

A top-down view of a kitchen counter. The counter is covered in a layer of white flour. In the upper left, there are several wooden cutting boards and a striped cloth. In the center, three brown eggs are arranged. To the right, a wooden rolling pin is visible, dusted with flour. In the bottom left corner, a glass bowl contains two cracked eggs with bright yellow yolks. The overall scene is warm and rustic, suggesting a baking or cooking process.

Healtheries®

LSA

(Linseed, Sunflower, Almond)

eCookbook



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# LSA SUPER FRUITS & banana smoothie

*Make this nutritious smoothie for breakfast or as a tasty snack to keep you going throughout the day. Get the kids in the kitchen and you may be surprised by how much they love it too!*



## INGREDIENTS YOU'LL NEED

- 1 Tbsp Healthieries LSA Super Fruits
- 1 banana
- 1 dessertspoon honey
- ½ cup natural yoghurt
- ½ cup reduced-fat milk

## GETTING INTO IT

Combine the all ingredients in a blender until smooth.

## SERVING SUGGESTIONS

Substitute the banana for an equivalent amount of your favourite fresh fruit.



**Prep time: 3 mins**

**Difficulty: Easy**

**Serves: 1**

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# LSA wrap

*This is a quick and easy wrap to make for a nutritious brunch or lunch. Just choose your favourite fillings and voila! Best of all, it is gluten- and dairy-free. This recipe is courtesy of Janine Hallewell - a Healtheries LSA fan. Thank you for sharing your recipe with us!*

## INGREDIENTS YOU'LL NEED

- 1 egg
- 2½ tablespoons Healtheries Ground LSA
- 2 tablespoons of water
- ½ teaspoon baking powder\*
- Cracked black pepper to taste
- Spray oil for greasing

## GETTING INTO IT

### First Step

Place all ingredients in a small bowl and mix well

### Second Step

Grease a microwave proof dish with a little spray oil. Pour the mixture into the oiled dish.

### Third Step

Roll the mixture around the dish to ensure it is evenly spread out into a circle.

### Fourth Step

Microwave on high for 2-3 minutes or until cooked. Remove the wrap from the dish and place on a wire rack. Leave to cool.

**Tip:** If you don't have a microwave, you can cook the wrap in a non-stick pan. Cook the wrap on one side and then carefully flip it over and cook the other side until it's cooked through.

### Fifth Step

Prepare your favourite fillings. Place the wrap on a plate, fill one half of the wrap with your fillings and then fold over and eat!

## SERVING SUGGESTIONS

Try healthy fillings such as lettuce, sliced tomato, cheese, lean ham, shredded chicken and/or hummus.

\*Use gluten free baking powder if gluten intolerant.



**Prep time: 5 mins**  
**Cooking time: 3 mins**  
**Difficulty: Easy**  
**Serves: 1 person**





## gluten free banana & feijoa loaf

*Add a seasonal twist to classic banana bread. The combination of banana and feijoa produces a deliciously moist loaf with just the right amount of tartness and is the perfect way to enjoy the bounty of feijoas in season. Watch them flock to the kitchen!*

### INGREDIENTS YOU'LL NEED

- ½ cup vegetable oil (i.e. Canola oil)
- 1 cup sugar
- 2 large eggs
- 1 tsp vanilla extract
- 2 medium over-ripe bananas, broken into large pieces
- 4 medium feijoas, flesh scooped out and roughly chopped
- 1½ cups **Healthieries Simple Baking Mix**
- 1 tsp baking soda
- ¼ cup **Healthieries Ground LSA**

### GETTING INTO IT

#### First Step

Preheat oven to 160°C. Grease a large loaf tin and line with baking paper.

#### Second Step

Place the eggs, sugar and oil in a bowl and beat with an electric mixer until pale and creamy (about 3 minutes on high).

#### Third Step

Add the vanilla, bananas and feijoa flesh, and beat again until well combined.

#### Fourth Step

In another bowl, sift together the baking mix and soda. Add to the banana mixture along with the LSA, and stir until just combined.

#### Fifth Step

Pour mixture into the tin. Bake for about 50 minutes or until a skewer comes out clean. Allow to cool in the tin for 10 minutes before turning out onto a wire cooling rack.

**Storage:** This bread freezes well. Store wrapped in plastic wrap in the fridge for up to five days.

### SERVING SUGGESTIONS

Serve slightly warmed with vanilla ice cream for dessert. This recipe is also tasty enough to be eaten alone straight from the tin!



**Prep time: 10 mins**  
**Cooking time: 50 mins**  
**Difficulty: Easy**  
**Serves: 14 slices**





## LSA Focaccia Bread with Rosemary and Olives

*A fragrant, moist focaccia bread that is perfect accompanied with good quality olive oil and dukkah. Surprise your friends and family with what you can make with LSA (Linseed, Sunflower, Almond). This bread is also gluten- and dairy-free. This recipe is courtesy of Janine Hallewell - a Healtheries LSA fan. Thank you for sharing your recipe with us!*

### INGREDIENTS YOU'LL NEED

2 cups Healtheries Ground LSA  
 ¼-½ teaspoon salt (depending on taste preference)  
 1 Tablespoon baking powder\*  
 5 beaten eggs  
 ¾ cup water  
 3 tablespoons oil  
 2 tablespoons rosemary, chopped  
 ¼ cup black olives, chopped

### GETTING INTO IT

#### First Step

Preheat your oven to 190°C

#### Second Step

Prepare a 10x15cm pan (one with sides works best) with oil spray or oiled baking paper to prevent sticking.

