Healthy Futures

School and Community Garden Cookbook









Republic of the Marshall Islands

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FRONT COVER: Top left: Rolson weighs Pak Choi Top right: Green Papaya Salad Bottom left: Pineapple Bottom right: Chanel and Dior making quiche.

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Jo Dean and Rosie Jack, Canvasback Wellness Centre Kitchen. Photo: Lauren Wiegel

THIRD EDITION

Introduction

Growing your own food is one of the most powerful ways to support good health and deepen our connection with the world around us. In the Marshall Islands, school and community gardens are becoming places of learning, healing, and joy. They give students and families the chance to move their bodies outdoors, care for plants, and experience the pride that comes from harvesting, cooking, and eating what they've grown with their own hands.

Spending time outside in the garden is good for both our physical and mental health. Children feel the warmth of the sun, breathe in the salty ocean air, and stretch their muscles as they dig in the soil, push a wheelbarrow, or carry water. The breeze cools their faces, fresh herbs fill the air with fragrance, and the sweet taste of a ripe pineapple or the crunch of fresh beans reminds us of nature's goodness. The garden brings all the senses to life—the sound of the waves, the feel of soft leaves and soil rich in organic matter, with the beauty of growing plants all around us. These small moments help us feel calm, connected, and alive.

Gardening also teaches us important values—to care for the earth, to care for each other, and to share fairly. These lessons help build strong, respectful communities and healthy habits that last a lifetime. Food that is freshly picked from the garden is full of flavour and nutrients. It supports strong bodies, healthy digestion, and clear, focused minds.

When we have access to healthy food close to our homes, we feel secure and have control over what we can cook with, bringing nutritious offerings to children and families. It strengthens resilience when factors out of our control impact food supply chains. When we grow and pick from a garden, we feel healthy, safe, and self-reliant.

Expanding Our Horizons: The NewKids Program

In this new edition, we are thrilled to expand our garden-to-plate journey by introducing recipes from the NewKids Program. This initiative brings together practical knowledge about maternal nutrition, pregnancy, infant and young child feeding, reproductive health, and early childhood development. It encourages mothers and families to make healthy choices that support the wellbeing of both mother and child from the very beginning of life. nutrition, pregnancy, infant and young child feeding, reproductive health, and early childhood development. It encourages mothers and families to make healthy choices that support the wellbeing of both mother and child from the very beginning of life.

The heart of the NewKids Program is cooking together. Through simple, practical community cooking activities, mothers and families learn how to prepare nutritious meals using accessible, local foods. The newly added recipes in this book come directly from those shared cooking experiences. They are designed to be simple, delicious, and easy to prepare at home.

Enhanced Nutrition for Healthy Futures

To give this cookbook even greater strength as an educational tool, this edition features a major update: the addition of precise nutritional values for key recipes represented throughout the book.

We extend our deepest gratitude to Penjani Kamudoni, UNICEF Pacific Nutrition Manager, whose expert support and technical guidance made these nutritional calculations possible. By understanding exactly what fuels our bodies, all cookbook users—from teachers and students to mothers and home cooks—can significantly increase their nutrition knowledge. This added data empowers families to make informed, healthy choices with confidence.

Our Shared Gratitude

We remain truly grateful to the schools and communities across the Marshall Islands who originally welcomed this journey through the World Diabetes Foundation 3-year prject: R.M.I. – National Physical Activity & Nutrition for Healthy Futures.

With the combined strength of our school gardens and the NewKids Program, you are growing more than food—you are growing healthier, happier, and more resilient communities. This cookbook is a living resource for mothers, families, and community members to share food, ideas, and knowledge with one another. We hope these recipes inspire you to try new foods, prepare healthy meals together, and pass these vital habits on to the next generation.

Together, we continue our beautiful garden-to-plate adventure.

Kommol tata.

JoAnne Dean
School and Community Garden Educator
Canvasback Wellness
Australian Volunteer

Foreword

Across the Pacific Islands, food is deeply tied to family, community, culture, and identity. It brings us together, nourishes our bodies, and connects us to the land and sea.

