legumes, and fruit. More and more studies show that dietary fibre could help reduce the risk of breast cancer and other diseases, for example, type 2 diabetes, colon cancer and cardiovascular diseases.

4 Eat meat rarely and explore other protein options

There is evidence that processed meat (such as ham, sausages and bacon) slightly increases breast cancer risk. The World Health Organisation has classified processed meats as a 'Group 1 Carcinogen' (known to cause cancer).

Some studies suggest eating a lot of red meat may increase breast cancer risk, but more research is needed to be conclusive. Although meat is a source of protein, which can be an important part of your diet, you can easily replace it with other sources of protein, including certain legumes (such as soya beans or chickpeas), nuts, eggs, fish, tofu, or mycoprotein (a meat substitute).

There is no known link between breast cancer and eating tofu, miso, edamame, soy milk, soy sauce, or any other soy food. In fact, there's evidence that eating foods rich in soy may actually lower your risk of developing breast cancer.

5 Eat the right fats

Vegetable oils, like all fats, provide many calories. But they also provide vital fatty acids and vitamin E. Eating less saturated fat (from animal foods) and more unsaturated fat (from vegetable oils, nuts and fatty fish) is positive for your health. Choose vegetable oils such as rapeseed oil, olive oil and spreadable fats made from olive oil.

Avoid hidden fats. Fat is often "invisible" in processed foods such as sausages, pastries, sweets, fast food, and convenience products. Although there is no strong evidence linking fat consumption to breast cancer, we know that eating high amounts of fat can lead to increased body weight and risk of overweight and obesity, and there is a strong link between obesity and breast cancer in post-menopausal women, as well as in men.

6 Limit how much sugar you eat

Sweetened foods (such as biscuits and cakes) and drinks (such as soft drinks and cordials) are usually low in nutrients and contain lots of calories. Try to only have them as a treat, or on special occasions.

Although there's currently no demonstrated link between breast cancer and diets high in sugar or other carbohydrates, we know that eating too much sugar in our diet can lead to weight gain, and being overweight increases the risk of postmenopausal breast cancer and breast cancer in men.

7 Drink no alcohol – or less of it

Drinking alcohol is a serious risk factor for breast cancer and alcohol is also high in calories. Drinking any amount of alcohol increases breast cancer risk for women. There is no lower limit. The more a woman drinks the greater the risk. Heavy drinking can also increase risk for men.

UK government guidelines recommend drinking less than 14 units of alcohol per week for both women and men. It's suggested you limit the amount you drink on any one occasion. You should aim to follow these guidelines as a minimum, and aim for less if you can.

8 Include some dairy or plant-based alternatives into your diet

Milk and dairy products (such as yoghurt and kefir) provide protein, vitamin B2, and calcium. Plant-based alternatives often have calcium and vitamin D added. Try to avoid sugar traps, such as puddings and colourful yoghurts.

There is some evidence that dairy products with high levels of calcium might be beneficial in reducing the risk of pre-menopausal breast cancer. Probiotics (live microorganisms) and fermented products may also be beneficial in helping to reduce breast cancer risk.

9 Watch your weight and keep moving

A healthy diet and physical activity go hand in hand. Not only is regular exercise helpful, but so too is having an active daily routine. For example, regular walking or cycling. By being physically active you can reduce your risk of breast cancer significantly (studies show up to 20%).

Physical activity also reduces the risk of breast cancer recurrence and mortality following a breast cancer diagnosis. What's more, being active keeps your weight under control, which plays a significant role in lowering your breast cancer risk if you are a woman who has reached menopause, or if you're male.

10 Try and eat organic

Although there is no conclusive evidence that organic food offers protection against breast cancer, some studies suggest it may. Organic food contains less pesticide residue and therefore, it is less likely to contain hormone-disrupting chemicals and carcinogens which may increase breast cancer risk.

WHICH FOODS CONTAIN CAROTENOIDS?

Carotenoids are made by plants, algae, and photosynthetic bacteria. They are found in fruit and vegetables, and are responsible for their bright colours. They have been linked with a reduced breast cancer risk, especially when you eat lots of them.

Examples of foods containing carotenoids

 Apricot	Mango	Courgettes
 Broccoli	Nectarines	Pumpkin
Brussel sprouts	Oranges	 Sweet potato
Butternut Squash	Papayas	Spinach
Carrots	 Peas	Tomatoes
Kale	Peppers	Watermelon

STARCHY AND NON-STARCHY VEGETABLES

Vegetables are grouped as starchy or non-starchy. Both types of vegetables provide a wide variety of vitamins and minerals, along with dietary fibre. Eating non-starchy vegetables may reduce the risk of breast cancer.

Examples of non-starchy vegetables

Aubergine	 Courgette	Peppers
Broccoli	Cucumber	Rocket
Brussel sprouts	Kale	spinach
 Cabbage	Leeks	Tomatoes
Cauliflower	 Lettuce	Watercress

DIRTY DOZEN LIST

Although we are unsure whether eating organic food reduces breast cancer risk, organic food contains less pesticide residue. We know that certain pesticides are linked to breast cancer risk, so we recommend eating organic food whenever possible. Read more on pesticides [here](#).

A fully organic diet can be hard to afford but The Pesticide Action Network UK, has analysed government data on pesticide use on vegetables and fruit and turned it into a handy list called the 'Dirty Dozen'. You can use this list to help you avoid produce sold in the UK which contain the highest amount of pesticide residues.



Grapefruit

99%



Soft citrus (e.g. mandarins, satsumas)

96%



Strawberries

89%



Oranges

87%



Dried grapes (e.g. sultanas, raisins)

82%



Herbs

81%



Pre-packed salad

81%



Grapes

80%



Lemons

75%



Pears

69%



Peaches and nectarines

67%



Spinach

57%

% of samples with multiple residues*

WHAT'S IN SEASON?

For many reasons, it's a good idea to eat vegetables and fruit that are grown regionally and in season. They tend to taste better and avoid unnecessary environmental pollution from long transport routes, and avoid using excessive water when grown in dry regions of the world. Last but not least, their cost is usually significantly lower when in season due to the large local supply.

Organic fruit and vegetables are also cheaper if they are bought when they are in season and grown regionally. In Britain, we're lucky enough to grow some fantastic fruit and vegetables, but do you know what's in season this month?

January



Fruit: Apples, Pears
Veg: Beetroot, Brussels Sprouts, Cabbage, Carrots, Cauliflower, Celeriac, Celery, Chicory, Horseradish, Jerusalem Artichokes, Kale, Leeks, Mushrooms, Onions, Parsnips, Salsify, Shallots, Squash, Swedes, Sweet Potato Turnips

February



Fruit: Apples, Pears
Veg: Beetroot, Brussels Sprouts, Cabbage, Cauliflower, Celeriac, Chicory, Jerusalem Artichokes, Kale, Leeks, Mushrooms, Onions, Parsnips, Purple Sprouting Broccoli, Shallots, Squash, Swedes, Sweet Potato, Turnips

March



Fruit: Forced Rhubarb
Veg: Cauliflower, Celeriac, Jerusalem Artichokes, Kale, Leeks, Parsnips, Purple Sprouting Broccoli, Sorrel, Spring Greens, Spring Onions, Sweet Potato

April



Fruit: Rhubarb
Veg: Asparagus, Morel Mushrooms, New Potatoes, Purple Sprouting Broccoli, Radishes, Sorrel, Spinach, Spring Greens, Spring Onions, Watercress

May



Fruit: Apricots, Rhubarb, Strawberries
Veg: Asparagus, Aubergine, Cabbage, Carrots, Globe Artichokes, Lettuce, New Potatoes, Pak Choi, Peas, Peppers, Radishes, Rocket, Samphire, Sorrel, Spinach, Spring Greens, Spring Onions, Watercress

September



Fruit: Apples, Bilberries, Blackberries, Damsons, Elderberries, Figs, Pears, Plums, Raspberries, Redcurrants, Strawberries
Veg: Aubergine, Beetroot, Broccoli, Butternut Squash, Cabbage, Carrots, Cauliflower, Cavolo Nero, Celeriac, Celery, Chillies, Courgettes, Cucumber, Fennel, French Beans, Garlic, Globe Artichokes, Horseradish, Kale, Kohlrabi, Leeks, Lettuce, Mangetout, Marrow, Mushrooms, Onions, Pak Choi, Peas, Peppers, Potatoes, Pumpkin, Radicchio, Radishes, Rocket, Runner Beans, Samphire, Shallots, Sorrel, Spinach, Spring Onions, Summer Squash, Sweetcorn, Swiss Chard, Tomatoes, Turnips, Watercress, Wild Mushrooms

June



Fruit: Apricots, Blackcurrants, Blueberries, Cherries, Gooseberries, Raspberries, Redcurrants, Rhubarb, Strawberries
Veg: Asparagus, Aubergine, Broad Beans, Broccoli, Cabbage, Carrots, Chillies, Courgettes, Cucumber, Fennel, Garlic, Globe Artichokes, Lettuce, Mangetout, New Potatoes, Pak Choi, Peas, Peppers, Radicchio, Radishes, Rocket, Runner Beans, Samphire, Sorrel, Spinach, Spring Greens, Spring Onions, Summer Squash, Swiss Chard, Tomatoes, Turnips, Watercress

October



Fruit: Apples, Blackberries, Cranberries, Elderberries, Figs, Medlar, Pears, Quince
Veg: Aubergine, Beetroot, Broccoli, Brussels Sprouts, Butternut Squash, Cabbage, Carrots, Cauliflower, Cavolo Nero, Celeriac, Celery, Chicory, Chillies, Cucumber, Fennel, Garlic, Globe Artichokes, Horseradish, Jerusalem Artichoke, Kale, Kohlrabi, Leeks, Lettuce, Marrow, Mushrooms, Onions, Pak Choi, Parsnips, Peas, Potatoes, Pumpkin, Radicchio, Radishes, Rocket, Runner Beans, Salsify, Shallots, Spinach, Summer Squash, Swedes, Sweetcorn, Sweet Potato, Swiss Chard, Tomatoes, Turnips, Watercress, Wild Mushrooms, Winter Squash

July



Fruit: Apricots, Bilberries, Blackberries, Blackcurrants, Blueberries, Cherries, Gooseberries, Greengages, Loganberries, Raspberries, Redcurrants, Strawberries, Tayberries
Veg: Asparagus, Aubergine, Beetroot, Broad Beans, Broccoli, Cabbage, Carrots, Cavolo Nero, Chillies, Courgettes, Cucumber, Fennel, French Beans, Garlic, Globe Artichokes, Kohlrabi, Lettuce, Mangetout, New Potatoes, Onions, Pak Choi, Peas, Peppers, Radicchio, Radishes, Rocket, Runner Beans, Samphire, Shallots, Sorrel, Spinach, Spring Greens, Spring Onions, Summer Squash, Swiss Chard, Tomatoes, Turnips, Watercress

November



Fruit: Apples, Cranberries, Pears, Quince
Veg: Beetroot, Brussels Sprouts, Butternut Squash, Cabbage, Carrots, Cauliflower, Celeriac, Celery, Chicory, Horseradish, Jerusalem Artichokes, Kale, Leeks, Mushrooms, Onions, Parsnips, Potatoes, Pumpkin, Radicchio, Salsify, Shallots, Swedes, Sweet Potato, Swiss Chard, Turnips, Wild Mushrooms, Winter Squash

August



Fruit: Apricots, Bilberries, Blackberries, Blackcurrants, Blueberries, Cherries, Damsons, Elderberries, Figs, Greengages, Loganberries, Plums, Raspberries, Redcurrants, Strawberries, Tayberries
Veg: Aubergine, Beetroot, Broad Beans, Broccoli, Cabbage, Carrots, Cauliflower, Cavolo Nero, Celery, Chillies, Courgettes, Cucumber, Fennel, French Beans, Garlic, Globe Artichokes, Kohlrabi, Lettuce, Mangetout, Marrow, Mushrooms, Onions, Pak Choi, Peas, Peppers, Potatoes, Radicchio, Radishes, Rocket, Runner Beans, Samphire, Shallots, Sorrel, Spinach, Spring Onions, Summer Squash, Sweetcorn, Swiss Chard, Tomatoes, Turnips, Watercress

December



Fruit: Apples, Cranberries, Pears, Quince
Veg: Beetroot, Brussels Sprouts, Cabbage, Carrots, Cauliflower, Celeriac, Celery, Chicory, Horseradish, Jerusalem Artichokes, Kale, Leeks, Mushrooms, Onions, Parsnips, Potatoes, Pumpkin, Salsify, Shallots, Swedes, Sweet Potato, Turnips, Winter Squash

Mains

***Tip:** If you like rice, consider investing in a rice cooker. It always cooks rice perfectly and uses a fraction of the energy!





QUICK AND STICKY TERIYAKI SALMON

SERVINGS: 1

PREPARATION AND COOKING TIME: 30 MINUTES

This yummy, sticky and quick salmon dish will manage any cravings you have. Fish is a great swap with all the added benefits! This is one dinner you'll definitely want in your recipe rotation – it will soon become a family favourite. This recipe (although for one) can be tailored for more people – just double/triple etc. the ingredients.

***We recommend choosing organic salmon or Aquaculture Stewardship Council (ASC) salmon to avoid pesticides.**

INGREDIENTS

1 salmon fillet
2 tbsp of honey
3 sprays of olive oil
4 tbsp of light soy sauce
2 garlic cloves/ 1 tsp of garlic puree
Half a mug of wholemeal brown rice
Your choice of vegetables to roast
Aluminium foil (or covered ovenproof glass dish)
Sesame seeds (optional)

INSTRUCTIONS

- **Preheat the oven to 200°C/ 180°C Fan/ Gas mark 6.**
- Grab a piece of foil that you can wrap around the salmon fillet. Spray the aluminium foil with olive oil before placing the salmon in the centre to prevent sticking. As an alternative to aluminium foil, you can also use a covered ovenproof glass dish. Then pour on your light soy sauce and honey, and place garlic on top.
- **Cover and scrunch the foil over the salmon.** Add seasonal vegetables of your choice to your oven tray, spray your chosen vegetables with olive oil, and move them around so they are coated. Then pop it all in the oven for 20 minutes.
- **While the salmon is in the oven, prepare the rice.** Add three cups of water to a saucepan and bring to a boil. Rinse your rice under the tap in a colander or sieve. Then add the rinsed rice to the saucepan with boiling water. Reduce, where necessary, the temperature to prevent the water overflowing and boil for around 20 minutes or see instructions on the package *(rice cooker tip!).
- **To serve:** If timed perfectly, all the parts of the recipe should be finished at the same time! Drain your rice and place into a pasta dish. Then pop your salmon fillet on top of the rice and layer your vegetables. Any excess sticky sauce from your foil, from where the salmon was cooked, can be drizzled over the top. Finally, for that 'Master Chef' touch, sprinkle a few sesame seeds on top! Voila!



RATATOUILLE CRUMBLE

SERVINGS: 4

PREPARATION AND COOKING TIME: 1 HOUR 20 MINUTES

A great recipe to help you get your five-a-day. Play around with the mix of vegetables to suit your taste. Enjoy.

INGREDIENTS

Crumble

55 g plain flour
105 g wholemeal flour
40 g walnut pieces (or almond flakes)
15 g oats
60 g salted butter, diced
50 g grated cheddar cheese or parmesan
1 heaped tbsp of finely Chopped parsley
Good pinch of nutmeg

Ratatouille

1 onion: peeled and sliced
2 cloves of garlic - peeled and crushed
1 aubergine - sliced
2 courgettes - sliced
2 red peppers - cut into large strips
300 g chopped fresh tomatoes
1 bay leaf
1 tsp harissa paste
1 tsp tomato paste
Extra virgin olive oil
Salt and pepper
85 g mozzarella cheese

INSTRUCTIONS

- **For the ratatouille:** In a large saucepan (where possible, avoid using non-stick cookware) fry the onion and garlic in olive oil until soft. Transfer to a baking dish. Add additional olive oil and when hot fry the aubergine for around 5 minutes; transfer to a baking dish. Add additional oil to the saucepan and fry the peppers then the courgettes for 5-10 minutes. Add onions, garlic and aubergines back to the saucepan. Add tomatoes, bay leaf, tomato paste and harissa paste, salt and pepper and cook for around 30 minutes with the lid on. If it appears too watery, remove the lid for the last 5-10 minutes.
- **For the crumble:** Rub the flour into the butter; add the oats, parsley, and crushed walnut pieces and continue to mix until the mixture resembles breadcrumbs. Add grated cheese and nutmeg.
- **Preheat the oven to 190°C/ 170°C Fan/ Gas mark 5.**
- **Add the ratatouille into a deep baking dish** then evenly spread the mozzarella on top, finally add the crumble mix. Bake the oven for around 25 minutes.



