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SINCE 1864

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WATCHERS

**'It's never  
too late to  
transform  
your life'**

*How Mindi found peace,  
love and joy again!*

*Your guide  
to a stress-free  
festive season*



**32**

**Festive  
recipes**

*plus* quick, healthy  
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**SET  
THE  
BAR**



# Hello!

**T**he festive season is finally here, bringing with it long sunny days, good food, celebration and quality time with loved ones. It's also a time that can move at a crazy pace—with family, social and work commitments all seemingly converging at once!

Whether you're counting down until the holidays or feel like it always creeps up at the last minute, it's important to make sure you're taking care of yourself. So in this December issue, you'll discover a four-week plan to reduce stress and help you get the most out of this holiday season (p100) and plenty of amazing tips to help you celebrate summer in style.

Sharing food is a big part of celebrating in my family. Between pitching in to make a salad while my dad fires up the barbecue or finding the juiciest mango to chop up (my family's favourite summer food!), everything tastes better when you're sharing it with the ones you love.

No matter how you plan to celebrate the festive season—from classic dinners to casual barbecues—we've got some great recipes to help you plan your Christmas menu (p17). I can't wait to get my little helpers in the kitchen and add the Turkey with all the trimmings (p20) to mine.



As the festivities wrap up and the year comes to a close, it's also a great time to reflect and set goals for the year ahead. It's been a year of great achievements and challenges, and it's important to celebrate all of them. One that I am particularly proud of is the evolution that has happened in this very magazine! It has been a big year for us here at WW—not only did we get a new-look magazine, we officially made the shift from weight to wellness and evolved from Weight Watchers to WW, with many program enhancements launching throughout December. I cannot wait to see what exciting new things 2019 will bring us all.

Wishing you warmth, wellness and a very happy holiday season,

**Dr Michelle Celander**  
Director—Program & Science  
WW Australasia

## HIGHLIGHTS THIS MONTH!



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Made for a healthier you



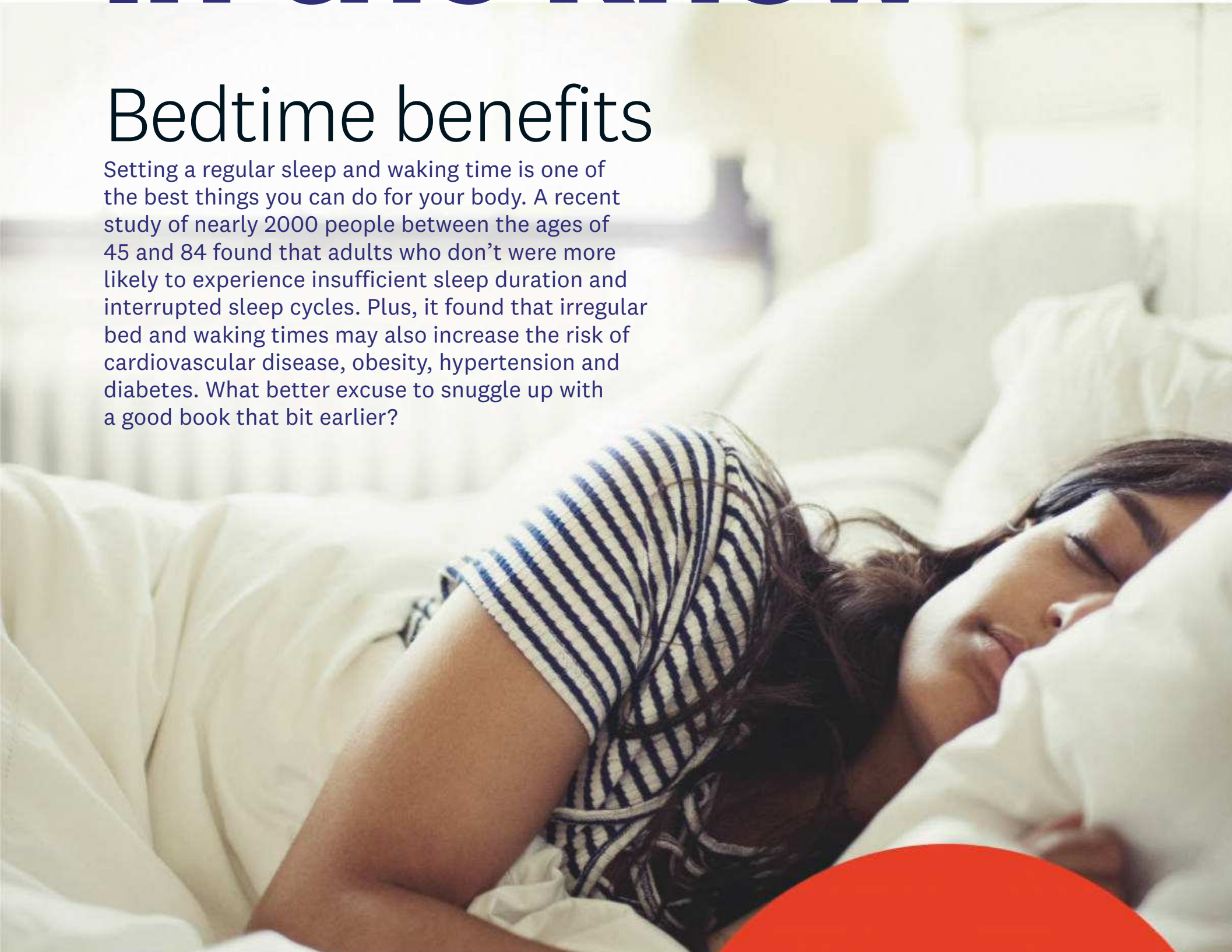


# In the know

NEWS, FIGURES AND  
FAST FACTS ABOUT FOOD,  
MOVEMENT AND MINDSET

## Bedtime benefits

Setting a regular sleep and waking time is one of the best things you can do for your body. A recent study of nearly 2000 people between the ages of 45 and 84 found that adults who don't were more likely to experience insufficient sleep duration and interrupted sleep cycles. Plus, it found that irregular bed and waking times may also increase the risk of cardiovascular disease, obesity, hypertension and diabetes. What better excuse to snuggle up with a good book that bit earlier?



# 10

YEARS

*According to a new report in The Lancet, Australia is on track to reduce its cervical cancer diagnosis rate to fewer than four women per 100,000 per year in the next decade, thanks to the HPV vaccine. This means the disease could be eradicated within the next 20 years.*

*You're more likeable than you think...*

Turns out first impressions matter! In new research published in the journal *Psychological Science*, newly introduced participants rated how much they liked each other and how much they thought the other person liked them. Participants tended to think they liked the other person way more than the other person liked them, despite visible cues to the contrary, which were identified by researchers.





# Whole goodness

A new study from researchers at Chalmers University of Technology, Sweden, and the Danish Cancer Society Research Center has identified that it doesn't matter which type of wholegrain or cereal you eat (rye bread, oatmeal or muesli, for example), they may all offer the same protection against type 2 diabetes. In the study group, those with a wholegrain intake of at least 50g per day reduced their risk of developing diabetes by 34 per cent for men and 22 per cent for women, compared to the group with the lowest wholegrain intake.

## Get more wholegrains in your day...

The Grains & Legumes Nutrition Council recommends enjoying grain foods 3-4 times a day, with at least half of those as wholegrain or high-fibre choices. Here's how:

**START THE DAY**  
*with a high-fibre wholegrain breakfast, such as rolled oats or untoasted muesli*

**THICKEN SAUCES**  
*gravies and stews with wholemeal flour rather than white*

**USE**  
*wholemeal breadcrumbs or oats to coat foods*

**REPLACE**  
*white bread with a slice of wholemeal or wholegrain bread, a wrap or a crumpet*

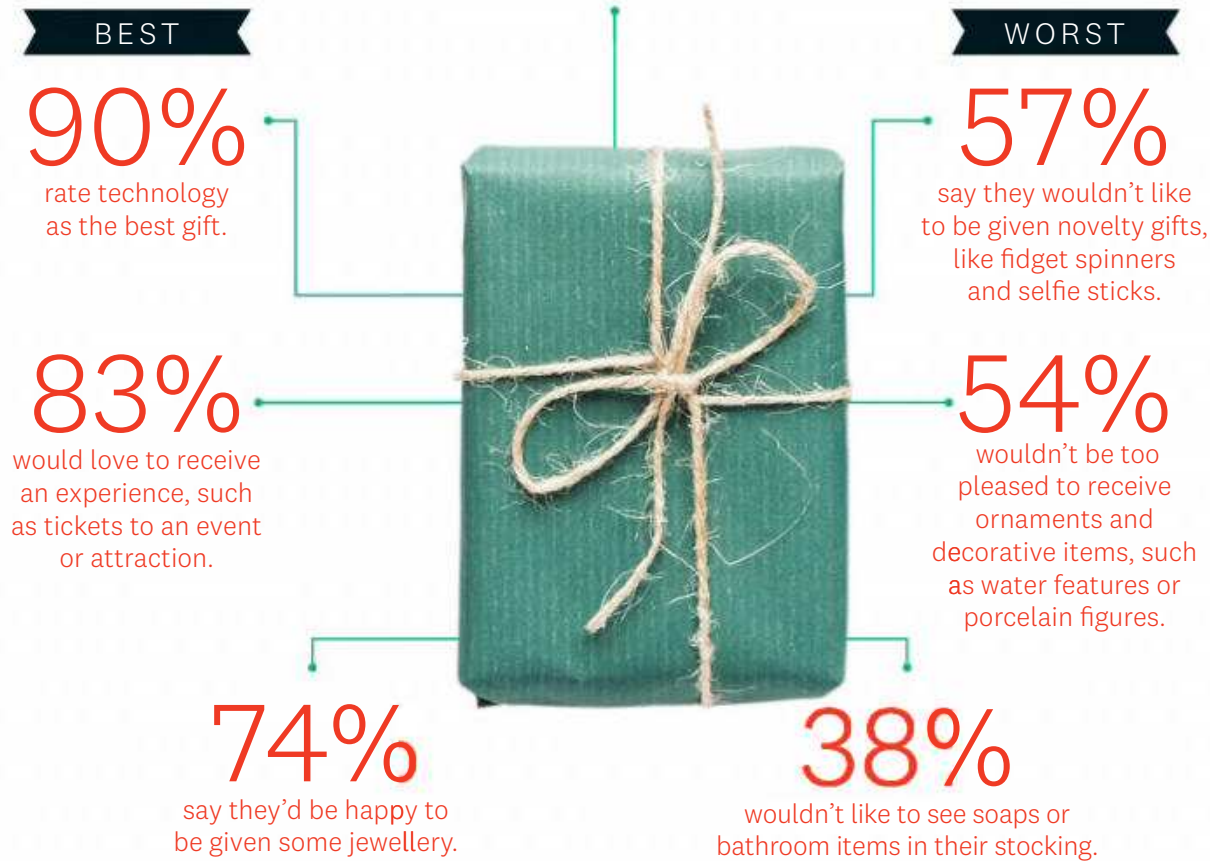
**SWAP**  
*white rice or pasta with brown rice, wholemeal pasta or couscous*

**ADD**  
*wholegrains, such as quinoa and barley, to your salads*



## 'Tis the season for giving

While this simple act is enough to boost our health and happiness (see page 93), it can be hard to know exactly what to buy—especially when it comes to the office Secret Santa! Here's what Aussies love (and loathe) receiving in their stocking...



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# TWO MINUTES



Two minutes of interval training may be as effective as longer exercise sessions in helping to lower chronic disease risk. According to a recent study published in the *American Journal of Physiology*, the two minutes of exercise—which consisted of four 30-second cycling sprints, separated by 4.5 minutes recovery—was sufficient to cause a similar metabolic response as 30 minutes of continuous moderate-intensity aerobic exercise.



# Healthy holidays

Psychologist Deborah Smith shares her tips for getting the most out of your summer break



## WIND DOWN FIRST

It normally takes a few days to switch off from the stress of life before you can relax and enjoy your time away. To speed up the process, try not to overcommit yourself on your last day of work. That way it will be easier to begin the process of unwinding and transitioning into holiday mode.

## FORGET ABOUT WORK

Set a clear boundary between work and holiday and stop checking those emails! If you're finding it difficult to switch off, transfer all your thoughts to paper or type them into your phone. Then don't look at them again—they'll still be there when you get back to work.

## BE MINDFUL

Encourage a peaceful and relaxed mindset by starting each day of your holiday with a quick five-minute meditation. Try to practise mindfulness throughout your break—like switching off your phone, taking time to appreciate your surrounds or savouring your meals—to help you stay in the moment and enjoy your down time.

## Walking win

A study by Louisiana State University showed that overweight people who took a 15-minute brisk walk had reduced interest in high-kilojoule sugary snacks when presented with them in a high-stress situation. Compared to the control group, who sat for the 15 minutes, the active group's 'urges' remained lower when later presented with an open bag of snacks.

**GOOD EYES FOR GREENS** *We know it's important to eat our greens, but if you needed another reason, here's one for your eyes... Leafy greens, particularly kale and spinach, provide us with high doses of antioxidant nutrients—lutein and zeaxanthin—which may help fight the oxidative stress that happens to our eyes as a result of the sun's ultraviolet light. Compared to one cup of cooked green beans, which contains 0.8mg of lutein and zeaxanthin, one cup of kale contains 23.8mg and spinach 20.4mg. Yum!*







## Stay strong

No matter how old or young you are, weight-bearing movement is one of the best ways to keep your bones healthy. Why not give these a try?

- 1 Weight training**—particularly great for working out the non weight-bearing bones of the arms and hands.
- 2 Yoga**—will also help boost flexibility and balance, which may help prevent falls in older people.
- 3 Walking or running**—depending on the impact that suits you, both will help to strengthen leg bones.
- 4 Tennis**—moving across the court and swinging a racket are great for both lower and upper body bone strength.

## DID YOU KNOW?

Australian herbs and spices are an excellent source of vitamin E and folate. Many bush foods, such as Tasmanian pepper leaf, lemon myrtle and Kakadu plum, also have a superior antioxidant capacity to blueberries. Native fruit, herb and seed extracts from The Australian SuperFoods Co can be a great way to add flavour—and a nutritional boost—to sweet and savoury dishes, and drinks such as smoothies.



**KAKADU PLUM  
EXTRACT \$20 FOR 50ML**



**MOUNTAIN PEPPER LEAF  
EXTRACT \$25 FOR 50ML**



**LEMON MYRTLE  
EXTRACT \$20 FOR 50ML**



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# WW's billion dollar benefits

WW members are embracing wellness—and saving the Australian health system \$17 billion in the process!

It's no secret that many areas in our country's health system are often financially stressed as they become increasingly burdened by limited staff and budget cuts. But a new study shows WW's wellness program could be a way to help ease these strains.

According to University of Sydney research findings, WW members could help take the financial pressure off the Australian health system to the tune of \$17 billion.

Looking at 7.8 million Australians over the age of 20 who are overweight or obese and eligible for weight-loss intervention between 2015 and 2025, the study predicted the cost and health benefits of the WW program. In good news for WW members, the research showed that being referred to these wellness programs by doctors is more economically effective for patients dealing with obesity than for GPs to provide them with standard care alone.

The study, published in the journal *Obesity*, compared three options: groups following the WW program for one year; groups receiving standard care from a general practitioner for the same period; and no treatment at all.

Researchers then used a simulation model to figure out just how much cash could be saved while simultaneously improving wellness of participants.

Based on the results, it was estimated that the WW program could save the Australian health system a whopping \$17.25 billion over the 10-year period when compared to no intervention at all.

This amounts to 60,445 cases of obesity avoided in 2025, which is 2311 more cases than if only standard care were prescribed. In dollar terms, it meant a cost offset of around \$35,195 per individual case in the span of a decade. Overall, \$82 million more was estimated to be saved through WW versus standard care from GPs, making the wellness program scientifically proven to be cheaper.

**“WW's program fared significantly better in all areas than standard care from GPs”**

It's important to note that the authors of the research also acknowledged that cost benefits could be even higher, given the conservative conditions of the study.

Standard care in test conditions was based on an ideal scenario of around 10 visits to a GP over the course of a year—which lasted around 20 minutes each—and regular health advice.

However, this may not equate to the amount of care that is actually provided in real-life cases, with fewer—and less intensive—consultations with time-strapped doctors and patients being more likely.

Meanwhile, as well as following the food program, those referred to the WW program were assumed to attend a weekly Wellness Workshop.

The research was undertaken in a bid to identify a financially feasible solution to the World Health Organisation's target of no increase in obesity or diabetes past the levels that were present in 2010.

While neither of the options hit the target of no increase, the WW wellness program fared significantly better in all areas—including health outcomes and cost-effectiveness—than standard care from GPs.

The independent researchers also concluded that the WW wellness program was 'good value for money' and advocated for its consideration as a viable option through government-backed health services.

Ideally, the researchers argued, programs like WW should be subsidised through Medicare or private health insurance as a way to help doctors assist those looking to improve their health.

They advocated the programs as having the potential to play a significant role in keeping costs down when it comes to treating and improving the health of those classified as obese or overweight.

By making wellness accessible and inspiring healthy habits for real life, the programs have been demonstrated as having a positive impact on WW members.

Also among the benefits of the program is that it offers a scalable and accessible solution to obesity.

The researchers did not receive any funding from WW and have no affiliation to the company.

**Read the full study at [ww.com/au/press-centre](http://ww.com/au/press-centre)**





The WW program could save the Australian health system a whopping \$17.25 billion over a 10-year period

## Just what the doctor ordered?

It's not just the Australian health system that could cash in if WW's programs become part of a Medicare-subsidised treatment.

Australians who are overweight or obese could get more bang for their buck when it comes to their overall health and wellness.

Lowering obesity levels has many health benefits for individuals. Even a small change can improve wellness by lowering the risk for diabetes and cardiovascular problems, such as heart disease or stroke.

Other benefits can include improved metabolic function in liver, fat and muscle tissue. Tackling obesity can also help lower the risk of high blood pressure, back pain and osteoarthritis.

As well as the costs saved in the health system for avoiding these issues, this also has the added advantage of helping people live a happier, healthier and more sustainable lifestyle.





TIP OF THE MONTH

# How rollovers work

**Got a special event coming up? Find out how Rolled Over SmartPoints can help you make the most of your Budget**

**I**n many ways, Mondays and Sundays can seem worlds apart. On a Monday, most of us are full of good intentions, we've got work or school commitments to occupy us and the social calendar is pretty empty. Keeping our well-being on track is usually quite straightforward.

Weekends can be a different story—long, lazy lunches, birthday celebrations and evenings out with friends present an assortment of opportunities for us to potentially eat or drink more than you planned. This needn't be a cause for concern. When it comes to eating, every day is unique, which is why WW offers plenty of flexibility to help you achieve your goals.

## **What are rollovers?**

Some days, we don't use all the SmartPoints assigned to our daily Budget, while on other days we use them all—and maybe a few extra. Finding your balance is a matter of drawing on rollovers: the unused SmartPoints that you can 'roll over' to the days when you need them most.

Each day, up to four unused daily SmartPoints will rollover into your weekly Budget. You can use them however you like—for a glass of wine, a dessert, or simply as a safety net on a night out. Or you can choose not to use them at all.

The flexibility of rollovers and your weekly Budget means there's no need to deny yourself anything. It goes to show that you can still make healthy choices while maintaining the lifestyle you love.

## *How will I know when I have rollovers?*

If you have any extra SmartPoints at the end of the day, you will get a message letting you know how many SmartPoints were added to your weekly Budget. Rollovers will reset at the start of your Wellness Check-in week.

If you don't want to rollover SmartPoints into your weekly bank, you can opt out in your WW app settings at any time.





## Planning ahead

Let's say you've got a celebration coming up at the end of the week and want to have some extra SmartPoints up your sleeve. Here's what a typical day leading up to the party might look like if your daily Budget is 23:



### Breakfast

Baked rosti with eggs

4 SmartPoints value per serve

### Snack

Yoghurt & fruit

0 SmartPoints value per serve



### Lunch

Grilled salmon with tomato & bean salad

1 SmartPoints value per serve

### Snack

Roasted capsicum & chickpea dip with 2 rye crispbreads

2 SmartPoints value per serve

### Dinner

Cajun beef & polenta pies

8 SmartPoints value per serve

### Dessert

Banana choc tops

4 SmartPoints value per serve

Total = 19  
+ 4 rollovers

## Looking back

Rollovers aren't just for planning ahead—they can also come in handy when you've exceeded your SmartPoints Budget and need to get back on track. Imagine you've been to a work function on Tuesday and had an unplanned meal. Here's what one of the following days might look like:



### Breakfast

Spiced fruit porridge

4 SmartPoints value per serve

### Snack

Mini pea frittatas

0 SmartPoints value per serve

### Lunch

Carrot zoodles with chilli prawns & broccolini

3 SmartPoints value per serve

### Snack

Spiced apple & almond balls

2 SmartPoints value per serve

### Dinner

Chicken tenderloins with capers, tomato, basil and balsamic

5 SmartPoints value per serve

### Dessert

Rhubarb, pear and raspberry crumble

6 SmartPoints value per serve

Total = 20  
+ 3 rollovers



# Real tasty. Ready to go.

Our delicious range of snacks are a great option to help you stay on track throughout your busy day.

For more information on our products visit:  
[wwfoods.com.au](http://wwfoods.com.au)







# Come & join us

Thinking of joining? There's never been a better time to do it! Already a member? Here's what's happening this month.

## How to have a more successful Christmas

**W**ith so many celebrations, events and delicious foods on offer, it can be challenging to choose what to eat during the festive season. Taking a mindful approach to food can help you plan ahead, enjoy what you're eating and stay on track.

Before you plate-up, ask yourself these three things:

**Am I internally hungry?** Do I truly want to eat or am I responding to external cues? When the sight of people eating or the smell of cooking from the kitchen suddenly makes food seem appealing, consider how you can change the situation: leave the room, call a friend, have a glass of water or get some fresh air.

**Is this the best option?** Sometimes hunger nudges us toward what's convenient. Is there a smarter option available that's also easy to grab?

**Will I truly enjoy this?** Is this particular food worth the SmartPoints right now? (If the answer is yes, ask yourself again after the first bite. Still yes? Ask again a few bites later, but most importantly—enjoy, track it and move on!)

For some healthy and delicious Christmas recipe inspiration, turn to page 17.







Here's how you can do WW in the most convenient way for you.



