

bioisland®



**Good fats**







Salmon is one of the best sources of omega 3 fatty acids, EPA and DHA. Due to this high content of healthy fats has been shown to reduce inflammation, lower blood pressure and decrease risk factors for dietary related diseases.



# Baked Salmon with Broccolini, Lemon and Almonds

---

## INGREDIENTS

Serves 4

Ingredients:

- 4 fillets of salmon with skin on
- 2 bunches broccolini
- 1 lemon, zest and juice
- 2 tablespoons olive oil
- 1/2 bunch fresh parsley
- 2 tablespoons slivered almonds

## METHOD

1. Preheat oven to 200 degrees Celsius, fan forced.
2. Line a baking tray with baking paper.
3. Mix lemon juice and olive oil in a small bowl. Arrange the broccolini and the salmon portions on the baking tray and pour over the lemon and olive oil. Sprinkle with lemon zest and season.
4. Cook for eight minutes. Then remove and gently toss everything around so it is all covered in the pan juices. Scatter the almonds on top and place back in the oven for another 5 minutes.
5. Remove from oven, add the parsley and serve.

**Eat well,  
live well.**





Avocados are rich in healthy, good fats. They play a role in how we absorb essential fat soluble nutrients such as vitamin E, may help reduce the risk of developing type 2 diabetes, help maintain a healthy heart, and they are also great for our skin.



# Avocado Fries

---

## INGREDIENTS

1/2 cup plain flour  
2 eggs, lightly beaten  
1 cup panko crumbs  
2 tablespoons finely chopped fresh chives  
2 avocados, cut into wedges  
2 teaspoons sea salt  
1 tablespoon chilli flakes  
Cooking spray grapeseed or light olive oil  
Serve with aioli and lemon wedges.

## METHOD

1. Preheat oven to 220 degrees Celsius, fan forced. Line a baking tray with baking paper.
2. Combine panko crumbs, chilli and chives in a shallow bowl. In two separate bowls place the flour and egg. Working with 1 piece of avocado at a time, coat avocado wedges in flour, then egg, and then roll in panko mixture to coat.
3. Place on prepared tray. Spray lightly to coat with cooking oil spray and season with salt and pepper. Bake for 10 -12 minutes or until golden and crisp.
4. Once baked serve on a plate with wedges of lemon and aioli.



**Love food,  
love life.**





These tasty little bites are filled with a bundle of nutrients such as omega – 3, zinc, iron and fibre. Walnuts continue huge amounts of DHA, a type of omega 3 fatty acid. DHA has shown to support brain health in children, improve cognitive performance in adults, and help prevent age related cognitive decline.



# Healthy Walnut Bites

---

## INGREDIENTS

- 1/4 cup walnuts
- 9 dates, remove seeds
- 1 teaspoon vanilla essence
- 1 tablespoon raw cacao powder
- 1/2 tablespoon ground flaxseed
- 2 brazil nuts
- Nut meal to coat

## METHOD

1. In a food processor, blend dates until smooth. Then add walnuts and process until smooth.
2. Add vanilla essence, ground flax and cacao powder. Process until you achieve a thick and smooth consistency like a mousse. If extremely firm a touch of water can be added.
3. Chop brazil nuts into bigger chunks and add to the mixture.
4. Take approximately 2/3 tablespoon of the mixture and roll into balls with your hands. You may need to wet your hands, as the mixture may be sticky.
5. Roll balls in the nut meal and then refrigerate for 1 -2 hours to firm and then enjoy.





Chia seeds pack a powerful nutrition punch. Containing huge amounts of fibre, protein and antioxidants. One tiny chia seed is 14% protein, which means it is going to provide us with essential amino acids, help reduce appetite and cravings. Not only that, chia seed contains high levels of omega 3 fatty acids which is great for brain health! So these tiny little seeds are the winning package.



# Overnight Chocolatey Chia Puddings

---

## INGREDIENTS

- 1/4 cup cacao powder
- 3 -5 tablespoon maple syrup, depending on personal preference.
- 1 heaped teaspoon dessicated coconut
- 1 tiny pinch of sea salt
- 1 1/2 cups non dairy milk of choice, can be either almond milk, rice milk or coconut milk
- 1/2 cup chia seeds

## METHOD

1. In a mixing bowl add cacao powder, maple syrup, dessicated coconut, salt and vanilla. Mix to combine.
2. Then add in the milk of choice, whisk until combined.
3. Add chia seeds and mix again. Cover and refrigerate overnight.
4. Once the pudding has set. It can then be served with desired toppings, such as fruit, granola, more coconut or nuts.





This flavour packed salad is a fantastic one to add to your weekly meal plan. As the pepitas and sunflower seeds contain protein, fibre and polyunsaturated fatty acids.

The avocados also contain huge amounts of healthy fats, vitamin K, folate, potassium and vitamin C, meaning this salad is going to help maintain a healthy cholesterol, healthy blood sugar levels and keep us fuller for longer.



# Avocado Salad

---

## INGREDIENTS

1/2 cup raw pepitas and sunflower seeds  
Pinch of chilli powder  
Olive oil  
Pinch of salt  
4 green onions, sliced  
1/2 cup chopped herbs such as coriander and parsley  
3 radishes, chopped  
1 jalapeno, chopped and seeds removed  
4 ripe avocados  
2 limes  
Olive oil  
2 teaspoons honey  
Salt and pepper

## METHOD

1. In a small fry pan, toast the seeds until slightly golden.
2. Remove from the heat and stir in chilli powder, olive oil and salt. Set aside to cool down.
3. In a bowl combined chopped radishes, green onions, herbs and jalapenos.
4. To prepare the salad dressing, in a small bowl or jar combine the lime juice, olive oil, honey and salt.
5. Add the avocados into the salad, cutting them up into bite size pieces. This can be done by cutting the avocado in half and removing the seed. Then with a spoon removing the avocado from the skin and then can be sliced and diced.
6. Finish the salad by adding the dressing and toasted seeds then mix, enjoy!





bioisland®



**Good fats**

© JBX Pty Ltd All rights reserved. No part may be reproduced in any form or by any means without the prior written consent of the publisher. The information contained in this document does not take into account your personal situation or dietary needs and is general in nature. This material in no way constitutes the provision of professional advice. You should consider whether the information is appropriate for your needs and seek professional medical advice.