WHOLEMEAL SPAGHETTI PUTTANESCA

SERVINGS: 2

PREPARATION AND COOKING TIME: 25 MINUTES

A quick and easy mid-week family friendly meal made healthier by using organic produce and wholemeal spaghetti.

Wholemeal spaghetti has a higher fibre content than normal pasta. More and more studies are showing that a diet high in fibre is associated with a decreased breast cancer risk.

Tomatoes are rich in the carotenoid lycopene, which have also been linked with a decreased breast cancer risk.

INGREDIENTS

1-2 tbsps olive oil
2 garlic cloves
1 tsp chilli flakes
400 g passata in a glass jar
120 g (or handful) of olives
2 tbsps capers
Squirt anchovy paste
Handful parsley
300 g wholemeal spaghetti

INSTRUCTIONS

- **Heat the olive oil in a pan** (where possible, avoid using non-stick cookware). Add the garlic and chilli for a few minutes until softened.
- **Add** passata, olives, capers and anchovy paste.
- **Simmer for 15-20 minutes.** Add salt or pepper if needed. Add chopped parsley.
- **Meanwhile, cook spaghetti as per instructions on your pack.**
- **Once the sauce is ready, stir into cooked spaghetti and serve immediately.**



ORGANIC CARROT AND GINGER SOUP

SERVINGS: 4

PREPARATION AND COOKING TIME: 25 MINUTES

This is a warming winter soup to feast on when it's cold outside. You can add more ginger or chilli if you like it hot! You can also double the ingredients to make extra to freeze so you have a healthy option to grab and go. We've used organic ingredients but if you can't find everything organic, then using some organic is better than none.

INGREDIENTS

1 tbsp olive oil
1 large onion - chopped
1 tsp of turmeric powder
½ tsp of cumin powder
4 cm piece of fresh ginger - thinly sliced (or more if you love it like us)
1 red chilli - de-seeded and chopped (Tip: to peel your ginger, use the back of a tsp to scrape the skin off)
4 carrots - roughly chopped into 2 cm chunks
1 pepper - chopped (red, yellow or green, they're all great)
100g red lentils
900 ml low salt vegetable stock
Pinch of black pepper (it helps to boost the absorption of turmeric)

Optional: 200 g of squash
– butternut, crown prince, whichever ones you can find.

INSTRUCTIONS

- **Heat the olive oil in a pot** (where possible, avoid using non-stick cookware).
- **Gently fry the onions** for around 2 minutes. Add turmeric, cumin, ginger and chilli, gently fry for a further 2 minutes.
- **Add the remaining ingredients** and bring to a gentle simmer – cook for 20 minutes or until the lentils have fully cooked. Remove from heat.
- **Using a hand blender**, blitz into a soup.
- **Serve** with toasted wholemeal pitta bread.
- **Tips:** When in season, roast squash and pumpkins with garlic and olive oil, then divide into containers and freeze. Ready to pull out and add to dishes like this.



COLOURFUL VEGAN VEGETABLE CURRY

SERVINGS: 4

PREPARATION AND COOKING TIME: 30 MINUTES

Here's a colourful vegan vegetable curry to inspire your mealtime this week. Not only will the colours tempt you, but it's guaranteed to satisfy even the most ravenous of appetites. It's a great addition to a healthy diet.

INGREDIENTS

Rice

250 g whole grain rice

500 ml water

A pinch of salt

Vegetable curry

2 red onions

2 cloves garlic

2 tbsps sesame oil (roasted)

30 g ginger

500 g broccoli

1 courgette

2 carrots

1 small cauliflower

1 tbsp red Thai curry paste

50 g tomato paste

1 tbsp corn starch (you can also use normal flour)

400 ml vegetable stock

400 ml coconut milk

Juice of half a lemon

1 tsp salt

½ tsp pepper

60 g spinach

240 g chickpeas (drained weight)

To serve

1 spring onion

1 tbsp sesame seeds

INSTRUCTIONS

- **Preparing the rice:** Put the rice, water, and salt in a saucepan (where possible, avoid using non-stick cookware), cover with a lid and bring to the boil. Then reduce the heat and let the rice cook for about 20 minutes with the lid on. Check the instructions on the package (*rice cooker tip!).
- **Preparing the vegetables:** Peel the onions and garlic cloves and cut them into fine cubes. Peel and chop the ginger. Cut the broccoli into florets and chop. Halve the courgettes and slice them. Cut the carrots in half and slice them as well. Cut the cauliflower into florets and chop. Heat the oil in a large frying pan and fry the onion, garlic, and ginger. Add all the remaining vegetables to the pan and fry for 5 minutes.
- **Add the curry paste and the tomato paste.** To avoid lumps when binding with cornflour (or flour), mix the cornflour (or flour) in a couple of tsps of cold water beforehand and stir until smooth. Add to the vegetables. Fry everything for 1-2 minutes. Add the vegetable stock and coconut milk.
- **Let the sauce simmer for a while, stirring occasionally.** Add the lemon juice and season the vegetables with salt and pepper (taste before putting adding salt). Add the spinach and chickpeas and cook for 2-3 minutes.
- **Serve:** Put a portion of rice on a plate and the vegetables next to it. Cut the spring onion into fine rings and sprinkle them over the dish together with some sesame seeds.



ONE-PAN ROASTED MEDITERRANEAN PRAWNS AND VEGETABLES

SERVINGS: 2

PREPARATION AND COOKING TIME: 30 MINUTES

A delicious one-pan Mediterranean prawns and vegetables. A quick mid-week dinner that's ready in 30 minutes. Choose seasonal veg and use frozen prawns to keep the cost down.

INGREDIENTS

500 g asparagus - tough ends removed

10-12 cherry tomatoes

1 courgette - sliced

1 red onion - halved and thickly sliced

500 g large prawns - peeled

For the dressing

4 tbsps Extra virgin olive oil

1 tbsp apple cider vinegar

1 tsp fresh grated ginger

1 tsp ground cumin

½ tsp ground turmeric

1 tsp salt

1 clove crushed garlic (more if you love garlic)

½ tsp ground black pepper

Optional – 1 small red finger chilli – seeds removed and finely chopped

To finish

Fresh chopped parsley

Drizzle of lemon juice

INSTRUCTIONS

- **Preheat oven to 200°C/ 180°C Fan/ Gas mark 6.**
- **Make the dressing.** Mix all the dressing ingredients in a bowl and whisk together.
- **Place the vegetables on a large roasting pan** (where possible, avoid using non-stick cookware). Pour half of the dressing on top, and work with your hands to make sure all the veggies are well coated. Spread the veggies out in one layer. Bake in the heated oven for 10-12 minutes.
- **Meanwhile, in a large bowl, add the prawns.** Pour on the remaining dressing to cover the prawns.
- Remove vegetables from the oven. Push vegetables to one half of the pan and add the prawns to the other half of the pan and spread out evenly.
- Place pan back in the oven. Cook for a further 5 minutes.
- **To serve:** squeeze some fresh lemon juice and sprinkle with parsley.
- **Optional extra:** can be served with brown rice or quinoa for a more substantial meal.



SWEET POTATO SUPERPOWER SALAD

SERVINGS: 4

PREPARATION AND COOKING TIME: 1 HOUR

Sweet potatoes are rich in beta-carotene, a carotenoid. Eating lots of foods high in carotenoids helps decrease your risk of breast cancer. Sweet potatoes are also high in fibre; a diet in high fibre is also associated with a reduced risk of breast cancer.

INGREDIENTS

2 large sweet potatoes,
approx. 800 g
120 g quinoa
1 tsp apple vinegar
1 pepper (red or yellow)
300 g cherry tomatoes
3 stalks fresh mint
100 g rocket
8 soft dates
35 g unsalted pistachios
2 spring onions
2 ripe peaches

For the dressing

5 tbsp virgin olive oil
1 tbsp cider vinegar
½ tsp ground cumin
1 tbsp Dijon mustard
Salt and pepper to taste

INSTRUCTIONS

- **Preheat your oven to 180°C/160°C fan/gas mark 4.**
- Peel the sweet potatoes and cut them into bite-sized pieces. In a large bowl, mix the sweet potatoes and 2 tbsps of olive oil until the sweet potatoes are completely coated.
- **Spread the sweet potatoes** on a baking tray (where possible, avoid using non-stick cookware) and roast for about 25-30 minutes until they are cooked. Test them with a fork – if they are tender in the middle with no resistance, they are ready.
- **While the sweet potatoes are in the oven**, cook the quinoa. Rinse the quinoa under cold running water to remove its bitter flavour. Put the quinoa into a pot, add double the amount of water and a tsp of apple cider vinegar and bring to boil. Simmer for about 10-15 minutes over medium-low heat, or until tender and the liquid is absorbed. You may need to add more water here to prevent the quinoa from burning. *(rice cooker tip!)
- **While the quinoa is simmering**, wash and chop the vegetables: Halve the cherry tomatoes. Cut the spring onions into small rings. Core the pepper and cut it into bite-sized pieces. Chop the mint and the pistachios. Cut the dates into small pieces. Cut the peaches into bite-sized pieces. Alternatively, first, halve the peaches, then grill them briefly on the inside, then cut them into small pieces. Put everything in a large salad bowl.
- **For the dressing**, mix all the ingredients for the dressing.
- Mix the quinoa, sweet potatoes, vegetables, peaches, mint, spring onions, dates, and pistachios in the salad bowl and mix them with the dressing.
- **Serve** with some warm sourdough bread and butter or olive oil on the side.



BLACK LENTIL SALAD WITH TOFU

SERVINGS: 4

PREPARATION AND COOKING TIME: 1 HOUR 20 MINUTES

Tofu is made from soybeans. Soya is a high-quality protein and contains all the essential amino acids, like those found in meat. Some studies see an association between eating soy and a reduced breast cancer risk, although more studies are needed to confirm this.

INGREDIENTS

200 g dry black lentils

Pinch of salt

370 g tofu

2 spring onions

200 g mushrooms

150 g courgette

160 g broccoli

120 g sugar snap peas

30 g flaked almonds

1 tbsp sesame oil

2 tbsp light soy sauce

1 tbsp sesame seeds

For the tofu marinade

4 tsp chopped or finely
grated ginger

4 tbsp sesame oil

8 tbsp soy sauce

4 tbsp almond butter or
tahini

2 tbsp maple syrup or
honey

Juice of 1 lime

INSTRUCTIONS

- **Marinating the tofu:** Pat the tofu with a kitchen towel to soak up excess moisture/water and cut the tofu into small cubes. In a bowl, mix all marinade ingredients together, add tofu and leave to marinate for 1 hour.
- **Preparing the lentils:** Wash the black lentils well and bring them to a boil in a saucepan with twice the amount of water and a pinch of salt. Simmer for about 30 minutes until just soft (or follow instructions on the package). Drain off excess water from the lentils.
- **Preparing the vegetables.** Wash all the vegetables. Cut the spring onions into fine rings. Slice the mushrooms. Cut the courgettes and broccoli into bite-sized pieces. Heat a tbsp of sesame oil in a pan and fry the vegetables for approx. 5 minutes. Add 2 tbsp soy sauce to the vegetables and sauté for another 2 minutes. Put the vegetables to the side.
- **Preparing the almonds:** In a pan without any oil, toast the flaked almonds for about 3-5 minutes until golden brown. Keep an eye on them as they can burn very quickly. Leave to cool on a plate.
- **Preparing the tofu:** Heat another tbsp of sesame oil in the pan and fry the tofu cubes until they are golden brown on all sides.
- **Serve:** Mix the lentils together with the vegetables, tofu, and the remaining sauce. Garnish with the almonds and sesame seeds and serve warm.



PUMPKIN AND LENTIL SOUP

SERVINGS: 4

PREPARATION AND COOKING TIME: 1 HOUR

This is a variation on the traditional pumpkin soup which includes carrots and lentils as well as pumpkin, making it especially nutritious and high in carotenoids (and especially comforting in those colder months!)

INGREDIENTS

1 butternut squash (1 kg chopped and peeled)
2 (250 g) carrots - peeled and chopped
2 tbsp olive oil
1 bunch spring onions - chopped
1 clove of garlic
1.25 litres of hot water
50 g red lentils
1 star anise (optional)
1 tsp chilli flakes
Salt and pepper to taste

INSTRUCTIONS

- **Preheat the oven to 190°C/ 170°C Fan/ Gas mark 5.**
- **Spread the chopped pumpkin and carrots** on a baking tray (where possible, avoid using non-stick cookware) with 1 tbsp olive oil and bake for 20 minutes.
- **In large saucepan**, add 1 tbsp olive oil and fry chopped onions and garlic until soft.
- **Add** carrots and pumpkin, and fry for another few minutes.
- **Add** the hot water, lentils, star anise, chilli flakes, salt and pepper. Boil for 25 minutes.
- **Remove the star anise**, then blend until smooth using a hand held blender.



TUMMY WARMING AUTUMN SALAD

SERVINGS: 4

PREPARATION AND COOKING TIME: 1 HOUR

The special thing about this dish is the mix of seasonal vegetables paired with more exotic ingredients such as crunchy chickpeas and juicy-sweet dates. You can find all the ingredients in any supermarket. Carrots are rich in carotenoids which can help decrease breast cancer risk, especially when you eat lots of them.

INGREDIENTS

For the tray

500 g potatoes
1 cauliflower
3 carrots
400g chickpeas in a jar,
drained and rinsed or 400g
pre-cooked dried
chickpeas ([how to cook](#)).
150 g spinach
6 dates pitted
Olive oil

For the dressing

5 tbsp tahini
6 tbsp water (check
consistency: more if
necessary)
2 cloves of garlic
1 tbsp honey
½ tsp cumin
1 tbsp lemon juice
1 pinch salt

INSTRUCTIONS

- Preheat oven to 200°C/ 180°C Fan/ Gas mark 6.
- Wash the potatoes well, cut into quarters or eighths and mix with a little olive oil and a pinch of cumin. Put the potatoes in the oven and set a timer for 20 minutes.
- Wash the cauliflower and carrots and cut the cauliflower into medium-sized florets and the carrots into bite-sized pieces.
- Mix the vegetables and the drained chickpeas in the used bowl and add a little more oil and cumin if necessary. Put the cauliflower, carrots and chickpeas in the oven after 20 minutes and roast for another 30-35 minutes. Keep an eye on the cauliflower and make sure it doesn't burn.
- While your vegetables are in the oven, make the dressing. Chop the garlic and mix with the other ingredients in a bowl. If necessary, add more water using the tbsp to give the dressing the right consistency. Chop the dates.
- Add the spinach to the warm ingredients on the tray and spread the dates and some of the sauce over the tray. Mix everything together well and serve warm directly from the tray with the sauce.



BEETROOT SOUP WITH ORANGES

SERVINGS: 4

PREPARATION AND COOKING TIME: 30 MINUTES

Beetroot is an example of a non-starchy vegetable. Eating high quantities of non-starchy vegetables may decrease risk of oestrogen receptor negative (ER-) breast cancer. Beetroots also contain a rich source of compounds that have powerful antioxidant and anti-inflammatory properties and can help protect against cancer.

