

Healthy catering recommendations for Queensland Mental Health Week events

In the mood for good gut food? These recommendations from Mood Food will help you provide delicious food to your Queensland Mental Health Week event attendees that support the gut-brain connection!

The team at Mood Food is dedicated to educating, empowering, and inspiring people to eat foods that improve mental health. This resource has been developed by accredited practising dietitian's to help make healthy choices, easy choices.

We want to show you that providing healthy options doesn't have to be a challenge and simple changes – think less sugar, lower fat, and more fibre – can make a big difference.



BAKING

It's all about increasing the amount of fibre!

- Use wholemeal flour instead of white flour
- Substitute ¼ cup of flour for a combination of LSA and 1 tablespoon of psyllium husk

Reduce the amount of sugar in the recipe by:

- Using less! If the recipe asks for 1 cup use 2/3 cup instead
- Adding fruit: puree pears (leaving the skin on), mash bananas, add fresh or frozen berries

Include healthy fats by:

- Swapping butter for lightly flavoured extra virgin olive oil e.g. *replace 250g of butter with 200mls of extra virgin olive oil.*
- Adding nuts or LSA



CATERING

Request

- Wholemeal sandwiches (no white bread or wraps) with plenty of salad
- Fruit platters
- Quiches
- Rice paper rolls
- Sushi
- Wholemeal crackers or vegetable sticks with hummus, tzatziki, guacamole
- Wholemeal muffins

Avoid

- Anything deep fried
- Pastries e.g. sausage rolls and pies
- Donuts, brownies, caramel slices, iced buns
- Soft drinks



GET CREATIVE

What about a smoothie station? This is always goes down well!

We recommend having two Nutri-bullets going at a time. Below is our favourite recipe, which includes our secret weapon...green peas!

Or, you can organise a BBQ with a healthy twist! Once you try it, you'll never go back.

- Try either chicken breast, sizzle steak or veggie patties served on wholemeal buns with cheese, tomato, avocado salad leaves, grated carrot and beetroot.
- You could also simply serve sausages on brown bread with BBQ onion and fresh rocket



Raspberry yoghurt cake

This is a great cake to whip up for events and equally fantastic to cook and freeze for lunch boxes. If you want to freeze it, cut it into slices first and wrap individually. It will keep in the freezer for a week and it will thaw out in lunch boxes ready in time to be eaten.



12 servings



55 minutes

Ingredients

1 cup olive oil, light

1 cup caster sugar

2 eggs

¼ cup LSA – linseed,

sunflower and

almond

1 cup Greek yoghurt

2 cups wholemeal

self raising flour

1 ½ cups raspberries,

frozen

Directions

1. Preheat oven to 170°C and line two loaf tins.
2. In a large bowl whisk together the olive oil and caster sugar. Add the eggs one at a time and whisk. Then mix in the yoghurt + LSA. Fold through the flour and don't over mix, a little lumpy is okay. Fold through the raspberries, then pour into the prepared cake tin.
3. Bake for 45 minutes or until cooked through. If it is browning too quickly and taking longer to cook then just cover the cake with some aluminium foil and continue to cook until cooked through (test with a skewer).
4. Leave to cool in the tin or serve warm and eat immediately.





Sensational smoothies

Peas in a smoothie? Do not knock it before you try it! This is one of Mood Food's most famous tricks of the trade. Getting an extra serve of vegetables in your smoothie may seem small, but has a huge impact and will help those gut bugs sing.



6 servings



5 minutes

Ingredients

1/2 cup frozen fruit

1 tsp nuts e.g. LSA

1 tsp chia seeds

1 tbsp natural yoghurt

1/4 cup frozen peas

200mls milk

1tsp maple syrup

*optional squeeze of
lime or knob of ginger

Directions

1. Combine all ingredients in a blender or Nutribullet and wazz to your liking.

This will make quite a thick smoothie, so add more milk or cold water/ice if you prefer it to be a more runny consistency.

2. Play around with different combinations. You can easily substitute the mango for berries or banana. The peas can be substituted for zucchini or spinach. All these veggies have a pretty bland flavour and will pump up the nutritional value of your smoothie without ruining the taste.

3. Be sure to freeze your veggies first, so your smoothie is delicious and cold to drink.