#### Third Step

Place all of the dry ingredients in a large bowl and mix well.

#### Fourth Step

Add all of the wet ingredients to the dry ingredients and combine well. Leave the batter to set and thicken for 2-3 minutes.

#### Fifth Step

Pour batter into the pan and spread evenly.

#### Sixth Step

Bake for about 25 minutes or until the bread springs back when you touch the top.

#### Seventh Step

Cool and cut the bread into 8 even sized pieces or slice the bread for dipping.

### SERVING SUGGESTIONS

Serve with olive oil and dukkah or packed with your favourite fillings as a delicious sandwich alternative.

\*Use gluten free baking powder if gluten intolerant.



**Prep time: 10 mins**

**Cooking time: 25 mins**

**Difficulty: Easy**

**Serves: 8 people (depending on use)**

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# LSA Super Grains Gluten Free Banana Bread

*Add texture and fibre to your favourite banana bread by simply adding Healthieries LSA Super Grains. A super way to get super nutritious and delicious baking!*

## INGREDIENTS YOU'LL NEED

- ½ cup vegetable oil
- 1 cup sugar
- 2 large eggs
- 1 tsp vanilla extract
- 3 medium over-ripe bananas
- 1 ½ cups **Healthieries Simple Baking Mix**
- 1 tsp baking soda
- ½ cup **Healthieries LSA Super Grains**

## GETTING INTO IT

### First Step

Preheat oven to 160°C. Grease a 28cm spring form tin or two 9" loaf pans.

### Second Step

Place the eggs, sugar and oil in a bowl and beat with an electric mixer until pale and creamy (about 3 minutes on high).

### Third Step

Add the vanilla and bananas, and beat until well combined.

### Fourth Step

In another bowl, sift together the baking mix and soda. Add this to the banana mixture, along with the LSA Super Grains, and stir until just combined.

### Fifth Step

Pour mixture into the tin/s. Bake for about 50 minutes or until a skewer comes out clean. Allow to cool in the tin for 10 minutes before turning out onto a wire cooling rack.

**Storage:** This bread freezes well. Store wrapped in plastic wrap in the fridge for up to five days.

## SERVING SUGGESTIONS

Please family & friends by serving the LSA Super Grains Banana Bread sliced into pieces on a long platter. Perfect with a dollop of natural yoghurt.



**Prep time: 10 mins**  
**Cooking time: 50 mins**  
**Difficulty: Easy**  
**Serves: 14 slices**





# Zucchini, Lemon & Poppyseed Muffins

*These delicious super moist muffins have a healthier twist thanks to the grated zucchini in place of oil and butter. Plus they are gluten free and perfect for a healthier snack or last minute picnic!*

## INGREDIENTS YOU'LL NEED

- 1½ cups Healththeries Ground Rice Flour
- 1½ cups Healththeries Ground LSA
- 2 tsp gluten free baking powder
- 1 tsp baking soda
- ¼ tsp salt
- 1 Tbsp poppy seeds
- Zest of 1 lemon
- 2 cups peeled and finely grated zucchini/courgette
- 3 large eggs
- ½ cup buttermilk or plain yoghurt
- ¾ cup sugar
- 2 tsp lemon juice

## GETTING INTO IT

### First Step

Preheat oven to 180°C. Grease muffin tray (for 16 muffins).

### Second Step

Combine the dry ingredients in a medium bowl (rice flour, LSA, baking powder, baking soda, salt, poppy seeds) and set aside.

### Third Step

In a small bowl, combine the lemon zest and the zucchini.

### Fourth Step

Beat the eggs and sugar with a handheld or standing mixer for 3 minutes, resulting in a pale and creamy mixture.

### Fifth Step

Add the zucchini/lemon zest mixture, buttermilk/yoghurt, and lemon juice and beat again, until combined.

### Sixth Step

Working quickly with a spatula, fold in the dry ingredients until they are mixed in. The key is to not overwork the mixture.

### Seventh Step

Spoon even amounts of batter into muffin trays, filling to the top. Bake for 30 minutes. Remove from oven, let cool, and serve.



**Prep time: 10 mins**  
**Cooking time: 30 mins**  
**Difficulty: Easy**  
**Serves: 16**





# SUNSHINE berry smoothie

*This quick and easy creamy smoothie makes a great way to start the day with its power fix of LSA, berries and banana.*

## INGREDIENTS YOU'LL NEED

- 1 Tbsp Healtheries Ground LSA
- ¼ cup frozen raspberries or other berries
- 1 small ripe banana
- ½ cup yoghurt, plain or flavoured to match fruit
- ½ cup orange juice
- 1-2 tbsp honey
- 4-5 ice cubes

## GETTING INTO IT

Using a blender or food processor, blend all the ingredients until smooth and serve immediately.

## SERVING SUGGESTIONS

You could substitute any of the fruits above with what is in season or to suit your preferences. Kiwifruit, canned peaches or mangoes work well. You could also adjust the sweetness by omitting the honey or substituting the orange juice with low fat milk.



**Prep time: 5 mins**  
**Difficulty: Easy**  
**Serves: Makes 1 smoothie**





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