INGREDIENTS

2 small onions - peeled and chopped
1 tbsp olive oil
3 medium beetroots - peeled and cubed
100 ml white wine
200 ml orange juice
400 ml vegetable broth
200 ml single cream
2 pinches ginger - freshly grated
50 g sour cream
1 orange
2 pinches chili powder

INSTRUCTIONS

- **In a large pot** (where possible, avoid using non-stick cookware), sweat the onions with the olive oil. Add the cubed beetroot, with the onions. Sweat for a bit. Add a pinch of chilli.
- **De-glaze with white wine** and let it boil away until liquid has reduced. Add the orange juice and let reduce until almost gone.
- **Fill the pot with the vegetable broth** and cook for about 10 minutes until the beetroot is soft.
- **Add the single cream and the freshly grated ginger.** Bring to the boil again and puree. Season if necessary.
- **To serve**, fill the soup into bowls, add a dollop of sour cream to the centre. Grate a little orange peel over it, and for those who like it a little hot, sprinkle a little chilli on top. Enjoy!



BAKED SALMON ON SWEET POTATO PUREE AND ASPARAGUS

SERVINGS: 4

PREPARATION AND COOKING TIME: 35 MINUTES

Asparagus is a non-starchy vegetable; this group of vegetables may help decrease the risk of developing oestrogen receptor negative (ER-) breast cancer. Sweet potato is high in carotenoids which can also help reduce the risk of breast cancer.

***We recommend choosing organic salmon or Aquaculture Stewardship Council (ASC) salmon to avoid pesticides.**

INGREDIENTS

800 g sweet potatoes
Coarse sea salt
4 tbsp olive oil
12 spears of asparagus
4 (approx. 150 g) salmon fillets
Ground black pepper
5 sprigs rosemary
1 tsp sweet paprika

INSTRUCTIONS

- **Peel, wash and cut the sweet potatoes** into pieces, place in a saucepan of boiling water and cook until tender. Drain, then season with coarse salt and add 1 tbsp of olive oil, mash until smooth and set aside.
- **Trim the asparagus spears** if necessary, and set to one side.
- **Rinse the salmon fillets under cold water**, pat dry and season with coarse salt. Heat 2 tbsps of oil in a large pan (where possible, avoid using non-stick cookware). Fry the fillets on each side for 2-3 minutes. Season with pepper.
- **Wash rosemary and shake dry.** Keep two sprigs and remove the needles of the remaining rosemary and add to the salmon.
- **Meanwhile steam the asparagus** in a bit of salted water for 2-3 minutes (it should still be crunchy) and drain.
- **To serve**, swirl a serving of the sweet potato puree on the plate, add three sprigs of asparagus on top and then place the salmon on top. Sprinkle with paprika and garnish with rosemary.



QUICK GREEN SOUP

SERVINGS: 1

PREPARATION AND COOKING TIME: 10 MINUTES

This super quick green soup can be made in under 10 minutes and uses store cupboard ingredients. It's a great way to get in your five-a-day when you are pushed for time. Broccoli and spinach are non-starchy vegetables. Not only is there is strong evidence that a diet rich in vegetables and fruits can help reduce breast cancer risk, but eating non-starchy vegetables may also decrease the risk of oestrogen-receptor-negative breast cancer. The wholewheat orzo pasta has a higher fibre content than normal pasta. A high-fibre diet has been linked to a decreased breast cancer risk, and it's good for your gut too!

INGREDIENTS

50 g wholewheat orzo pasta
50 g spinach
100 g broccoli - chopped into bite-size pieces
300 ml boiling water
1 tbsp miso paste
½ tbsp low-salt soy sauce or tamari
Half a lime, juiced

INSTRUCTIONS

- Add pasta to boiling water and simmer for 6 minutes.
- Add spinach and broccoli to boiling water, bring back to the boil and simmer for 1 minute.
- Remove from heat.
- Stir in Miso paste, soy sauce (or tamari) and lime juice, and serve



BAKED FETA AND CHERRY TOMATOES

SERVINGS: 4

PREPARATION AND COOKING TIME: 30 MINUTES

This easy baked feta recipe is ready in 30 minutes. Packed with nutrients that may help reduce your risk of breast cancer. The wholemeal pasta used has a content than durum wheat (white) pasta and tomatoes are rich in the carotenoid lycopene, both of which have been linked with a reduced breast cancer risk.

INGREDIENTS

250 g cherry tomatoes
250 g baby plum tomatoes
50 ml (3 tbsp) olive oil
200 g block of feta
2 garlic cloves (more if you love garlic) – minced
½ tsp dried oregano
300 g of your favourite wholemeal pasta
Dried chilli flakes (optional)
– a pinch is enough but if you like it fiery add a few more
A handful of basil leaves

INSTRUCTIONS

- **Preheat your oven to 200°C/ Fan 180°C/Gas 6.**
- **Place the cherry tomatoes and baby plum tomatoes** in a large ovenproof dish (where possible, avoid using non-stick cookware). Drizzle over most of the olive oil and season with a pinch of black pepper. Make sure they are fully coated by tossing them with your hands.
- **Place the whole block of feta** in the middle of the dish, surrounded by the tomatoes. Drizzle over the remaining olive oil and some black pepper. Slide into the oven and bake for 25 minutes.
- **While the feta and tomatoes bake**, fill a large pot with water and add a pinch of salt. Set on a high heat and bring to a boil. Cook the pasta according to the instructions on the packet. Drain and set to one side.
- **When the tomatoes and feta have baked for 25 minutes**, take out of the oven, and use a fork to crush the feta and tomatoes and muddle them together. Add the chopped garlic, oregano and a pinch of chilli flakes, if you're using them. Stir to mix. Return to the oven and bake for a further 10 minutes until the feta and tomatoes have caramelised a little and the garlic is cooked (softened not burnt).
- **Remove the cooked tomatoes and feta from the oven**, and add the drained pasta. Mix gently to coat the pasta. Serve the pasta garnished with a few basil leaves and drizzled with a little extra olive oil.
- Optional: serve with a nice chunky piece of wholemeal bread and use it to soak up the juices, yum!



VEGAN PASTA SALAD

SERVINGS: 4

PREPARATION AND COOKING TIME: 50 MINUTES

Vegan wholemeal pasta salad with butternut squash, chickpeas and capers. A brilliant winter salad. This colourful combination brings variety into the cold season and tastes delicious! You can also meal prep this to grab on the go.

The butternut squash and red peppers are good sources of carotenoids, while the wholemeal spaghetti has a higher fibre content than white pasta. Both a diet high in carotenoids and fibre have been linked with a reduced breast cancer risk.

INGREDIENTS

250 g wholemeal pasta
700 g butternut squash
1 tbsp olive oil
1 tsp Italian herbs/ Herbes de Provence
240 g chickpeas in a jar, drained and rinsed or 240 g pre-cooked dried chickpeas ([How To Cook](#))
1 red pepper
½ bunch of spring onions
60 g capers (drained weight)
50 g Kalamata olives - pitted
30 g pine nuts
Pinch of salt
For the dressing
1 clove of garlic
2 lightly heaped tsps of Dijon mustard
1 tbsp raw cane sugar or honey
Salt and black pepper
4 tsps lemon juice
4 tsps olive oil

INSTRUCTIONS

- Preheat your oven to 180°C/ Fan 160°C/ Gas 4.
- Cook the pasta until 'al dente' in lightly salted water according to the instructions on the packet, drain and set aside to cool.
- Wash and halve the butternut squash, remove the seeds, dice into 1.5 cm chunks, put in a bowl and mix with 1 tablespoon of olive oil and herbs. Spread on a baking tray (where possible, avoid using non-stick cookware) and bake for about 15 minutes until the chunks are soft (check with a fork). Leave to cool.
- Drain the chickpeas in a colander, wash and leave them to dry.
- Wash the red pepper, halve lengthways, remove the seeds and cut it into small pieces. Wash the spring onions and cut them into fine rings. Drain the capers but keep 4 tablespoons of the caper water for the dressing and chop the capers coarsely. Cut the olives into fine rings. Roast the pine nuts in a pan over medium heat, without fat, until they take on some colour.
- In a large bowl, mix the chickpeas, red pepper, spring onions, capers, olives and pine nuts with the cooled pasta and pumpkin.
- For the dressing, peel and finely chop the garlic and mix with mustard, sugar/honey, caper water, pepper, salt, lemon juice, oil and 3 tablespoons of water. Pour over salad and mix well. Season again with salt and pepper if necessary.
- Tip: Sprinkle 75 g of crumbled feta (vegan if you like) on top before serving.



QUICK SPICY VEGGIE STIR-FRY

SERVINGS: 2

PREPARATION AND COOKING TIME: 15 MINUTES

Do you feel like you need to add more vegetables to your life without compromising on taste? This spicy vegetable stir-fry will make you fall back in love with vegetables. Fresh, crisp broccoli and garlicky mushrooms are flash-fried with tantalising seasonings for a speedy mid-week easy dish!

The wholemeal noodles used in this recipe have a higher fibre content than egg noodles. Many studies suggest that a diet high in fibre and rich in fruits and vegetables could help reduce the risk of breast cancer.

INGREDIENTS

1 vegetable stock cube
1 medium head of broccoli
- broken into florets
2 nests of wholemeal
noodles
1 tbsp sesame oil, plus a
little extra to serve
250 g of shiitake or
chestnut mushroom -
thickly sliced
1 -2 cloves of garlic -
chopped
1 red chilli - finely chopped
or ½ tsp chilli flakes
2 spring onions - thinly
sliced
2 tbsp hoisin sauce
A handful of roasted
cashew nuts
Optional: Sesame seeds

INSTRUCTIONS

- **Bring a pot of water to a boil**, and add the stock cubes.
- **Add the broccoli and the noodles**, bring the stock back to a boil and cook for 2 -3 minutes per the cooking instructions on your chosen noodles.
- **Remove a cup of the stock and set aside for later**, then drain the noodles and veg.
- **Heat your frying pan or wok** (where possible, avoid non-stick cookware), add the sesame oil and stir-fry the mushrooms for 2 mins until golden.
- **Add the garlic, chilli and spring onions**, cook for 1-2 minutes,
- **Add in the noodles and broccoli.**
- **Add 3 tbsp of the stock and the hoisin sauce**, then toss together for 1 min using a pair of tongs or two spoons.
- **Serve the noodles and add the cashew nuts.** Add more sesame oil to taste if you like.
- **Optional:** add some sesame seeds for extra flare – great for a dinner party!



SHAKSHUKA

SERVINGS: 2

PREPARATION AND COOKING TIME: 20 MINUTES

Shakshuka is an easy and healthy recipe from Israel and other parts of the Middle East and North Africa, that's become popular in Europe. It's a simple combination of tomatoes, onions, garlic, spices and gently poached eggs. It's definitely a recipe you'll make time and again as a family favourite for breakfast, lunch or even brunch!

The tomatoes and peppers in this recipe contain key carotenoids such as lycopene and beta-carotene, which have been linked with a reduced breast cancer risk, especially when you eat lots of them.

INGREDIENTS

2 red bell peppers
2 red onions
1 red chilli (or a tsp of chilli flakes)
1 garlic clove
500g tomatoes
1 tbsp olive oil
1 tsp of sugar
1 tsp of cumin
2 tsp of paprika
4 eggs
Small bunch of coriander
Pinch of salt to taste
Pinch of pepper to taste

INSTRUCTIONS

- **Chop and dice all your vegetables.**
- **Heat the oil in a stainless-steel frying pan** (where possible, avoid using non-stick cookware) that has a lid, then soften the peppers, onions, chilli, and garlic for 5 minutes until soft. Stir in the tomatoes, sugar and other seasonings, then bubble for 8-10 mins until thick.
- **Make 4 dips in the sauce** using the back of a large spoon, then crack an egg into each one.
- **Put a lid on the pan**, then cook over low heat for 6-8 minutes until the eggs are done to your liking (you can transfer to the oven if you like it a bit crispier instead but will take a tad longer, around 12-14 minutes).
- **To serve**, finely chop the coriander leaves and scatter. Then serve with crusty wholemeal bread for dipping.
- This meal can be frozen for up to one month and reheated.



VEGGIE SPAG BOWL

SERVINGS: 4

PREPARATION AND COOKING TIME: 35 MINUTES

Whether you are a vegetarian or just looking for a meat-free recipe, this Veggie Spag Bowl, with vegetables and filling lentils, is perfect for the whole family. Serve with Parmesan if you don't mind the calories!

INGREDIENTS

1 tbsp olive oil
1 onion - diced
3 garlic cloves - crushed
1 medium carrot - finely diced or grated
1 small courgette - finely diced or grated
3 tbsp tomato puree
400 g dried lentils
100 g mushrooms - sliced
1 vegetable stock pot or cube
500 g passata in a glass jar
1 tbsp dried oregano
1 tbsp dried basil
400 g tomatoes - chopped
1 tsp salt
1 tsp black pepper
240 g wholemeal spaghetti

INSTRUCTIONS

- **Heat the oil in a pan on medium heat** (where possible, avoid non-stick cookware).
- **Add the onion, garlic, carrot and courgette** and cook for 3-5 minutes until starting to soften.
- **Add the tomato puree** and cook for a further 2 minutes.
- **Add all the other ingredients**, stir, and simmer over medium heat for 25 minutes, until the sauce has reduced slightly and the vegetables are soft.
- **While the Bolognese is cooking, cook the spaghetti** according to the packet instructions.
- **Serve** as soon as the pasta is cooked.
- **Tip** - Why not try batch cooking? Cool within 2 hours of cooking, then divide the Bolognese sauce into individual servings (minus the spaghetti accompaniment) and freeze immediately. Then defrost when you fancy this tasty meal again.



GNOCCHI WITH LEMONY VEGETABLES

SERVINGS: 2

PREPARATION AND COOKING TIME: 20 MINUTES

If you've never had gnocchi, you are in for a treat! Gnocchi is a potato dumpling where potatoes are mashed and then mixed with flour and egg. Gnocchi is so versatile it can be paired with almost anything.

All vegetables used for this recipe help you reach your daily fibre goal of 30g a day. Studies show that a diet high in fibre is associated with a decreased breast cancer risk. Also, eating a high amount of fruits and vegetables may lower your risk of breast cancer - particularly cruciferous vegetables, such as broccoli, and yellow and orange vegetables.

INGREDIENTS

80 g tender stem broccoli
160 g fine green beans
80 g sugar snap peas
2 spring onions
1 lemon
35 g Italian hard cheese
350 g wholemeal gnocchi
(you can buy them ready-made or make them yourself!)
1 tsp of olive oil
20 g butter/low-fat spread
Pinch of salt
Pinch of pepper

INSTRUCTIONS

- **Cut broccoli and green beans in half**, and slice sugar snap peas lengthways.
- **Trim and chop the spring onion finely**. Cut the lemon in half. Grate the Italian cheese.
- **Add gnocchi, broccoli and green beans to a pan** of boiling water with a pinch of salt, bring to a boil and simmer for 3 minutes.
- **Heat a pan with olive oil**, and add the drained gnocchi, broccoli and green beans, along with the sugar snap peas and chopped spring onions.
- **Cook for 4-5 minutes**, occasionally stirring, until the gnocchi begins to crisp.
- **Add the butter/low-fat spread to the pan** along with the juice of half a lemon. Cut the other lemon half in two.
- **Season with a little salt and pepper**, and give everything a good mix-up until the butter has melted.
- **Serve** the gnocchi and veg topped with the grated cheese, top with black pepper and pop a lemon wedge to the side.



FISH WITH LEEK, POTATO HASH AND POACHED EGG

SERVINGS: 2

PREPARATION AND COOKING TIME: 45 MINUTES

This yummy baked fish and leek recipe is a satisfying meal, ideal for a midweek supper, that'll soon become a family favourite. White fish, such as seabass, is an excellent source of protein, and is low in fat, making it one of the healthier alternatives to red or processed meat. There is evidence that processed meat slightly increases breast cancer risk.

