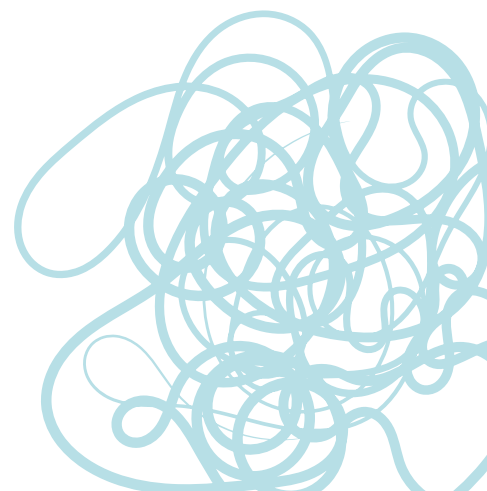
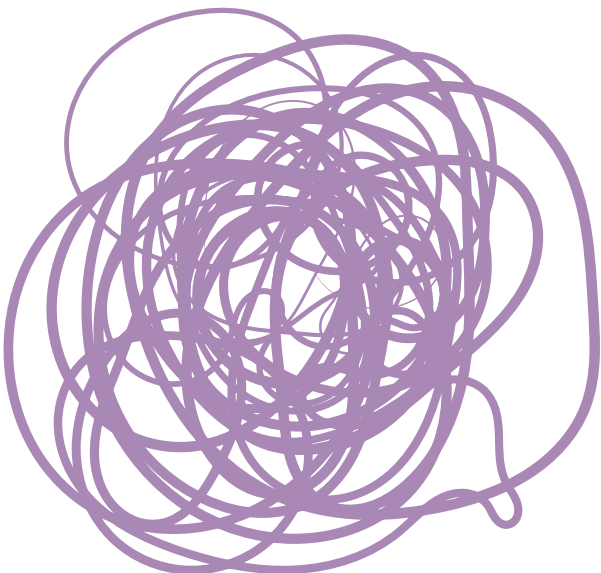


# STRESS AWARENESS MONTH 2024

Recipes





# EAT WELL RECIPES

As part of Stress Awareness Month 2024, we're encouraging you to eat well to help your mental and physical wellbeing which in turn helps to reduce your stress. So, we've put together a few recipes for you to try at home; all of the recipes can be customised to suit your diet or preferred ingredients, so have fun with them!

We'd love to see your creations so if you make any of the recipes, please send us your pics on Instagram, or tag us at @cawinfo

You can find these recipes in our 30 Day Wellness Challenge as well, which is included in the Stress Awareness Month Resources Pack!



# BBQ RICE BOWL

## Ingredients

- 125g rice (Swap: cauli rice or grains)
- 100g sweet potato chunks
- 1/2 sweet red pepper (diced)
- 85g cooked chicken breast (1-2 mini fillets)
- 140g pickled slaw (available from Tesco)
- BBQ sauce of choice
- Optional: Feta cheese



## Method

1. Cook your sweet potato in the oven at 180 degrees (fan) for 30 - 35 minutes. Add in diced peppers after 15 minutes (or stir fry).
2. Cook your rice as instructed on the packet.
3. Shred the cooked chicken breast.
4. Assemble the bowl starting with the rice, then add the sweet potato, red peppers and shredded chicken before drizzling with BBQ sauce. Add the pickled slaw and feta (if using) on top and enjoy!

All of the ingredients can be swapped to suit your taste. You could use cauli rice instead of rice, change the chicken for tofu and so on.

# PINWHEEL WRAPS

## Ingredients

1-2 mini tortilla wraps  
2-4 cheese slices (e.g. Dairy Lea)  
2-4 slices of wafer thin meat  
(we used chicken)  
Condiment of choice (we used  
mayonnaise)  
Handful of iceberg lettuce



## Method

1. Spread your chosen condiment onto your wrap.
2. Layer on the cheese, cooked meat and lettuce (1-2 slices per wrap)
3. Carefully roll your wrap tightly, making sure the filling doesn't come out
4. Once rolled, cut the wrap into sections a few centimetres thick.
5. Arrange in your lunch box with other healthy snacks and enjoy!

All of the ingredients can be swapped to suit your taste. You could use ham instead of chicken or swap for a plant-based alternative instead. Pair the wraps with some fresh fruit and vegetables for your lunch!

# FRUIT PARFAIT



## Ingredients

200g yogurt of choice (we used Arla Protein Blueberry Yogurt)  
3 or 4 different fruits of your choice (we used cherries, grapes, strawberries and pomegranate seeds) - approx 1 serving of each

Tip: To save your fruit going off, buy frozen fruit and simply let it defrost for a few minutes first before adding it into the parfait.

You could also make this a fun summer dessert by using frozen yogurt instead!

## Method

1. Add your first layer of fruit to your glass
2. Add about 1/3 of the yogurt on top of the fruit
3. Repeat until all fruit and yogurt is used!

This is a quick and easy way to get some of your five a day!

# LAYERED MOCKTAIL



## Ingredients

2 x 300ml of your favourite fruit juices

Handful of ice

You will also need a spoon to create the layers!

Tip: You don't have to use fruit juice to make this, you could swap out a juice for soda water or coconut water! Just remember, when layering, the heaviest liquid will need to go on the bottom in order to create the layers!

## Method

1. Add your first fruit juice to the glass and add approximately 6 ice cubes
2. Using the back of a metal spoon against the side of the glass, slowly pour the second juice on top (tip: it often helps if you pour onto one of the ice cubes as this acts as another barrier to avoid mixing)
3. Enjoy!

This is a fun way to get some fruit but remember fruit juices can be high in sugars so drink in moderation!