**DIGITAL COACHING**

Chat to a Wellness Coach, 24/7. Plus gain access to thousands of recipes, inspiration and motivation online.



**DIGITAL + PERSONAL COACHING**

Individual, face-to-face meetings with a Wellness Coach for a tailored approach that fits your schedule.



**DIGITAL + STUDIO COACHING**

Weekly support, guided by Wellness Coaches, in a relaxed setting with other WW members.



**DIGITAL + OVER-THE-PHONE COACHING**

Personalised guidance every week from a Wellness Coach.



**WHAT'S CONNECT?**

When you sign up to WW, you'll get access to the WW app and website, where you can connect to thousands of members on their journey. It's a great tool for extra support and encouragement.

**This month @ WW**

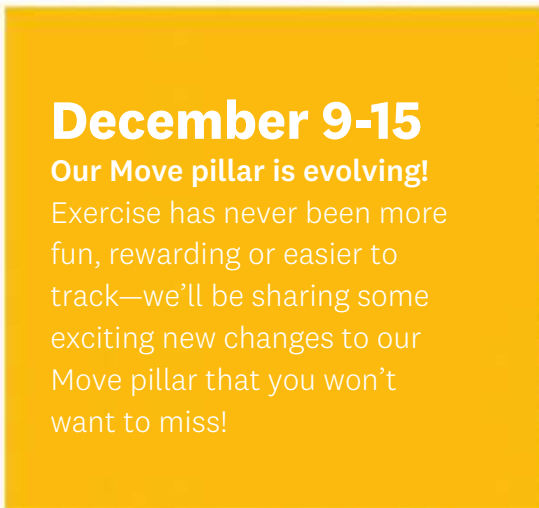
Here's a snapshot of what we're talking about in our Wellness Workshops in December.



**December 2-8**

**Connect's new feature!**

Join us to dive deep into a new feature launching in Connect soon. Connect has always been an inspiring and supportive community for WW members. Now, it will be even easier for members to find like-minded people with similar interests!



**December 9-15**

**Our Move pillar is evolving!**

Exercise has never been more fun, rewarding or easier to track—we'll be sharing some exciting new changes to our Move pillar that you won't want to miss!



**December 16-22**

**Celebrating successfully**

With so many celebrations, events and choices on the menu, Christmas can be a challenging time to stay on track. This week you'll be learning how to celebrate in style—while kicking your wellness goals.



**December 23-29**

**Power of reflection**

Reflection is one of the key tools for keeping you motivated and focused towards your goals. We'll be taking time to ask reflective questions, celebrate your progress and discover how far you've come on your WW journey.





**PHILIPS**

High speed vacuum blender

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High speed  
vacuum blend



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\*Compared to blending without the use of vacuum function in Philips HR3752, test conducted by independent laboratory Nov/Dec 2017



# Food

**INSIDE:** CLASSICS + VEGIE DELIGHTS  
+ KEEP IT CASUAL + COOKING CLASS:  
CHRISTMAS HAM + DESSERTS THAT WOW  
+ DELICIOUS GIFTS + SUMMER OF CELEBRATIONS  
+ GO FOR A DIP + WEEKNIGHT WINNERS



## Season's eatings

Whether you want to go classic, casual or vego, we've got you covered with this bumper selection of recipes—including showstopping desserts—that you can mix and match or follow to the letter



GLUTEN FREE



DAIRY FREE



VEGETARIAN



VEGAN



NUT FREE







# Classics

Spread the joy of Christmas with this colourful smorgasbord of delicious dishes





## Turkey with all the trimmings

serves: 14 prep: 30 min cooking: 2¼ hrs + 20 min resting

**2 tsp olive oil**  
**1 leek, thinly sliced**  
**1 brown onion, thinly sliced**  
**2 garlic cloves, crushed**  
**2 cups (140g) high-fibre breadcrumbs**  
 (made from day-old bread)  
**2 tbs toasted slivered almonds**  
**2 tsp finely grated lemon rind**  
**2 tbs chopped fresh tarragon**  
**3.5kg whole turkey**  
**1 lemon, thinly sliced**  
**6 fresh tarragon sprigs**  
**2 tbs plain flour**  
**1½ cups (375ml) salt-reduced chicken stock**  
**2 tbs lemon juice**  
**2 tbs wholegrain mustard**  
**Lemon wedges, to serve**

**1** Preheat oven to 200°C. Heat oil in a medium frying pan over medium-high heat. Cook leek and onion, stirring, for 5 minutes or until onion softens. Add garlic and cook for 1 minute or until fragrant. Transfer to a large bowl. Add breadcrumbs, almonds, lemon rind and tarragon. Season with salt and pepper and toss to combine.

**2** Discard neck and giblets from turkey cavity. Rinse turkey under cold water.

Pat dry inside and out with kitchen paper. Spoon stuffing into the cavity. Use your fingers to carefully loosen the skin from the flesh over the breast. Arrange lemon slices and tarragon sprigs under the skin. Tie the legs together with kitchen string.

**3** Place turkey, breast-side up, in a large flameproof baking dish. Lightly spray with olive oil and loosely cover with foil. Bake for 1½ hours, basting every 30 minutes with pan juices. Remove foil and bake for a further 30 minutes or until golden brown and cooked through (the juices will run clear when the thickest part of the thigh is pierced with a skewer).

**4** Transfer turkey to a plate and loosely cover with foil to keep warm. Set aside for 20 minutes to rest before carving.

**5** Meanwhile, drain the excess fat from the baking dish, leaving 2 tablespoons of juices in the pan. Stir in flour until smooth. Place dish over medium heat and cook, stirring, for 2 minutes or until lightly browned. Remove from heat. Gradually stir in stock, lemon juice and mustard. Return to heat and cook, stirring, until mixture boils and thickens. Simmer for 2 minutes. Carve turkey and serve with stuffing, gravy and lemon wedges.

**5** SmartPoints value per serve



## Spiced brussels sprouts with yoghurt drizzle

serves: 8 prep: 15 min cooking: 10 min



**750g brussels sprouts, halved**  
**2 tbs olive oil**  
**1 tsp sweet paprika**  
**1 tsp ground cumin**  
**1 tsp ground coriander**  
**½ tsp dried chilli flakes**  
**¼ tsp ground turmeric**  
**¾ cup (180g) 99% fat-free plain yoghurt**  
**1 tbs finely grated lemon rind**  
**2 tbs lemon juice**  
**½ cup fresh coriander sprigs**

**1** Boil, steam or microwave brussels sprouts until tender. Drain.

**2** Heat oil in a large frying pan over medium heat. Cook sprouts and combine paprika, cumin, ground coriander, chilli and turmeric, stirring, for 2 minutes or until fragrant. Transfer to a serving dish.

**3** Combine yoghurt, rind and juice in a small bowl.

**4** Drizzle sprouts with yoghurt mixture and top with fresh coriander.

**2** SmartPoints value per serve







## Braised asparagus with crunchy crumbs

serves: 8 prep: 15 min  
cooking: 10 min



**4 garlic cloves, bruised**  
**4 bunches asparagus**  
**2 tbs olive oil**  
**60g sliced crusty white bread, cut into 5mm pieces**  
**2 tbs sun-dried tomatoes (not in oil), finely chopped**  
**2 tbs finely chopped fresh flat-leaf parsley**

**1** Bring garlic and 2 cups (500ml) water to the boil in a wide frying pan over medium-high heat. Add asparagus. Reduce heat and simmer, uncovered, for 3 minutes or until asparagus is tender. Drain and discard garlic. Transfer asparagus to serving dish and season with salt and pepper.

**2** Heat half the oil in same cleaned pan over medium-high heat. Cook bread, stirring, for 3 minutes or until golden and crisp. Remove from heat. Stir in tomatoes and parsley.

**3** Serve asparagus topped with crumb mixture and drizzled with remaining oil.

2

SmartPoints value per serve





### COOK'S NOTE

Pumpkin and onion can be made up to 1 day in advance. Place in baking dish, cover and refrigerate until ready to bake. Top with cream and cheese mixture just before baking.

## Pumpkin & caramelised onion gratin

serves: 8 prep: 25 min cooking: 45 min



**1.5kg peeled pumpkin, cut into 2cm pieces**

**1 tbs olive oil**

**3 large red onions, halved, thinly sliced**

**4 garlic cloves, thinly sliced**

**2 tsp fresh thyme leaves**

**¼ cup (20g) finely grated parmesan cheese**

**½ cup (30g) fresh wholegrain breadcrumbs**

**⅓ cup (80ml) light cooking cream**

**1** Preheat oven to 200°C. Line a large baking tray with baking paper. Place pumpkin on prepared tray and lightly spray with oil. Bake for 25-30 minutes or until golden and tender.

**2** Meanwhile, heat oil in a large frying pan over medium-low heat. Cook onion, stirring, for 10 minutes or until softened and starting to caramelize. Add garlic and thyme and cook, stirring, for 5 minutes or until onion is caramelised. Season with salt and pepper.

**3** Lightly spray a 2L (8-cup) capacity ovenproof baking dish with oil. Layer roasted pumpkin and onions in prepared dish. Combine parmesan and breadcrumbs in a small bowl. Drizzle cream over pumpkin and sprinkle with cheese mixture. Bake for 15 minutes or until topping is golden.

**3** SmartPoints value per serve



## Wilted kale with chilli, lemon & almonds

serves: 8 prep: 10 min cooking: 5 min



- 1 tbs olive oil
- 2 long fresh red chillies, finely chopped
- 5 garlic cloves, thinly sliced
- 1 lemon, zested
- 2 large bunches kale, stems trimmed, leaves chopped
- ¼ cup (40g) chopped roasted almonds

- 1 Heat a wok over high heat. Heat oil for 30 seconds. Stir-fry chilli, garlic and lemon zest for 1 minute. Add kale and stir-fry for 2-3 minutes or until just wilted.
- 2 Sprinkle with almonds to serve.

2 SmartPoints value per serve

## Spice-roasted carrots with honey, garlic & thyme

serves: 8 prep: 15 min cooking: 30 min



- 1½ tbs honey
- 1 tbs olive oil
- 32 baby carrots (multicoloured), tops trimmed, peeled
- 8 garlic cloves, unpeeled
- 1 tbs fresh thyme leaves
- 2 tsp sesame seeds
- 2 tsp coriander seeds, crushed

- 1 Preheat oven to 200°C. Line a large baking tray with baking paper. Combine honey and oil in a large bowl. Add carrots and toss to coat.
- 2 Place carrots and garlic on prepared tray and sprinkle with thyme, sesame seeds and coriander seeds. Season with salt and pepper. Bake for 25-30 minutes or until golden and tender.

2 SmartPoints value per serve







# Veggie delights

Mix up your holiday menu with some fresh and flavourful meat-free meals

## Roasted beetroot & pumpkin salad with hummus, herbs & pistachio

serves: 8 prep: 20 min cooking: 35 min



**1kg Kent pumpkin, unpeeled,**  
cut into chunks

**750g beetroot, peeled, cut into chunks**

**400g can chickpeas, rinsed, drained**

**2 tbs olive oil**

**1 tbs lemon juice**

**1 tbs tahini**

**1 garlic clove, crushed**

**4 radishes, thinly sliced**

**¼ cup fresh mint leaves**

**¼ cup fresh flat-leaf parsley leaves**

**1** Preheat oven to 200°C. Line 2 large baking trays with baking paper. Place pumpkin and beetroot on prepared trays. Season with salt and pepper and lightly spray with oil. Bake for 30-35 minutes or until golden and tender.

**2** Meanwhile, using a food processor, process chickpeas, half the olive oil, lemon juice, tahini and garlic until almost smooth. Add 2 tablespoons hot water. Process again until smooth. Season with salt and pepper.

**3** Spread hummus over base of serving plate. Top with beetroot, pumpkin and radish. Sprinkle with mint and parsley and drizzle with remaining olive oil.

### COOK'S NOTE

*Hummus can be made up to 3 days ahead. Store in an airtight container in the fridge.*

2 SmartPoints value per serve



## Mediterranean salad board

serves: 8 prep: 30 min cooking: 5 min



**1 eggplant**  
**¼ cup (60ml) white balsamic dressing**  
**2 tbs olive oil**  
**1 tsp Dijon mustard**  
**1 tsp ground sumac**  
**2 red capsicums, cut into thick strips**  
**1 yellow capsicum, cut into thick strips**  
**350g baby heirloom tomatoes, halved if large**  
**2 zucchini, spiralised**

**1 small fennel bulb, thinly sliced**  
**½ cup (80g) mixed pitted olives, drained**  
**280g jar whole artichoke hearts in brine, drained**  
**1 bunch radishes, halved if large**  
**½ cup small fresh basil leaves**

**1** Cut eggplant into 1cm slices and lightly spray with oil. Cook on a chargrill over medium-high heat for 1-2 minutes or until charred and tender. Set aside to cool.  
**2** Combine balsamic, oil, mustard and sumac in a small screw-top jar. Seal tightly and shake to combine.  
**3** Arrange all vegetables on a large board. Scatter with basil leaves and serve dressing on the side with a spoon to drizzle over each serving.

**3** SmartPoints value per serve





## Polenta tart with beetroot, feta cream & hazelnuts

serves: 8 prep: 20 min cooking: 35 min



**750g beetroot**

**2¾ cups (685ml) reduced-salt vegetable stock**

**1 cup (170g) polenta**

**⅓ cup (25g) finely grated parmesan**

**1 egg, lightly beaten**

**2 cups (400g) reduced-fat fresh ricotta cheese**

**75g marinated feta cheese, drained**

**2 tbs finely chopped fresh chives**

**1 tbs finely chopped fresh flat-leaf parsley**

**30g baby kale leaves**

**2 tbs chopped hazelnuts, lightly toasted**

**1** Preheat oven to 200°C. Wrap each beetroot in foil. Place on a baking tray and bake for 1 hour or until tender. Set aside to cool.

Wearing rubber gloves to avoid staining your hands, peel the beetroot. Cut into wedges.

**2** Meanwhile, lightly spray a 28cm fluted tart tin with removable base with oil. Bring stock to the boil in a medium saucepan

over medium heat. Gradually add polenta in a steady stream and cook, stirring, for 5 minutes or until soft and creamy. Stir in parmesan and egg until well combined. Spread polenta mixture evenly over base and side of prepared tin to form a shell. Bake for 15-20 minutes or until golden.

**3** Using electric beaters, beat ricotta and feta in a large bowl until smooth. Stir through chives and parsley. Spread cheese mixture over tart base. Arrange beetroot on top. Return to oven for 5-10 minutes or until heated through.

**4** Top tart with kale leaves and sprinkle with hazelnuts.

**6** SmartPoints value per serve





## Roasted pumpkin & feta tart

serves: 8 prep: 30 min cooking: 1 hr + 45 min



- 2.5kg butternut pumpkin, peeled, deseeded, cut into 1cm slices**
- 2 medium red onions, each cut into 12 wedges**
- 1 tbs pine nuts**
- 2 tsp olive oil**
- 2 garlic cloves, crushed**
- 120g baby spinach leaves**
- 8 sheets filo pastry**
- 200g reduced-fat feta cheese, coarsely crumbled**
- 1 tsp finely chopped rosemary, plus sprigs to garnish**

1. Preheat oven to 190°C. Line 2 large baking trays with baking paper and arrange pumpkin in a single layer. Lightly spray with olive oil and bake for 5 minutes or until lightly browned and tender. Set aside to cool. Place onion on 1 tray, lightly spray with oil and bake for 20 minutes or until soft and lightly browned. Cool. Spread pine nuts onto an unlined tray and bake for 2-3 minutes or until golden. Transfer to a plate to cool.
2. Place oil and garlic in a large, deep, non-stick frying pan and heat over medium heat until just starting to sizzle. Add spinach and toss until wilted.

Transfer to a plate to cool. Squeeze excess liquid from spinach.

- 3 Lightly spray a 22cm (base measurement) springform tin with oil. Lay out a sheet of filo and lightly spray with oil. Repeat with 6 more filo sheets, layering each sheet at a 45° angle each time. Ease into prepared tin with excess overhanging sides.
- 4 Layer a third of the pumpkin in base of pastry, topped with half the onion. Sprinkle with half the feta and rosemary. Add all the spinach, then repeat layers, finishing with a final layer of pumpkin. Season layers with pepper as you go. Fold overhanging pastry over top, scrunching slightly (it won't quite meet in the middle). Lightly spray remaining pastry with oil and scrunch slightly. Place over centre of tart.
- 5 Bake for 35 minutes. Cover top loosely with foil after about 20 minutes to prevent it becoming too brown. Stand in tin for 10 minutes, then remove sides and slide from base onto a wire rack to cool. Top with extra rosemary sprigs and sprinkle with pine nuts. Slide onto a serving plate. Cut into wedges to serve.

4 SmartPoints value per serve







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**BEEF FILLET  
WITH  
CHIMICHURRI  
SAUCE**

*Recipe on page 32*





# Keep it casual

Enjoy more moments celebrating and less time in the kitchen with these quick and easy recipes



**BABY COS LETTUCE  
WITH HERBED  
BUTTERMILK  
DRESSING & CRISPY  
BACON**

*Recipe on page 32*



### Baby cos lettuce with herbed buttermilk dressing & crispy bacon

serves: 8 prep 10 min cooking: 5 min



- 125g short cut bacon, fat trimmed, thinly sliced
- ¼ cup (60ml) buttermilk
- 2 tsp lemon juice
- 2 tbs chopped fresh chives
- 1 tbs chopped fresh flat-leaf parsley
- ½ cup (25g) finely grated parmesan cheese
- 4 baby cos lettuces, trimmed, quartered lengthways (see Cook's note)

**1** Lightly spray a small frying pan with oil and heat over medium-high heat. Cook bacon, stirring, for 3-4 minutes or until browned.

**2** Place buttermilk, lemon juice, chives, parsley and half the parmesan in a small bowl. Season with salt and pepper and whisk to combine.

**3** Arrange lettuce on a serving plate. Drizzle with dressing and sprinkle with bacon and remaining parmesan.

#### COOK'S NOTE

If you can't find baby cos, you can use butter lettuce instead. You'll need 2 large ones, leaves separated.

1 SmartPoints value per serve

### Beef fillet with chimichurri sauce

serves: 8 prep: 20 min cooking: 40 min + resting



- 1.2kg lean beef eye fillet, fat trimmed
- 400g cherry truss tomatoes
- 1 bunch fresh flat-leaf parsley, leaves picked
- 1 bunch fresh coriander, leaves picked
- 2 garlic cloves, crushed
- 1 tbs red wine vinegar
- 1 tbs extra virgin olive oil
- 1 tsp dried chilli flakes

**1** Take beef out of fridge 20 minutes before cooking. Preheat a covered barbecue on high heat. Lightly spray beef with oil and season with salt and pepper. Cook on barbecue flat plate, turning often, for 5 minutes or until browned all over.

**2** Transfer to a baking tray (or disposable baking dish or the barbecue roasting rack). Reduce heat to medium on the flat side. Turn gas jets off on the grill side and place tray on the grill side. Cook, by indirect heat, with the barbecue lid down, for 20 minutes for medium-rare or 25 minutes for medium, or to your liking. Remove from barbecue and transfer beef to a plate. Cover loosely with foil and set aside to rest for 15 minutes.

**3** Meanwhile, place tomatoes on a baking tray (or the barbecue roasting rack or a disposable baking dish) and cook on the barbecue, as above, covered, for 15 minutes, or until softened.

**4** Finely chop herbs and combine with garlic, vinegar, oil and chilli flakes in a small bowl. Season with salt. Slice meat and serve with tomatoes and chimichurri sauce.

4 SmartPoints value per serve

### Haloumi, asparagus & brussels sprouts salad

serves: 4 prep: 5 min cooking: 10 min



- 1 bunch asparagus, halved
- 120g haloumi cheese, cut into 5mm thick slices
- 2 tbs finely chopped fresh mint leaves, plus extra ⅓ cup leaves to garnish
- ¼ tsp dried chilli flakes
- 1 tbs tahini (sesame seed paste)
- 1 tsp finely grated lemon rind
- 2 tbs lemon juice
- 250g brussels sprouts, finely shredded (see Cook's note)
- 400g can brown lentils, rinsed, drained
- 120g baby rocket leaves
- 1 tbs toasted almonds, roughly chopped
- Lemon wedges

**1** Preheat a chargrill or barbecue over medium-high heat. Lightly spray asparagus with oil and cook, turning occasionally, for 4-5 minutes or until lightly charred and tender. Sprinkle haloumi with chopped mint and chilli and cook, turning, for 1-2 minutes or until golden.

**2** Meanwhile, combine tahini, rind, juice and 1 tablespoon water in a small screw-top jar. Season with salt and pepper and shake dressing to combine.

**3** Combine brussels sprouts, lentils, rocket, extra mint, asparagus and haloumi in a large bowl. Drizzle with dressing and sprinkle with almonds. Serve with lemon wedges.

**SERVE WITH:** Light wholemeal pita pockets. Add 2 SmartPoints value for 1 x 31g pita pocket per serve.

#### COOK'S NOTE

You can use red or white (savoy) cabbage instead of brussels sprouts. The SmartPoints value remains the same.

4 SmartPoints value per serve





People with food allergies or sensitivities should always check the ingredient information on products to ensure they meet their dietary needs.





## Grilled prawn cocktail

serves: 4 prep: 25 min cooking: 5 min



- 28 (1kg) green king prawns, peeled, deveined, tails intact**
- 1 tbs olive oil**
- 3 garlic cloves, finely chopped**
- ⅓ cup (160g) 99% fat-free plain yoghurt**
- 2 tbs tomato sauce**
- 3 tsp Worcestershire sauce**
- 1 tbs lemon juice**
- Pinch cayenne pepper**
- 2 x 20g slices sourdough bread**
- 1 baby cos lettuce**
- 1 Lebanese cucumber, chopped**
- 1 avocado, chopped**
- ½ red onion, thinly sliced**

- 1** Combine prawns, oil and garlic in a large bowl.
- 2** Combine yoghurt, tomato and Worcestershire sauces, juice and pepper in a small bowl.
- 3** Preheat a chargrill or barbecue grill over medium-high heat. Cook prawns, turning, for 3-4 minutes or until just cooked through. Cook bread for 1 minute each side or until golden. Tear bread into bite-sized pieces.
- 4** Top lettuce with cucumber, avocado, onion, bread and prawns. Drizzle with sauce to serve.