INGREDIENTS

4 white potatoes
1 leek
1 garlic clove
5 g fresh dill
1 spring onion
2 x 100 g white fish fillets, such as seabass
1 tsp of low-fat spread
2 tsp of organic olive oil
2 eggs
80 g spinach
Pinch of salt
Pinch of pepper

INSTRUCTIONS

- **Preheat your oven to 220°C/ Fan 200°C/ Gas 7.**
- **Meanwhile, cut the potatoes**, skins on for extra fibre, into bite-sized pieces and add to a saucepan of boiling water. Simmer for 10 minutes until fork tender.
- **Finely slice the leek**, peel and finely chop/grate the garlic, finely chop the dill and trim and slice the spring onion.
- **Cut a large piece of foil and place it on a baking tray** (where possible, avoid using non-stick cookware). Place the fish fillets in the centre of the foil, add a small knob of low-fat spread and a pinch of salt and pepper. Scrunch the foil around the fish to form a tightly sealed parcel and put the tray in the oven for 15 minutes.
- **Drain the potatoes** and add them to a stainless-steel frying pan with a drizzle of olive oil. Add the sliced leek and a pinch of salt. Cook for 8-9 minutes until the leek has softened and the potatoes start to brown, crushing them lightly as they cook.
- **Bring a saucepan of water to a boil** and gently crack the eggs into the water. Bring the water back up to a gentle simmer and cook for 3 minutes.
- **Wash the spinach and add the chopped garlic**, half the spring onion and half the dill to the pan. Stir into the potatoes and leek, cooking for 2-3 minutes until the spinach has wilted.
- **Serve the leek and potato hash** topped with your baked fish and poached eggs. Drizzle any buttery sauce from the fish parcel over the potatoes.
- **Sprinkle the remaining dill and sliced spring onion** over the top and season with a little salt and pepper.



HALLOUMI BURGERS WITH TOMATO SALSA AND SWEET POTATO CHIPS

SERVINGS: 2

PREPARATION AND COOKING TIME: 20 MINUTES

Use this summer staple for your garden BBQs and swap out your beef burgers with these tasty vegetarian halloumi burgers! Halloumi is a great alternative to red meat and contributes to protein and calcium intake. Although high in calories and salt, it is okay to eat halloumi in moderation as part of a balanced, healthy diet.

INGREDIENTS

Burgers

4 Butterhead lettuce leaves
250 g block halloumi cheese
- cut into 8 thick slices
1 tbsp olive oil
4 wholemeal buns
4 tbsp hummus
4 tbsp fresh tomato salsa

Tomato salsa

4-6 medium tomatoes -
peeled and finely chopped
½ red onion, very finely
chopped
1 small garlic clove -
chopped
a splash of white wine
vinegar
½ lime, juiced
½ bunch of coriander -
roughly chopped

Sweet potato chips

800 g sweet potatoes
1 tsp smoked paprika
2 tbsps olive oil
Salt and pepper

INSTRUCTIONS

Salsa:

- Peel the tomatoes. Tip: To quickly peel your tomatoes, put them in a bowl, immerse them in boiling water, and leave them for about 3 to 5 minutes. Then get rid of the water. Allow to cool, and the skins will peel off easily using your fingers!
- In a bowl, combine the tomatoes, red onion, garlic, white wine vinegar, lime juice and coriander. Stir, then refrigerate until ready to serve.

Burgers:

- Chop and slice the lettuce, cut the halloumi into eight slices.
- Brush each side of all the halloumi slices with olive oil and cook them on each side for 2-3 mins or until golden.
- Split the buns (you can toast them briefly on both sides but be careful not to burn them) and spread the bottom halves with the hummus.
- To serve: Add the halloumi, finish with the lettuce and salsa and top with the other half of the bun.

Chips:

- Preheat your oven to 220°C/ Fan 200°C/ Gas 7.
- Peel and cut the sweet potatoes into chips. In a bowl, mix them with the smoked paprika, olive oil and salt and pepper.
- Place the sweet potato chips onto a lightly greased baking tray (where possible, avoid using non-stick cookware) and ensure they are in a single layer.
- Roast for roughly 25-30 minutes. Check now and then and make sure they don't burn.

Optional: Add some avocado to your halloumi burger if you like!



SALT AND PEPPER TOFU WITH CRISPY 'SEAWEED'

SERVINGS: 2

PREPARATION AND COOKING TIME: 40 MINUTES

Try the ultimate fakeaway salt and pepper tofu and crispy 'seaweed'! Making this super easy dish at home will save you money, and you'll avoid the hidden calories and the nasty chemicals in the packaging!

This dish contains tofu (made from soy), and wholegrain rice which is high in fibre. Studies see an association between eating soy-based foods and breast cancer prevention, and a high-fibre diet is associated with a decreased breast cancer risk.

INGREDIENTS

120 g spring greens - shredded
130 g brown or wholemeal rice
280 g plain tofu
1 tbsp light soy sauce
3 garlic cloves
1 red chilli
1 onion
1 pepper
1 tsp five spice mix
4 tsp cornflour
Drizzle of vegetable oil
Pinch of salt and pepper

INSTRUCTIONS

- **Preheat your oven to 140°C/ Fan 120°C/ Gas 1.**
- **Add your spring greens to a large baking tray** with a drizzle of vegetable oil, mix everything up and put the tray in the oven for 20-30 minutes until it is nice and crispy (this will be your seaweed).
- **Cook your rice in a pot of boiling water** for approx. 30 minutes (check the instructions on the pack).
- **Drain the tofu, pat dry and cut into bite-size pieces.** Add it to a bowl with a tablespoon of soy sauce and leave it to marinate.
- **Peel and slice two of the garlic cloves and the red chilli** and cut the onion into wedges. You can leave out the chilli and garlic if you don't like either!
- **Deseed the pepper and cut into bite-sized pieces.**
- In a bowl, add half a tsp of five-spice mix, the cornflour, and the tofu. Mix until tofu is coated.
- **Heat a frying pan with a drizzle of oil** (where possible, avoid using non-stick cookware), add the tofu and cook for around 5 minutes until golden and crispy.
- **Add the onion wedges, pepper, sliced garlic, and half of the sliced chilli** to the pan along with a pinch of salt and pepper and cook for a further 5 minutes until the vegetables soften.
- **Serve your salt and pepper tofu with the cooked rice, crispy seaweed and a splash of soy sauce, if you like.**



FISH AND CHIPS

SERVINGS: 2

PREPARATION AND COOKING TIME: 45 MINUTES

This all-time favourite goes through a healthy makeover without losing flavour. Replacing the traditional deep-fried fish and chips, this recipe shallow-fries white fish fillets and bakes skin on chunky chips. This recipe is perfect for a quick and easy midweek meal. White fish, such as seabass, is an excellent source of protein, and it is low in fat, making it one of the healthier, low-fat alternatives to red or processed meat. There is evidence that eating a lot of processed meat may slightly increase breast cancer risk.

INGREDIENTS

3 white potatoes
Olive oil (not extra virgin)
4 tbsp cornflour
1 tsp turmeric
2 white fish fillets – for example, sea bass
Salt and pepper

To accompany (as preferred) - Salad, peas, etc.

INSTRUCTIONS

- Preheat your oven to 220°C/ Fan 200°C/ Gas 7.
- Leave the skins on your potatoes and cut them into chips.
- Bring a pot of water to a boil, and boil the potato chips for 5-10 minutes. Drain.
- Add the chips to a baking tray (where possible, avoid non-stick cookware) with a drizzle of vegetable oil and a pinch of salt, and mix everything up.
- Put the tray in the oven for 20-25 minutes – adjust according to whether your chips are chunky or skinny! Cook until crisp and golden.
- Combine the cornflour, and turmeric with a pinch of salt and pepper and then coat the fish in the cornflour mixture until covered. (As an alternative, you could cut the fish into strips as fish fingers/goujons.)
- Add a drizzle of oil to a frying pan and cook the fish for a few minutes on each side until crisp and golden. Your fish is cooked when it turns opaque.
- Serve your fish and chips with your choice of peas or salad, etc.



CHICKEN, HALLOUMI & AVOCADO SALAD WITH HONEY MUSTARD DRESSING

SERVINGS: 2

PREPARATION AND COOKING TIME: 15 MINUTES

Refreshing, sweet and savoury all at the same time! Tuck into this summer salad with golden pieces of halloumi, creamy avocado, cherry tomatoes, thinly sliced red onion and fresh gem lettuce, all coated in a homemade honey mustard dressing.

This recipe contains a variety of vegetables which contribute to your 5-a-day. Studies suggest that a diet rich in fruits and vegetables may help reduce breast cancer risk. Halloumi, although high in calories and salt, is a great alternative to red meat, and when eaten in moderation, forms part of a balanced, healthy diet.

INGREDIENTS

For the salad

1 fresh organic chicken breast - sliced
1 avocado - sliced
1 gem lettuce - chopped
Half a cucumber - cubed
Handful of cherry tomatoes - halved
Half a red onion - sliced
Sprinkle of walnuts
250 g Halloumi - sliced
Tsp of olive oil
Sprinkle of salt and pepper

For the dressing

1.5 tbsp of organic honey
1 tbsp of whole-grain mustard
1 tbsp olive oil
Half a tsp of white vinegar
1 tsp of minced garlic
Salt to season

INSTRUCTIONS

- **Slice your chicken into strips**, season with salt and pepper, then wash your hands.
- **Add a drizzle of olive oil to a pan** (where possible, avoid non-stick cookware) and cook chicken for 10-15 minutes until cooked through (so there is no pink meat when you cut through the chicken).
- **While the chicken is cooking, slice all your vegetables and halloumi** (as stated in the ingredient list).
- **Add a drizzle of olive oil to a pan on medium heat**, then cook the halloumi for 3 minutes on each side until golden brown.
- **For the dressing**, mix all wet ingredients into a small bowl, then season with salt if needed.
- **Once cooked**, place all food into a bowl, pour over the dressing, and toss the salad until evenly coated.
- **Serve** with a sprinkle of walnuts for some added crunch.



SPINACH FLATBREADS / TURKISH PIDE

SERVINGS: 8

PREPARATION AND COOKING TIME: 2.5 HOURS (RISE OF DOUGH)

Turkish pide, is an oval flatbread stuffed with many fillings. This recipe for vegetarian pide, made with feta cheese and spinach, is a great dish the whole family will love.

Spinach leaves are rich in carotenoids such as lutein and β -carotene. Carotenoids act as an antioxidant for humans and have also been linked with a reduced breast cancer risk, especially when you eat lots of them!

INGREDIENTS

For the dough

14 g dry yeast
125 g water
1 tsp sugar
125 ml low-fat milk (or plant-based alternative)
500 g wholemeal flour
1 tsp salt

4 tbsp olive oil

Spinach feta filling

500 g fresh spinach - washed and dried
1 large onion
1 tbsp olive oil
1/2 tsp black pepper
1 tsp dried oregano
8 fresh mint leaves or 1 tsp dried mint
200 g feta cheese or low-fat Greek cheese

To brush

1 egg

INSTRUCTIONS

Dough

- Mix the yeast with the water and sugar, then mix in the milk, flour, salt and oil. Knead the dough with your hands for about 7-9 minutes to form a smooth, no longer sticky dough. Use a machine if you have one. Shape it into a ball and let it rise in a covered bowl for at least one hour.

Spinach feta filling

- Cut the spinach into fine strips. Peel and finely cube the onion. Heat the oil, in a pan, over medium-high heat and fry the onion for about 3-4 minutes. Add the spinach and fry it until the remaining water is almost gone. Season the spinach with the pepper, oregano and finely chopped mint leaves or dry mint.
- Leave the filling to cool for 25 minutes, then add the crumbled feta cheese/low-fat Greek cheese.

The pide

- Preheat your oven to 200°C/ Fan 180°C/ Gas 6.
- Divide the dough into 16 pieces of about 50 g each, and shape them into balls. On a floured work surface, roll the balls into a long oval using a rolling pin. Spread about 3 tbsps of the spinach filling on top, in the centre. Leave an approximately 3 cm wide border around the outside. First, press the ends together to form points and then fold the sides towards the middle.
- Place the pide on a baking tray (where possible, avoid using non-stick cookware) with PFAs-free baking paper. Beat the egg with a fork and brush the pastry with it. Bake in the oven for 15-20 minutes until golden brown. Eat while they are still warm.

Let us know if you do this recipe: @BreastCancerUK



PANZANELLA

SERVINGS: 4

PREPARATION AND COOKING TIME: 40 MINUTES

Our autumn panzanella salad is filled with exciting and delicious flavours. Freshly toasted bread is found together with pumpkin, carrots and beetroot from the oven in a delicious vinaigrette. This dish is packed with vegetables! Many studies indicate that a diet high in fruit and vegetables provides protection against breast cancer. On top, butternut squash and carrots are high in carotenoids, which may help decrease the risk of breast cancer.

INGREDIENTS

1/2 butternut squash
2 red onions
3 beetroots
3 parsnips
3 carrots
5 dried apricots
1 tsp sea salt
3 tbsp olive oil
3 tbsp balsamic vinegar
1 tsp thyme
6 slices wholemeal/ rye/
multiseed/ sourdough
bread
15 g fresh parsley
4 tbsp pumpkin seeds

INSTRUCTIONS

- Preheat the oven to 200°C/180°C fan/gas mark 6.
- Remove the seeds and cut the butternut squash into narrow wedges.
- Peel the onions, beetroots, parsnips and carrots and cut them into roughly equal pieces. If you want, you can peel the carrots or leave the skin on, especially if they are organic. Finely chop the apricots.
- Put all the vegetables in a big bowl, add salt, 2 tbsp olive oil, balsamic vinegar and thyme and mix well with your hands or a spoon.
- Place the vegetables on a baking tray (where possible, avoid using non-stick cookware).
- Place the bread slices on a second baking tray and drizzle with the remaining olive oil.
- Place the vegetables in the oven and roast for 20-25 minutes. After 10 minutes, put the tray with the bread in the oven as well.
- Put the oven-cooked vegetables into a bowl and once they've cooled down, tear the bread slices into bite-sized pieces and mix everything well. Top with chopped parsley and pumpkin seeds.
- Serve in a deep bowl to capture all of the fresh flavours.



WHOLEMEAL QUICHE WITH SPINACH, TOMATOES AND CHICKPEAS

SERVINGS: 4

PREPARATION AND COOKING TIME: 2 HOURS (INC DOUGH CHILLING)

This healthy vegetarian quiche has a dough made entirely from wholemeal flour and contains spinach, tomatoes and chickpeas. Wholemeal flour is high in fibre. Studies show that a high-fibre diet is associated with a decreased breast cancer risk. Spinach and tomatoes are rich in carotenoids, which act as antioxidants for humans and have also been linked with a reduced breast cancer risk, especially when you eat lots of them!

INGREDIENTS

Dough

200 g wholemeal flour

1 egg

30 ml olive oil

50 g butter - cut into small pieces

1/2 tsp salt

Filling

1 onion - finely dices

400 g spinach - washed

100 g chickpeas - in glass jar

1 tbsp olive oil

3 eggs

100 ml low-fat dairy milk or plant-based alternative

300 g cherry tomatoes - halved

Salt, pepper

Pinch of nutmeg

INSTRUCTIONS

The dough

- Put the wholemeal flour, egg, olive oil, butter and salt in a bowl.
- Knead everything into a dough using your hands. If the dough is too dry and crumbly, you can add a little more oil.
- Shape the dough into a ball, place it in a bowl and cover with a cloth and leave it in the fridge for at least 30 minutes.

The filling

- Heat the oil in a frying pan and carefully fry the onion.
- Add the spinach and continue to cook over low heat until the spinach has wilted. Remove from heat.
- Drain the chickpeas and rinse them under water. Put to one side.
- In a bowl, add the eggs and milk, season with salt, pepper and nutmeg and whisk well.

The wholemeal quiche

- Preheat the oven to 180°C/160°C fan/gas mark 4.
- Grease the quiche dish with olive oil and press out the dough to line the dish. Tip: Place the dough in the middle of the tin, flatten it and then gradually push it outwards with your fingers. Do not forget the edge. Don't get discouraged: within a few minutes, the dough will warm up and will be easier to spread out.
- Prick the dough several times with a fork.
- Spread the spinach and onion mixture evenly over the base. Then add the chickpeas on top and pour the egg-milk mixture over it. Finally, spread the halved tomatoes on top and press them in lightly.
- Bake in the oven for about 45 minutes to 1 hour. Check during cooking.