In school communities, food is also an opportunity. Schools are more than places of learning — they are centres of care, connection, and culture. By promoting healthy eating, we help children focus and learn in the classroom, grow and develop well, stay active, and build the knowledge they need to make lifelong healthy choices.

In recent years, there has been a growing recognition of the important role schools in the Pacific Islands play in supporting nutritious diets, for not just children, but also the broader community. That journey often begins with the food we offer, the knowledge we share and the habits we nurture.

This cookbook is a celebration of that role. It highlights how schools can support nutritious diets through meals that are not only healthy, but also visually appealing and taste great. From fresh local produce to traditional favourites with a modern twist, each recipe provides an opportunity to try and include nutritious foods in our diets. While many of the recipes focus on vegetables, the cookbook also includes some treats (or 'sometimes foods') for those important special occasions.

As I read through this collection and fondly recall my visits to the Republic of the Marshall Islands, I imagine the joy on children's faces as they harvest from the garden, cook together, taste familiar favourites, and explore new flavours. My hope is that these experiences inspire them to share what they've learned at home, building a deep and lasting love for nutritious, local foods.

May this cookbook be used with joy and pride, and may it help nurture a future where Marshallese children — and their families — thrive in health, in culture, and in community.

A/Prof Sarah Burkhart
University of the Sunshine Coast, Australia
President, Federation of Oceanic Nutrition Societies
Chair, Pacific School Food Network

Acknowledgement

Many people contributed towards the collation of recipes in this cookbook and are whole-heartedly thanked for their dedication…
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- Rita Baptist School
- Rita Elementary School
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- North Delap Elementary School
- Seventh Day Adventist School, Majuro
- Delap Elementary School
- Rainbow Rairok Elementary School
- Long Island Elementary School
- Ajeltake Primary Elementary School
- Woja Elementary School
- Laura Elementary School
- Ebeye Elementary School
- Seventh Day Adventist School, Ebeye
- Queen of Peace, Ebeye
- Father Hacker's School, Ebeye
- Kwajalein High School
- GEM School, Ebeye
- Jabro School, Ebeye
- United Church Christian School, Ebeye
- Calvary School, Ebeye
- Jaluit Jaluit Elementary School
- Jabor Elementary School, Jaluit
- Jaluit High School
- St Joseph's Catholic School, Jaluit
- Imroj Elementary School
- Wotje Elementary School
- Northern Islands High School.

Kommol tata also go to:

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- Eonmita Rakinmeto — Health Curriculum Specialist, Public School System, Majuro
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Canvasback kitchen staff

Wellness through food growing

Growing your own food supports good health, strong communities, and a deeper connection to the land. In the Marshall Islands, many traditional food plants like taro, breadfruit, pandanus, coconut, and leafy greens such as tirooj are not only highly nutritious but also well suited to our islands' climate and soil. By growing these foods close to home, families and communities strengthen local food security and reduce dependence on imported goods. Fresh food from our gardens is more reliable, more affordable, and better for our health.

Gardening also keeps cultural knowledge alive and helps pass it on to the next generation. It encourages children to learn through doing, move their bodies outdoors, and build respect for the environment and the wisdom of those who came before us.

Healthy Eating in RMI

In a nut-shell, these are the Healthy Eating Guidelines to remember each day:



Eat Protective Foods
(5 vegetables and 2 fruits) .



Include Body Building Foods
(meat, fish, legumes, nuts).





Include Energy Foods (breadfruit, rice, taro, sweet potato).



It is good to eat some fat, and our body needs some sugar, but not too much.

For this reason we also have a Sometimes Food icon.

Look for these icons with the recipes to help with your menu planning.

Remember

- fresh is best, then frozen, canned or dried
- avoid high-sugar, high-fat, high-salt, processed imported foods when possible.

My healthy plate

We are what we eat. In the Republic of Marshall Islands we recommend 5 vegetables, 2 fruit, of protective food, as half a plate, and quarter of a plate each of body building food, and energy food. A diversity of food plants is the key for our bodies to grow healthy and strong, be energized and maintain good health.



