



bioisland®

**winter**



**warmers**



Oats are incredibly nutritious. They are rich in antioxidants, and a powerful soluble fibre. Due to it containing a large amount of beta – glucan (soluble fibre) it helps assist in reducing LDL and total cholesterol levels, reduce blood sugar and insulin response, increase the feeling of fullness and increase the growth of good bacteria in the gut.

## BREAKFAST

**Prep Time:** 15 min **Serves:** 2

# Banana and Maple Porridge

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## INGREDIENTS

80 g rolled porridge oats  
300 ml milk, non-dairy alternative or water  
1/2 teaspoon cinnamon  
1 teaspoon poppy seeds  
2 tablespoons maple syrup  
1 large banana  
Sprinkle of toasted almonds

## METHOD

1. Place the oats and the milk in a saucepan over a medium heat.
2. Add a tiny pinch of sea salt and stir with a wooden spoon.
3. Bring to a simmer for approximately 5–6 minutes, stirring often.
4. Once cooked stir in the cinnamon, poppy seeds and maple syrup.
5. Serve topped with sliced banana and a sprinkle of toasted almonds.

**Eat well,  
sleep well.**



This hearty dish is a winter weekend essential. Packed full of chilli, beans and beef which will keep you warm and cosy during the cold season. While the chilli adds a nice punch giving us a warming feeling, it will also help fight off those colds. While the beef and beans are packed full of fibre and protein that will sustain your energy all day.

## DINNER

**Prep Time:** 1 hr 45 mins **Serves:** 6

# Warming Chilli Con Carne

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## INGREDIENTS

Salt and pepper  
700 g beef mince  
1 onion, diced  
4 cloves garlic, minced  
1 jalapeno, minced  
4 carrots, minced  
2 tablespoons chilli powder  
2 tablespoons cumin powder  
1 tablespoon dried oregano  
1 teaspoon garlic powder  
1 teaspoon onion powder  
3–4 tablespoons tomato paste  
1 can crushed tomatoes  
2 cans beans, rinsed and drained (we use kidney and black beans)  
2 cups beef stock  
Coriander, lime wedges and avocado for toppings

## METHOD

1. In a stock pot, add a dash of oil and start to sauté the onion, garlic, jalapeno and carrots.
2. Once fragrant and soft, add the beef and then season with salt, pepper and all other spices. Cook until meat has completely cooked.
3. Add the tomato paste then give it a good stir.
4. Add tomatoes, beans and broth. Bring to a low simmer. Cover and cook for at least 30–45 minutes. It will thicken so make sure you stir and add water or stock when needed.
5. Serve in bowls and topped with coriander, lime wedges or avocado.

**Love food,  
love life.**



This chicken dish is super warming and super tasting. The great thing about this recipe is the harissa. Harissa is made from a variety of red chillies. Chillies are great for fighting off inflammation, clearing congestion, and boosting immunity. So this one is great for winter time when we are trying to warm ourselves up and fight off those nasty bugs.

## DINNER

**Prep Time:** 55 min **Serves:** 6

# Harissa Chicken with Chickpeas and Sweet Potato

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## INGREDIENTS

1 kg chicken, breast or thigh  
1/4 cup olive oil, plus extra for drizzling  
2 lemons, both juice and zest will be needed  
2 large tablespoons of harissa seasoning  
1 tablespoon of coconut sugar  
Salt and pepper  
2 sweet potatoes  
1 brown onion, sliced  
1 red capsicum, sliced thickly  
1 can chickpeas, drained  
1/2 cup crumbled feta  
Plain Greek yoghurt  
Coriander

## METHOD

1. Preheat oven to 220°C
2. On a baking tray, combine the chicken, some of the olive oil, the lemon juice and zest, harissa seasoning, coconut sugar, salt and pepper. Toss well to evenly coat the chicken.
3. Add sweet potatoes, onions, capsicum and chickpeas. Toss with the remaining olive oil, along with more salt and pepper. Arrange everything in an even layer. Add the lemon slices and then transfer to the oven.
4. Roast for 40–45 minutes, tossing halfway through cooking until the chicken is cooked through and potatoes are golden.
5. To serve, top the chicken with feta, yoghurt and coriander.



