



# 3 RECIPES TO BOOST MENTAL HEALTH

Boost your mood, calm your mind, alleviate stress and feel great with these mouth watering meals!

We know that eating your feelings is never a good idea, after all, that box of doughnuts will probably make you feel worse (and a little sick from all the sugar).

But there are certain foods that are packed with lasting powers to help fight off anxiety, beat depression and turn a bad day into a deliciously good one.

Have a look at these tasty recipes to boost your mental health...





# BEETROOT, ORANGE AND AVO SALAD

*This meal is bound to boost your energy and brighten up your mood, as well as your dining table. The vitamin C found in citrus fruit and folate found in beets will increase your happiness levels (and tantalise your tastebuds). Avocados are a great source of vitamins C, E, K, and B-6, as well as riboflavin, niacin, folate, pantothenic acid, magnesium, and potassium (talk about a wonder fruit!). All of these vitamins will help boost your mood and calm your mind.*

## INGREDIENTS

- 7-8 small beetroots
- 4 tablespoons extra virgin olive oil
- Pinch of salt
- Pinch of freshly ground black pepper
- 1 tablespoon balsamic vinegar
- 2 oranges
- 1 tablespoon freshly squeezed orange juice
- 3 tablespoons hazelnuts, toasted and coarsely chopped (almonds are also a great choice)
- 1 ripe, yet firm avocado, sliced as you like it
- 1 small handful of microgreens (optional)
- Olive oil, for drizzling





# BEETROOT, ORANGE AND AVO SALAD

## DIRECTIONS

- Prepare and Roast the beetroot: Preheat the oven to 200 degrees C. Trim any beet greens (set aside), leaving roughly 2 cms of stem on the top of the beets. Do not remove the root. Scrub gently with fingertips to clean the beets, try not to pierce or remove the skin.
- Place beets in a small roasting pan. Fill with cold water, so that beets are halfway submerged. Add two tablespoons of olive oil and season with salt and pepper. Cover dish with foil, securing around the edges to prevent steam from escaping during the cooking process.
- Bake for 45 minutes to 1 hour (this will depend on the size of beets. Carefully fold back the foil (be careful of steam) and check whether they are cooked by piercing the centre of the beets with a paring knife—if the knife meets no resistance, the beets are finished cooking. If the knife meets resistance, allow the beets to continue cooking for an additional 10 to 15 minutes.
- Remove from oven, transfer the beets to a large bowl, and allow to cool until the beets are able to be handled (they will be easier to peel when they are still a little warm). Peel gently with your hands. The root and tail should be easily removed.
- Meanwhile, prepare the orange segments for the salad. Trim both ends of the oranges. Using a sharp paring knife and using the edges of the orange as your guide, remove the peel of the orange. Be sure to remove all of the white pith. Using the knife, carefully segment the orange by slicing between the membrane and the fruit. Set the orange segments aside. Use the remaining orange core to squeeze out the orange juice.
- Cut the peeled beets into quarters, and toss in a bowl with the remaining 2 tablespoons olive oil, balsamic vinegar, and orange juice.
- Spoon the beetroot on a large platter and drizzle on any remaining dressing. Add the avocado slices, and season with salt and pepper. Top with orange segments, hazelnuts, and a small handful of microgreens. Lightly drizzle with olive oil and serve immediately.



# CHOCOLATE CHIA SEED PUDDING

*Did someone say ch-ch-ch-chia? And wait, there's chocolate? This meal will help fight anxiety and depression and is a more nutritious alternative to the standard pudding cup. Chia seeds are a source of omega-3 which are known to combat depression and anxiety, and dark cocoa powder helps keep bad moods in check.*

## INGREDIENTS

- 1/4 cup unsweetened cocoa powder
- 3-5 Tbsp honey
- 1/2 tsp ground cinnamon
- 1 pinch sea salt
- 1/2 tsp vanilla extract
- 1 1/2 cups almond milk or any milk of choice (light coconut milk works great for a creamier texture!)
- 1/2 cup chia seeds

## DIRECTIONS

- To a small mixing bowl add cocoa powder (sift first to reduce clumps), honey, ground cinnamon, salt, and vanilla and whisk to combine. Then add a little almond milk at a time and whisk until paste forms. Then add remaining milk and whisk until smooth.
- Add chia seeds and whisk once more to combine. After this, you can cover and refrigerate overnight, or at least 3-5 hours (until it's achieved a pudding-like consistency). It may also be helpful to give the mixture an extra whisk/stir once it has been in the refrigerator for 30-45 minutes.
- Leftovers keep covered in the fridge for 4-5 days, though best when fresh. Serve chilled with desired toppings, such as fruit, muesli, or coconut whipped cream.





# BANANA ALMOND FLAX SMOOTHIE

*Slurp on happiness with this smoothie that does wonders for both mental health and taste buds. Nuts and flaxseed are great sources of omega-3s, which may help fight depression and anxiety. It's yummy and your brain will love it!*

## INGREDIENTS

- 1 medium well-ripened banana, peeled diced into pieces, frozen
- 2/3 cup milk of choice
- 1/3 cup plain Greek yoghurt
- 1 1/2 Tbsp creamy nut butter (almond and macadamia are delicious!)
- 1 Tbsp ground flaxseed meal
- 1 tsp honey
- 4 ice cubes (optional)

## DIRECTIONS

To a blender add banana, almond milk, Greek yoghurt, almond butter, ground flaxseed and honey. Blend until combined then add ice if desired and blend until smooth. Serve immediately.