- 50% Protective Foods (fruits and vegetables)
- 25% Body Building Foods
- 25% Energy Foods

Portion sizes — use your hand

- your **cupped hand** is a simple way to measure food
- eat enough, but don't overeat.

The following table developed by the World Health Organization is a fabulous guide of how much to eat to remain healthy and strong.

When considering a diet to reduce risk of diabetes we emphasize eating more vegetables and fruit, and less starch than the table shows. It is included here to indicate how much to eat for a portion size, but to aim for 50% Protective Foods, 25% Body Building Foods and 25% Energy Foods.

Figure 1. Food groups and portion size

Food groups and types of foods to choose	Amount to be eaten	Main nutrients they provide
Energy foods – starchy staples *Energy food to choose:* - Locally grown root crops - Breadfruit, cooked green bananas - Whole grain breads - Brown rice *Energy foods to limit:* - Refined grains and cereals such as white rice, pasta, noodles, vermicelli and bread - Foods prepared with fats and sugar, e.g. biscuits and cakes *Energy foods to avoid:* - Processed and deep-fried foods - Sugar and free sugars[10] - Sugar-sweetened beverages	**Should make up half (50%) of all the food you eat each day** Eat at least six portions each day Example of portion: 1 portion = fist 	Carbohydrates Vitamins Dietary fibre
Protective foods – all vegetables and fruits *Protective foods to choose:* - All fresh fruits and vegetables, locally grown - All frozen vegetables and fruits with no added sugar or salt *Protective food to limit:* - Canned fruit in juice is a good alternative if fresh fruit is limited. - Dried fruits with no added sugar or preservatives - Canned vegetables containing little salt *Protective foods to avoid:* - Canned vegetables - Dried fruits with added sugar or preservatives - Cordials and fruit drinks - Fruit juice and fruit juice concentrate[2]	**Should make up one third (35%) of all the foods you eat each day** Eat five or more portions each day Example of portions: **Vegetables** 1 portion = 2 cupped hands  **Fruit** 1 portion = 1 cupped hand  	Vitamins Minerals Dietary fibre Phytochemicals Antioxidants
Body-building foods – protein rich foods *Body-building foods to choose:* - Local, lean cuts of meat, chicken - Fish - Eggs - Dried beans and legumes - Nuts - Reduced fat milk and milk products *Body-building foods to limit:* - Meat with visible fat - Canned meat or fish with high salt content *Body-building foods to avoid:* - Processed meat – spam, canned corned meat - Corned beef/brisket in container, burgers, sausages, condensed milk, mutton flaps	**Should make up one sixth (15%) of all the food you eat each day** Eat at least one to two portions each day Example of portions: **Meat** 1 portion = palm of your hand  **Nuts** 1 portion = 1 cupped hand   **Beans/legumes** 1 portion = 1 cupped hand	Proteins and essential amino acids Vitamins Minerals Fatty acids Fibre (from dried beans and nuts)

10 World Health Organization. 2015. *Guideline: sugars intake for adults and children*. WHO, Geneva, Switzerland.

Source: World Health Organisation


EAT A RAINBOW
BREADFRUIT
MALAY APPLE
COCONUT
MORINGA
PAPAYA
AMARANTH
COMPOST
BASIL
TOMATO
PUMPKIN
BANANA
TARO
CHILLI
CUCUMBER
CAPSICUM
CORN
EGGPLANT
BEANS
PANDANUS
BASIL
PAK CHOI
SPRING ONION
CABBAGE
DRAWN BY @brenna_quinlan