**5** SmartPoints value per serve

## Italian-style potato salad

serves: 8 prep: 10 min cooking: 15 min



- 1kg baby (chat) potatoes, halved**
- ½ red onion, finely chopped**
- ¼ cup (60ml) lemon juice**
- 1 garlic clove, crushed**
- 2 tbs baby capers, rinsed, drained**
- ⅓ cup chopped fresh flat-leaf parsley**
- 2 tbs chopped fresh oregano leaves**
- 1 tbs extra-virgin olive oil**
- Lemon slices, to serve**

- 1** Cook potatoes in a large steamer set over a saucepan of simmering water, covered, for 15 minutes or until tender. Set aside to cool slightly.
- 2** Meanwhile, place onion and lemon juice in a small bowl. Set aside to soak.
- 3** Combine garlic, capers, parsley, oregano and oil in a large bowl. Cut potatoes in half and add to bowl. Season with salt and pepper and toss to combine.
- 4** Drain onion and add to potato mixture. Toss until well combined. Serve warm or at room temperature with lemon slices.

**3** SmartPoints value per serve





### Heirloom tomato salad with mint & feta

serves: 8 prep: 5 min



800g mixed medley tomatoes, thinly sliced  
4 vine-ripened egg tomatoes, thinly sliced  
½ cup fresh mint leaves  
40g reduced-fat feta cheese, crumbled  
2 tsp olive oil

#### COOK'S NOTE

*For a flavour boost, add a pinch of crushed garlic to the oil and 2 thinly sliced green shallots.*

**1** Arrange combined tomato and mint on a serving platter. Sprinkle with feta and drizzle with oil. Season with salt and pepper to serve.

**1** SmartPoints value per serve





Cooking class

# Christmas ham

Get a leg-up in the festive food stakes with this easy-to-follow guide to creating the family favourite



## Stout & mustard glazed ham

serves: 30 prep: 40 min cooking: 2 hrs



1½ cups (375ml) Guinness Extra Stout  
½ cup (140g) wholegrain mustard  
¼ cup (70g) Dijon mustard  
½ cup (125ml) maple syrup  
½ cup (175ml) golden syrup  
5kg cooked leg of ham, on the bone  
Whole cloves, to decorate

4 SmartPoints value per serve



# 1

Preheat oven to 170°C. Bring stout, mustards and syrups to the boil in a medium saucepan. Reduce heat and simmer, uncovered, for 15 minutes or until reduced by one-third.

# 2

Meanwhile, cut through rind of ham about 10cm from shank end of leg. To remove the rind, run your thumb around the edge, just under rind.

# 3

Start pulling rind from widest edge of ham. Continue to pull carefully away from fat, up to the cut at the shank end. Completely remove rind and reserve (see Cook's note).



# 4

Using a sharp knife, score fat lightly at about 3cm intervals, cutting just through the surface of fat. Score in the opposite direction to form a diamond pattern.

# 5

Push a clove into each diamond. Place ham on a wire rack in a large baking tray. Brush ham with glaze.

# 6

Bake ham, brushing occasionally with glaze, for 1 hour 45 minutes or until browned all over. Cover shank end with foil if it starts to overcook. Serve ham warm or cold.

**COOK'S NOTE** Keep the rind to cover leftover ham to keep the meat moist. Then put it in a ham bag and store in the fridge. Cut the meat from the bone and store separately in glass containers. Freeze for up to 1 month. Thaw in the fridge overnight.







# Celebrate *in style!*

Impress your guests with these exquisite creations that'll take centre stage at your Christmas party

## Crème caramel choux Christmas tree

serves: 8 (3 choux per serve) prep: 40 min cooking: 45 min + cooling



**60g reduced-fat oil spread**

**¾ cup (110g) caster sugar**

**½ cup (75g) plain flour**

**3 eggs**

**2 tbs raw pistachios, finely chopped**

**3 x 125g tubs low-fat crème caramel**

**1** Preheat oven to 220°C. Lightly spray 2 baking trays with oil.

**2** Place spread, 1 tablespoon sugar and ½ cup (125ml) water in a saucepan. Heat over medium-high heat and bring to the boil. Reduce heat to low. Stir in flour until smooth. Stir over low heat for 1 minute or until the mixture comes away from side of pan. Transfer to a bowl and set aside to stand for 5 minutes to cool slightly. Using electric beaters, beat in 2 eggs, 1 at a time, until the mixture is smooth and glossy.

**3** Spoon pastry into a piping bag with a 1cm plain nozzle. Pipe twenty-four 3cm balls onto the prepared trays. Lightly whisk remaining egg in a small bowl. Using a pastry brush, gently brush pastry with egg. Bake for 10 minutes. Reduce oven to 180°C and bake for a further 20 minutes or until golden. Cool on trays.

**4** Meanwhile, to make the pistachio praline, line a baking tray with baking

paper. Combine ¼ cup caster sugar and 1 tablespoon water in a saucepan over low heat. Cook, stirring, for 3 minutes or until sugar has dissolved. Increase heat to high and bring to the boil. Boil for 4-5 minutes or until golden. Remove from the heat. Stir in pistachio and drizzle over the prepared tray. Set aside praline to cool and harden. Break into shards.

**5** Remove caramel from the cream in the crème caramels. Cut a slit into each choux ball. Fill with cream. Place 6 choux on a serving plate to form a ring. Place 1 choux in the centre of the ring.

**6** Place remaining sugar in a saucepan with ¼ cup (60ml) water. Cook, stirring, for 3 minutes or until the sugar has dissolved. Increase heat to high and bring to the boil. Boil for 2-3 minutes or until toffee is light golden. Working quickly, spread a little toffee onto the base of each of the remaining choux before stacking on the choux ring on the serving plate to make a conical tree shape. Arrange shards of praline on tree to decorate. Drizzle over remaining toffee to serve.

## Healthy baking tips

**Invest in cookware** that has a non-stick finish to help you prepare foods with little or no added fat. Use cooking spray to coat your cookware if needed.

**When making desserts,** you can cut back on some of the added sugar that recipes call for by using plenty of fruits and making the most of spices such as vanilla, cinnamon and nutmeg. They work to enhance sweetness, without the need for too much sugar.

**To thicken up sauces** you could try light evaporated milk, corn flour or yoghurt instead of heavy cream.

9

SmartPoints value per serve





**BERRY BOMBE**  
*Recipe on page 42*



**XMAS BOMBE  
ALASKA**  
Recipe on page 42





## Xmas bombe alaska

**serves: 12 prep: 40 min + freezing  
cooking: 10 min**



**2½ cups (625ml) berry sorbet (see  
Cook's note)**

**2½ cups (625ml) low-fat no-added-  
sugar vanilla ice-cream**

**100g store-bought unfilled plain  
sponge cake (see Cook's note)**

**⅔ cup (150g) caster sugar**

**3 egg whites, at room temperature**

**Fresh raspberries, to decorate**

**20g flaked coconut, toasted**

**½ tsp icing sugar, for dusting**

**1** Remove sorbet from freezer. Line a 7cm-deep, 9cm x 25.5cm (base measurement) loaf tin with plastic wrap, extending 5cm over edge of tin. Spoon sorbet over base of prepared tin. Smooth top. Cover with foil and freeze for 3 hours or until firm.

**2** Remove ice-cream from freezer 10 minutes before needed. Spoon ice-cream over sorbet layer. Smooth top. Slice cake into 1.5cm thick slices. Arrange cake, trimming to fit, over ice-cream. Cover with foil and freeze for 5 hours or until firm.

**3.** Meanwhile, place sugar into a small saucepan and add ⅓ cup (80ml) water. Stir over low heat without boiling until sugar dissolves, then bring to the boil and cook without stirring for 5 minutes (it should reach hard ball stage with a sugar thermometer, otherwise drop a tiny amount into a cup of cold water. If it forms a firm lump it is ready).

**4** Meanwhile, place egg whites in the bowl of an electric stand mixer and mix to soft peaks, then with the mixer running carefully and slowly pour in hot syrup. Keep beating for a further 5 minutes to cool.

**5** Invert ice-cream loaf onto a serving plate. Discard plastic wrap. Spread the meringue over loaf to enclose completely. Use a blow torch to lightly colour the meringue. Decorate with berries and coconut and dust with icing sugar. Serve immediately.

**10** SmartPoints value per serve

## COOK'S NOTE

*You can use mango sorbet instead of berry and chocolate sponge instead of plain.*

## Berry bombe

**serves: 12 prep: 1 hr + freezing cooking: 5 min**



**1L low-fat no-added-sugar vanilla  
ice-cream, softened**

**2 cups (300g) frozen mixed berries**

**1 x 16cm (180g) round unfilled  
store-bought sponge cake**

**2 tbs reduced-sugar strawberry jam**

**4 egg whites**

**¾ cup (165g) caster sugar**

**1** Line a 16cm (base measurement) 1.5L (6-cup) capacity pudding basin or bowl with plastic wrap, allowing it to hang 5cm over the edge. Place ice-cream in a large bowl. Stir through berries. Spoon ice-cream into prepared basin, cover with foil and freeze for 3 hours or until firm.

**2** Line a baking tray with baking paper. Cut a 1cm-thick disc horizontally from top of sponge and reserve. Place base of cake on tray. Spread with jam.

**3** Invert ice-cream mixture onto the base of the cake. Using a small knife, trim cake to the exact size of ice-cream. Gently mould the reserved 1cm-thick sponge disc over the top of the ice-cream to cover. Freeze for 30 minutes or until firm.

**4** Preheat oven to 240°C. Using electric beaters, beat egg whites in a clean, dry bowl until soft peaks form. Gradually add sugar, 1 tablespoon at a time, beating well after each addition until sugar has dissolved. Remove bombe alaska from the freezer. Spread with meringue to enclose completely. Bake for 3-4 minutes or until golden. Lift onto a serving plate and serve immediately.

**9** SmartPoints value per serve



## Chocolate pavlova with berries

serves: 10 prep: 20 min cooking: 30 min, plus cooling



**5 egg whites**

**1 cup (220g) caster sugar**

**1 tsp vanilla extract**

**1 tbs cornflour**

**1 tbs cocoa powder**

**2 tsp white vinegar**

**1 cup (250ml) light thickened cream**

**4 x 62g tubs low-fat chocolate mousse**

**250g fresh strawberries, chopped**

**125g fresh raspberries**

**1 tsp icing sugar, for dusting**

**1** Preheat oven to 180°C. Line 3 baking trays with baking paper. Draw a 22cm circle on each sheet of paper.

**2** Using electric beaters, beat egg whites in a clean, dry bowl until soft peaks form. Gradually add caster sugar, 1 tablespoon at a time, beating well after each addition until sugar has dissolved (see Cook's note).

Gently fold in vanilla and cornflour. Place cocoa in a small bowl. Add vinegar and 2 teaspoons water and stir until smooth. Fold cocoa mixture into meringue mixture in 2 batches.

**3** Divide meringue mixture among prepared circles and spread evenly. Bake for 30-35 minutes or until crisp. Cool on trays.

**4** Meanwhile, gently whisk cream and chocolate mousse in a medium bowl until smooth.

**5** Place 1 meringue on a serving plate and spread with half the mousse mixture. Sprinkle with a third of the strawberries. Repeat with remaining meringues, mousse mixture and strawberries to make 3 layers, finishing with strawberries on top. Sprinkle with raspberries and serve dusted with icing sugar.

**10** SmartPoints value per serve

### COOK'S NOTE

*Use a clean, dry teaspoon to scoop out a little bit of meringue mixture and rub it between your fingers. If it feels grainy the sugar hasn't dissolved so beat it a bit more.*





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## Spiced cherry filo tart

serves: 12 prep: 40 min cooking: 30 min + cooling



**1kg frozen pitted cherries**  
**1 tbs lemon juice**  
**1 tsp mixed spice**  
**½ tsp ground ginger**  
**1 cup (220g) caster sugar**  
**2 tbs cornflour**  
**8 sheets fresh filo pastry**  
**3 egg whites, at room temperature**

**1** Preheat oven to 180°C. Line a 23cm x 33cm slice tin (base measurement) with baking paper, allowing the sides to overhang 3cm.

**2** Cut half of the cherries in half. Combine all cherries, juice, mixed spice, ginger and

¼ cup (55g) of sugar in a medium saucepan over medium heat. Cook, stirring, for 5 minutes or until cherries thaw and sugar dissolves. Blend cornflour and 1 tablespoon water in a small bowl. Stir cornflour mixture into cherry mixture and cook, stirring, for 5 minutes or until thickened. Allow to cool.

**3** Meanwhile, lightly spray 1 sheet of filo with oil. Top with another sheet of filo and lightly spray with oil. Continue layering with remaining filo and oil spray. Place pastry in prepared tin, folding in short ends to form a 4-sided tart case. Prick base all over with a fork. Bake for 10

minutes or until pastry is golden and crisp. Allow to cool. Spread cooled cherry mixture over cooled pastry. Increase oven to 220°C.

**4** Using electric beaters, beat egg whites in a clean, dry bowl until soft peaks form. Gradually add remaining sugar, beating until it dissolves.

**5** Spoon mixture into a piping bag fitted with a 1cm plain nozzle. Pipe small rounds over cherry filling. Bake for 4-5 minutes or until meringue turns light golden in colour. Cool completely. Serve.

**6** SmartPoints value per serve





# Four ways with trifle

Layer up a luscious mix of flavours with these fun and fresh takes on the traditional dessert

## Mango & raspberry trifle

serves: 10 prep: 15 min + chilling & overnight standing



**9g pkt lite raspberry jelly crystals**

**1½ cups (340g) frozen raspberries**

**500g low-fat cottage cheese**

**½ cup (80ml) reduced-fat milk**

**1 tbs caster sugar**

**1 tsp vanilla bean paste**

**3 mangoes, peeled, stone removed**

**8 large sponge finger biscuits, cut into chunks**

**125g fresh raspberries**

**Icing sugar, to dust**

**1** Stir jelly crystals and 1 cup (250ml) boiling water in a large jug. Add 1 cup (250ml) cold water. Place ½ cup frozen raspberries in a 2L (8-cup) capacity bowl. Add a quarter of the jelly mixture. Place

remaining frozen raspberries in a 15cm x 15cm dish and pour over remaining jelly mixture. Chill until set.

**2** Meanwhile, whisk cottage cheese, milk, sugar and vanilla paste until smooth. Reserve half a mango. Thickly slice remaining mango.

**3** Place half the sliced mango over the jelly layer and top with half the biscuit. Pour over half the cottage cheese mixture. Spoon over set jelly and layer with remaining mango, biscuit and cottage cheese mixture. Thinly slice reserved mango. Top with reserved mango and fresh raspberries. Cover and chill overnight. Dust with icing sugar.

**4** SmartPoints value per serve



## Red berry trifle

serves: 8 prep: 25 min cooking: 5 min



**18g lite berry jelly crystals**

**250g fresh strawberries, washed, hulled, quartered**

**250g fresh raspberries**

**250g cherries, pitted, halved**

**1 cup (240g) 99% fat-free plain yoghurt**

**1½ tbs caster sugar**

**2 tsp vanilla bean paste**

**8 x 28g jam rollettes, cut into 1cm-thick slices**

**125ml diet cranberry juice**

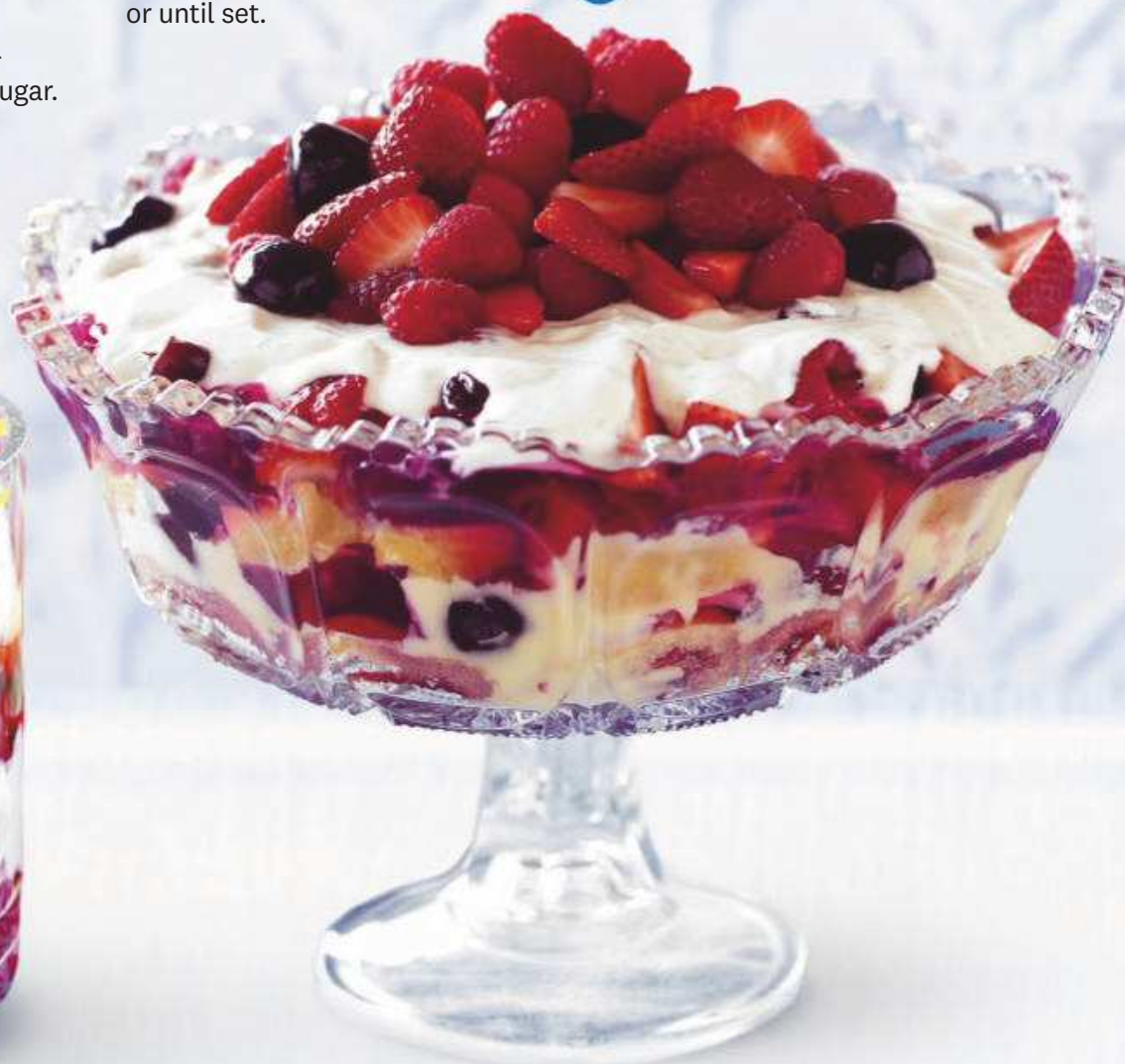
**1 cup (250ml) reduced-fat vanilla custard**

**1** Prepare jelly following packet instructions. Pour into a shallow container. Refrigerate for 1 hour or until set.

**2** Meanwhile, combine strawberries, raspberries and cherries in a medium bowl. Combine yoghurt, sugar and vanilla in a small bowl.

**3** Arrange half the rollette slices in the base of a 3L (12-cup) capacity serving bowl. Drizzle with half the cranberry juice. Top with half the jelly and a third of the combined berries. Pour over custard. Repeat layering with rollettes, juice, jelly and half the remaining berries. Top with yoghurt mixture and scatter with remaining berries. Refrigerate until required.

**7** SmartPoints value per serve





## Watermelon trifle

serves: 12 prep: 30 min cooking: 1 hr 10 min



**1 orange**  
**2 eggs**  
**½ cup (110g) caster sugar**  
**1½ cups (180g) almond meal**  
**1 tsp ground cinnamon**  
**½ tsp bicarbonate of soda**  
**2 tbs rosewater**  
**1kg seedless watermelon, rind removed, cut into 1cm-thick slices**  
**500g 99% fat-free plain yoghurt**  
**1 tsp honey**  
**10 unsalted pistachio nut kernels, finely chopped**  
**125g fresh raspberries**

**1** Place orange in a small saucepan and add enough cold water to cover. Bring to the boil and boil for 15 minutes. Drain and repeat. Drain orange, deseed and coarsely chop flesh and skin. Using a food processor, process orange until smooth.

**2** Preheat oven to 170°C. Lightly spray a deep 20cm

round (base measurement) cake tin with oil. Line base and side with baking paper.  
**3** Use electric beaters to beat eggs and sugar until pale and thick. Fold through orange, almond, cinnamon and bicarb soda until combined. Spread into tin and smooth the surface. Bake for 40 minutes or until a skewer inserted into the centre comes out clean. Set aside for 5 minutes before turning onto a wire rack to cool. Cut cake into 4 serves. Cut each serve horizontally into 3 pieces.

**4** Place 4 pieces of cake over the base of a 20cm round (2L) glass serving bowl. Drizzle with a third of the rosewater. Top with a third of the watermelon, arranging in a single layer and cutting pieces to fit. Spread with a third of the yoghurt. Repeat layers twice. Drizzle with honey and sprinkle with pistachio and raspberries.

**5** SmartPoints value per serve



## Peaches & 'cream' berry trifle

serves: 12 prep: 15 min + chilling cooking: 5 min + cooling



**4 cups (1L) diet cranberry juice**  
**2 tsp gelatine powder**  
**120g fresh raspberries**  
**125g strawberries, thinly sliced**  
**14 sponge finger biscuits**  
**1kg tub 99% fat-free plain yoghurt**  
**2 tbs caster sugar**  
**1 tsp vanilla bean paste**  
**2 ripe yellow peaches, stone removed, cut into wedges**  
**50g fresh raspberries, extra, to serve**

**1** Place cranberry juice in a medium saucepan. Sprinkle gelatine over juice. Stand for 5 minutes to soak. Place over low heat and cook, stirring, for 2 minutes or until gelatine dissolves. Set aside for 30 minutes to cool.

**2** Arrange raspberries and strawberries over the base of a 2L (8-cup) capacity serving dish. Pour over cranberry juice mixture and loosely cover with plastic wrap. Place in fridge for 4 hours to set.

**3** Using a small serrated knife, cut biscuits crossways into thirds. Arrange biscuit ends, cut-side down, around edge of serving dish. Arrange remaining biscuit pieces over jelly.