WARMING ROASTED CAULIFLOWER GARLIC SOUP WITH CHICKPEAS

SERVINGS: 4

PREPARATION AND COOKING TIME: 40 MINUTES

This warming roasted cauliflower garlic soup recipe will absolutely satisfy your craving for a warm and creamy soup. It's easy and quick to make and is satisfying enough for a main meal. The perfect healthy weeknight dinner! Cauliflower is a cruciferous vegetable naturally high in fibre and B vitamins. A higher intake of cruciferous vegetables may reduce the risk of breast cancer.

INGREDIENTS

750 g cauliflower - divided into florets
240 g chickpeas in a jar, drained and rinsed or 240g pre-cooked dried chickpeas ([How To Cook](#))
2 tbsp olive oil
1 tsp salt
A whole bulb of garlic
1 onion
1 stalk of celery
1 tsp coriander seeds
180 g potato
200 ml single cream/single soy cream
1-1.2 litres vegetable stock (depending on how runny you like your soup)
Salt and pepper

INSTRUCTIONS

- Preheat the oven to 200°C/180°C fan/gas mark 6.
- Mix the cauliflower florets and chickpeas with 1 tbsp olive oil and 1 tsp salt in a big bowl.
- Cut the tip of the garlic bulb off and remove the outer covering skin. Wrap it well in a piece of tin foil.
- Spread the cauliflower and chickpeas on a lightly oiled baking tray (where possible, avoid using non-stick cookware), place the garlic bulb on the tray and roast for 25-30 minutes. Check every now and then to make sure the cauliflower doesn't burn.
- Chop the onion and celery. Put 1 tbsp olive oil in a big saucepan and fry the onion, celery and coriander seeds at low to medium heat for 3 minutes.
- Peel and cut the potato into pieces about 2 inches in size. Add to the pot, add single cream/soy cream and 1 litre vegetable stock and simmer over low to medium heat with the lid on for around 15 minutes.
- Add the roasted cauliflower and chickpeas to the pot (set aside one handful of chickpeas for the topping). Squeeze the garlic out of its casing into the pot and blend. If you want, you can add the remaining vegetable broth if you prefer your soup a bit runnier. Season to taste with salt and pepper.
- Serve topped with the remaining chickpeas and, if you like, some wholemeal bread on the side.



VEGETABLE PAN WITH GARLIC BAKED POTATOES

SERVINGS: 4

PREPARATION AND COOKING TIME: 40 MINUTES

This is a quick oven and frying pan dish packed with vegetables. You can use almost any vegetable and adapt the recipe to what you can find in your fridge or pantry. Cauliflower is a cruciferous vegetable that is naturally high in fibre and B vitamins. A 2018 analysis concluded that a higher intake of cruciferous vegetables may reduce the risk of breast cancer.

INGREDIENTS

Garlic baked potatoes

600 g potatoes

1 tbsp of olive oil

1 clove of garlic

1/2 tsp of salt and some black pepper

1 tsp rosemary

Vegetables

2 onions

3 garlic cloves

2 tbsps of olive oil

2 courgettes

2 red pointed peppers (or regular red peppers)

3 carrots

1/4 tsp salt and some black pepper

1 tsp of oregano or Italian herbs

2 tbsps of balsamic vinegar

Low-fat natural yoghurt or plant-based

INSTRUCTIONS

- Preheat the oven to 200°C/180°C fan/gas mark 6.
- Peel the potatoes (or leave the skin on for extra fibre) and cut them into small pieces. Peel one of your garlic cloves and chop it. Mix the potatoes with olive oil, garlic, salt and freshly ground black pepper.
- Put them in a glass oven-proof dish, sprinkle with rosemary and bake in the oven for about 20 minutes. Do the fork test to see if they are soft.
- In the meantime, peel the onions and remaining garlic cloves and slice them.
- Heat the olive oil in a large frying pan (when possible, avoid non-stick cookware) and fry the onions and garlic.
- Cut the courgettes and red peppers into bite-sized pieces and the carrots into slices. Fry the courgette and carrot slices for roughly 5 minutes. Add the red peppers, fry them briefly and season everything with salt, a bit of black pepper and oregano. Add the balsamic vinegar.
- Serve with the baked potatoes and some yoghurt on the side.



VEGETABLE SLOW COOKER STEW

SERVINGS: 2

PREPARATION AND COOKING TIME: 4 HOURS

What better recipe than a hearty vegetable slow cooker stew? The best thing about this dish is you can divide it into portions, transfer it to a freezer-safe container and freeze for up to 1 month! To serve, simply defrost overnight before reheating thoroughly.

Butternut squash, peppers and tomatoes are good sources of carotenoids, which are substances found in fruits and vegetables that give them their bright red, yellow, orange and purple colours. Carotenoids act as a type of antioxidant, known for their positive health benefits, and may be associated with a reduced risk of breast cancer.

INGREDIENTS

360 g butternut squash -
chopped into chunks
1 onion - peeled and
chopped
250 g sweet mini peppers -
seeded and halved
400 g cannellini beans in a
jar, drained and rinsed or
400 g pre-cooked dried
cannellini beans ([How To
Cook](#))
400 g passata in a glass jar
10-12 basil leaves -
shredded
400 g chickpeas in a jar,
drained and rinsed or 400g
pre-cooked dried
chickpeas ([How To Cook](#))
Salt and pepper for
seasoning
Optional: stock cube and
vegetarian hard cheese or
Parmesan

INSTRUCTIONS

- Put the onion, butternut squash, peppers, beans and chickpeas in the dish in a slow cooker.
- Pour over the passata, sprinkle with half the basil, and season well. Stir.
- Set the slow cooker to low and cook for four hours until the vegetables are soft and tender.
- If you like more sauce, you can add 100ml of vegetable stock.
- Serve sprinkled with the remaining basil and shavings of hard cheese, if you like.



GRANDMA'S CHICKEN, LEMON AND OLIVE TRAY BAKE

SERVINGS: 4

PREPARATION AND COOKING TIME: 40 MINUTES

A family favourite, Grandma's chicken, lemon, and olive tray bake is an easy midweek dinner to serve on a cold evening.

Chicken or mushrooms are a healthy source of protein. Protein is an important part of a balanced diet and key to building and maintaining all types of body tissue, including muscle. Broccoli and onions are non-starchy vegetables. There is strong evidence that a diet rich in vegetables and fruits can help reduce breast cancer risk, and that non-starchy vegetables may also decrease the risk of oestrogen-receptor-negative breast cancer.

INGREDIENTS

2 organic chicken thighs - without skin and bones
1 lemon - cut into wedges with pips removed
1 red onion - cut into wedges
120 g pitted olives of your preferred choice
1 red chilli - seeds removed and chopped
150 g broccoli - cut into florets
2 tbsps olive oil
Salt and pepper to taste

INSTRUCTIONS

- Preheat the oven to 200°C/180°C fan/gas mark 6.
- Place the chicken thighs, lemon wedges, red onion wedges, olives and chilli in a roasting pan (where possible, avoid using non-stick cookware).
- Sprinkle the olive oil and salt and pepper over the top and roast for 30 minutes or until the chicken thighs are cooked through.
- Remove the pan from the oven and add the broccoli. Return to the oven and cook for a further 5 minutes until the broccoli has softened and begun to brown a little.
- Serve with crusty wholemeal bread to soak up all the lovely juices.
- Note: Can be made as a vegetarian or vegan version – substitute chicken thighs for Portobello mushrooms and reduce roasting time to 20 minutes or until mushrooms are soft and cooked through.



EASY LEEK AND POTATO SOUP

SERVINGS: 6

PREPARATION AND COOKING TIME: 30 MINUTES

Whip up a comforting bowl of leek and potato soup—easy, creamy, and oh-so-delicious! This recipe is the perfect marriage between sweetness and hearty nutrition. Just simmer, sip, and savour your new favourite comfort food!

Leeks are non-starchy vegetables. A diet rich in vegetables and fruits can help reduce breast cancer risk, and non-starchy vegetables may also decrease the risk of oestrogen-receptor-negative breast cancer.

INGREDIENTS

2 medium leeks
700 g potatoes – around 3 potatoes
1 onion
3 garlic cloves
2 tbsps olive oil
1 litre vegetable stock
Salt and pepper

INSTRUCTIONS

- **Prepare the ingredients:**
 - Leeks: cut off the root ends and tough top dark green parts and discard (or save for vegetable stock). Slice from top to bottom lengthwise and rinse each half under cold water, pulling apart the layers to remove all grit and sand. Roughly chop.
 - Potatoes: clean, peel (or keep the skin on for extra fibre), and cut into cubes.
 - Onion: Peel and chop into cubes.
 - Garlic: Cut the tip of the garlic bulb off, remove the outer covering skin, and chop.
- **In a large soup pot**, heat the olive oil on medium heat. Add the leeks, onions and garlic. Cook, stirring occasionally, for around 5 minutes, until soft.
- **Add the potatoes and vegetable stock.** Bring to a boil, then reduce the heat and let simmer for 15-20 minutes or until the potatoes are tender.
- **Take the pot off the heat**, and using an immersion blender (stick blender), blend until smooth.
- **Add salt and pepper to your liking** and serve with a slice of wholemeal bread (if you like).



ROASTED VEGETABLE WINTER SALAD

SERVINGS: 6

PREPARATION AND COOKING TIME: 60 MINUTES

This roasted vegetable winter salad is bursting full of colourful ingredient that can help to reduce your risk of breast cancer.

Brussels sprouts, butternut squash and beetroots are good sources of carotenoids, which are known for their positive health benefits, and may be associated with a reduced risk of breast cancer. Cranberries are a source of polyphenols, plant compounds with potential antioxidant, anti-inflammatory, and anticarcinogenic effects.

INGREDIENTS

For vegetables

200 g Brussels sprouts – ends trimmed and yellow leaves removed
1 butternut squash – peeled, seeded and cubed
2 red beetroots
4 tbsp olive oil
Salt and pepper

For toppings & seasoning

2 cups pecan halves or walnuts
1 cup dried cranberries
¼ cup balsamic vinegar
2 tbsp olive oil

INSTRUCTIONS

- Preheat the oven to 190°C/170°C fan/gas mark 5.
- Trim the ends of the Brussels sprouts and cut them in half. Cut the butternut into cubes.
- In a bowl, combine the olive oil, salt and pepper. Add the Brussels sprouts and butternut. Toss to combine.
- Spread the Brussels sprouts and the butternut squash in a single layer on a lightly greased baking sheet (where possible, avoid using non-stick cookware). Bake for 20-25 minutes, turning once halfway through baking. Set aside to cool down.
- In the meantime, rinse and scrub the beetroots
- Add the beetroots to a medium-sized saucepan filled with water. Bring to a boil. Boil on medium heat, half covered, for around 30 minutes, until soft.
- Remove from heat, and with a large spoon or ladle, remove the beetroots from the hot water. Let them cool down, then peel and dice them into small cubes.
- In a large bowl, add the Brussels sprouts, butternut squash, beetroots, pecans or walnuts and dried cranberries.
- In a small bowl, combine the balsamic vinegar with 2 tbsp of olive oil. Whisk until emulsified.
- Drizzle mixture over the salad and serve.



WHOLEMEAL TURKEY BOLOGNESE

SERVINGS: 4

PREPARATION AND COOKING TIME: 40 MINUTES

Spice up your pasta night with this tasty, guilt-free bolognese recipe. Lean turkey, rich tomato sauce, and a medley of herbs come together in a wholesome, hearty sauce that clings to every forkful of wholemeal pasta.

INGREDIENTS

2 tsp olive oil
1 onion – peeled and chopped
2 garlic cloves – peeled and crushed
1 carrot – diced
400 g organic turkey mince
2 tbsp tomato puree
400 g tomato passata in a glass jar
1 tsp herbes de Provence
400 ml chicken stock
100 g spinach leaves
350 g wholemeal pasta
Cracked black pepper

INSTRUCTIONS

- **Heat the olive oil in a pan on medium heat** (where possible, avoid non-stick cookware). Add the onion, garlic, carrots, and fry for 5-10 minutes until softened.
- **Add the turkey mince**, breaking up any lumps with a spoon, and cook until browned all over.
- **Stir in the tomato puree, passata, and dried herbs.**
- **Add the stock**, and simmer uncovered on low heat for around 20 minutes.
- **5 minutes before the end** of cooking time, add the spinach.
- **In the meantime**, cook the wholemeal pasta according to pack directions. Drain.
- **Serve** by dividing the pasta into 4 bowls. Top the pasta with the Bolognese sauce and cracked black pepper.



SALMON AND PEA PASTA

SERVINGS: 4

PREPARATION AND COOKING TIME: 20 MINUTES

This combination of savoury salmon, lemon zest and flavourful peas is the excitement your tastebuds have been missing. With this easy-to-follow recipe, you'll be able to treat yourself to a gourmet pasta experience in the comfort of your own home.

Salmon is high in protein and omega-3 fatty acids which makes it a great alternative to meat, especially since processed meat could increase breast cancer risk. We recommend choosing organic salmon or Aquaculture Stewardship Council (ASC) salmon to avoid pesticides.

INGREDIENTS

300 g wholemeal spaghetti
2 tbsp olive oil
1 onion – chopped
150 g frozen peas
2 organic salmon fillets
(skin removed)– cut into
cubes
175 g crème fraiche
1 lemon – juice and zest
30 ml (2 tbsp) water
Salt and pepper

For serving: A bunch of
fresh parsley or dill –
roughly chopped

INSTRUCTIONS

- **Bring a pot of salted water to a boil** and cook the wholemeal spaghetti according to the instructions on the packet. Drain and set aside.
- **Meanwhile**, heat the olive oil in a large pan (where possible, avoid using non-stick cookware), then add the onion and cook for a few minutes, until softened.
- **Add the peas, salmon, creme fraiche**, lemon juice, lemon zest and water to the pan. Stir to combine and cook over medium heat for 4-5 minutes until the salmon is cooked through.
- **Stir in the pasta** with the salmon sauce, and season with salt and pepper to taste.
- **Divide the pasta between bowls**, top with chopped parsley or dill, and serve.



CHEESY MUSHROOM AND SPINACH OMELETTE

SERVINGS: 1

PREPARATION AND COOKING TIME: 10 MINUTES

This cheesy mushroom and spinach omelette is the delightful pick-me-up you've been searching for. To make things even more appealing, this recipe is perfect for those busy! In just 10 minutes, you'll be feasting on fresh greens, creamy mushrooms, and pockets of vibrant flavours.

Eggs and mushrooms are a healthy source of protein, which is an important part of a balanced diet and key to building and maintaining all types of body tissue, including muscle. Spinach is a non-starchy vegetable and is rich in carotenoids. Eating non-starchy vegetables and carotenoid-rich vegetables may decrease the risk of breast cancer.

INGREDIENTS

1 tsp olive oil
Handful of mushrooms
(button or chestnut) –
washed and sliced
25 g (1/4 cup) grated
cheddar (or plant-based)
cheese
Handful of spinach
2 eggs
Salt and pepper

INSTRUCTIONS

- In a bowl, crack and beat the eggs with salt and pepper.
- In a pan, heat the olive oil (where possible, avoid non-stick cookware). Add the mushrooms and cook for about 5 minutes. Add the spinach and cook until wilted.
- Transfer the mushrooms and spinach to a plate and set aside.
- Add the beaten eggs to the pan and cook for 1-2 minutes.
- Add the mushroom and spinach mix to one side of the omelette and sprinkle the cheese over.
- Use a spatula to gently fold the omelette in half over the filling.
- Cook for another minute or so until the cheese has melted.
- Slide the omelette off the pan onto a plate and serve with a side salad.



HALLOUMI FLATBREADS

SERVINGS: 1

PREPARATION AND COOKING TIME: 10 MINUTES

Love halloumi? Need a quick and easy lunchtime recipe? Here we have our perfectly grilled Halloumi flatbreads complete with our favourite toppings, which hopefully will inspire your lunch creativity. It's easy to adapt too! Try these simple veggie halloumi flatbreads. A great cheesy budget option for a midweek meal!