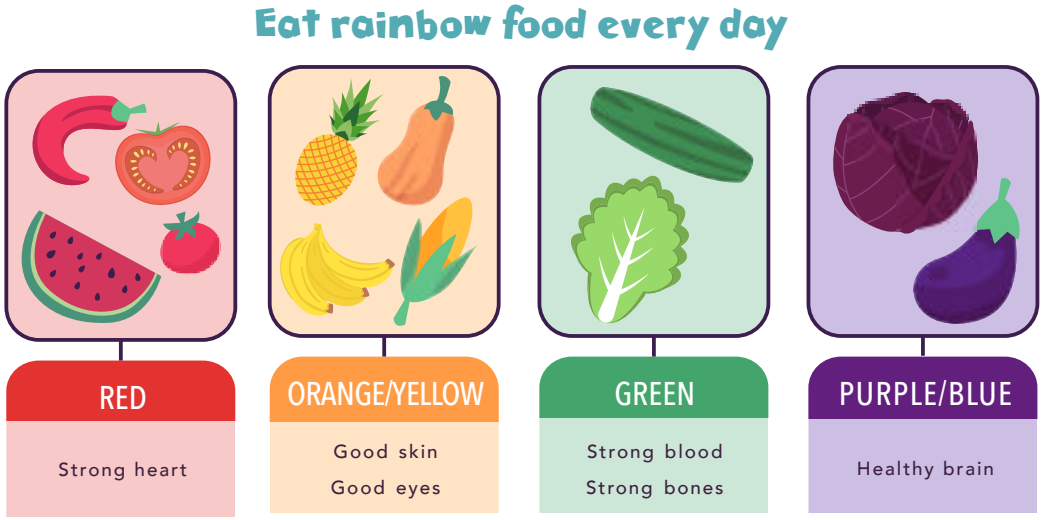
Eat a Rainbow Every Day!

Fresh fruits and vegetables keep our bodies strong and healthy. Different colours give us different vitamins, minerals, and plant phyto-nutrients. A simple rule of thumb is: 'Eat a rainbow'.

Try to eat many colours each day:

- **red** for a strong heart (like tomatoes, watermelon, malay apple)
- **orange** and **yellow** for good eyes and skin (like pumpkin, pandanus, papaya and corn)
- **green** for strong blood and bones (like leafy greens, cucumbers)
- **purple** and **blue** for a healthy brain (like eggplant, purple cabbage).

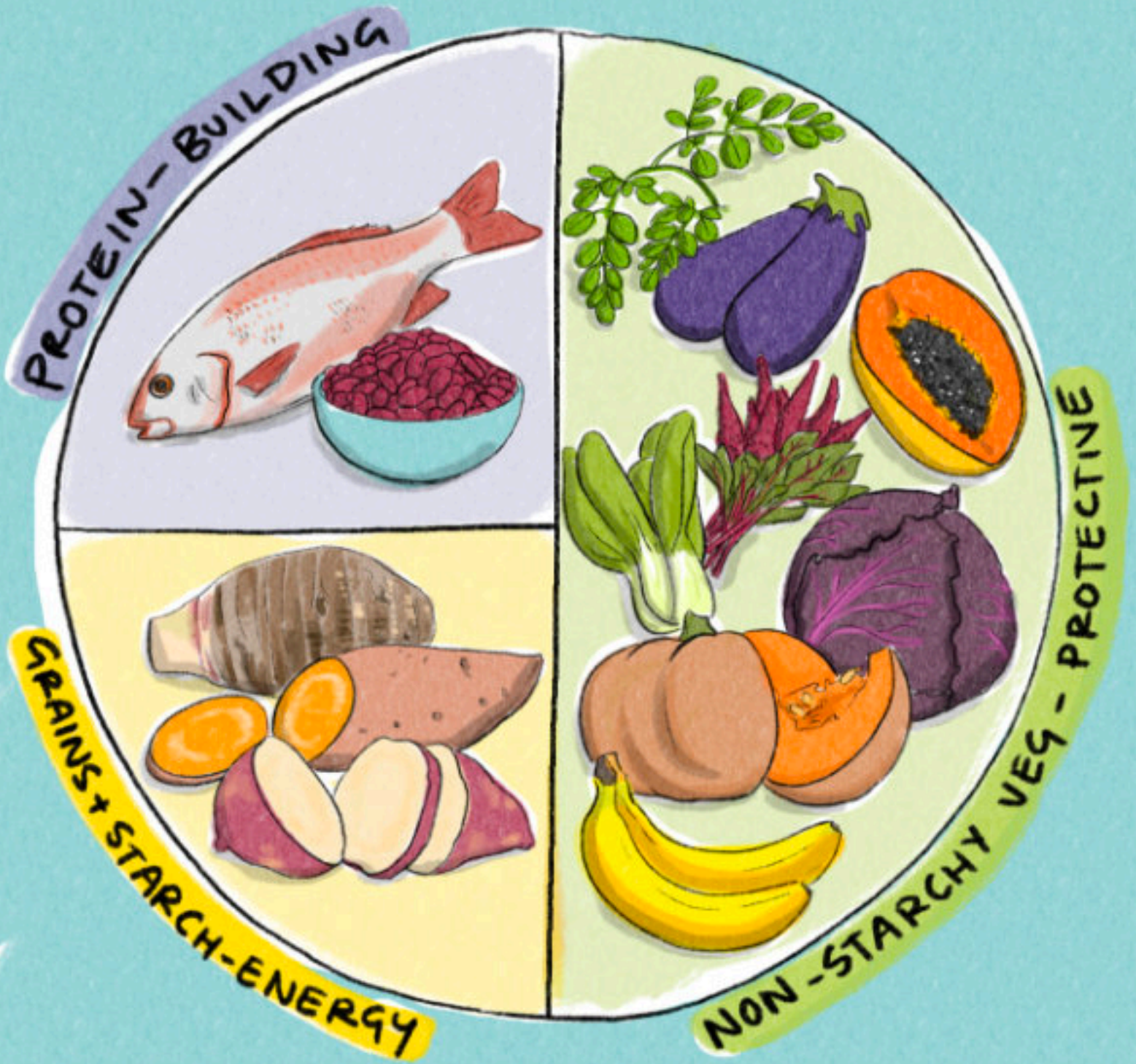
The more colours on your plate, the more your body gets the nutrients it needs!