**4** Combine yoghurt, sugar and vanilla in a large bowl. Spoon yoghurt mixture over biscuits. Top with peach and extra raspberries. Place in fridge for 30 minutes to chill before serving.

**3** SmartPoints value per serve







Treat loved ones to some yummy Christmas food gifts. Easy to make, they offer a personal touch to your present giving



# delicious gifts

## White Christmas bliss balls

makes: 16 cooking: 15 min



**1 cup (150g) raw cashews**

**1 cup (75g) desiccated coconut**

**1 tbs maple syrup**

**¼ cup (10g) puffed rice**

**2 tbs dried cranberries, finely chopped**

**1½ tbs desiccated coconut, extra**

**1** Using a food processor, process cashews, coconut, maple syrup and 1 tablespoon water until mixture starts to form a ball.

**2** Transfer to a bowl. Add puffed rice and cranberries. Mix until well combined.

**3** Roll the mixture into 16 balls. Roll balls in extra coconut to coat. Chill until required. Bring to room temperature to serve.

### COOK'S NOTE

*For a chocolate twist, omit the cranberries and add 1 tablespoon of raw cacao powder with the cashews. The SmartPoints value remains the same.*

**4** SmartPoints value per serve



## Strawberry & chia jam

makes: 250ml serves: 10 (serving size 25ml)

prep: 10 min cooking: 5 min



**250g strawberries, hulled, halved**

**5 fresh dates, pitted, chopped**

**2 tbs black chia seeds**

**½ vanilla bean, split lengthways,  
seeds scraped**

**1** Using a food processor or mixer, process strawberries, dates and half the chia seeds until a puree forms.

**2** Transfer mixture to a saucepan with vanilla bean and seeds, 1 tablespoon water and remaining chia seeds. Cook over medium heat for 2 minutes or until mixture just comes to a simmer. Remove from heat.

**3** Pour into a sterilised 1 cup (250ml) jar and seal. Store in fridge for up to 4 days.

### COOK'S NOTE

*The lack of sugar means this jam doesn't have a long shelf-life, but it's better for you. Best made close to gifting day, it's yummy on wholegrain bread or swirled into yoghurt.*

**0** SmartPoints value per serve

## Gingerbread biscotti

makes: 24 prep: 30 min

cooking: 35 min + 30 min cooling



**¾ cup (75g) brown sugar**

**1 egg, at room temperature**

**1 cup (150g) plain flour**

**1 tsp ground ginger**

**1 tsp ground cinnamon**

**¼ tsp ground cloves**

**1 tsp finely grated lemon rind**

**½ cup (55g) raw almonds**

**1** Preheat oven to 180°C. Line a large baking tray with baking paper. Using electric beaters, beat sugar and egg in a large bowl for 3 minutes or until thick and creamy. Add flour, spices and lemon rind. Mix until combined. Stir in almonds. **2** Turn onto a lightly floured surface and shape into a 25cm log. Place on prepared tray. Bake for 25 minutes or until firm. Set aside for 30 minutes to cool. Reduce oven to 140°C.

**3** Once log is cool, use a serrated knife to cut into 1cm-thick slices. Return to prepared tray in a single layer. Bake for 10 minutes, turning biscotti halfway through. Set aside on tray to cool completely. Store in an airtight container or sealed bags for up to 2 weeks.

### COOK'S NOTE

*For a nut-free version, replace almonds with 40g chopped dark chocolate for the same SmartPoints value per biscotti.*

**2** SmartPoints value per serve





## Choc-toasted muesli

serves: 8 prep: 15 min cooking: 45 min + cooling



**2 cups (180g) whole rolled oats**  
**50g seed mix (sunflower kernels and pepitas)**

**2 tbs sesame seeds**

**2 tbs raw cacao powder**

**½ tsp ground cinnamon**

**½ cup (125ml) apple juice**

**⅓ cup (40g) pecans, halved lengthways**

**¼ cup (20g) shredded coconut**

**4 dried apricots, thinly sliced**

**1½ tbs raisins, cut in half**

**1** Preheat oven to 180°C. Combine oats, seed mix, sesame seeds, cacao powder and cinnamon in a large baking dish.

**2** Add juice. Mix until the dry ingredients are well coated. Bake for 25 minutes, stirring once halfway through. Add pecans and coconut. Mix until well combined. Bake for a further 20 minutes, stirring once halfway through, until golden. Cool on tray.

**3** Add apricot and raisins. Mix until well combined. Store in an airtight container.

**8** SmartPoints value per serve

## Sugar 'n' spice nut mix

serves: 16 prep: 20 min cooking: 30 min + 20 min



**1 egg white, at room temperature**

**2 tbs caster sugar**

**½ tsp ground cinnamon**

**¼ tsp ground ginger**

**½ cup (70g) macadamias**

**½ tsp ground cumin**

**Large pinch chilli powder**

**½ cup (70g) pistachio kernels**

**½ cup (75g) raw cashews**

**1 cup (40g) mini pretzels**

**1** Preheat oven to 160°C. Line a large baking tray with baking paper. Using electric beaters, beat egg white in a medium bowl until soft peaks form. Add sugar gradually, beating well between additions, until sugar is completely dissolved. Transfer half the mixture to a medium bowl.

**2** Stir cinnamon and ginger into one bowl until just combined. Add macadamias and mix until well coated. Stir cumin and chilli into remaining bowl. Add pistachio kernels and cashews. Stir until well coated. Place macadamia mixture on one side of prepared tray. Place pistachio and cashew mixture on other side.

**3** Bake for 30 minutes, stirring every 10 minutes to break up mixture. Set aside for 20 minutes to cool. Add pretzels and toss to combine. Store in airtight containers or sealed bags.

**4** SmartPoints value per serve





# Summer of celebrations

Savour the flavours of the festive season with delicious dishes made for sharing



People with food allergies or sensitivities should always check the ingredient information on products to ensure they meet their dietary needs.



**COOK'S NOTE**

If preferred, you can swap dukkah for Moroccan seasoning

**BBQ seafood platter**

serves: 8 prep: 30 min cooking: 15 min



- 350g skinless boneless firm white fish fillets**
- 350g skinless boneless salmon fillets**
- 1 lemon**
- 300g peeled green prawns, deveined, tails intact**
- 3 tsp dukkah**
- 350g calamari hoods**
- ½ tsp dried chilli flakes**
- ¼ cup finely chopped fresh flat-leaf parsley**
- 2 tbs finely chopped fresh dill**
- 2 tbs finely chopped fresh chives**
- 2 tbs light whole egg mayonnaise**
- 1 tbs lemon juice**
- 8 (320g) scallops on the half shell, roe attached**
- 1 garlic clove, crushed**
- 2 tsp olive oil**

**1** Cut both white fish and salmon into 24 cubes. Chop lemon into quarters lengthways, then thinly slice crossways. Thread white fish, salmon and lemon slices alternately onto 8 skewers. Place on a tray, cover and refrigerate until required.

**2** Spread prawns out on a plate. Lightly spray with oil, then sprinkle with dukkah. Toss to coat. Cover and refrigerate until required.

**3** Cut calamari hoods along one side and open out flat. Using a small sharp knife, score inside flesh, making cuts about 7mm apart, in a diagonal pattern. Cut calamari into pieces about 4cm x 7cm. Spread calamari on a plate. Pat dry with a paper towel. Lightly spray with oil and sprinkle with chilli. Cover and refrigerate until required.

**4** Combine herbs, mayonnaise and juice in a small bowl. Cover and refrigerate until required. Remove scallops from shells. Wash and dry shells. Combine scallops with garlic and oil in a small bowl.

**5** Preheat a barbecue or chargrill on medium-high heat. Season all seafood. Lightly spray skewers with oil and cook for 5-6 minutes, turning occasionally, until fish is lightly browned and cooked through. Cook prawns for 2-3 minutes, turning once during cooking, or until prawns turn pink and opaque and are cooked through. Cook calamari for 1 minute each side, scored-side down first. Cook scallops for 1 minute each side, then return to shells.

**6** Arrange seafood on a platter or individual plates and serve with herb sauce.

**2** SmartPoints value per serve



←  
**FROM OUR NEW COOKBOOK**  
With more than 50 delicious summer recipes to celebrate and share, spread the joy of food, festivities and wellness with loved ones. Available from December 6 at WW meetings, [ww.com](http://ww.com), leading supermarkets and Big W.





# Go for a dip

Find the perfect partner for your cracker, pita or vegie stick with our handy, go-to guide



## Your go-to options:

It's that time of year when entertaining friends and family is often on the cards —even at short notice. A great way to ensure you're always prepared? Stock your fridge with some yummy dips.

That way, when guests arrive, providing nibbles is as easy as opening a lid and chopping up some vegie sticks.

But with so many flavours available, it's not always clear which dips are the smarter ones to pick when you're at the supermarket.

Whether you're after something creamy, spicy or cheesy, we've done the research so you'll always have a few lower SmartPoints options available.

And don't forget, you can always use the barcode scanner in your WW app to quickly find out the SmartPoints value of a dip before you decide to buy. 📱



### Roasted beetroot dip

serves: 18 prep: 5 min cooking: 40 min



**750g beetroot**  
**¼ cup (60g) 99% fat-free plain yoghurt**  
**1 tsp chopped fresh thyme**

Bursting with flavour and a classic festive colour, this easy-to-make dip will become a family favourite this season. Best of all, it's a ZeroPoint recipe!

**1** Wash beetroots and chop in half. Roast in the oven at 180°C for 40 minutes or until cooked through.

**2** Allow to cool, then peel the beetroot. Blend until smooth, then add the yoghurt. Serve sprinkled with thyme.

**0** SmartPoints value per serve

Vegetable

Creamy

Spicy

Cheesy

Gluten & dairy free



Yumi's Baked Mediterranean Eggplant (1 tbs)

**1** SmartPoints value



Lisa's Pumpkin & Kumara with Roasted Cashews (1 tbs)

**1** SmartPoints value



Chris' Egyptian Beetroot (1 tbs)

**1** SmartPoints value



Black Swan Crafted Roasted Garlic Tzatziki (1 tbs)

**1** SmartPoints value



Wattle Valley Delish Avocado with Lime & Sea Salt (1 tbs)

**2** SmartPoints value



ZoOSH Light French Onion (1 tbs)

**2** SmartPoints value



Red Rock Deli Thai Chilli, Lemongrass, Coriander & Cashews (1 tbs)

**2** SmartPoints value



Obela Zesty Jalapeno Hommus (1 tbs)

**1** SmartPoints value



Coles Spicy Capsicum (1 tbs)

**2** SmartPoints value



Country Goodness Cheese & Onion (1 tbs)

**1** SmartPoints value



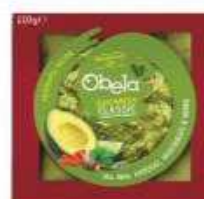
Black Swan Cheese & Chive (1 tbs)

**2** SmartPoints value



Philadelphia Chilli Philly Sweet Chilli Pourover (1 tbs)

**2** SmartPoints value



Obela Classic Guacamole (1 tbs)

**1** SmartPoints value



Yumi's Creamed Beetroot (1 tbs)

**2** SmartPoints value



Dari's Table Harissa Hummus (1 tbs)

**2** SmartPoints value



# SNACK ON "THE LITE SIDE"<sup>TM</sup>



LESS THAN  
**100**  
CALORIES  
PER 20G SERVE

Full range  
available in the  
Health Food Aisle of  
Coles and Woolworths

[vegechips.com](http://vegechips.com)





# Weeknight *winners*

Planning your healthy week ahead is deliciously simple with these quick dishes

**MONDAY**

**FIERY MEXICAN  
PRAWN SALAD**  
*Recipe on page 58*



## Fiery Mexican prawn salad

serves: 4 prep: 15 min cooking: 15 min



**2 corn cobs, husks and silk removed**  
**400g medium green prawns, peeled**  
leaving tails intact, deveined  
**1 tsp Mexican seasoning**  
**400g can black beans, rinsed, drained**  
**250g cherry tomatoes, halved**  
**75g baby spinach leaves**  
**1 long fresh red chilli, deseeded, sliced**  
**2 tbs chopped fresh coriander**  
**1 tbs olive oil**  
**2 tsp lime juice**  
**4 x 23g corn tortillas**  
**1 garlic clove, halved**  
**Fresh coriander sprigs, extra, to serve**  
**Lime wedges, to serve**

**1** Heat a chargrill or barbecue on medium-high heat. Lightly spray corn with oil and chargrill for 6-8 minutes, turning, or until lightly charred. Transfer to a chopping board.  
**2** Sprinkle prawns with seasoning and lightly spray with oil. Chargrill for 2 minutes each side or until cooked through.  
**3** Slice kernels from cobs. Place corn, prawns, black beans, tomato, spinach, chilli and coriander in a large bowl. Add oil and lime juice and toss to combine.  
**4** Heat a large non-stick frying pan over high heat. Cook tortillas for 1 minute each side. Rub warm tortillas with the cut side of the garlic clove and cut into wedges. Serve salad with extra coriander, tortillas and lime.

**SERVE WITH** diced avocado. Add 2 SmartPoints value for ¼ avocado per serve.

**3** SmartPoints value per serve



## Sweet potato & chickpea patties

serves: 4 prep: 10 min + cooling cooking: 25 min



**500g sweet potato (kumara),**  
coarsely chopped  
**1 tbs korma curry paste**  
**400g can chickpeas, rinsed, drained**  
**100g frozen green beans, thawed,**  
thinly sliced  
**2 green shallots, thinly sliced**  
**¼ cup finely chopped fresh coriander**  
**1 egg, lightly beaten**  
**⅓ cup (50g) plain flour**  
**1 tbs olive oil**  
**2 tbs shredded fresh mint leaves**  
**½ cup (140g) 99% fat-free plain yoghurt**  
**Lime wedges, to serve**

**1** Boil, steam or microwave potato until just tender. Drain. Place in a medium bowl and mash until smooth. Stir in curry paste. Cool for 5 minutes.  
**2** Place chickpeas in a small bowl and

roughly mash. Add chickpea, beans, shallot, coriander, egg and flour to potato and mix well. Season with salt and pepper.  
**3** Heat half the oil in a large non-stick frying pan over medium-high heat. Spoon 4 x ¼-cup measures of potato mixture into the pan and flatten to 1cm thickness. Cook for 2-3 minutes each side or until browned lightly and cooked through. Transfer to a plate and cover to keep warm. Repeat twice more with remaining oil and potato mixture to make 12 patties.  
**4** Combine mint and yoghurt in a small bowl. Season with salt and pepper. Serve patties with mint yoghurt and lime.

**SERVE WITH** a 0 SmartPoints value green salad.

**7** SmartPoints value per serve

People with food allergies or sensitivities should always check the ingredient information on products to ensure they meet their dietary needs.



## WEDNESDAY

### Chicken with walnut, sage & lemon

serves: 4 prep: 10 min cooking: 40 min



**500g baby (chat) potatoes**  
**2 tsp olive oil**  
**4 x 150g skinless chicken breast fillets**  
**2 tsp reduced-fat oil spread**  
**⅓ cup (35g) coarsely chopped walnuts**  
**2 garlic cloves, thinly sliced**  
**¼ cup fresh sage leaves**  
**1 long fresh red chilli, deseeded, thinly sliced**  
**2 tbs lemon juice**

**1** Preheat oven to 220°C. Place potatoes on a large baking tray and lightly spray with oil. Season with salt and pepper. Bake, turning once halfway through cooking, for 30-40 minutes or until golden and tender.  
**2** Meanwhile, heat oil in a large frying pan over medium-high heat. Cook chicken for 5-6 minutes each side or until cooked through. Transfer to a plate and cover with foil. Set aside for 5 minutes to rest.  
**3** Melt spread in the pan. Cook walnut, garlic, sage and chilli, stirring, for 5 minutes or until walnut is golden. Add lemon juice and stir until heated through. Place chicken on serving plates and spoon over walnut mixture. Serve with baked potatoes.

**SERVE WITH** 0 SmartPoints value steamed broccolini with a squeeze of lemon.

**5** SmartPoints value per serve



## Quinoa & asparagus tabouli with grilled lamb

serves: 4 prep: 15 min cooking: 15 min



**¾ cup (130g) quinoa, rinsed, drained**  
**500g lean lamb leg steaks, fat trimmed**  
**1 bunch asparagus, halved lengthways then crossways**  
**1 Lebanese cucumber, halved lengthways, deseeded, finely chopped**  
**200g grape tomatoes, quartered**  
**½ cup fresh flat-leaf parsley, chopped**  
**¼ cup fresh mint leaves, chopped**  
**1 tbs lemon juice**  
**1 tbs olive oil**  
**Fresh parsley sprigs, extra, to serve**  
**Lemon wedges, to serve**

**1** Place quinoa and 1½ cups (375ml) water in a medium saucepan. Bring to the boil. Reduce heat and simmer, covered, for 15 minutes or until the water is absorbed and the quinoa is tender. Set aside to cool.  
**2** Meanwhile, lightly spray a large non-stick

frying pan with oil and heat over medium-high heat. Cook lamb for 2-3 minutes each side or until cooked to your liking. Transfer to a plate, cover with foil and set aside for 3 minutes to rest before thickly slicing.

**3** While lamb is resting, steam asparagus over a saucepan of boiling water for 1-2 minutes, or until just tender. Drain.

**4** Place quinoa, asparagus, cucumber, tomato, parsley, mint, lemon juice and oil in a large bowl. Season with salt and pepper and gently toss to combine. Serve lamb with the tabouli, extra parsley and lemon wedges.

**SERVE WITH** wholemeal pita bread. Allow 3 SmartPoints value for ½ (34g) pita bread per serve (contains gluten).

**8** SmartPoints value per serve

THURSDAY





## Smoked salmon, lemon & snow pea sprout pizzas

serves: 4 prep: 10 min cooking: 15 min



- 1 tbs olive oil
- 1 garlic clove, crushed
- 1 tbs chopped fresh dill
- 2 x 75g wholemeal Lebanese breads
- 60g grated pizza cheese
- 1 tsp finely grated lemon rind
- 200g grape tomatoes, halved
- 150g sliced smoked salmon
- 20g snow pea sprouts
- Fresh dill sprigs, extra, to serve
- Lemon wedges, to serve

- 1 Preheat oven to 200°C. Combine oil, garlic and chopped dill in a small bowl.
- 2 Place the bread on 2 baking trays. Brush olive oil mixture over bread. Sprinkle with cheese. Top with lemon rind and tomato. Bake for 10-12 minutes or until bread is crisp and golden. Top with smoked salmon, snow pea sprouts and extra dill. Serve with lemon wedges.

**SERVE WITH** a 0 SmartPoints value salad of 100g baby spinach leaves, 1 Lebanese cucumber, thinly sliced, and 100g snow peas, thinly sliced. Drizzle with 2 tsp white balsamic vinegar.

7 SmartPoints value per serve

FRIDAY







# Perfect catch

You'll have the whole family hooked with this healthier version of a summer favourite

**S**ummer just isn't summer without some fresh seafood on your plate! These deliciously crispy fillets are perfect to serve up for an easy family meal or a breezy dinner with friends.

Marinated in a tasty mix of spices, then cooked in the Philips Airfryer using the minimum amount of oil required, this healthier take on the crumbed classic means you can enjoy a full-flavoured meal while sticking to your SmartPoints allowance.

## Marinated crumbed fish

**serves: 6 prep: 10 min + 30 min marinating cooking: 10 min**



**1kg cod fish fillet**  
**2 tsp ginger paste**  
**2 tsp garlic paste**  
**1 tsp ground cumin**  
**½ tsp chilli powder**  
**½ tsp ground turmeric**  
**1 tsp ground coriander**  
**1 tbs white wine vinegar**  
**¼ cup (70g) tomato puree**  
**1 cup (70g) panko breadcrumbs**

- 1** Cut cod fillet into 6 pieces and pat dry. In a bowl, combine ginger and garlic paste, cumin, chilli, a pinch of salt, turmeric, coriander, vinegar and tomato puree.
- 2** Place fish in the mixture and marinate for 30 minutes.
- 3** Lightly spray the Airfryer basket wire rack with oil. Roll the marinated fish in breadcrumbs and lightly spray with oil.
- 4** Place fish in the Airfryer with double-layer accessory and cook for 7 min at 180°C.

**1** SmartPoints value per serve



## COOKING COMPARISON

### TRADITIONAL METHOD

Using ½ cup of oil for frying, this recipe would be seven times the SmartPoints value per serve.

**7**  
SmartPoints value per serve

SmartPoints value per serve



### PHILIPS AIRFRYER METHOD

Using just oil spray and cooked in the Airfryer, this method brings the SmartPoints value down to 1.

**1**  
SmartPoints value per serve

SmartPoints value per serve

The WW nutrition team has calculated the reduction in SmartPoints for this crumbed fish recipe. Cooking with the Philips Airfryer means you can make over some of your favourite meals, with fewer SmartPoints. Using this no-fuss method makes family meals or entertaining friends simple and easy – plus there are no oily messes.

### A healthier way to fry

A unique hot-air circulation ensures food is quickly sealed, so that the moisture and flavour are retained.

### XXL for the whole family!

Taking the hassle out of cooking dishes for all the family, the new Philips Airfryer XXL has been developed to make home life easier. Its extra-large size means you can easily prepare a meal for the family – from a sumptuous whole chicken to 1.4kg of fresh fries in one go. Thanks to Philips Twin TurboStar technology, all food is exposed to this constant, circulating heat and is cooked through simultaneously. The result is evenly cooked food, even when food is piled up. In addition to the heated air flow, powerful direct heat from above quickly crisps the food for delicious, golden-brown results.



**PHILIPS**

Learn more at [philips.com.au/airfryer](http://philips.com.au/airfryer)

People with food allergies or sensitivities should always check the ingredient information on products to ensure they meet their dietary needs.