INGREDIENTS

1 Hummus, rocket and chilli jam

A handful of lettuce - shredded
2 tbsp extra virgin olive oil
2 wholemeal flatbreads/wraps
100 g hummus
Handful of rocket
250 g block halloumi
Chilli Jam

2 Tzatziki, honey and pomegranate

2 tbsp extra virgin olive oil
2 wholemeal flatbreads/wraps
100 g Tzatziki ta
80 g bag rocket
250 g block halloumi
3 tsps of honey
Pomegranate seeds

3 Harissa, avocado and Greek-style yoghurt

2 tbsp extra virgin olive oil
2 wholemeal flatbreads/wraps
100 g harissa
1 avocado
250 g block halloumi
3 tsps of Greek-style yoghurt
Optional: chilli flakes

INSTRUCTIONS

Prep

- Shred the lettuce/rocket (if not done so already)
- Slice the halloumi into 6 strips (about 1cm thick)
- Slice the avocado into strips

Cook

- Heat oven to low and put the flatbread in to warm through. Using a frying pan, fry the halloumi with the olive oil for 3 mins each side until crispy and golden. Transfer to the oven to keep warm.

Serve

- Option 1: Spread a layer of hummus on each flatbread, place the halloumi on and top with a handful of lettuce, and rocket and chilli jam to serve.
- Option 2: Spread a layer of Tzatziki on each flatbread, place the halloumi on and top with rocket, drizzle with honey and a sprinkle of pomegranate seeds.
- Option 3: Spread a layer of harissa on each flatbread, place the halloumi on and top with slices of avocado, drizzle with Greek style-yoghurt and a sprinkle of chilli flakes.



ASPARAGUS PESTO PASTA

SERVINGS: 4

PREPARATION AND COOKING TIME: 20 MINUTES

This vibrant asparagus pesto pasta will make sure that the flowers aren't the only thing that will be springing into life. The combination of earthy asparagus, fresh basil pesto, and zesty lemon is a match made in culinary heaven!

Wholemeal pasta has a higher fibre content than white pasta. A diet high in fibre is associated with a decreased breast cancer risk. Asparagus is a non-starchy vegetable; this group of vegetables may also help decrease the risk of developing breast cancer.

INGREDIENTS

500 g asparagus – tough ends removed and cut into small pieces (approx. 2.5cm)
2 garlic cloves – minced
2 tbsp olive oil
500 g wholemeal pasta of choice
125 g (½ cup) basil pesto
1 lemon – juiced
50 g (½ cup) parmesan cheese – grated or shaved
Salt and pepper

INSTRUCTIONS

- **Preheat the oven to 200°C/180°C fan/gas mark 6.**
- **Bring a large pot of water to a boil** and cook pasta according to package directions until al dente.
- **While the pasta is cooking**, heat the olive oil in a pan (where possible, avoid non-stick cookware), and add the asparagus, tossing to cook evenly for around 3 minutes. Add the garlic to the pan and cook for another 2 minutes. Remove pan from heat.
- **When the pasta is cooked**, drain and return to the pot. Add the asparagus with garlic, basil pesto, lemon juice, and half the Parmesan. Toss until pasta is evenly coated with pesto. Salt and pepper to taste.
- **Divide pasta into bowls** and top with the rest of the Parmesan cheese.



BUDDHA BOWL RECIPE

SERVINGS: 2

PREPARATION AND COOKING TIME: 30 MINUTES

Buddha bowls are on everyone's lips. No wonder, the colourful creations are a real eye-catcher and bursting with flavours. In our Buddha Bowl recipe, we combine quinoa, hummus, vegetables, feta, and sesame seeds in one bowl for a delicious, balanced meal.

Tomatoes and bell peppers are good sources of carotenoids, which have been linked with a reduced breast cancer risk, especially when you eat lots of them. All vegetables used for this recipe, and the quinoa, help you reach your daily fibre goal of 30g a day. There is increasing evidence that a diet high in fibre reduces breast cancer risk.

INGREDIENTS

120 g quinoa (or wholegrain rice)
100 g salad mix (or lambs' lettuce, rocket or baby spinach)
200 g cherry tomatoes
1 yellow or red bell pepper
½ cucumber
200 g chickpeas in a jar, drained and rinsed or 200 g pre-cooked dried chickpeas ([How To Cook](#))
12 olives pitted
½ red onion
180 g hummus (readymade – or you can make it yourself)
120 g feta
Olive oil
1 tbsp sesame seeds
Fresh herbs e.g. basil, parsley, mint

INSTRUCTIONS

- **Rinse the quinoa with water in a colander.** Tip the rinsed quinoa into a saucepan and cover with 360ml cold water. Bring it to a boil and cook for 12-15 mins (or according to the cooking instructions on the package) or until all the water has evaporated and the grains have doubled in size.
- **In the meantime,** prepare all the other ingredients for the Buddha Bowl. Wash the salad ingredients and dry. Cut the washed cherry tomatoes in halves. Cut bell peppers and cucumber into bite-sized pieces. If using chickpeas from a glass jar, in a colander, drain and rinse with cold water. Cut the onion into fine rings. Cut the feta into cubes. Chop your herbs. Roast the sesame seeds in a pan for about 3 minutes (be careful, they burn easily).
- **To prepare the bowls,** first put the salad leaves in the bowl as a base. Then add the cooked quinoa in a corner of the bowls and place the tomatoes, cucumber, peppers and chickpeas beside each other (in a circle). Leave space in the middle of your circle.
- **Put the hummus in the middle** of your bowl. Place the olives, red onions and feta cubes on top and garnish the bowl with sesame seeds and fresh herbs. Sprinkle some olive oil on top.



SLOW COOKER WINTER VEGETABLE SOUP

SERVINGS: 4-6

PREPARATION AND COOKING TIME: 6 HOURS LOW/HIGH 3 HOURS

This healthy slow-cooker recipe is packed with vegetables and even better, you're able to throw everything into your slow cooker in the morning, and come back to a fully prepared dinner! You can also batch-cook this recipe and freeze it for mid-week lunches. What's not to love?

All vegetables used for this recipe help you reach your daily fibre goal of 30g a day. Evidence indicates that a high-fibre diet reduces breast cancer risk. On top of this, tomatoes, carrots and peppers are also good sources of carotenoids, which give them their bright colours. Carotenoids act as a type of antioxidant for humans and have also been linked with a reduced breast cancer risk, especially when you eat lots of them.

**If you don't have a slow cooker to hand, you could cook this up at the weekend using a ceramic cooking pot with a lid in the oven or on the hob.*

INGREDIENTS

**You can add any veg you have available.*

1 onion - finely chopped

3 cloves garlic - finely chopped

3 carrots - finely chopped

1 pepper - finely chopped

3 bay leaves

1 heaped tsp oregano

Salt and pepper

500 g passata in a glass jar

1.5 litres vegetable stock

1 tbsp of olive oil

To serve

Sourdough or brown bread

Olive oil

Grated Parmigiano-

Reggiano cheese

Parsley

INSTRUCTIONS

- **Chop all your vegetables** into small cubes.
- **Place all the vegetables, herbs, passata and diluted stock** into your slow cooker.
- **Set the slow cooker to LOW for 6 hours or HIGH for 3 hours.** Stir halfway through.
- **Check the vegetables are soft**, then adjust seasoning if needed and cook for another 5-10 mins to warm through.
- **To serve**, use a ladle to scoop into bowls with a big serving of vegetables. Slice your desired bread. Drizzle a little olive oil on top. Add parsley and grated cheese as the final step.

Let us know if you do this recipe: @BreastCancerUK



SEA BASS WITH ASPARAGUS AND NEW POTATOES

SERVINGS: 2

PREPARATION AND COOKING TIME: 25 MINUTES

A healthy meal, bursting with fresh flavours and high in omega 3 fatty acids. Sea bass is a lean sea fish. It contains high-quality and easily digestible protein, making it a great alternative to red or processed meat. There is evidence that processed meat may slightly increase breast cancer risk.

INGREDIENTS

For the sides

Pinch of salt

1 –2 tbsps of olive oil, plus extra for drizzling

Two handfuls of organic baby/ new potatoes

A bundle of asparagus

1 tsp of mixed dried herbs

For the sea bass

2 garlic cloves - thinly sliced

3 tbsps extra-virgin olive oil

2 tsps of mixed dried herbs

2 x sea bass fillets

INSTRUCTIONS

- **Rinse and wash your potatoes.** Put the potatoes in a pan, fill with water, add a pinch of salt and bring to a boil. Remove the lid and cook until tender (you'll be able to stick a fork in, and they will slide off). Drain, toss with oil and add the mixed herbs; set aside and keep warm.
- **Meanwhile, preheat the oven to 200°C/180°C fan/gas mark 6.**
- **Add the 2 seabass fillets** (skin side up) and asparagus to a glass dish. Drizzle with olive oil, garlic and mixed herbs. Cook for 15 mins until seabass skin is slightly crispy.
- **To serve,** slice the potatoes in half and arrange a layer in the middle of each of the dinner plates. Scatter the asparagus over the potatoes, squeeze over some lemon juice and finish with a grind of black pepper. Top each plate with a fillet of sea bass. Optional: add a dollop of mayonnaise and an extra squeeze of lemon juice.



Baking and sweet treats



SUPER-HEALTHY BANANA BREAD

SERVINGS: 1 LOAF

PREPARATION AND COOKING TIME: 1 HOUR

Have some leftover bananas and not sure what to do with them? Why not make this super healthy and budget-friendly (lockdown throwback) banana bread recipe? A great snack, dessert or breakfast on the go!

This banana bread is low in calories, especially compared to other banana bread made with butter, chocolate, and sugar. It can help maintain a healthy weight. Being overweight or obese can increase breast cancer in men and postmenopausal women.

INGREDIENTS

100 g apple - grated
(peeled if preferred)
300 g very ripe bananas
(the darker the better)
2 eggs
100 g wholemeal wheat
flour
100 g buckwheat flour
16 g baking powder
1 tsp ground cinnamon
50 g chopped walnuts
10 extra walnut halves for
decoration

* If you don't have apples,
you can also use 100 g
apple puree without any
added sugar.

*If you don't have walnuts,
you can easily substitute
with almonds, hazelnuts,
pecans nuts etc.

INSTRUCTIONS

- **Preheat the oven to 180°C/160°C fan/gas mark 4.**
- **Core** (and peel if preferred) **and finely grate the apple.** Mash the bananas with a fork so there are no chunks and add to the grated apple.
- **Add two eggs to the apple-banana mixture** and beat until foamy with an electric hand mixer. Mix the flour, baking powder, and cinnamon and add to the banana-apple-egg mixture. Mix everything briefly but well.
- **Add the chopped walnuts**, mix and pour everything into a lightly greased loaf tin. Decorate with some walnut halves and press them into the dough.
- **Bake at 180°C for about 35 minutes.** If the bread is not ready, keep it in the oven 5-10 minutes longer (test with a skewer or toothpick).
- **Let it cool down.**
- The bread stays fresh for a couple of days and tastes even better when it's a day or so old!



WHOLEMEAL SCONES WITH HOMEMADE STRAWBERRY JAM

SERVINGS: 25 SCONES AND 1 JAM JAR

PREPARATION AND COOKING TIME: 1 HOUR 45 MINUTES

We're not using clotted cream for this recipe to make it a bit healthier. But with this yummy strawberry jam you won't miss it! We chose 50% wholemeal flour for the scones because it gives them a higher fibre content. More and more studies are showing that a diet high in fibre is associated with a decreased breast cancer risk.

INGREDIENTS

Scones

200 g white self-raising flour plus some for dusting
200 g wholemeal self-raising flour

1 tbsp granulated white sugar

½ tsp bicarbonate of soda
100 g cold - cubed salted butter

200 ml cold milk plus a little to brush the tops

Strawberry jam

500 gram strawberries

3 tbsps honey

Vanilla extract

Juice of ½ lemon

4 tbsp chia seeds

Tips: If the jam is too thin, add more chia seeds and let the jam swell longer. Use sweet strawberries because the sweeter your strawberries are the less additional honey you need.

INSTRUCTIONS

- **Preheat the oven to 200°C/180°C fan/gas mark 6.**
- **In a bowl**, mix the flours with the sugar and the bicarbonate of soda. In a food processor or with a hand mixer with kneading function, add the butter to the flour mixture.
- **Slowly add the milk.** The mixture should start to come together.
- **Tip the dough onto a floured surface.** Roll out the dough (2-3 cm thick) on a floured work surface and cut out circles with a 4 cm diameter cutter (a champagne flute works too) and place them on a baking tray (where possible, avoid using non-stick cookware) with PFAs-free baking paper. Keep kneading the rest of the dough until it has combined and again until all the dough has been used up. Brush the tops with milk.
- **Bake for 15-20 minutes** until the scones have risen and turned golden.
- **For the jam**
 - First boil the preserving jar in a large pot on the cooker.
 - Wash the strawberries, remove the stalk and cut the fruit into quarters. Put the strawberries in a saucepan with some water, the honey, the lemon juice and vanilla extract and bring to the boil, stirring constantly. After about 5 minutes, the mixture should be cooked until soft. If you like, you can also puree the strawberries a little. Taste the jam and check if it is sweet enough for you.
 - Remove the pot from the cooker and wait for it to cool down. Now stir in the chia seeds into the mixture. Leave to swell for about 15 minutes and then pour the jam into the prepared jar. Close tightly, turn upside down and leave to cool.



SWEET POTATO MUFFINS

SERVINGS: 12

PREPARATION AND COOKING TIME: 1.5 HOURS

If you love muffins, but you are looking for a healthier alternative, then these are for you. They're not too sweet, are light and fluffy and easy to make. If you like you can also add some dark chocolate chunks to make them even more indulgent. They are a great on-the-go breakfast.

INGREDIENTS

2 sweet potatoes (about 350 g) - peeled and chopped into small cubes
250 g spelt or buckwheat flour
1 tsp bicarbonate of soda
2 tsps baking powder
200 g ground almonds
5 tbsps honey
300 ml milk of your choice
3 tbsps sunflower oil
1 tsp ground cinnamon
Pinch of salt
Optional: 100 g dark Chocolate chunks

INSTRUCTIONS

- **Preheat the oven to 200°C/180°C fan/gas mark 6.**
- **Line a 12-hole muffin tray** with muffin cases or put them on a normal baking tray (where possible, avoid using non-stick cookware).
- **Place the sweet potato chunks** on a lightly greased baking tray and cook in the oven for 30-35 minutes until soft. Check with a fork if they are ready to be taken out. Once soft, remove from the oven and leave to one side to cool.
- **Once the sweet potato has cooled**, place it in a food processor.
- **Mix the flour with the baking soda and baking powder** in a bowl and then add to the food processor with all the remaining ingredients. Mix until you have an even mixture. Add dark chocolate chunks if you want.
- **Divide the mixture evenly among the muffin cases**, and bake in the oven for 25-30 minutes, until well-risen and cooked through. Use a toothpick to test if the muffins are ready - stick a toothpick into the middle of the muffin, and if it comes out clean, the muffin is done.
- **Take out of the oven and let them cool down.**



EASY JAM TARTS

SERVINGS: 12

PREPARATION AND COOKING TIME: 1 HOUR

Wholemeal flour has a higher fibre content than white flour. More and more studies show that a diet high in fibre is associated with a decreased breast cancer risk.

INGREDIENTS

250 g whole meal plain flour, plus extra for dusting
125 g butter, chilled and diced, plus extra for the tart tin
Pinch of salt
1 medium egg
1 vanilla pod - seeds scraped (optional)
100 g low-sugar jam, fruit curd or marmalade of your choice (this is your filling)
1 tbsp of water

INSTRUCTIONS

- Put the flour, butter and a pinch of salt in a bowl and rub them together with your fingertips.
- When the mixture looks and feels like fresh breadcrumbs, stir in the egg and vanilla seeds with a spoon.
- Add 1 tbsp cold water, then start to bring the dough together in one lump with your hands. Wrap in cling film and chill in the fridge for 30 mins.
- Heat oven to 200°C/180°C fan/gas mark 6.
- Butter a 12-hole tart tin (where possible, avoid using non-stick cookware), then dust your work surface with flour.
- Unwrap and roll out the chilled pastry so it's about the thickness of a £1 coin, then use a round cutter to cut out 12 circles, big enough to line the holes in the tin.
- Dollop 1-2 tsp of your chosen filling into each one and cut out little pastry hearts of any remaining dough and pop them on top.
- Bake for 15-18 minutes or until golden and the filling starts to bubble a little. Leave to cool in the tin for a few minutes, then carefully transfer to a wire rack to cool completely.