Children's artwork showing the importance of eating rainbow food

THE 5+2



DRAWN BY @brenna_quinlan

Healthy soils grow healthy foods

When we feed the soil, we feed ourselves. Good soil helps plants grow strong and full of nutrients our bodies need. To nurture the soil with simple, effective gardening techniques like, making and using compost, adding organic nutrients to the soil by growing legumes and ground covers, organic fertilizers like fish waste and copra cake, using crop rotation and mindful garden design practices, our gardens will continue to grow well into the future.

Nurturing the soil ensures healthy families for continuing generations into the future.



Nurturing the soil — composting at Woja



Rosie cooking with vegetables picked fresh from the garden at C.M.I.

We are what we eat

Healthy Soils grow healthy plants which nourish our bodies to grow healthy and strong. Ensuring the gardens we grow have the nutrients the plants need is the most effective way to ensure our body receives the diversity of nutrients required to be healthy.



Children nurturing the soil

NUTRIENTS AND THEIR ROLES

Nutrient	Symbol	Main role	
Nitrogen	N	Protein	Body building
Phosphorus	P	Energy	Energy transfer
Potassium	K	Fluid balance	+ Nerve signaling, heart rhythm, protective
Calcium	Ca	Structure	Bones, teeth
Iron	Fe	Energy	Red blood cells — O2
Manganese	Mn	Energy	Metabolism, protective
Copper	Cu	Energy	Blood cells, protective
Zinc	Zn	Various	Protective healing