# Success

**INSIDE:** THIRTY & THRIVING  
+ “I’M RAISING NINE KIDS!” +  
“MY NEW HEALTHY LIFE”



*“My new husband  
Ramy is the  
person I’ve been  
waiting for my  
whole life.”*

## Christmas healed our family

Remembering the joy of the festive season helped Mindi Louis make peace with herself and her loved ones on her WW journey

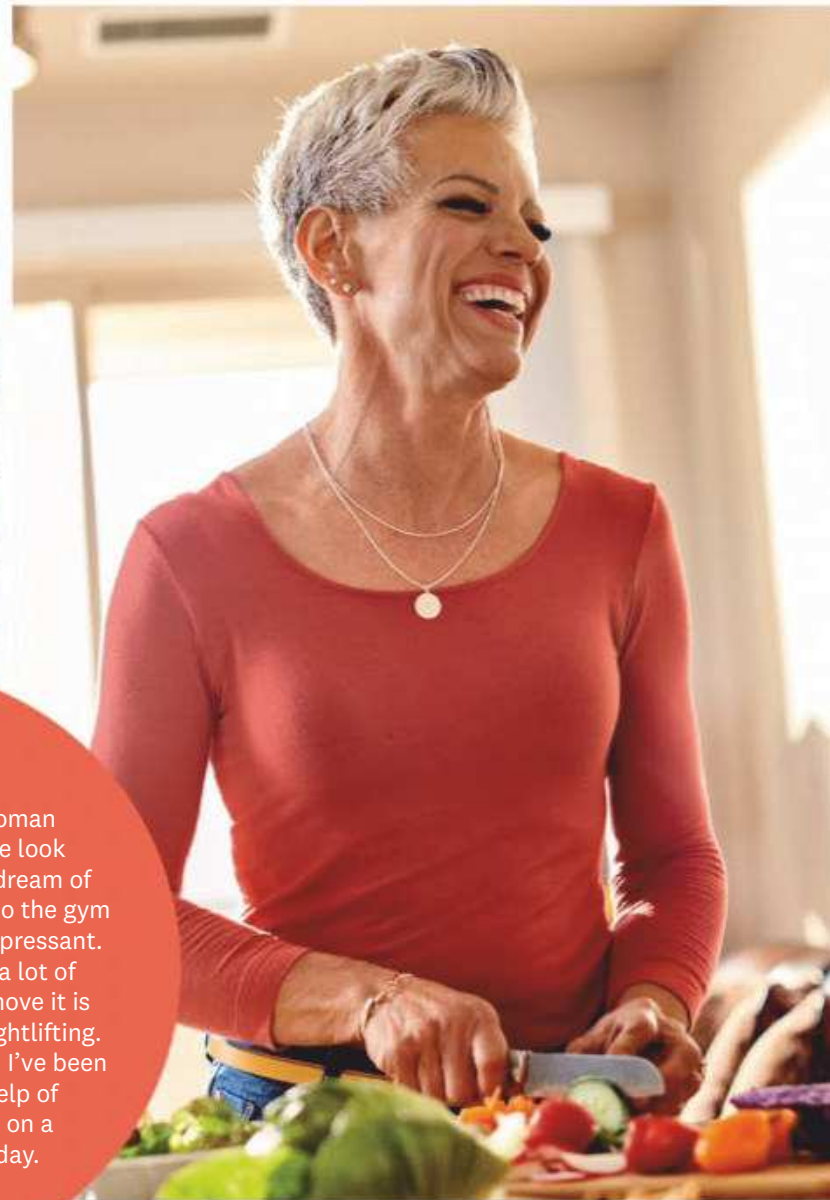
**Mindi Louis**  
**Age:** 49  
**Height:** 165cm  
**Lost:** 47.6kg



Then

Words Katerina Savvides





### Making muscle

As a girl I loved Wonder Woman and the Incredible Hulk—the look of muscle. It’s always been a dream of mine to be a body builder. I go to the gym six days a week—it’s my antidepressant.

After I lost weight, I noticed a lot of loose skin. The surgery to remove it is expensive, so I researched weightlifting. I found a program to follow and I’ve been building muscle with the help of a coach. My goal is to step on a body-building stage one day.

**B**y the time I joined WW, I’d been angry for years. For almost a decade, I was trapped in an abusive marriage, full of name-calling, interrogation and belittling. I had three young daughters, so I felt I had to figure out my financial situation before I could leave. I didn’t have my family’s support. I wasn’t close to my mother or my seven siblings; I had been estranged from a younger sister for years. But one day I just decided that I’d have to make it work, and left.

During the marriage I used food to escape my sadness, pain and anger. I’d make casseroles, cookies, cakes and brownies, and eat until I was stuffed. So shortly before my divorce, I decided to try to lose weight. Over the next seven years I cycled up and down on the scale.

In April 2016 I visited a doctor and asked him to put me on weight-loss pills. He suggested I join WW, but I insisted I wanted to try medication. He prescribed a month-long supply. When I returned after 30 days and saw that I had gained nearly 2kg, I was furious. That fury got me to walk through the doors of WW. I believed that I was heavy due to everything other people had done to me. But while anger got me to join, what I really wanted was to get through a day feeling happy.

After joining WW, I started seeing a therapist. At first I wanted her to help me “fix” my pain from my past. But through our sessions, I realised there were things I needed to change to be able to move forward. I couldn’t erase the past, but I could change my attitude. I call it the miracle of forgiveness—WW kickstarted a shift in my life and it helped me transform. I realised I didn’t need to hate my mum, my sister or even my ex. Once I started to learn how to love myself, my capacity to love and forgive others opened up.

It was important for me to express my feelings. My therapist recommended writing a letter to my mother. When I sat down to do it, my mind went blank. But then I thought about my wonderful childhood memories of our family during Christmas and I began to feel tenderness for her. It couldn’t have been easy raising eight children—I have just three, and that’s hard enough!

When my mother read the letter, she called me in tears and we said “I love you” to each other. For my sister’s birthday, I sent her flowers and that jump-started our reconciliation. Today I have no ill feelings toward anyone in my life. My relationships with my family are good. This is the first time that I’ve been in such a good emotional place.

For the past seven years I’ve been a beautician at a salon. It’s ironic that I’ve been in the business of making other women feel beautiful when I didn’t feel beautiful myself. So now that I’ve discovered self-love, I want others to feel what I’m feeling. Many of my clients have followed my journey and they’ve joined WW, too!

My transformation helped me become a better person and a better mother. Instead of telling my daughters about the inward changes I was making, I started being kinder and more loving. I stopped raising my voice and I became more patient. My children now look up to me as an example. It’s never too late to transform your life. 🌟

### Mindi’s wellness wins

#### I CAN LEAD OTHERS.

*My biggest fear used to be having all eyes on me. When I became a WW Wellness Coach, I was so terrified at the first Wellness Workshop I led. But that experience was empowering, thrilling and life changing!*

#### I CAN SMILE FOR THE CAMERA.

*I’m surprised how comfortable I am in my own skin. I have no problem posing for photos now.*

#### I CUT MY HAIR.

*I always hid behind my hair. The more weight I lost, the shorter my hair became. Now I rock my short hair without feeling self-conscious.*





# Thirty & thriving!

Approaching a milestone birthday, Fleur wanted to feel her best. And, not only did she do just that –she got a lovely life surprise, too!

**Fleur**  
Age: 30  
Lost: 30kg



Then



# D

etermined to make her health a priority, Fleur joined WW in 2014. Now, not only did she enter her thirties healthy and well, she's also never been happier!

## 2014: Discovering WW

"I've always been a bit overweight, but it never bothered me until I had health problems that required some very intensive medical treatment. Gaining even more weight from this meant that for a while I stopped looking after myself and stopped caring. I thought, 'Oh well, what will be will be!' Then, in 2014, when I'd reached 118kg, I realised I had to prioritise my health. I wasn't obsessed with losing weight—I just wanted to feel fit and well. I discovered WW thanks to a work friend who was a member. Initially, I had some reservations. I thought I'd be weighed in front of everyone and I wasn't sure I would like the group setting. But, when Morgane told me about her experience and how positive it was, I was curious enough to go with her and check it out. My first Wellness Workshop left me so motivated and energised, I threw myself into the WW program and adopting healthier habits. In the few months that followed, I lost almost 20kg.

## 2015: Time for a break

The following year, I had a bit of a hard time with a few personal problems, which added to my health worries. I stopped going to my Wellness Workshop and then I gradually stopped following the program. That break lasted 18 months and I worried I'd gone off track with my health goals. But when I returned to WW I found I'd only put on 4kg! This made me realise that WW had helped me to pick up healthier habits.

## 2016: Starting again

On my 29th birthday, I made the decision to commit to living a healthier life again. My goal was to be fit for my 30th! I decided to start the program again. I knew it worked so I didn't



"For me, it wasn't about losing weight, I just wanted to feel fit and well."

hesitate to join. The time was right for me—I'd managed to get some stability back into my personal life and all I needed to do was make healthier choices. I wanted to be in the best possible health for my 30th birthday—to lose weight, take up sports, stop smoking... the lot! I set myself some pretty big goals and, I have to admit, at times I had my doubts about reaching them. But it worked! I even managed to stop smoking!


## 2017: Maintaining my new lifestyle

In May 2017, I reached my target weight of 75kg. I lost 44kg between 2014 and 2017—about 18kg the first time and nearly 30kg the second time I followed the program. But WW has always been so much more than the number on the scales for me. It gave me the health benefits I'd been looking for—my pain disappeared, especially in my back, and I have more energy now.

## 2018: I'm going to be a mum!

After doing this WW photoshoot, I found out I was pregnant! I know that my body will change—that's only natural—but I'm not worried about it because I know I've changed my lifestyle for the better. After the baby's born, I'll go back to WW to lose any extra weight I might put on. I have so much fun with the friends I've made in my Wellness Workshop, so it'll be great to see them again.

## 2019: Future Wellness Coach?

I'd tell anyone who's thinking of signing up to WW to go for it! I've already recommended the program to two people. It really works—I'm living proof! I believe in this program so much I want to become a WW Wellness Coach. I can't say it often enough: WW is an amazing experience. This adventure has brought me real personal fulfilment." 

## Fleur's tips

# 1

### Find your tribe

Start by going along to a WW Wellness Workshop to find out more. Give it a try—it's a great adventure and it works.

# 2

### Learn from each other

Being active in the WW community and sharing your experience helps a lot. There's lots of support in the community and you can pick up heaps of cooking tips at the Wellness Workshops or by chatting to other members. That's been one of the keys to my success.

# 3

### Try new things

My new favourite recipe is the Crustless quiche. It's really easy, so delicious and perfect at home, for the family, with a drink or to take to work. And you can vary it by adding vegies. It's a brilliant little recipe!



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# ‘I’m raising *nine kids!*’

Heather Wallace and her husband Aaron *really* have their hands full—but that doesn’t stop them adopting healthier habits and living their life to the fullest

**H**eather joined WW in 2006 in order to become healthier in preparation for getting pregnant. But after a series of ectopic pregnancies, she and her husband Aaron decided to help kids who needed a home, and now they’ve got a brood of five adopted kids (pictured right) and four foster children, ranging in age from 18 months to 9 years. Their youngest and most recent foster child joined the family about a year and a half ago.

“Every day is busy,” Heather says. “I’m happy—I love it. I love taking care of the children and helping them with their challenges.” To manage her household brimming with kids, she stays organized, adhering to a tight schedule. By the end of the day she’s bone tired—and that’s when she’s most prone to making less-than-healthy decisions. But with these go-to strategies, Heather’s learnt to be flexible and make healthier choices.

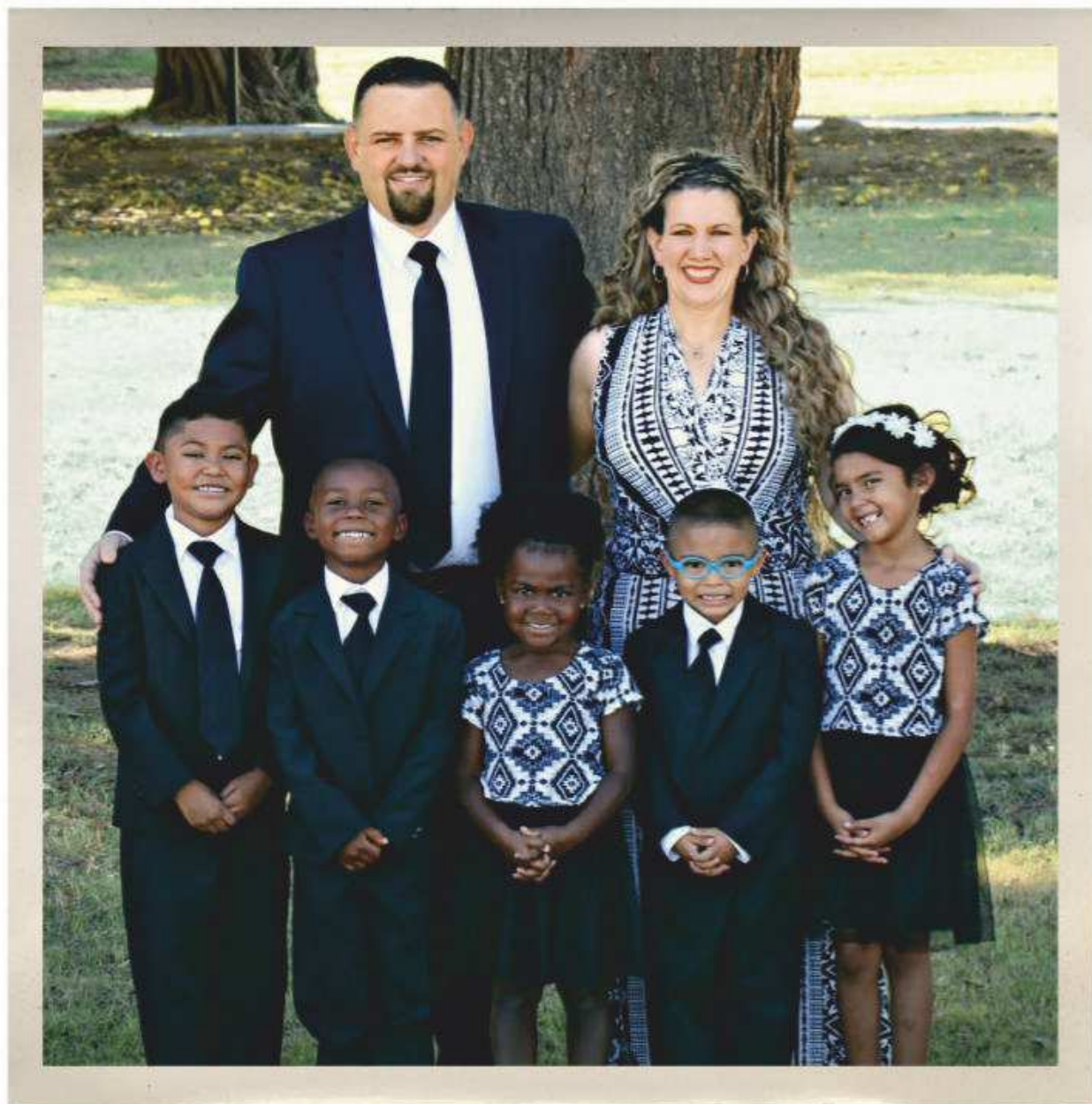
## Divide and conquer —a week at a time

Heather makes two streamlined weekly meal calendars—one for herself and Aaron, and one for all the kids. She mines healthy, easy recipes from a variety of sources, including WW magazine and Connect. “I teach my kids what a healthy meal looks like, even if they’re not eating what I’m eating,” Heather says.

## Get active early—and often!

Heather wakes up at 5am (an hour before everyone else) to exercise by herself. Six days a week she pulls up a YouTube video of Leslie Sansone’s *Walk at Home* series. “I get in about 3km in 30 minutes,” Heather says. “I’m sweating by the time I’m done.”

That lets her get in a good baseline. The rest of the day she’s up and down stairs chasing the kids and doing laundry. Usually her fitness tracker shows at least 12,000 steps by bedtime. “Some days it feels like 50,000 steps,” she says with a laugh.



## Have emergency go-tos

There are times when standing at the stove to cook up the family meals is just not possible. Like earlier this year, when everyone came down with the flu followed by strep throat. On days like that, Heather turns to a quick assembly meal that everyone loves.

## Schedule downtime—for special occasions and every day

A few times a year, Heather and Aaron get away for a long weekend while her mother or sister looks after the children. They enjoy precious naps and one-on-one conversations that are not of the “What time did

## “Every day is busy. I’m happy—I love it”

the baby eat?” variety. At home, Heather and Aaron regularly catch up before bed—right when she’s most tempted to hit the sweets. Instead of eating chocolate, she crochets: “It gives me something to do with my hands.”

## Find what fulfills you

A long-time singer, Heather gets a lot of strength from singing. “My kids love to sing, too, and sometimes at home, when the stress is too much, I play a song. Everyone will just dance and get it all out.” ❁





**WW CONNECT**

*“Connect is a daily motivation. Our journeys bind us together; I’ve built a tribe of people. We can talk about what we’re eating, how we’re moving and how we’re feeling about our week.”*

**WATERSIDE LIFESTYLE**

*“We moved to the marina for the beautiful weather and lifestyle. Everyone is so active and friendly. Once I learned to eat better, I started living my best life.”*



# ‘My new healthy life’

After a tough few years, Maria Hann has found her happy place—a home by the sea, newfound confidence and a love for food and an active lifestyle



**FAMILY**

*“My kids were supportive of our downsizing. They told me, ‘We’re good. It’s your time now.’ I needed that approval from them. Of course they’re a little jealous, but they’re here as often as they can be.”*

**A**s a stay-at-home mum for almost 30 years, Maria Hann made her life revolve around her three kids. After they matured and moved out, she felt lost. In 2015, she and her husband Jody decided to downsize from their five-bedroom house and moved to an apartment in California’s Marina del Rey. They wanted to spend more time taking care of themselves and they hoped to adopt a more active lifestyle. Maria found she had been eating out of boredom or stress, and when her mother died in 2016, she fell into a depression and put on weight. About six months later, a friend who was on WW showed her the app. She thought it was marvellous, so she joined, too. Now, after losing 15kg, Maria is enjoying an active life at the marina and feeling happy and healthy again.







**CONFIDENCE**

*“I never thought I’d be this confident—I’ve always been shy. But recently I did a few background actress gigs, and I just got hired as a WW receptionist!”*

**COOKING**

*“I learned Filipino cooking from my mum, who was an amazing cook. But many foods are cooked in oil, like Filipino egg rolls. I created a lighter version using the airfryer. I also enjoy making my mum’s Filipino barbecue chicken made with soy sauce, rice wine vinegar, brown sugar and garlic.”*

**MUSIC**

*“We’ve travelled to Hawaii four times. Through those trips, I’ve fallen in love with the beautiful sound of the ukulele. Now I have learnt how to play.”*

**BIKE RIDING**

*“When my kids were younger, they’d ride their bikes while I walked behind. Fast-forward to today and my kids got me a bike for Mother’s Day this year. I love to ride to the beach.”*



**RECONNECTION**

*“Since moving to the marina, Jody and I have reconnected. We go to the gym together every day and we go on little adventures over the weekend. We make decisions with just the two of us in mind.”*



**DRAWING**

*“I’ve been drawing since I was young. I stopped when I had kids, and I picked it up again last year. I recently began urban sketching—you go outside and sketch what you see.”*

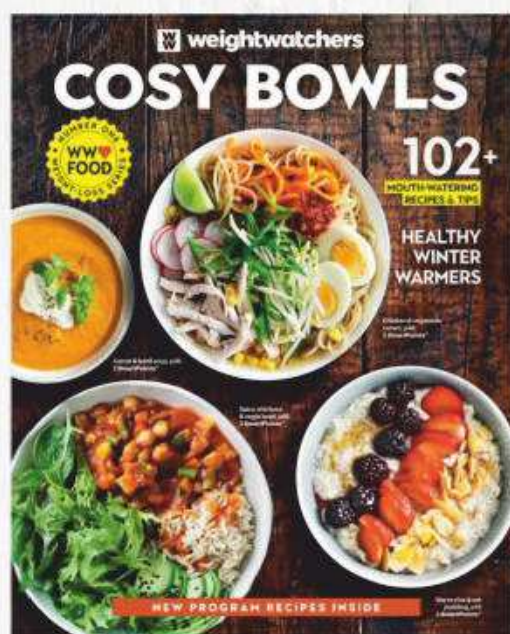




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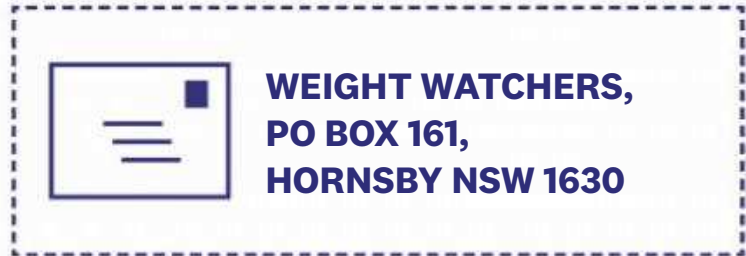
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# Health

**INSIDE:** ASK THE EXPERT +  
HOW TO PICK YOURSELF UP  
WHEN YOU FEEL RUN DOWN



## Healthy habits for your family

Find out why doing it together is such a smart move —and how to get it right



**T**hey say the family that plays together stays together, and research shows it's true, with a 2016 US study finding that families who regularly head outdoors to do something active function more cohesively as a unit in day-to-day life.

Plus, creating healthy habits as a family, rather than doing it on your own, pays off for everyone's personal well-being, too.

For the person driving the change, a study published in *JAMA Internal*

*Medicine* confirms a new healthy habit is more likely to stick when your loved ones sign up to take the ride alongside you. And research continues to prove how the well-being of partners and children of people determined to grow their health improves when they're encouraged to join in, too.

So, why not start your new year off with these scientifically-backed wellness habits for your whole family to enjoy?



## Food

**Give everyone a pre-meal job.** *Eating together as a family is associated with some serious health benefits, like improved mental health.*

*But it also pays to get everyone involved before you sit down to eat, too. According to a University of Illinois study, assigning roles such as setting the table encourages what researchers call a positive mealtime climate, which adds up to making healthier food choices, particularly for children.*



**Introduce a tech basket.** *And encourage your family to store their phones and tablets there whenever they're eating at home. Eventually, eating tech free in any location will become a habit. That's important because, apart from being a conversation stopper when you're dining with others, using a screen while you eat also disrupts your 'food memory'. The result? You could wind up consuming as much as 25 per cent more food than you need to satisfy your hunger.*



**Grow your own.** *Research shows a clear link between growing your own fresh produce and eating more vegetables—for both parents and kids. And when you consider that 93 per cent of Australian adults and 95 per cent of children aren't eating their 'five a day', doing what you can to beat those odds makes sense.*

## Move

■ **Establish a family activity routine.** It might be making a commitment to go for a walk together after dinner, or declaring Sundays as 'games day'. Research shows that parents who are active *alongside* their kids are 35 per cent more likely to say their children do enough activity. A US study also discovered that children who are given the opportunity to repeatedly engage in family routines are more likely to have better emotional health.