APRICOT RICOTTA TART

SERVINGS: 1 TART

PREPARATION AND COOKING TIME: 40 MINUTES

A beautiful and delicious dessert made with sweet apricots and a creamy almond ricotta filling, a perfect match. Apricots are a great source of carotenoids, which are thought to have cancer-preventing properties and may help prevent the development of breast tumours. This recipe uses wholemeal flour, which has a higher fibre content than all-purpose white flour. A diet high in fibre is associated with a decreased risk of breast cancer.

INGREDIENTS

For the tart filling:

10 apricots

1 egg

100g ricotta

2 tbsp brown sugar

For the shortcrust pastry:

240 g (1 $\frac{3}{4}$ cups)

wholemeal flour + extra to
roll out dough

100 ml olive oil

100 ml water

1 pinch of salt

Alternative: buy a pre-made shortcrust pastry block (try avoiding the rolled sheet as they often come with greaseproof paper)

INSTRUCTIONS

- Preheat your oven to 200°C/180°C fan/gas mark 6.
- To make the shortcrust pastry:
 - In a bowl, mix the wholemeal flour, olive oil and salt with a wooden spatula.
 - Slowly add the water little by little. You should end up with a compact and thick ball.
 - Cover the salad bowl with a cloth and let sit at room temperature for 5-10 minutes.
- **In the meantime**, in another bowl, mix the ricotta with the egg and the sugar. Wash and cut in half the apricots, remove the stones, and cut the apricots into wedges.
- **When the dough has sat for 5-10 minutes**, spread some extra flour on your worktop and roll out into a large disc. Carefully transfer it to a lightly oiled tart pan, and cut the excess edges (the extra dough can be used to form one or two extra tartlets).
- **Pre-cook (blind bake) the pastry for 5 minutes** in the oven.
- **Spread the ricotta mixture** onto the pastry, then add the apricots on top.
- **Bake in the oven for 25-30 minutes**. If the tart isn't golden enough, cook a little longer. Let it cool down and serve.



BEETROOT BROWNIES

SERVINGS: 20

PREPARATION AND COOKING TIME: 1 HOUR

Bursting with rich dark chocolate and vibrant beetroot, these delicious treats are a hit for all, appealing to both the young and the young at heart.

Beetroots are good sources of carotenoids, substances found in fruits and vegetables that are known for their positive health benefits, and may be associated with a reduced risk of breast cancer. Dark chocolate is a source of polyphenols, compounds with an antioxidant and anti-inflammatory effect that may reduce the risk of breast cancer.

INGREDIENTS

375 g raw beetroot
(around 3 medium beets)
250 g dark chocolate (70%
cacao) - chopped
250 g unsalted butter - cut
into cubes
1 tsp vanilla extract
3 medium eggs
250 g caster sugar
150 g wholemeal self-
raising flour
1 tbsp cocoa powder

INSTRUCTIONS

- **Preheat your oven to 180°C/160°C fan/gas mark 4.**
- **Prepare the beetroot** by trimming off any leaves, then peel and cut into quarters; you can wear gloves to stop your hands from staining. Add the beetroots to a saucepan filled with water and bring to a boil. Boil on medium heat, half covered, for around 30 minutes, until soft.
- **While the beetroots cook**, roughly chop the chocolate, and cut the butter into cubes. Grease a 20cm square cake tin (where possible, avoid using non-stick cookware).
- **When the beetroots are cooked**, remove from the heat, and tip into a sieve to drain any excess liquids. Put the beetroots, chocolate, butter and vanilla into a food processor or blender. Whizz until the mix is as smooth as possible – the chocolate and butter will melt during the process.
- **In a large bowl, whisk the eggs and sugar together** until thick and creamy. Spoon the beetroot-chocolate mix into the bowl and fold into the whisked eggs until combined. Sift in the flour, then gently fold in to make a smooth batter.
- **Pour the brownie mix into the tin.** Spread out so the surface is even, then bake for 20-30 minutes, until only a few moist crumbs remain when you poke with a knife or skewer. Don't overcook, or the brownies will be dry.
- **Remove the brownies from the oven** and let them cool completely. Dust with cocoa powder and cut into squares.



4-INGREDIENT HEALTHY PANCAKES

SERVINGS: 2 (6 SMALL PANCAKES)

PREPARATION AND COOKING TIME: 15 MINUTES

It is indeed possible to make healthier pancakes, and if that wasn't enough to put a smile on your face, they can be made with just four ingredients! The simple things in life really are the best. This recipe uses oats, which are a great source of fibre and nutrients; adopting a high-fibre diet can help you feel fuller for longer and is also associated with a decreased risk of breast cancer.

These healthy pancakes are also made without added sugar. The World Health Organisation (WHO) recommends limiting our intake of added sugar to reduce the risk of unhealthy weight gain and tooth decay. Being obese or overweight also increases breast cancer risk in men and postmenopausal women.

INGREDIENTS

45 g (½ cup) rolled or quick oats

2 ripe bananas – mashed

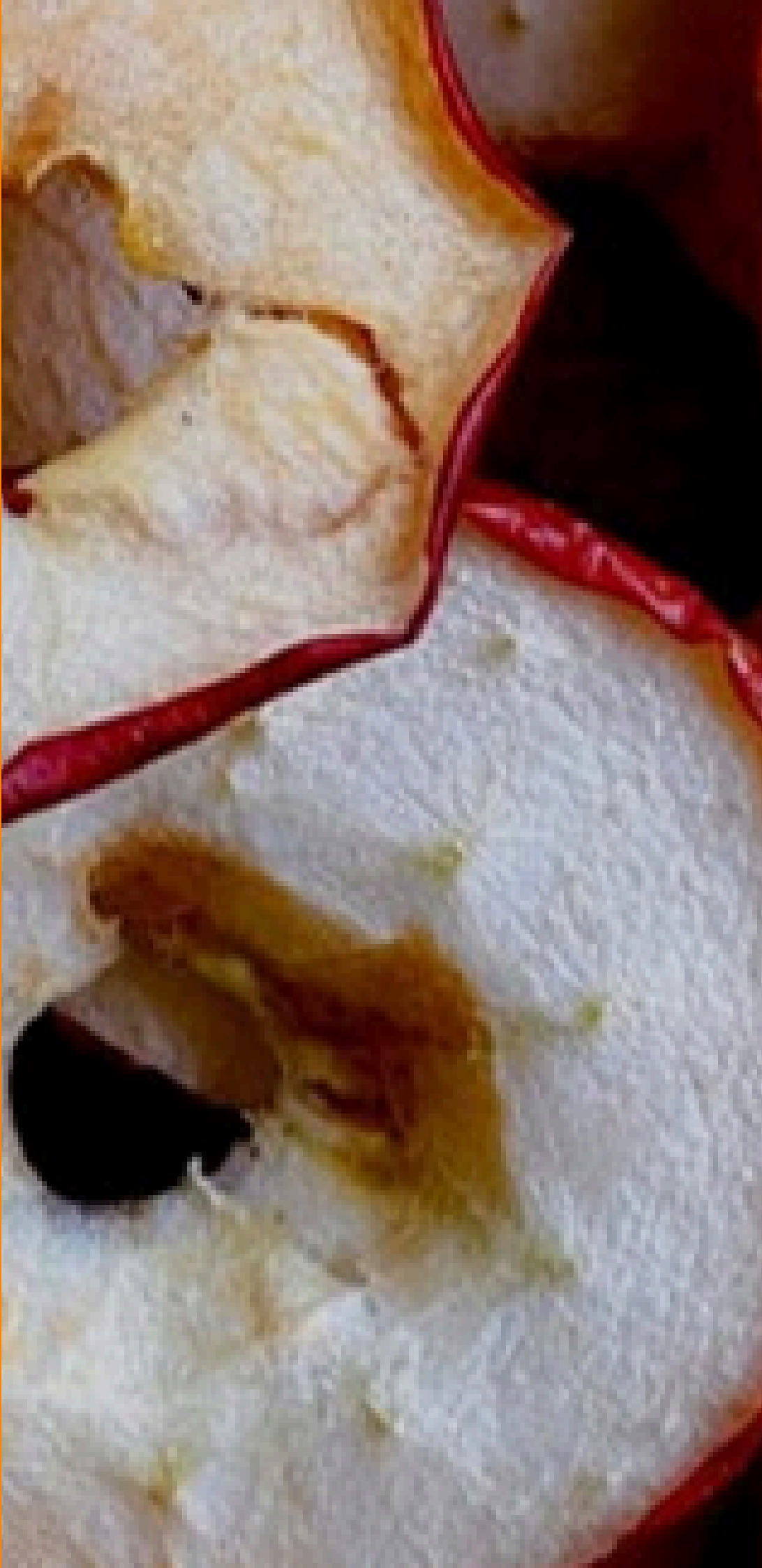
2 eggs

½ tsp baking powder

Vegetable oil for cooking

INSTRUCTIONS

- In a blender, blend the oats until like flour (less than a minute).
- Add bananas, eggs, and baking powder to the blender, and blend until you have a smooth batter.
- **Let sit** for about 10 minutes to thicken.
- **Heat a pan** (where possible, avoid using non-stick cookware) and add some oil.
- **Add around 2 spoonfuls of batter** per pancake, cooking each side for a few minutes.
- **Serve with desired toppings:** nut butter, fresh berries, chopped nuts, etc.



Snacks, Smoothies & Sides



OVEN-BAKED PUMPKIN WEDGES

SERVINGS: 4

PREPARATION AND COOKING TIME: 1 HOUR

Autumn time is known-widely as pumpkin time. Are you looking for a healthy, delicious, hearty dinner or warm lunch dish? We like to prepare pumpkin you can eat straight from the oven. It's quick, fills everyone up and tastes great.

INGREDIENTS

For the oven

1 large butternut squash
(approx. 1100 g)
1 onion
4 cloves of garlic
400g chickpeas in a jar,
drained and rinsed or 400g
pre-cooked dried
chickpeas ([how to cook](#))
250 g feta cheese

For the marinade

1 tsp salt
1 tsp Pepper
1 tsp paprika powder
(sweet)
¼ tsp chilli flakes
½ tsp curry
½ tsp cinnamon
1 tsp rosemary
½ tsp thyme

40 ml olive oil
3 tbsps honey

To serve

20 g sesame seeds

INSTRUCTIONS

- **Preheat your oven to 200°C/180°C fan/gas mark 6.**
- **Cut the butternut squash into thin wedges.** Spread the wedges on an oven tray or in an oven dish (where possible, avoid non-stick cookware).
- **Peel the onion** and cut it into rings, peel the garlic cloves and cut them in half. Drain the chickpeas.
- **Spread the onions, garlic cloves and chickpeas** over the pumpkin.
- Cut the feta into cubes and spread it over the vegetables.
- **For the marinade**, mix the spices with the oil and honey and spread over the dish.
- **Bake the dish** in the oven at 200°C for about 30 minutes.
- **Serve**, sprinkle with sesame seeds after baking.



HEALTHY APPLE CRISPS

SERVINGS: 1 BOWL

PREPARATION AND COOKING TIME: VARIES (BELOW)

The dried apples are a low-calorie, perfect for in-between meals or a Christmas snack. They contain only the naturally occurring sugar of the apples. As an added bonus, your house will smell absolutely delicious.

INGREDIENTS

1 tsp salt
1 lemon
1.5 kg apples - unpeeled

INSTRUCTIONS

- **Mix 750 ml water with the salt.** Halve the lemon and squeeze out the juice. Add the lemon juice to the salt solution.
- **Wash the apples,** pat dry, remove the core and cut into very thin rings.
- **Add the apple rings** to the lemon juice solution and soak in the solution for 10 minutes. Lift the rings out of the liquid with a slotted spoon and drain on kitchen paper. Pat dry.
- **Quick oven method:**
 - Place the apple rings on the oven racks and heat to 50°C fan with oven door slightly open.
 - To allow the moisture to evaporate, put a wooden spatula in the oven door. It takes about 3.5 – 6 hours for the slices to dry, depending on their thickness. Allow to cool completely and store in a dry place.
- **Energy-saving method:**
 - Thread apple rings onto a string, then hang in front of a heater until they dry or hang out in the sun. This takes 1-3 days (depending on how much heating you use). Store in a dry place.



POST WORKOUT MANGO BANANA AVOCADO SMOOTHIE

SERVINGS: 1 PORTION

PREPARATION AND COOKING TIME: 10 MINUTES

When drinking this smoothie, you will have had more than half of your “5 a day”. One big portion of this smoothie contains roughly 10 g of fibre, which is a third of the daily fibre you need. There is increasing evidence that a diet high in fibre reduces breast cancer risk.

INGREDIENTS

1 handful of kale
125 g peeled ripe mango
½ ripe avocado
150 ml low fat or semi-skimmed milk or plant based alternative (add more depending on how thick you like the smoothie)
½ tsp vanilla (optional)
125 g thick Yoghurt (or plant based alternatives)
1 tbsp whole almonds
1 tbsp oats
½ very ripe, frozen banana

Optional: Honey/ when you use banana (especially a ripe one), the smoothie should be fairly sweet already.

INSTRUCTIONS

- **Prepare the fruit and vegetables:** wash the kale (especially if it is not organic) and remove the big stems. Peel the mango, cut it into pieces, and measure 125 g. Halve the avocado and remove the pulp. Measure all the other ingredients and put them in separate bowls so they are ready for the blender.
- **Blend all the ingredients in your blender** (or food processor etc.).
 - Start with the milk first, then add the vanilla and the kale. Give your smoothie a quick pre-blend before adding the next round of ingredients.
 - Now add the yoghurt. Next, add the mango, the avocado, the almonds and the oats.
 - As the last step, add your frozen banana. Blend everything together. If it doesn't blend properly, mix with a spoon and blend again.
- **Check the sweetness and the consistency** of the smoothie. If your smoothie is too thick for you, add more milk. If you want your smoothie to be sweeter, add a little honey.
- **Pour the smoothie into a big glass**, sprinkle some extra flaked almonds on top and a few chopped mango pieces.
- Enjoy!



RED POWER SMOOTHIE

SERVINGS: 1 PORTION

PREPARATION AND COOKING TIME: 10 MINUTES

Beetroots, carrots and oranges are a great source of carotenoids and vitamin C. Carotenoids are responsible for the rich colours of certain fruits and vegetables. Eating lots of foods high in carotenoids can help decrease the risk of breast cancer.

INGREDIENTS

2 small beetroots
2 small carrots
Juice of 2 oranges
½ pomegranate
1 tsp of oil (e.g. flax seed oil, rapeseed oil or olive oil)
2 ice cubes

INSTRUCTIONS

- **Prepare the fruits and vegetables**, peel the skin of the beetroot and cut it into pieces. Wash the carrots, top and tail and cut them into pieces. Squeeze the juice from oranges. Halve the pomegranate and remove the seeds.
- **Blend all the ingredients in your blender** (or food processor or with an immersion blender). Add the orange juice and the oil first, then add the beetroot, the carrots and the pomegranate seeds. Add the ice cubes. Blend everything together.
- **Pour the smoothie into a big glass.** Garnish with a few extra pomegranate seeds
- **Tip:** some vitamins are fat-soluble vitamins and much better absorbed together with some fat. So always add a bit of fat, e.g. one tsp of oil, to this smoothie.



COURGETTE FRITTERS

SERVINGS: 4

PREPARATION AND COOKING TIME: 45 MINUTES

Courgette fritters are crispy on the outside and soft on the inside. They are a great, light summer dish and something for the whole family. You can eat the fritters hot or cold and even take them to a picnic in the park.

Courgettes are naturally high in carotenoids (micronutrients with antioxidant properties) that may reduce breast cancer risk. Courgettes also have very few calories and a high water content. Maintaining the correct weight for your height is a key part of ensuring you reduce your risk of breast cancer.