On a cold winters night, there is nothing better then snuggling up on the couch with a warm creamy soup. It is also an added bonus when the soup is nutrient dense. Did you know cauliflower is loaded with vitamin C, one cup of cauliflower contains 77% of our daily recommended intake. Vitamin C is great for protecting our cells from free radicals and inflammation.

## DINNER

**Prep Time:** 55 min **Serves:** 4

# Roast Cauliflower and Coconut Soup

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## INGREDIENTS

2 brown onions  
600 g cauliflower  
4 cloves of garlic  
1 teaspoon cinnamon  
1/2 teaspoon paprika  
1/2 teaspoon coriander  
1/2 teaspoon ginger  
Olive oil  
Salt and pepper  
1 handful of unsweetened coconut flakes  
400 g coconut milk  
600 ml vegetable stock  
2–3 tablespoons chilli oil

## METHOD

1. Preheat oven to 180°C.
2. Peel and cut the onions into wedges and then trim and cut the cauliflower into even sized florets.
3. Place it all in a roasting tray with unpeeled garlic gloves and sprinkle with the cinnamon and spices. You can substitute the spices with whatever flavours you like.
4. Season well, and drizzle everything with a generous dash of olive oil. Toss it all together and pop into the oven for 25 to 30 minutes. Until cooked through and a little charred.
5. Scatter the coconut flakes on another tray and place in the oven for 3–4 minutes.
6. When the cauliflower and onion are ready, remove the garlic

cloves and scrape all the veg into a large saucepan. Squeeze the garlic out of its skins and add them too. Pour in the coconut milk and stock and gently bring to the boil.

7. Reduce the heat a little and simmer for 5 minutes, then remove from the heat.
8. Using a stick blender, blitz the soup until creamy and smooth, adding a splash more water if it is too thick.
9. Taste and add more seasoning if needed. Serve topped with toasted coconut flakes and a drizzle of coconut oil.



This great one pot meal is really going to warm you up in winter time. Not only are lentils cheap but they are loaded with fibre, folate, iron, protein and other vitamins. Half a cup of lentils provides a third of your daily requirement of fibre. This means your body absorbs from the lentils slowly, which help keep blood sugar levels even throughout the day and a quarter of lentil's fibre is soluble which means it helps maintain healthy cholesterol.

## DINNER

**Prep Time:** 60 min **Serves:** 4-6 people

# Creamy Spinach Lentils

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## INGREDIENTS

2 tablespoons olive oil  
1 clove garlic  
1 brown onion  
2 carrots, peeled and chopped  
2 sticks celery, chopped  
2 large potatoes, peeled and chopped  
2 cups dried green lentils  
4 cups vegetable broth  
1 bay leaf  
1/4 cup fresh parsley, chopped  
1/2 bunch thyme, leaves picked  
1/2 cup lite cream  
4 cups fresh baby spinach  
Salt and pepper  
Olive oil and red wine vinegar for topping

## METHOD

1. Heat oil over a medium heat.
2. Add the onions, garlic, carrots and celery. Sauté for 10 minutes until the vegetables are slightly soft and give off a nice fragrance.
3. Add the lentils, potatoes and broth. Give it a good stir.
4. Add in all the fresh herbs and then simmer 30–45 minutes, stirring occasionally, adding more broth as necessary so the lentils are just barely covered in liquid.
5. When the lentils and potatoes are soft, gently smash the potatoes against the edges of the pot with the back of the wooden spoon.
6. Add the cream and spinach. Stir to incorporate. Serve each with a drizzle of olive oil and red wine vinegar.



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