■ **Make sharing some 'exercise love' a ritual.** You know the feeling you get when you've done a physical activity that you genuinely enjoy? Time to label it, share it with your family and encourage them to do the same. Research confirms that learning to identify and acknowledge those feelings

(which are technically called intrinsic rewards) helps motivate adults to keep moving. Plus, children of parents who publicly express those kinds of exercise-related experiences wind up doing more physical activity themselves.

■ **Create some chore challenges.** A study published last year in *The Lancet* confirmed that housework qualifies as a type of physical activity that delivers health benefits, so encourage your kids to get involved by turning it into a game. You could create a shopping bag relay to unload the groceries; a washing windows or tidying speed game; a clutter-clearing treasure hunt; a chore lucky dip; or put on some music and play statues while you clean by hitting pause on the tunes at regular intervals.





# Mindset

■ **Choose a good cause.** One that the whole family can be passionate about and that you can do some volunteer work for—together. Why? A study published in *Frontiers in Behavioral Neuroscience* proved the link between volunteering regularly and better mental resilience—a mindset that can help protect against depression and burnout as well as improve your family's ability to manage their own health.

■ **Stage a weekly 'can I help you?' session.** As well as being a great way to encourage your family to share and check in with each other, a University of California study shows that seeking and grabbing

opportunities to help and support others develops a person's sense of self-compassion. That's a quality that can lower stress levels, increase happiness and improve body image.

■ **Turn saying thanks into a family tradition.** Even for those little things that you might take for granted—like when someone takes the rubbish out, cooks you a meal or gets the washing off the line. As long as the 'thank you's' are said in a meaningful, conscientious way, rather than on autopilot, your family will grow their gratitude quota—an emotion that's seriously good for you.

## 5 ways to make a new habit stick

1

MAKE IT SIMPLE

*Instead of trying to develop a whole lot of new healthy family habits at once, introduce just one or two at a time to avoid 'habit formation overload'.*

2

HOLD A HABIT VOTE

*If you want your loved ones to be 100 per cent onboard, get them invested upfront by giving them the chance to choose which new habits you're going to work on.*

3

BE SPECIFIC

*Research proves that successful habit building relies on being specific about the behaviours you want to encourage. So less 'let's do more stuff together' and more 'let's go bush walking together twice a month.'*

4

FIND A HABIT TRIGGER

*Linking a new habit with a trigger—an action you already do regularly—can help it take hold. Before eating dinner (trigger) you could ask your family what they're thankful for (new habit).*

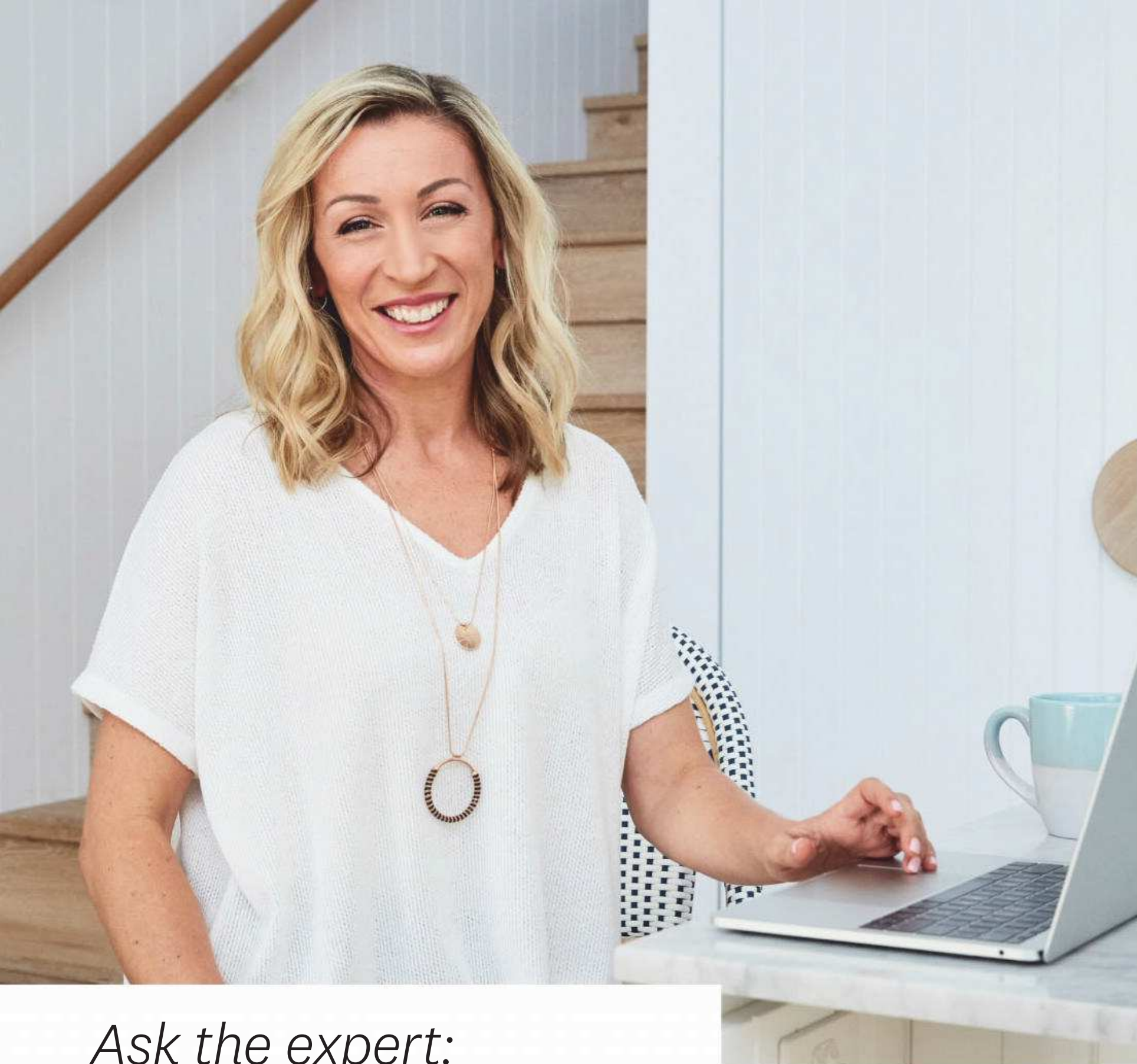
5

BE PATIENT

*The end goal is for your new family habit to become second nature—but that takes time. Stick with it and you'll get there!*







*Ask the expert:*

# THE TRUTH ABOUT BLOATING

Director of Program & Science at WW, **Dr Michelle Celandor**, shares her expert advice on what bloating is, how to beat it, and how to tell when there might be a more serious reason behind your inflated tummy

At this time of year it's not uncommon for us to be juggling back-to-back events and eating out more frequently, so it's no surprise that some of us may feel bloated occasionally. In fact, up to 30 per cent of people experience bloating at some point. And if you do, how can you tackle it?



## What is bloating?

“Bloating is the swelling of the bowels due to excess gas. This gas, known as butyric acid, is produced by bugs in the intestines consuming carbohydrates found in things such as vegetables, fruit, legumes and grains.”

## Is bloating bad?

“In the majority of us, bloating is actually very normal and a sign that things are working well. In fact, butyric acid has been shown to be a potential cancer preventive. In somebody who has challenges with their gut, such as inflammatory bowel syndrome (IBS), the severity of bloating can be elevated, and that’s when it can become problematic.”

## What causes bloating?

“The causes of bloating are very individual. A common cause are foods that contain FODMAPs (fermentable oligosaccharides, disaccharides, monosaccharides and polyols) in high quantities. These are known to increase the amount of gas in the body, causing bloating. FODMAPs are found in foods such as fruits and vegetables, dairy, protein, breads, cereals, nuts and seeds.

There’s a common misconception that eating too much fibre can lead to bloating when actually it’s the opposite. Not having enough fibre in your diet can trigger bloating, so ensure you eat enough fibre to help the digestive system move well. The recommended daily amount of fibre that adults should aim to consume is approximately 25-30g.

IBS can be another cause of bloating. In someone who has IBS, the build-up of gas can cause irritation to the muscles in the bowel. Some food intolerances, such as lactose intolerance, may affect the gut, while a lack of movement throughout the day can also trigger bloating in some people.”

**In many of us, bloating is a sign that things are working well**



## What can I do to ease bloating?

“In this instance, prevention is better than cure. Unfortunately there’s not much you can do to ease bloating once it happens, so you’re better off trying to avoid it happening in the first place. Usually an episode of bloating only lasts around one to two hours, so do your best to ride it out.”

## How can I prevent bloating?

“There are a number of things you can do to tackle bloating. The most crucial thing is to have a healthy, balanced diet, and drink plenty of water throughout the day.

Ensure you’re getting the right balance of soluble and insoluble fibres. Soluble fibres are found in fruits, vegetables and legumes, and insoluble fibres are found in nuts, wholewheat and wholegrains. Aim to have five serves of vegetables, two serves of fruits and three to four serves of grains a day. One serving of grains could be a piece of toast or half a cup of cooked brown rice.

It’s important to try to meet the daily recommendation of 30 minutes a day of physical activity, but any amount of walking or standing is going to be better than sitting. We know the gut responds well to any kind of movement. So even if you are standing rather than sitting, that could have a positive benefit for your gut. See p104 for some simple stretches to aid digestion.

Also, it’s good to learn what your personal sensitivities are and what your trigger foods may be. Taking the time to learn which foods are likely to cause uncomfortable bloating for you, and then the quantity of those that you can tolerate, is the best way to prevent it.”

## How can I tell if it’s bloating or I’ve just overeaten?

“It’s sometimes easy to mistake feeling overly full with bloating, but the two are very different things. Your stomach is just underneath your ribcage, so if it’s

a feeling of fullness, it’s likely to be higher up in your body. Your stomach’s going to be distended because it can only hold a small amount of food.

Bloating is a little lower, as the gas is going to come from the large intestine which is lower down in the gut.”

## How can I avoid bloating during Christmas?

“Be mindful of overeating and keep yourself in check. You can still enjoy the festive season by making smart choices with food. If you’re dining out and eating rich foods, choose meals that include ZeroPoint foods for breakfast and lunch, so that you’re getting those soluble fibres and insoluble fibres.

Ensure you’re well hydrated and moving during the day to counter the effects of eating larger meals.”

*When it’s more than just bloating...*



*A person with a healthy gut could reasonably be bloated many days of the week—so how can you tell when there’s a more serious issue at hand? Often more serious bloating has other symptoms associated with it that can include pain, vomiting or loose stools. With a condition such as IBS, for example, Dr Celandier says bloating can often last longer than an hour or two, and there is other discomfort associated with it, such as a headache or nausea. IBS symptoms can also be unrelated to foods and can be a little more constant throughout the day. If you’re concerned, it’s advisable to speak to a health professional to seek further assistance about how to manage your condition.*





# How to *pick yourself up* when you feel run-down

With all the extra socialising the festive season can bring, ‘summer sniffles’ and feeling run-down are common complaints. Put the pep back in your step with these easy rules to live by

**The end of the year is a time for celebrations, holidays and family. Our evenings are spent socialising more than usual, our days are filled with present-buying and plans for family get-togethers. And, as much as we love it, all that running around and back-to-back fun can leave us feeling run-down. “The end of year is often a busy time—we go out more and therefore have less downtime, sleep less, and we often haven’t had a holiday for many months,” explains psychologist Gemma Cribb. “This may lead to increased stress and also less resilience to the day-to-day challenges that arise.” Here are simple, easy ways to boost your immunity and feel your best all season long.**

## **Make friends with sleep**

During the busy December period, sleep can sometimes become elusive and short-lived. However, research suggests that sleep is essential for rejuvenating body tissues and cells, and boosting cognitive ability. A lack of it can affect our bodies in a number of ways.

“Sleep is the time when our bodies find balance and recover from all the stresses of the day,” explains medical doctor and professor of health science at RMIT, Professor Marc Cohen. “If we don’t sleep and our bodies don’t get time to recover, everything may start to fall apart. You’re more likely to be sick, lack alertness and be unable to cope with other stresses.”

But when you’re knee-deep in end-of-year parties and family catch-ups, getting a full night’s sleep can seem impossible. Prof Cohen suggests there are, however, a few ways to help you feel more rested:

**Take nanna naps.** If your body just feels really tired, don’t fight it. Make time, find a quiet place and have a little nap for 20 minutes to help your body rejuvenate.

**Have a pre-sleep routine.** Help your body relax before you go to bed, even if it’s late. A hot bath can help. As can turning off the TV a little earlier, breathing exercises and making sure your bedroom isn’t too hot.

**Stay hydrated.** Even though you may feel like drinking a few strong coffees, caffeine can disrupt your sleep and can dehydrate you in the process. Instead, stick to little or no caffeine and drink water or caffeine-free teas throughout the day so you are properly hydrated in time for when your head finally hits the pillow.





## Good enough will do

The various pressures of the Christmas and New Year period can impact our mental health as well. A 2016 survey by Relationships Australia found that Christmas is seen as one of the six most stressful life events, after moving house, divorce and changing jobs. Around one-third of survey respondents indicated that their family relationships were negatively affected at Christmas due to work-life balance factors.

Part of these results, according to Cribb, is the increase in pressure we put on ourselves to make Christmas go smoothly. “A lot of people feel the pressure leading up to December 25 to make everything perfect, which can be an unachievable goal,” she explains. “It’s also a time of the year when families come together and this can be both enjoyable and stressful.”

Beyond Blue (which helps Australians suffering from depression and anxiety) actually experiences record numbers of callers and visitors to its online forums in December, seeking support for family stresses as well as those suffering from loneliness.

Yet, interestingly, a 2011 study determined that, even though mental health professionals find that the moods

of individuals may ‘worsen’ at this time, there is actually a decrease in psychiatric services in December, then a rebound surge in January. This may suggest we put our mental well-being on the backburner in the lead-up to Christmas.

In order to care for your mental health during December, Cribb has some suggestions:

**Prioritise yourself.** A lot of Australians—women in particular—spend the holiday season looking after others. Instead, try to schedule mini breaks throughout the day, such as 15 minutes of breathing exercises, a walk around the park or reading a book.

**Reassess your expectations.** Whether it’s external expectations or the pressure we put on ourselves, trying to live up to them can be impossible. Changing how you spend Christmas, who you spend it with or how you view it can help alleviate the stress.

**Say ‘no’ more often.** The end of the year can be stressful as friends and family want to catch up. Assess every invitation carefully. Do you actually want to say yes? Could this catch-up wait until January?

## Listen to your gut

Every year, December tends to be full of party finger food, increased meals out and snacks on the run. Although it can be easy to under-eat (stress may act as an appetite suppressant) during the party season, it can also be hard to keep track of how much you consume, too.

Dr Cris Beer, integrative medical doctor and gut specialist, says that’s why it’s important to look after our gut health during this time of year. “We now realise that gut health is intrinsically linked to overall well-being and health in general,” explains Dr Beer. “So if you have poor gut health you’ll often feel really quite unwell, tired, fatigued [and may have] joint aches.”

She says that high levels of stress, like those experienced at the end of the year, can wreak havoc on our gut health.

Studies show that bouts of ‘stress eating’ (using food to make yourself feel better) can actually make us crave more unhealthy food, and night-time snacking may lead to poor sleep quality and again an increase in a perceived need for junk food.

To keep your tummy on track through the Christmas period, small actions can help:

**Feed the good bacteria.** Reduce the amount of processed food you’re eating, and increase your fruit and vegetable intake.

**Eat before the party.** Eating before a social engagement so you’re not hungry when you’re there can make it easier for you to manage your portion sizes and make smarter choices.

**Take your time to eat.** Sitting down at the dinner table encourages us to slow down and be more present when we eat. This also gives you the time to recognise when you are satisfied, which may reduce the likelihood of overeating.

**Keep moving.** Help your body improve digestion with regular exercise. A walk outdoors can give you a hit of vitamin D, which can boost your immune system. 🌿





# THE NEW FACE OF COACHING COULD BE *you*

**PINKI**  
Wellness Coach

Today, WW is about much more than weight loss. Our Wellness Coaches come from all walks of life. Like Pinki. She's a busy mum and a natural motivator who's now having the time of her life giving back and inspiring a lifetime of healthy habits in others.

TURN YOUR CAREER INTO A LIFE-CHANGING JOURNEY FOR OUR WW MEMBERS AND FOR YOU.  
BECOME A WELLNESS COACH AT WW.

 [search WW careers](#)





# Inspiration

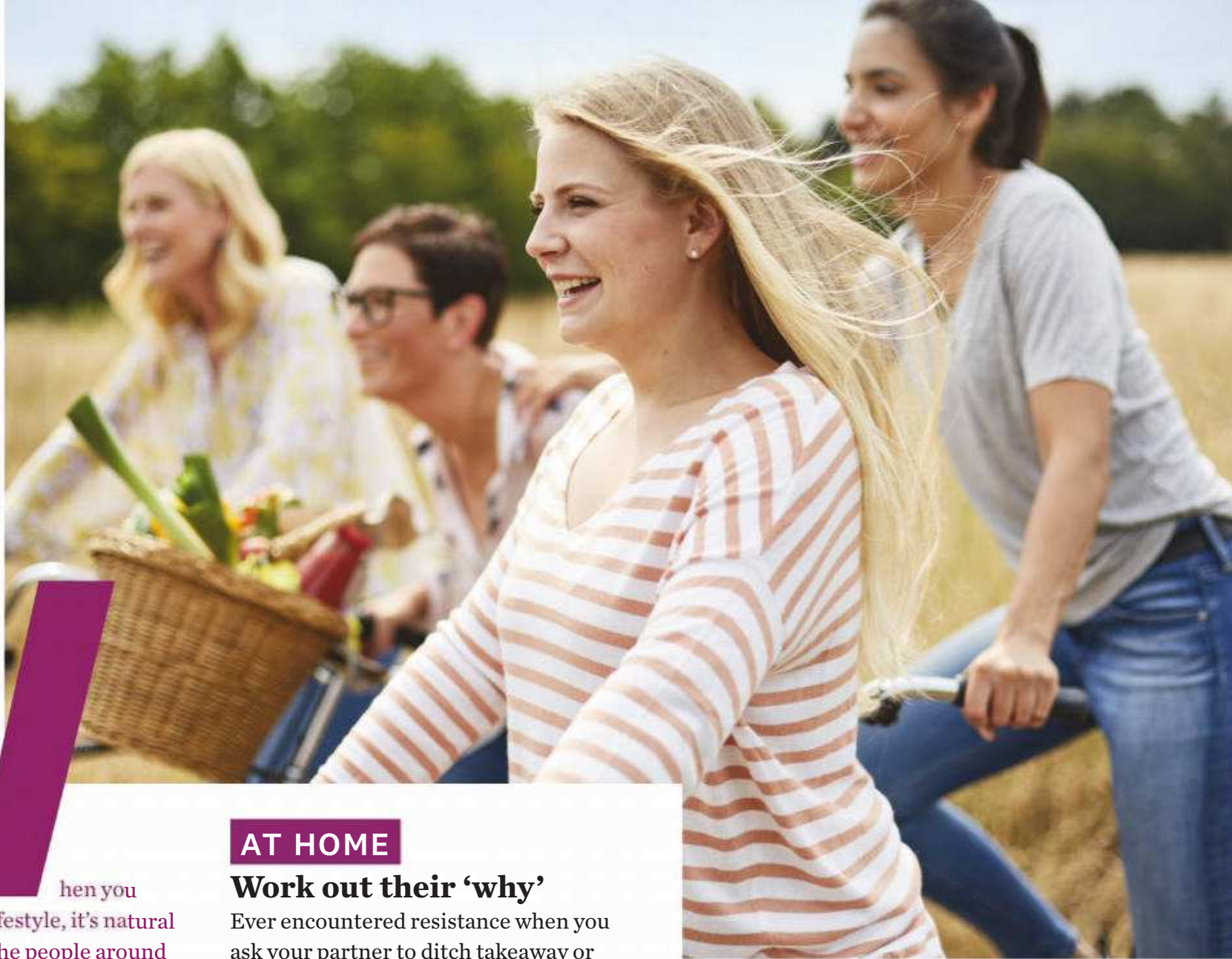
**INSIDE:** WHY YOU SHOULD CELEBRATE EVERYTHING + WW MEMBERS SHARE THEIR TIPS FOR SUCCESS



## Start a wellness movement

You're on a health journey, but you don't have to go it alone. Here's how to spread your zest for wellness to your family, friends and colleagues





**W**hen you embark on a healthy lifestyle, it's natural to want to encourage the people around you to join in. You know how good it makes you feel, so you want them to benefit, too. Plus, by inspiring people in our social sphere to adopt healthy habits, we create an 'ecosystem' that reinforces our own positive behaviours, keeping us on track.

The key to being a health influencer? Taking an empathetic, non-judgemental approach. "Most people know what they need to do, so it's about finding the encouragement and inspiration to do it, which might be through making suggestions for healthy activities you can do together, or simply offering your support," says Felicity Curtain, accredited practising dietitian and spokesperson for the Dietitians Association of Australia.

As a WW member, you'll find an abundance of healthy lifestyle tactics you can share with family, friends and colleagues—even in the midst of silly season! Here's how to start your very own wellness movement at home, at work, and with friends.

## AT HOME

### Work out their 'why'

Ever encountered resistance when you ask your partner to ditch takeaway or nag the kids to exercise? "What inspires you to be healthier may not inspire someone else, so it's about finding out what the triggers for that person are," says Associate Professor Barbara Mullan, Director of Curtin University's Health Psychology and Behavioural Medicine Research Group. For example, your partner may be motivated to eat better if it means having more energy, while kids respond to play-focused activities. "Activities based on competition and creativity, like a backyard mini Olympics or obstacle course, are great," suggests Rachel Evans, accredited exercise physiologist and spokesperson for Exercise & Sports Science Australia.