INGREDIENTS

2 large courgettes
4 spring onions
½ bunch of parsley (around 15 g)
1 tsp salt
2 eggs
¼ tsp pepper
1 tsp paprika powder
200 g wholemeal flour
1 tsp dried mint
1 pinch cinnamon
1 pinch nutmeg
Yoghurt sauce:
500 g low-fat natural yoghurt or no-added sugar plant-based alternative
1 tsp salt
¼ tsp pepper
1 clove of garlic - finely chopped
2 pinches of dill
1 tbsp olive oil

INSTRUCTIONS

- **Grate the courgettes finely** with a kitchen grater and cut the spring onions into fine rings. Finely chop the parsley.
- **Mix everything** with the salt, eggs, pepper, paprika powder, flour, mint, cinnamon and nutmeg. Let stand.
- **While you let the courgette fritter mix stand**, mix the yoghurt with the salt, pepper, chopped garlic, and dill. Refrigerate the yoghurt sauce.
- **Now it's time to fry the fritters** – Put a tsp of olive oil in the pan and heat over medium heat (where possible, avoid non-stick cookware). Using a tablespoon, spoon the courgette fritter mixture and place it in the pan. Repeat for 3-4 fritters, depending on the size of your pan. Now turn the heat down and fry them on both sides for about 5 minutes.
 - **Tip:** Use a lid if necessary, so that they can cook through. It is better to fry the fritters at a low to medium temperature for a little longer than at a high temperature for a short time. Otherwise, they will burn. Turn them every now and then to check how brown they are.
- **Serve** warm or cold with the yoghurt sauce and some baguette on the side.



SUMMER SMOOTHIE

SERVINGS: 2

PREPARATION AND COOKING TIME: 10 MINUTES

Try whizzing up a nutritious summer smoothie using seasonal fruit to boost energy.

Smoothies are a great alternative for people who find it hard to eat 5 servings of fruits and vegetables daily. Many studies indicate that a diet high in fruit and vegetables may help reduce breast cancer risk. Smoothies also increase fibre intake, which is also associated with a decreased breast cancer risk. Keep in mind though, smoothies are not necessarily low in calories as you take in fruit and vegetables in concentrated form.

INGREDIENTS

Banana and mango:

1 banana

1 mango

150 ml no-added sugar oat-milk

Berry:

A handful of each: blueberries, strawberries and raspberries

150 ml no-added sugar coconut milk

Tropical:

A handful of melon chunks

Half a pineapple

150 ml no-added sugar coconut milk

Breakfast smoothie:

A handful of blueberries

1 tbsp of porridge oats

1 banana

150 ml no-added sugar oat milk

1 tsp honey

1 tsp of vanilla extract

Green smoothie:

A handful of spinach

1 small avocado

A handful of strawberries

150 ml of orange juice

INSTRUCTIONS

- **Chop up your fruit into small chunks** so they blend well
- **Add in your additions** to a blender, e.g. oats, vanilla etc.
- **Pour in** your milk, water or juice
- Optional: this is where you would add ice to make it colder or honey to make it sweeter
- **Blend until your desired consistency** (around a minute), add more milk or fruit to make it thicker or thinner!

Optional for each one:

- Ice (for a colder smoothie or use frozen fruit!)
- Honey (for a sweeter taste)
- Using frozen or fresh fruit is entirely up to you!



Christmas



NUTTY LOAF ROAST

SERVINGS: 4

PREPARATION AND COOKING TIME: 2 HOURS

This luxurious recipe is bursting with textures and flavours that will bring a smile to your face. It's great for adjusting to seasonal changes, and it's packed full of goodness. Enjoy this 70s Throwback Nutty Loaf Roast with garlicky tomato sauce.

INGREDIENTS

A couple of tbsp olive oil
 1 white onion - finely chopped
 1 red onion - finely chopped
 2 fennel (or celery) - finely chopped
 2 garlic cloves - crushed
 300 g mixed mushrooms - sliced
 1 red pepper - finely diced
 1 large carrot - grated
 1 courgette - grated
 1 tsp dried mixed herbs
 1 tsp of mild chilli powder
 1 tsp paprika
 200 g of lentils of choice and kidney beans, white beans
 2 tbsp tomato purée
 300 ml vegetable stock
 100 g dried breadcrumbs
 150 g mixed unsalted nuts of choice
 A handful of grated cheese of choice
 A handful of fresh parsley, thyme and dill - finely chopped
 3 eggs - lightly beaten
For the tomato sauce
 2 tbsp olive oil
 2 garlic cloves - crushed
 A handful of fresh rosemary, parsley, dill, thyme
 400g passata in a glass jar

INSTRUCTIONS

- **Preheat your oven to 180°C/160°C fan/gas mark 4.**
- **Lightly grease the base and sides of a 1.5-litre loaf tin** (where possible, avoid non-stick cookware).
- **Heat the olive in a large frying pan** and sweat the onions, fennel and/or celery on low to mid heat for about 5-10 minutes until they are soft and release a sweet smell.
- **Add garlic and mixed mushrooms** and gently fry for 10 minutes. Add the pepper, grated carrot and courgette, mixed herbs, chilli and paprika and fry gently for 5 minutes.
- **Add lentils, beans and tomato purée** and fry for 1 minute.
- **Add vegetable stock and simmer** over a very gentle heat for 30 minutes until all the liquid has been absorbed so it looks like a paste. Set aside to cool a little.
- **Add breadcrumbs**, chopped mixed nuts, grated cheese, fresh herb, beaten eggs and a pinch of salt and pepper and stir well until all the ingredients form a doughy mixture.
- **Spoon the mixture into the greased loaf tin** and gently press down into shape. Don't compress too much; you want to keep some air in the mixture.
- **Cover with foil and bake for 30 minutes**, then remove the foil and bake for a further 20 minutes until risen and firm.
- **For the tomato sauce**, gently heat the olive oil, add garlic cloves and fresh herbs and sweat. Add the passata and a pinch of salt and pepper. Simmer gently for 20 minutes.
- **Remove the loaf from the oven** and cool (10 minutes) then turn it onto a plate or serving board.
- **Cut in slices**, pour tomato sauce on top and serve with roasted or steamed vegetables – yum!



PRAWN COCKTAIL

SERVINGS: 4

PREPARATION AND COOKING TIME: 10 MINUTES

The prawn cocktail is a retro classic that always stands the test of time. A great starter for any occasion (including Christmas). The great thing about the creamy sauce is that it can be made from store cupboard ingredients so is perfect for the budget, when you still want that luxurious treat feel.

INGREDIENTS

400 g cooked prawns of choice
4 Little Gem lettuces - trimmed
1 avocado
5 tbsp low-fat natural yoghurt
5 tsp tomato ketchup (reduced salt and sugar version)
2 tsp Worcestershire sauce
2 tsp creamed horseradish
tiny splash of Tabasco sauce
a squeeze of lemon juice
Salt and pepper
Paprika - for dusting
Optional: 4 tsp snipped chive

INSTRUCTIONS

- **Cook the prawns in a pan on medium heat** for 3-4 minutes until the prawns are pink all the way through. Place to the side to cool. If your prawns are bought cooked move on to step 2.
- **Separate the lettuce into individual leaves**, and divide the leaves evenly between four bowls.
- **Peel, deseed and chop the avocado** into wedges and slot them evenly into the four bowls. Then, sprinkle the cooked prawns over the avocado and lettuce.
- **Mix the yoghurt**, tomato ketchup, Worcestershire sauce, horseradish and Tabasco together. Season to taste with lemon juice and salt and pepper, then spoon sparingly over the prawns.
- **To finish**, dust the top of the prawn cocktail with a little paprika and (optional) sprinkle with chives.
- **Serve** with your bread of choice (preferably wholemeal for extra fibre!)



ALCOHOL-FREE MULLED WINE

SERVINGS: 2-3

PREPARATION AND COOKING TIME: 10 MINUTES

Mulled 'wine' can be enjoyed without the need for alcohol!

Did you know that high consumption of alcohol can increase breast cancer risk in both women and men? Any amount of alcohol affects women's risk. So, this Christmas, why not enjoy the festivities alcohol-free? It has the same great taste but reduces your risk of breast cancer.

INGREDIENTS

500ml pomegranate juice
1-2 tsp of organic honey
A handful of frozen blackberries
250ml apple juice
1 cinnamon stick
1 star anise
4 cloves
3 black peppercorns
1 orange - sliced

INSTRUCTIONS

- **Heat the pomegranate juice**, honey, blackberries, and apple juice in a saucepan, and bring to a boil.
- **Add the cinnamon**, star anise, cloves, peppercorns, and slices of orange.
- **Heat through**, gently simmering for around 3-4 minutes, no less; otherwise, the drink can become bitter.
- **Taste for sweetness** before adding in some additional honey.
- **Strain** into your best heatproof glasses and enjoy your Christmas beverage.



CHRISTMAS CRANBERRY, BRIE AND PISTACHIO BAGUETTE

SERVINGS: 1

PREPARATION AND COOKING TIME: 10 MINUTES

This recipe uses a baguette made from wholemeal flour. Wholemeal flour is ground cereal grain from which only the hard outer layer has been removed. The grain husk is rich in fibre and vitamins and there are also healthy nutrients inside. The most important substances in whole grains are B vitamins, minerals such as iron, zinc, magnesium and plant compounds. There is increasing evidence that a diet high in fibre helps reduce breast cancer risk.

INGREDIENTS

1 wholewheat baguette
(homemade or bought)
1 small avocado
A few slices of mild Brie
cheese
1-2 tbsp cranberry sauce
(homemade or bought)
1 handful of rocket
1 tbsp pistachios

INSTRUCTIONS

- **Toast your baguette** in the oven or toaster, so it is crispy and warm. Cut the baguette in half.
- **Smash the avocado** with a fork in a bowl and spread it out on the bottom half of the baguette.
- **Put your Brie slices on top** of the smashed avocado so the baguette is covered.
- **Evenly distribute some cranberry sauce** on top of the Brie with a spoon.
- **Spread out the rocket** on top of the cranberry sauce, then sprinkle some pistachios on top.
- **Place the other baguette half on top** and enjoy!



VEGAN ROAST WITH CRANBERRY SAUCE

SERVINGS: 4

PREPARATION AND COOKING TIME: 105 MINUTES

Lentils are 25% protein, which makes them an excellent alternative to roast meat. Furthermore, lentils contain polyphenols, which are potentially antioxidant and so may help protect against various diseases such as cancer.

INGREDIENTS

300 g brown or green lentils
1 litre of vegetable stock
125 g walnuts (or almonds)
1 carrot
100 g celery
1 small apple - peeled
½ small pear - peeled
150 g onions
100 g leek
3 cloves of garlic
1 slice of stale rye or spelt bread
1 tbsp virgin olive oil
50 g raisins (optional)
3 tbsp ground linseed or chia seed
60 g buckwheat flour
2 tbsp fresh thyme (or 1 tbsp dried)
1 tsp dried oregano
1 tsp salt
¼ tsp pepper
¼ tsp chilli flakes (optional)
For the cranberry sauce:
200 g fresh cranberries
250 ml water
4 tbsp fresh orange juice (optional)
Zest of an organic orange (optional)
8 tbsp maple syrup, honey or agave syrup

INSTRUCTIONS

- **Wash the lentils under running water and boil** in a 1 litre of vegetable stock for 25 minutes. Drain any remaining water from the lentils and crush lentils with a fork to a pulp but leave a few whole lentils for texture.
- **Roast the walnuts at 160°C for about 8 minutes.** Take care as they can burn very quickly. Set aside.
- **Raise the oven to 180°C.** Use the finest grater option to grate the carrot, celery, apple and pear. Peel the onions and chop coarsely. Cut the leeks. Put the garlic through a garlic press or cut into very small pieces. Chop the walnuts into very small pieces. Cut the bread into small pieces.
- **Heat the olive oil in a large pan.** Brown the onions and garlic for about 5 minutes. Add the grated celery, carrot, leeks, apple, pear and raisins. Sauté for another 5 minutes.
- **Add the lentils,** linseed or chia seeds, walnuts, buckwheat flour, breadcrumbs, thyme, oregano, salt, pepper and chilli flakes and mix well.
- **Place the lentil and walnut mix in a baking tin** lined with PFAS-free baking paper and press firmly. Smooth the surface with a spatula. Bake the 'Roast' for about 50-60 minutes at 180°C until the edges turn brown. Allow to cool (about 20 minutes) before slicing. Serve with sautéed greens for a complete meal.
- **For the cranberry sauce,** wash the cranberries and put them into a small saucepan. Add water, orange juice, orange peel and sweetener, then simmer for about 15 minutes over a medium heat. The water will reduce and the sauce will thicken. When the sauce has thickened, turn off the heat and set the sauce aside to cool.



HEALTHY WHOLEMEAL MINCE PIES

SERVINGS: 12

PREPARATION AND COOKING TIME: 1.5 HOURS

We are using wholemeal flour for this recipe. Wholemeal flour is ground cereal grain from which only the hard outer layer has been removed. The grain husk is rich in fibre and vitamins and there are also other healthy nutrients inside.

INGREDIENTS

Mince pie pastry

300 g fine plain wholemeal flour

2 tsp cinnamon

150 g unsalted butter (soft)

100 g caster sugar

12 tbsp orange juice

Mince pie filling

2 medium apples

1 pear

100 g sultanas

50 g goji berries (or dried cranberries, or more sultanas)

1 tsp vanilla extract

The juice of an orange

The zest of ½ an orange

The zest of ½ a lemon

1 tsp cinnamon

½ tsp ginger

A pinch of nutmeg

A pinch of cloves

Optional: butter, for the tray and some grated coconut flakes for decoration

INSTRUCTIONS

- **Preheat your oven to 175°C/155°C fan/gas mark 3.**
- **For the pastry:** Combine flour and cinnamon in a mixing bowl and stir to combine. Cut the butter into small cubes and add to the mixing bowl. Using a fork, mash the butter into the flour until it resembles breadcrumbs. Stir in the caster sugar and mix. Carefully add the orange juice and knead the dough so that you get a smooth, soft ball of dough. (Add the juice bit by bit and see how the consistency looks). Cover and rest in the fridge for 30 minutes.
- **For the filling:** Remove the cores of the apples and pears, then cut into small pieces. Put all of the mince pie filling ingredients in a saucepan and simmer over medium heat for about 15 – 20 minutes until the ingredients become soft. Stir every now and then. Set the filling aside while you prepare the dough.
- **Bringing it all together:** Take the dough out of the fridge and shape into 15 equal-sized balls. Roll out 12 of them individually and press them into your tray. Roll out the rest of the dough (the remaining three balls) together between two pieces of baking paper and cut out 12 stars or hearts with a biscuit cutter. This should be about the same size in diameter as the muffin tins. Pour 1 – 2 tbsp of the mince pie filling into the pastry case and cover with the star/heart dough top. Bake the mince pies for approx. 15-20 minutes/until golden brown.
- **Remove from the oven and let them cool** so that the dough hardens.
- **Once cooled down,** sprinkle some coconut flakes on top.



HEALTHY BAKED APPLES

SERVINGS: 4

PREPARATION AND COOKING TIME: 35 MINUTES

Apples contain a wide variety of phytochemicals, many of which have been found to have strong antioxidant and anticancer activity. One study found that eating more than 5.5 portions of fruit and vegetables per day was associated with an 11% lower risk of breast cancer compared to the risk for women eating 2.5 portions or less.

INGREDIENTS

4 Boskoop apples (or other apples of your choice)
2 tbsps dried cranberries
4 tbsps berry jam
2 tsps grated lemon zest
40 g chopped walnuts
Cinnamon sugar (mixture of cinnamon and sugar)

INSTRUCTIONS

- **Preheat your oven to 200°C/180°C fan/gas mark 6.**
- **Wash the apples** and remove the insides with a knife and leave the casing. These will be used as casing for the apple filling, so do not cut a hole in it, but leave a base.
- **Fill the baked apple with the walnuts, the red jam, and the dried cranberries.**
- **Place on a baking dish** (where possible, avoid non-stick cookware) and bake for 25 minutes.
- **As soon as they come out of the oven,** sprinkle with a bit of cinnamon sugar.

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