### Encourage mindful meals

Family mealtimes can often be rushed, but stopping to savour them can help everyone enjoy the food more and curb overeating. Paying attention to how your meal looks, smells, feels and tastes will help you to feel more satisfied when you're finished, which means you're less likely to reach for seconds. "Savouring is the act of heightening our awareness of pleasure and deliberately attempting to make it last by activating our senses," explains psychologist Romi Kaufman. Eating slowly will also give your body more time to signal to the brain that it's

full. Because of this, research has found that mindful eating is a technique that helps people lose weight.

### Volunteer your time

Spread good vibes in your family by spending time helping others. Walking rescue dogs, visiting the elderly in sheltered housing or just popping in on a neighbour living alone could help others while boosting your own sense of positivity. "When we help others, we feel grounded and boost our own self-esteem. We feel an enhanced sense of belonging and being connected as a 'team'," says psychologist Dr Janet Hall.

## AT WORK

### Create an active culture

To break a desk-bound office culture, request walking meetings, or start a lunch hour walking group or pre-Christmas step count challenge. "You need to find one or two key players in the company and get them onboard, or approach HR, who are often keen to work on healthy initiatives," suggests Mullan. Another idea? Turn that spare corner of the office into an active zone. "Having an area with foam rollers, fit balls and trigger balls is a great way to do some



stretching every few hours,” says Evans. “There are also plenty of body-weight exercises you can do, such as squats, lunges and wall sits.”

### Reflect on your big wins

At the team Christmas lunch, suggest everyone shares a personal success story. US research shows that nostalgia boosts optimism about our health and spurs us to exercise more. “People can reflect on what they valued most this year, something that’s had a lot of meaning for them,” suggests psychologist Dr Paula Robinson. And rather than a boozy team festive lunch, suggest an outdoor picnic, where everyone brings their signature healthy dish.

### Start a healthy snacks club

Even if the team brings packed lunches, the office biscuit jar and afternoon chocolate run can mean you splurge your SmartPoints Budget. Shift the focus to healthy snacks by asking management to arrange a daily fruit delivery, and start a weekly challenge where people take it in turns to make a healthy item to share. When it comes to office birthdays, cake doesn’t have to take centre stage. Try celebrating with healthier versions of your favourite foods or organise non-food activities, like trivia or bowls.

## WITH FRIENDS

### Make a pact with a pal

Whether it’s committing to a morning walk throughout the holidays, starting

dance classes together or setting a shared goal to eat less sugar, teaming up with a friend on your wellness journey keeps you accountable, ensuring you don’t let your healthy habits lapse over Christmas. Another idea? Invite a buddy to join WW and you’ll both get rewarded with an additional month free through our Invite a Friend offer.

### Set up a produce shopping group

Spread your love of fresh fruit and veg by organising a produce shopping club with friends, where you take it in turns to buy in bulk from farmers markets. You could also swap your usual coffee and cake date for a batch cooking session with a pal, where you make some of your favourite WW recipes to share. “Soups, curries and pasta sauces are great batch cooking options, or prepare a big tray of roast vegies,” suggests Curtain.

### Share it on social

Next time you smash a health goal or have a successful WW Wellness Check-in, post it for your friends to see on social media. Research reveals that observing the healthy habits of others (for instance, how frequently they exercise) via online social networks inspires us to follow suit, through an effect called ‘social contagion’. “Sharing the positives of your journey—whether it’s that your stress levels have halved because you’re exercising more, your skin is clearer, or you have more energy—makes it more appealing for people than just saying, ‘You should do this’,” says Evans. 🍷

## SPREAD THE GOOD VIBES

As well as inspiring others to embrace healthy habits, you can help bolster their emotional well-being. Follow these tips to cultivate positivity and uplift those around you.

### PUT KINDNESS FIRST

Whether it’s surprising a loved one with their favourite meal or pitching in with a colleague’s workload, kindness is its own reward. “Research suggests that giving makes us happier than receiving,” says Kaufman. “Engaging in simple acts of kindness is inherently satisfying, impacting our own ability to flourish.”

### INTRODUCE A GRATITUDE JAR

We all have tough days, but consciously focusing on what’s going well may boost life satisfaction. Foster thankfulness in your family with a gratitude jar. “Every week, ask everyone to write down three things they’re grateful for and pop them in the jar,” suggests Kaufman. “On New Year’s day, take turns pulling notes out and reading them aloud.”

### CELEBRATE PEOPLE’S STRENGTHS

Rather than focusing on weaknesses, encouraging people’s strengths will make them feel valued. “We should try to have the positive mindset that we are celebrating people,” says Dr Hall. “For example, if your colleague’s strength is creativity, ask them to be involved in coming up with a theme for the work Christmas party,” Kaufman adds.

### BE SOLUTION-FOCUSED

In the workplace, tempers can fray as pre-Christmas deadlines loom. Be a force for positivity by steering any conflict towards a solution. “You could ask, ‘What would it look like if things were working well?’” suggests Robinson. “The team can think about what the first signs of improvement would be and what they’d be doing differently if things were better.”





# Why you should **celebrate** everything!

When you take time to commemorate the good you're doing, you fire positive emotions and unleash gratitude, which can improve both your well-being and your outlook on life

**WHEN WAS THE LAST TIME YOU CELEBRATED** something like you would a birthday, anniversary or similar? When did you last take a solid minute to pat yourself on the back for crossing something off your to-do list or making that little extra effort to achieve a goal? Sometimes in life we can get stuck on things we think we haven't done very well—or that we still need to do—and our accomplishments fall by the wayside without much acknowledgement. But we can't help it—evolution made us this way.

As clinical psychologist and mindfulness consultant Dr Richard Chambers explains, our capacity for favouring negative input most likely evolved for a good reason—to keep us out of harm's way. “We all have an inbuilt negativity bias,” he says. “We are naturally attuned to problems and unpleasant things. It's the brain's way of making it unavoidable for us not to notice danger and thus, hopefully, respond to it.”

The good news is that we can reprogram our brains towards a more positive mindset. In fact, there's a whole school of thought dedicated to the cause. Using strategies such as







mindfulness, gratitude and savouring, positive psychology aims to redress the part of our unconscious that leans towards negativity, through regular, conscious practice.

### **Celebrate! It's good for your brain**

Celebrating is part of that process, says Dr Chambers. "Whether we're celebrating a birthday, a milestone or even just the sun being out, if we stop and really celebrate, it's going to make us feel good," he says. "We'll lock it away as a positive memory and it's going to make us notice more positive things in our lives."

The flow-on effects are numerous. Research undertaken by Dr Robert Emmons at the University of California has found that daily celebration in the form of a gratitude journal can increase levels of alertness, enthusiasm, determination, optimism and energy. It can reduce depression and stress; promote feelings of goodwill towards others; motivate us to move more; and even boost our immune system.

For psychologist and well-being expert Melanie Schilling, regular celebration of life also serves another function. "Until recently, we believed that well-being and a 'happy life' could be achieved through good relationships and the occasional positive emotion," she says. "But the latest research has revealed that another critical ingredient is necessary in order to flourish: a sense of accomplishment."

To satisfy this need, we must celebrate our successes, Schilling continues. "To sustain our motivation over time, it's important to break our goals down into smaller, achievable milestones and to reward ourselves when we reach them," she says. "Not only does this practice build confidence and increase our belief that we can do it, it also boosts our overall sense of well-being." ▶





## “Sharing successes and celebrations can help to create a powerful bond”

On the flipside, when we don't celebrate, we retain our negativity bias—committing ourselves to busy, often goal-directed behaviour. “There's a real settling that comes from stopping and celebrating,” says Dr Chambers. “We don't get that if we're constantly chasing happiness in the future, rather than realising we can feel happy right now.”

### **Celebrate! It strengthens relationships**

While it's fine to celebrate solo, sharing positive experiences can strengthen our relationships. When we respond to one another's triumphs with compassion and attention, rather than indifference or envy, feelings of trust and intimacy are heightened. “Sharing successes and celebrations can help to create a powerful bond,” Schilling adds.

Celebrating together is also a great motivator. “It can be incredibly valuable to have an accountability buddy,” says Schilling. “Whether your buddy is involved in your goal or an interested

observer, sharing your successes can give your confidence and well-being an extra boost. By being accountable to someone you respect, your own likelihood of taking action and getting results is increased.”

And we don't even have to be celebrating our own wins. “Research shows giving to others and showing kindness can have a powerful impact on our own well-being,” says Schilling. “When we show genuine joy in the achievements of others, not only does it take our mind off our own problems and put things in perspective, it also gives us a surge of happy hormones.”

### **Celebrate! ... with meaningful rewards**

Celebrations needn't be big. While some people keep gratitude jars or journals, Dr Chambers encourages his clients to simply reflect on their positive experiences. “I like to get people to imagine themselves back in the situation,” he says. “If you feel the pleasant emotions and hang out with that for 10, 20 or 30 seconds,

feeling it in the body, breathing with the sensation, it locks that experience away in your long-term memory, so you're more likely to be able to call on it later.”

Of course, your celebrations can take a tangible form, too. “Let's say you aim to take part in a running event in a year,” says Schilling. “You might create a strategy that involves certain speed and endurance milestones each month and a rewards system. When you reach your target, you might shout yourself a massage; when you beat it by five per cent, you might allocate a budget towards new activewear; and when you smash it by 10 per cent, a new pair of running shoes.”

The crucial component of this process is to have a planned approach: to write it down and commit to it. “Research shows that the act of writing your goals and visualising yourself achieving them increases chances of accomplishment exponentially,” says Schilling.

Celebrating with rewards is a strategy that also works well for many people in the WW Community. Healthy celebrations help us acknowledge our achievements and motivate us to keep going

WW Member Tahnee Duncan breaks her main goals down into mini goals and celebrates each achievement along the way. “When I lost my first five kilograms on the program, I got my nails done and bought a new pair of shoes,” she says. “As I started to feel healthier, my confidence grew and I marked that by jumping out of a plane at 14,000 feet!”

Fellow WW Member Jennifer Awburn also believes in the motivational power of a holiday. She celebrated joining WW with a two-week family trip to Bali and Lombok. “I relaxed by the pool with no worries whatsoever,” she says. “Bali is the best place to relax. We all loved it.”

Schilling encourages these kinds of healthy celebrations, explaining that investing in yourself can be a wonderful way to recognise your victories. “Pamper yourself with a beach walk, a yoga class, a massage, a manicure, a new book or a movie,” she suggests. “The key here is to make sure the reward is meaningful to you in order for it to have an impact on your well-being.” 🍷





**For WW Member Rachel Lohmann, celebrating her achievements** often involves a spot of pampering. “I love to treat myself with a trip to the hairdresser or get my nails done,” she says.

## Smart ways to celebrate

1

### **PLAN YOUR HEALTHIER CHOICES.**

*Choose lean proteins, vegetables and other ZeroPoint™ foods that will keep you feeling full.*

2

### **ENJOY THE FOODS YOU LOVE.**

*Opt for your favourite dishes, rather than filling up on something that won't satisfy.*

3

### **COUNT YOUR APPETISERS.**

*At cocktail parties, hold onto used napkins or canapé sticks so you can tally up what you've eaten.*

4

### **CHOOSE YOUR LOCATION WISELY.**

*If there's a buffet table, collect your food and move away, so you're not tempted to graze.*

5

### **PICK YOUR PORTION.**

*If you want to keep your portion sizes smaller, go for a small plate over a large one.*

6

### **KEEP YOUR HANDS BUSY.**

*With a drink in one hand and a clutch or phone in the other, you're less likely to reach for finger food.*

7

**STAY HYDRATED.** *Try to drink a glass of water when you arrive and in between any alcoholic beverages.*





# Here's to *our success!*

WW members and coaches reveal how they celebrate and live their best lives through all the fun of the festive season



## “I MOVE MORE TO STRESS LESS!”

### **Karen Kendall-Jarvis**

“At this crazy time of year, exercise is more important for me than ever. I take my kayak down to the beach in the mornings and walk in the warm evenings. The more I move, the better I sleep—the better I sleep, the less I stress!

I'm a passionate foodie and this Christmas I won't be missing out. With all the knowledge I've gained at WW, I can enjoy every mouthful while still feeling fabulous and staying on track.

I plan my menu and keep it simple. For me, it's all about fresh, alfresco and the barbecue. We eat with our eyes so I try to create a visual masterpiece with my antipasti platter. Barbecued artichokes, marinated mushrooms, cheeses and semi-dried tomatoes make it festive. I love barbecued ZeroPoint™ value seafood as well as summer berries and exotic fruits. Pomegranates are perfect in a salad with low-fat feta, red onion, rocket and toasted slivered almonds.”

## “I MAKE TIME FOR MYSELF”

### **Brooke Town**

“The build-up to Christmas can be stressful so I do ‘self-care Sundays’. Whether it's a relaxing candle-lit bath, a yoga session on YouTube or taking myself to a cafe with a good book, I make sure I create space for ‘me time’ on Sundays.

When I go to a party, I take a plate that's healthy and filling. It helps the host and lets me stay on track. There are so many delicious WW Christmas Day recipes to choose from, but I also make sure I spend quality time with loved ones so it's not always about focusing on the food. After lunch I have a long walk or bike ride with friends and family, or play backyard cricket and other outdoor games with the kids.”



## “I SHARE THE LOAD WITH FAMILY”

### **Ann-Marie Jurcan**

“I’m a planner so I have my to-do lists handy well ahead of time. I get the family involved and we spread out all the jobs that need to be done. I’ve also learnt that I don’t have to say yes to every event and invite, which means I don’t get burnt out or spend time and money doing things I don’t truly value.

My Christmas menu has lots of ZeroPoint and low SmartPoints value foods but still includes a little of all the things I love, including a special glass of wine. After Christmas I always take the family camping. We go exploring and spend time in nature appreciating the beauty of our national parks and beaches.”



## “I MAKE THE MOST OF ROLLOVERS”

### **Zoe Rowe**

“Working in a corporate office, I find there are multiple Christmas celebrations, such as special morning teas, office lunches, parties and Secret Santa. I eat better by choosing healthy foods at mealtimes before and after celebrations, and by using the variety of ZeroPoint value foods available on the program. This way I can put my daily and weekly Points towards the event.

To ensure self-care and avoid getting overwhelmed, I am mindful to rest and take time out to relax not only for my body but also for my mind. I like to rest by watching my favourite TV show, keeping a journal or treating myself to having my hair done, which all help me feel good.”



## “I FOCUS ON MOVING AND MINDFULNESS”

### **Mary Chivers**

“In summer, I’m up at 5.30am walking my dog Pepper for at least half an hour. Sometimes I’d prefer to stay in bed, but I motivate myself to get up and we’re out the door before I know it. It means my exercise is out of the way first thing which puts me in the best mindset for the rest of the day. In the evenings, I usually do laps in our pool or muck around with the kids.

My family take turns having Christmas at their place, and everyone brings a plate. This year I’ll be bringing my favourite dish, which is a ZeroPoint value turkey breast or salmon wrapped in prosciutto slices and barbecued to perfection. The prosciutto has just 1 SmartPoints value per slice.”





# Invite your friends to WW

**The more friends you join, the more free months you'll get\*. There's no limit to your reward!**

**Search WW invite a friend to find out more.**

\*Friends must sign up for a plan through an invitation link. If there are any other available joining promotions on the pricing page, you'll be eligible to sign up with it as well. Two weeks into your new journey with WW, we will add a free month to you and your friend's plans. To be eligible for a one month extension to your membership, new or re-joining WW Members must purchase a new WW membership through a current WW Member's invitation link and continue the membership for at least 2 weeks after purchase. Your membership must remain active at the time of processing. If these criteria are met, you will receive an email confirming your additional month time credit. The extension will be added at the end of your current membership period at the time of processing. Processing of the time credit may take up to 2 - 4 weeks. Extension is not transferable or redeemable for cash. For full terms, visit [www.ww.com/au/invitefriendterms](http://www.ww.com/au/invitefriendterms) or [www.ww.com/nz/invitefriendterms](http://www.ww.com/nz/invitefriendterms)





# Wellness

**INSIDE:** HEALTHY CHRISTMAS GIFT GUIDE + YOUR FOUR-WEEK FESTIVE SELF-CARE PLAN + STRETCHES TO AID DIGESTION



## Gift-giving is good for you, too

We all know being generous makes us feel good, but did you know it also packs health benefits?



# C

ome the festive season, exchanging presents is as likely as getting a bad joke in a bonbon. But before you head out to buy the usual socks and undies duo, consider this: the more thought you put into the act of picking out a gift, the higher *your* happiness will be. Studies have shown that considered gift-giving, donating and volunteering can have huge holistic benefits—for all parties involved. Hopefully, these science-backed reasons for putting a little more thought into the gifts you give will provide plenty of inspiration for your Christmas list.

### It makes us happy

... especially if we're doing it for the right reasons. With growing research suggesting that giving significantly increases mood, the act of simply wrapping something up and handing it over just because it's Christmas will give us a happiness boost. However, if you're gifting to [insert random family member] purely out of obligation? Not as much. According to Dr Suzy Green, psychologist and founder of The Positivity Institute, buying a present out of love—not just because you have to—is when you get that overwhelming helper's high. "Those who shop out of a sense of duty or obligation will not receive the same boost to their well-being," she says. "Christmas shopping needs to be a more meaningful activity to be good for your health." And you don't have to splash out to reap the benefits. Prosocial spending—that's using your money to benefit others (buying a coffee for a colleague, treating a mate to dinner or giving money to a homeless person)—can have a similar effect. As long as we're doing it for love, not just because we have to. Although, we get it, when it comes to Christmas, sometimes we just have to.

### It may lower blood pressure and stress

Who would have thought that hunting down the right gift, heading out to buy it, getting it wrapped and delivering it in time for said occasion may be physically beneficial? An *International Journal of Psychophysiology* report has found that those who regularly gift not just material goods but social support to others, have lower blood pressure than those who don't. Greater self-esteem, lower rates of depression and reduced stress levels were also cited as major health pluses. Jotting down a list of



hints throughout the year, hitting up friends/family for advice — and definitely not leaving it until the very last minute—are all great ways to choose the perfect gift while keeping your stress level to a minimum.

### It boosts social connections!

Overwhelming research suggests that positive social interactions are good for your mood and physical health, and with meaningful gifting more likely to be reciprocated, it's one of those acts of kindness that tends to strengthen social bonds. In his study *Loneliness: Human Nature and the Need for Social Connection* researcher John Cacioppo writes, "The more extensive the reciprocal altruism born of social connection... the greater the advance toward health, wealth, and happiness." And, as we know, giving feels good, and it's often contagious. Dr Green explains that to make an impact it doesn't need to get expensive, either. "Gifts of experiences often have a stronger and more long-lasting impact on our well-being," she says. And it helps if it's something you can do together, too! Research out of Cornell University indicates that shared experiences connect us more than shared consumption, and that you'll feel closer to others after doing something together—think sharing a meal—rather than just handing over something already wrapped up.



### It's a communication tool!

Although getting presents is universally great, for some it can be an even bigger sentiment—especially to those that speak the same love language! According to relationship expert Dr Gary Chapman, we all communicate our feelings in one or two of five ways: quality time, words of affirmation, acts of service, physical touch and the act of giving and receiving physical tokens (gifts). “If you speak this language, the perfect gift or gesture shows that you are known, you are cared for, and you are prized above whatever was sacrificed to bring the gift to you,” he explains. And it doesn't necessarily mean they are materialistic! For someone who communicates through giving, the smallest offerings can become extremely sentimental, which makes gift-giving an important communication tool.

## Gifts of experiences often have a long-lasting impact on our well-being

### It may help you live longer!

According to recent research, volunteering for a charity, community or not-for-profit—giving the gift of time—may even lengthen your lifespan. A Berkeley study looked at the effects of volunteering in 49,000 senior citizens, and found that even after adjusting variables such as physical health, age and gender, helping out others in an official capacity reduced mortality risks by 24 per cent. And the reason for these feel-good figures? In his research, UCLA Berkeley Psychology Professor Dacher Keltner suggests that evolution shaped us to be altruistic with a primal urge to give, and that by sharing food, jobs, shelter and child-minding our ancestors ensured the survival of our species. 🌱



## EVERYDAY GIFTS

These small—and non-expensive—thoughts may not seem like presents, but they do count!

- Treat a friend to a coffee—just because
- Make a home-cooked meal for a friend during a stressful week
- Help with housework/childcare/walking the dog
- Leave a loved one's favourite magazine in their letterbox
- Bring over takeaway and a movie to watch together
- Write a friend a birthday card and send it in the mail
- Help someone move house
- Shout a friend a juice while on a Saturday morning walk
- Treat a loved one to a one-off fitness class together
- Share a favourite recipe and pop it in a card
- Organise a surprise birthday celebration for a friend
- Leave cute notes around the house





# Healthy Christmas Gift Guide

*For the budding chef...*

Find the perfect present for friends and family (or yourself!) with these wellness-inspired goodies



### Clever cups

Give the gift of measuring ingredients in style with these mason jar cups inspired by vintage canning jars. Stylish, functional and a cool complement to a SmartPoints Budget. **World Market mason jar measuring cups**, \$12.99 AU/\$14 NZ



### Easy steaming

The perfect kitchen tool for healthy cooking, this steamer flexes to fit various pot sizes—and larger food items—and its stay-cool handles allow for stable transfer. **WW steamer**, \$5 AU/NZ, [ww.com](http://ww.com)



### Healthy entertaining

Spread the joy of food, festivities and wellness with this delicious collection of summer recipes. **WW Summer of Celebrations cookbook**, \$15.95 AU/\$17.50 NZ, [ww.com](http://ww.com)



### Kitchen all-rounder

You can steam, bake and make yoghurt with this multicooker. The pressure and slow cooker functions are great for the cook who likes to experiment. **Philips Deluxe All-In-One Cooker**, RRP \$349 AU/\$499.99 NZ



### Go green

These flexi-wraps are the ideal gift for the eco-conscious. Used in all the same ways as cling wrap, they're reusable, easy to clean and, as they are made using plant waxes, they're vegan, too! **Wrappa reusable food wraps**, from \$20 AU/NZ





### Healthy twist

Turn ZeroPoint vegetables into a delicious pasta alternative with this sleek and stylish spiraliser. Make noodles out of zucchini, squash and sweet potatoes, or create garnishes for your salads with cucumbers, carrots and more.

**WW spiralizer, \$32 AU/  
\$34 NZ, [ww.com](http://ww.com)**



### No-mess lunches in the bag

These luxe lunchboxes are sure to inspire anyone to keep up the healthy meal prepping. The stack structure and leak-proof lids make carrying multiple dishes or snacks easy, and keep food hot or cold for 5 to 6 hours.

**Vaya Tyffyn 1000ml lunchbox, from \$87 AU/NZ**



### Everyday bubbles

Get ZeroPoint sparkling water at the touch of a button with a fun and colourful SodaStream. The starter kit makes up to 60 litres of bubbles.

**SodaStream Studio Edition Spirit, available in pink, blue or green, RRP \$109 AU/\$159.99 NZ**



### Shine in the kitchen

A must-have for the most successful cooking results—these shiny cups will make portions quicker, easier and more stylish than ever. **Stephanie Alexander copper-plated measuring cups, from \$39.99 AU/NZ**



### Beautiful baking

An ultimate gift for the baker in your life, not only does this glass bakeware make the perfect pie every time, it looks exquisite displayed at the centre of the table, too. **Pyrex Blue Lagoon Collection, from \$19.95 AU/NZ**

### Food whiz

Ideal for that special someone who loves to whip up healthy soups, dips and smoothies, this gadget weighs ingredients in real-time to make tracking a breeze. **Nutribullet Balance, RRP \$279 AU/\$329.99 NZ**





## For the movement maestro...



### Outdoor fun

Plenty of fun for the whole family, an outdoor game is a great gift for someone who'd love sharing laughs and fun in their backyard this summer.

**Typo bocce set, RRP \$49.99 AU/NZ.**  
**Typo lawn darts, RRP \$29.99 AU/NZ**



### Drink up

Hydration is key during the hot festive season, so give them something gorgeous to drink from with these bottles designed for use on the go. **Typo drink bottle, RRP \$29.99 AU/NZ**



### Carry your kit

The on-the-go health guru can stash their gym gear and meal-prepped lunches in this street-ready backpack. **Prene backpack, RRP \$89.95 AU/\$109.95 NZ**



### Goal-getter

A fitness tracker can be a big motivator when it comes to increasing movement.

The latest from Fitbit, the Charge 3 features 15-plus exercise modes, is water resistant to 50m, and has up to seven days' battery life. **Fitbit Charge 3, RRP \$229.95 AU/\$269.95 NZ**



### No sweat

Whether training at home or at the gym, this perfectly sized, super-absorbent towel is a perfect companion.

**WW towel, \$5 AU/NZ, ww.com**

## Wellness stocking fillers...

### Smooth operator

This handheld clothes steamer can be used vertically or horizontally on difficult-to-iron areas and to refresh clothing. Because when you look your best, you usually feel your best, too! **Philips Steam & Go, RRP \$119 AU/\$199.99 NZ**



### Read all about Wellness that Works

Know someone else who loves to learn about health and test out healthy, delicious recipes in their spare time? Gift them WW magazine! Turn to p72 for more details.



### Recharge on the go

Never lose charge while out and about again with this smart power bank that tailors its output according to how much power your device needs. Its handy carabiner connector also guarantees your absent-minded loved one (or you) won't leave it behind.

**EFM Trek Outdoor Power Bank, RRP \$69.95 (coming soon to NZ)**



## For the mindset master...



### Move in style

Pretty, practical and durable activewear they'll love. These Get Franked leggings have a higher waist to support a smoother silhouette, and four-way stretch fabric allowing for a longer-wearing comfort fit that will still go the distance when exercising.

**Get Franked Unicorn Spirit leggings, RRP \$49 AU/\$54 NZ**

### Enjoy giving gifts with more of a sentimental touch?

Turn to p48 for some homemade gift ideas



### Green goodness

With science-backed mental health benefits, including decreased stress levels, an indoor plant is the gift that will keep on giving. **Home Republic Fiddle Fig Potted Plant, from \$49.99 AU/NZ**



### Meditate in comfort

This puffy, round pillow is the perfect addition to any meditation space. **Kmart cushion, RRP \$8 AU/\$9 NZ**



### Spray some calm

Containing a range of uplifting essential oils, these mists are designed to refresh and relax.

**Cedar + Stone Room Mist, from \$25 AU/NZ each**



### Be inspired

Encourage a positive mindset with these cards featuring a mix of uplifting and thought-provoking words that you can incorporate into your day. **WW Inspiration Cards, \$5 AU/NZ, ww.com**

### Pool pal

The best companion for gathering at the pool or the ocean, this waterproof speaker has 10 hours of play time and comes in nine fun colours and patterns. **Ultimate Ears Wonderboom, RRP \$129.95 AU/\$169.90 NZ**



### Fill up their cup

Three quintessential teas all packed up in sleek stainless steel tins. The tea lover in your life will be bowled over by these French Earl Grey, Geisha Getaway and Melbourne Breakfast-flavoured ZeroPoint sips. **T2 Pantry Trio, RRP \$45 AU/\$55 NZ**



### Coffee keeper

Salute the reuser in your life with their own original barista-standard coffee cup, which fits under machine group heads. **KeepCup, RRP from \$14 AU/\$16 NZ**



YOUR  
*four-week*  
*festive*  
SELF-CARE PLAN

Our countdown-to-Christmas guide will help remove the stress and put the fun back into the silly season, keeping you feeling healthy, happy and on track



**W**e've hit that time of year that's associated with being merry, metres of wrapping paper, multi-coloured fairy lights and, for many of us, feeling a little (or a lot!) frantic. "Christmas is typically an incredibly busy time of year, when most of us have to juggle lots of extra family, social and work commitments," says Dr Lydia Brown, clinical psychologist and mindfulness teacher from the University of Melbourne's School of Psychological Sciences. "It means Christmas stress is really common." And, according to a 2015 study, the tension that builds in the lead-up to the 25th means a percentage of us report feeling temporarily less content and satisfied with life at this time of year. "The good news is there are many things you can do and strategies you can use to keep that stress at bay—beginning with being aware of the early warning signs that you're under pressure," says Dr Brown. "Those signs may be physical, such as body tension; behavioural—you may be snappier than usual or are having trouble sleeping; or mental, where you might feel overwhelmed." With the right plan in place, you can keep working towards your wellness goals this month, even though it's one of the busiest times of the year. Read on for our guide on getting the most out of the next few weeks...





## Four weeks out

### **FOOD: Choose to be realistic, not rigid**

“Being realistic about your expectations may help you stay focused this month,” says WW Wellness Coach Marie Elliott. Nothing’s off limits with WW, so feel free to have that Christmas cake—minus any negative self-talk. “Enjoy it and remember that, even if you have a couple of functions a week in the lead-up to Christmas, there are still 18 or 19 other weekly meals you can plan and use to make healthy, nutritious choices,” says Elliott.



### **MOVE: Set a new four-week activity goal**

It might sound counterintuitive (who needs something else to do this month, right?), but a movement plan can complement your food strategy. If Christmas socialising means you want to be a bit more ‘anything goes’ about what makes it onto your plate, setting an activity goal can help you feel like you’re still prioritising your wellness. “Something like, ‘I’ll walk for 30 minutes a day’ is a goal you can have control over, which can be really empowering,” advises Elliott.

### **MINDSET: Decide to ‘give love, not stuff’**

If your family usually exchanges gifts, suggest doing things differently this year. “Instead of expensive gifts, you could write and swap gratitude cards with your loved ones,” says Dr Brown. “Research proves it’s a practice that can boost happiness and make relationships stronger—plus you’ll avoid shopping centres that tend to be pulsing with stress right now.” Smart move when you consider two out of three of us define Christmas shopping as a stressful experience!



## Three weeks out

### **FOOD: Make some meals for the bank**

Whenever you’re cooking a healthy meal this week, make more and stash the extras in the freezer. When life gets even busier in the final run-up to the big day, creating a delicious, nutritious meal is as simple as doing some defrosting.



### **MOVE: Start moving to music**

That new activity you introduced last week? Time to set it—and any other movement you do—to music. A study published earlier this year found that when physical activity is accompanied by music, it instantly becomes 30 per cent more enjoyable. And when you get a genuine kick out of something, you’re more likely to keep doing it—which is key during December, when commitments start to compete for attention.

### **MINDSET: Diarise some ‘me time’**

“Many of us spend a lot of time and energy caring for others at Christmas time,” says Dr Brown. “So it’s more important than ever to carve out time to recharge your own batteries.” Set aside at least one block of time in your diary this week, and over the following two weeks, to do something just for you. “Self-care is a little bit like that oxygen mask on a plane—you have to take care of your own needs first to be able to help others.”





## Two weeks out

### **FOOD: Stock up on ZeroPoint foods**

There are more than 200 of them, including Christmas classics such as skinless turkey breast and fresh seafood, and having them on hand delivers at least three benefits at this time of year: no need to track them (one less thing to do!); they can help create Rolled Over SmartPoints to use later in the week (hello, work Christmas party!); and you'll be able to create a delicious meal, even when your SmartPoints Budget is running low. Read more about rollovers on p12.



### **MOVE: Keep it green**

"We're so lucky to live in a place that has amazing weather conditions over the Christmas period," says WW member Alicia-Maree Beres. "I'm going to take every chance to get outside and move more." It's a good strategy, even if it's just for a quick five minutes when you're feeling stressed this week. Research shows that a small amount of 'green exercise' is enough to boost mood and well-being.

### **MINDSET: Remember to breathe deeply**

Particularly when you feel your stress level rising. The results of a 2017 study show that taking a few deep, slow breaths has a calming effect because it physically lowers your level of cortisol, the 'stress hormone'. The trick is to do diaphragmatic breathing so that your stomach moves when you breathe in and out instead of your chest, and to take it slow. As few as four breaths per minute is a good stress-less goal to aim for.



## One week out

### **FOOD: Plan your festive menu**


Whether you're hosting on the 25th, taking a dish to someone else's place, or want to make yourself something seasonal and tasty either side of the traditional turkey meal, now's the time to plan and shop to avoid that last-minute dash to the supermarket. Need some inspiration to keep your tastebuds and your wellness goals happy? Check out our Christmas menus on p17—from Classic to Casual, there's something for everyone.



### **MOVE: Make multitasking work for you**

Less time to devote to planned activity this week? Mix moving with the day-to-day tasks you're already doing in the lead-up to Christmas. It's officially called 'incidental activity' and research shows it counts health-wise. So grab every opportunity to move a little more this week—take a walk while you're on the phone or squeeze in some squats when you're hanging out the washing.

### **MINDSET: Embrace imperfection**

"A lot of us have this idea that Christmas should be perfect, and we're disappointed and stressed when we're reminded that this isn't the case," says Dr Brown "The reality is, life's never perfect, and it'd be very boring if it was! Making a conscious effort to make peace with things as they are will ensure you're in the right frame of mind to actually enjoy the magic of Christmas, and start the new year feeling refreshed." 





# 6

## stretches *to aid digestion*

Try these simple stretches after a big meal for a happier tummy this festive season

**F**ood and the festive season go hand in hand, so there's a good chance you'll end up eating a little more than usual at some point. The downside? Digestive discomfort. You might be tempted to head for a nap after a big meal, but doing some gentle movement could help your tummy feel better faster. "Stretching can help the process of digestion along," says exercise physiologist Adam Martin. "It opens up that gastric tract and helps food move through a bit better."

When you eat, your body automatically engages a complex series of muscle contractions to move food through the digestive system in a process called peristalsis. Stretches that encourage those muscle movements are thought to help the process run smoothly. "If you are engaging through that system it's going to work better for you," Martin explains. Think less tummy aches, bloating and gas.

Martin suggests starting with some relaxing, deep-breathing exercises to open up the pathway for food, from the chest cavity to the stomach. "Lie down on the floor and really elongate yourself, then do some deep, diaphragmatic breathing," he says. Then try working through these stretches that compress and rotate your mid-section to enhance the digestive process. "Your small intestine and large intestine aren't in a straight line, so anything rotational and compressing, such as having your knees close to your body or across your body, will certainly help," Martin says.







### 1 Forward fold

**HOW-TO:** Sit on the floor and straighten your left leg in front of you. Place the sole of your right foot against your left inner thigh. Lengthen through your spine. Bend from your hips and reach over your left leg, keeping your back straight. Hold for 30 seconds then switch legs.



### 2 Lower-back stretch

**HOW-TO:** Lie on your back and, keeping your knees together, bring them to your chest. Keeping your head, back and shoulders in contact with the floor, hug your shins or the back of your thighs and hold.



**Tummy helpers**  
These stretches are designed to gently work your mid-section. Try them after a big meal to give your digestion a helping hand.



### 3 Supine twist

**HOW-TO:** Lie on your back and bring your right knee across your body, level with your hip, until your knee and calf touch the floor (if your knee doesn't touch the floor, that's okay, just relax into it). Extend your right arm, palm facing down, keeping your right shoulder grounded. Hold for 5-10 breaths. Change legs.



### 4 Bridge

**HOW-TO:** Lie on your back and bend your knees with your feet flat on the floor and heels close to your buttocks. Lift your hips towards the ceiling, keeping your tailbone tucked under. Stretch out your arms, interlacing your fingers. Hold for 5-15 breaths.




### 5 Cat stretch

**HOW-TO:** Kneel down and place your hands shoulder-width apart, knees hip-width apart and your back flat. Engage your abdominal muscles and round your back, pushing it towards the ceiling. Tuck in your head and point your chin towards your chest. Hold for a few breaths then slowly return to the starting position.



### 6 Downward dog

**HOW-TO:** Start on all fours, hands shoulder-width apart and knees hip-width apart. Plant your hands firmly on the ground. Exhale while lifting your hips to pull your body into an inverted V. Keep your knees bent, then slowly straighten them as much as you can while maintaining the length in your spine. Press your shoulder blades down and keep your head and neck relaxed. Hold for 5-10 breaths. 



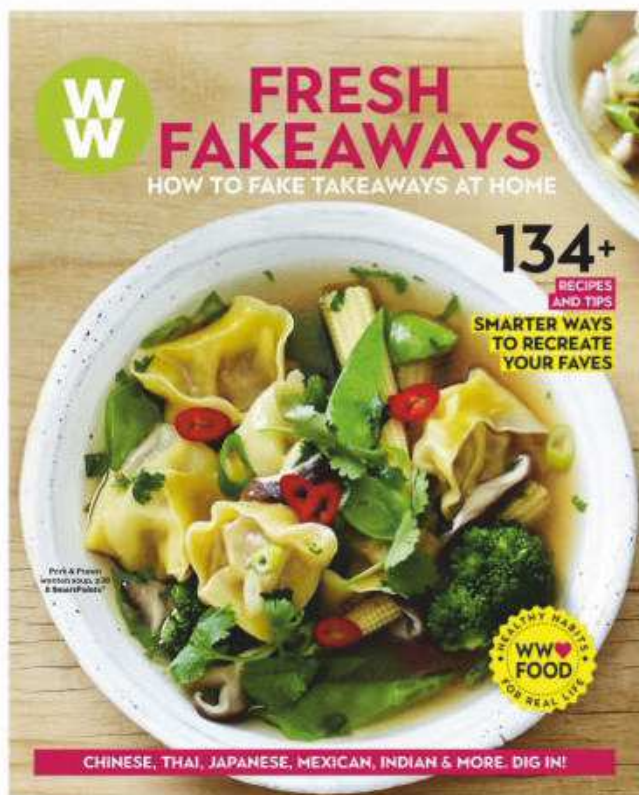
# Shop up

The latest offers and products from WW

GARLIC PRAWN PIZZA  
See p59 of cookbook

9

SmartPoints  
value per serve



## How to fake delicious takeaways at home!

Sometimes, at the end of a busy week, all we want to do is curl up on the couch and exhale. It's so easy to pick up the phone or hop on an app and get some food delivered. After all, we all deserve a break! Although takeaway foods can be enjoyed as part of a healthy eating plan, many serving sizes can be much larger than what we would typically eat at home, and the dishes themselves are often more calorie-laden and higher in sodium. With this in mind, we've created a collection of healthier alternatives for our favourite takeaway dishes. With minimal steps and ingredients, all of our takeaway-inspired recipes are as simple as they are delicious—and nutritious! That means you can still have your relaxing night-in (without having to wait for your lost delivery driver). Enjoy!

RRP  
\$15.95 AU  
\$17.50 NZ







**TACOS WITH GRILLED SPICY FISH, BLACK BEANS & AVOCADO SALAD**  
See p75 of cookbook

**5** SmartPoints  
value per serve



**HOKEY POKEY ICE-CREAM IN CONES**  
See p103 of cookbook

**6** SmartPoints  
value per serve



**FISH & CHIPS**  
See p91 of cookbook

**5** SmartPoints  
value per serve



## TASTE TESTER Joanne May

My name is Joanne and I'm a food lover, which started at a very early age. Then, after leaving school, I went to catering college to train to be a chef, which was the best job choice knowing it would literally feed my addiction. Food has played a big part

in my life. It's ruled me for many years, but not now that I've been with WW—I've taken the control back! I love how easy it is to make changes, but still love food. I've got a long way to go and I'm sure with all the support I have I can get there."



### Chocolate Pretzel Bars

These bars are just yummy! They are my go-to bar if I want to eat something sweet. I always keep one in my bag in case I'm out for coffee with friends.



### Sour Cream & Chive Nibbles

The sour cream and chive nibbles are a life-saver. I keep a packet in my bag for those times when I just have to have something. They are great on their own or with homemade low-SmartPoints dips or cream cheese. Yum!



### Sea Salt & Balsamic Vinegar Chickpeas

I just love these chickpeas. They are a great alternative to other higher-SmartPoints snacks. The sea salt and balsamic vinegar flavour are a real winner for me!

## Inspiration cards

These inspirational cards feature a mix of uplifting and thought-provoking words, designed to encourage a positive mindset everyday—because what you think determines how you feel and how you feel determines what you do. They come in a stylish tin which you can keep in any room. Pick a new word out as often as you like and try to incorporate that into your day. Start your day right by focusing on something positive!



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now!

To buy products, go to [ww.com](http://ww.com) or call 131 997 (AU) or 0800 009 009 (NZ)



**NEXT MONTH**

# Fun in the sun



**INSIDE: BBQ RECIPES & SUMMER COCKTAILS + SURPRISING SUPER MOTIVATORS + EXERCISING IN THE HEAT**

## NEW YEAR, NEW YOU

*How to achieve your goals and live your best life—no matter where you are on your journey.*

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# Big dipper

Take your tastebuds on a ride with this easy and delicious blender creation

## Basil, bean and feta dip with pita chips

serves: 6 prep: 10 min  
cooking: 5 min



- 1 x 68g wholemeal pita bread, halved, split
- 1 x 400g can cannellini beans, rinsed, drained
- 1 cup fresh basil leaves
- 60g reduced-fat feta cheese
- 2 tbs lemon juice
- 2 tsp finely grated lemon rind
- 1 large garlic clove, peeled

- 1** Preheat a chargrill or barbecue over medium-high heat. Lightly spray both sides of pita with oil.
- 2** Cook pita for 2 minutes each side or until brown and crisp. Cool on a wire rack.
- 3** Process beans, basil, feta, juice, rind and garlic in a blender until almost smooth. Season dip with salt and pepper.
- 4** Break pita into bite-sized pieces and serve with dip.

**SERVE WITH** vegetable sticks, such as carrot, celery and capsicum.

**GOT LEFTOVERS?** Store cooled pita chips in an airtight container for up to 2 days. Store dip in an airtight container in the fridge for up to 2 days. Remove dip from fridge 15 minutes before serving so it isn't too cold.

**2** SmartPoints value per serve



**PHILIPS**

### A fresher way to blend

Using Vacuum Technology, the Philips High Speed Vacuum Blender removes oxygen prior to blending to reduce oxidation – so the nutrients in your fruits and vegetables are preserved for that just made freshness.



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SmartPoints value

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All recipes in  
WW magazine  
are tested in a  
conventional oven.  
If you have a fan-forced  
oven, decrease the  
temperature  
by 20°C.

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“

**Reflection** is one of the most underused yet powerful tools **for success.**

”

“

**Enjoy the little things,** for one day you might look back and realise they were the big things.

”

“

The task ahead of you is never greater than **the strength within you.**

”

“

In order to succeed, **we must first believe we can.**

”



# Light & fruity

Serve up a tropical delight with this fluffy and naturally sweet take on the classic

## COOK'S NOTE

Substitute plain for sugar-free biscuits to make it with no added sugar. Ungarnished cheesecake can be stored, covered, in the fridge, for up to 2 days.

## Classic baked cheesecake with mango & passionfruit

serves: 12 prep: 25 min + chilling cooking: 50 min + 30 min standing



**125g plain biscuits**  
**50g reduced-fat oil spread, melted**  
**220g extra-light cream cheese, at room temperature**  
**½ cup (110g) Natvia sweetener**  
**1 tsp vanilla extract**  
**2 eggs, at room temperature, separated**  
**1 tbs cornflour**  
**250g light sour cream, at room temperature**  
**2 tbs lemon juice**  
**1 large mango, cheeks removed, thinly sliced**  
**2 tbs fresh passionfruit pulp**

**1** Preheat oven to 150°C. Lightly spray a 20cm round springform tin with oil and line the base and sides with baking paper.  
**2** Using a food processor, process biscuits until they resemble fine breadcrumbs. Add spread and process until combined. Press biscuit mixture evenly over the base of the prepared tin. Place tin on a baking tray and place in fridge for 15 minutes to set.  
**3** Using electric beaters, beat cream cheese, Natvia and vanilla in a bowl until smooth. Add egg yolks, cornflour, sour cream and juice and beat until combined.  
**4** Using clean electric beaters, beat egg whites in a small bowl until soft peaks form. Fold into the

cheesecake mixture in 2 batches. Pour into the prepared tin.  
**5** Bake cheesecake for 50 minutes or until almost firm to touch in the centre. Turn off oven. Leave cheesecake in oven, with door slightly ajar, to cool completely. Place in fridge for 3 hours or overnight to set.  
**6** Arrange mango slices over the cheesecake and drizzle with passionfruit. Set aside to stand at room temperature for 30 minutes before serving.

**SERVE WITH** ½ teaspoon icing sugar sprinkled on top. The SmartPoints value remains the same.

**6** SmartPoints value per serve

## MAKE IT WITHOUT SUGAR

Natvia natural sweetener is a unique blend crafted from organic stevia and erythritol, a natural nectar found in fruits. It has no bitter aftertaste and is 100 per cent natural. Natvia was crafted for baking and cooking, and it tastes great in coffee and tea!