Source: Republic of Marshall Islands Education Resource

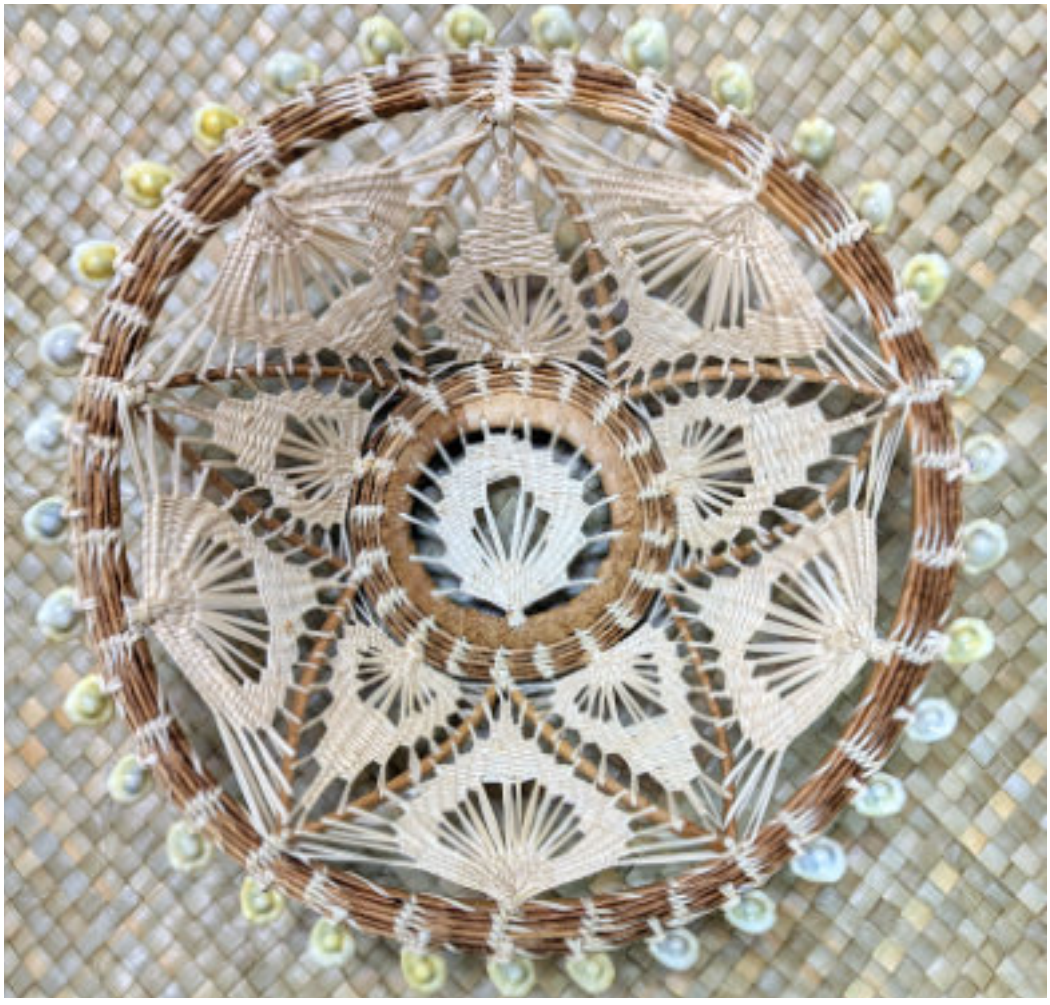
CHOOSE FROM OUR NOURISHING RECIPES

Recipes

We are what we eat.

In the Republic of Marshall Islands we recommend 5 vegetables, 2 fruit, of protective food, as half a plate, and quarter of a plate each of body building food, and energy food.

A diversity of food plants is the key for our bodies to grow healthy and strong, be energized and maintain good health.



Marshallese Basket Handicraft

FIRST FOODS

Early Childhood

The first 1000 days of life are important for growing strong and healthy

What we eat in the first two years helps shape our health for the future. When babies try local fruits, vegetables, and greens from an early age, they learn to enjoy these healthy foods for life.

This section includes simple recipes to help babies begin eating soft food. The foods are mashed, pureed, or soft-cooked, using ingredients that are easy to grow or find in local gardens and markets.

Helpful tips for baby foods:

- breastmilk is best for babies, continue breastfeeding while introducing solid food
- start with small amounts of soft food once or twice a day when baby is about 6 months old
- try new foods one at a time so baby can get used to the taste and texture
- soft local greens like sweet potato leaves, kangkong, and tirooj are very healthy for growing babies
- always check fish carefully to remove bones
- use clean, safe water for cooking and washing food.

Cooking with love helps babies grow with strength, connection, and the taste of home.

Overview of the NewKids Program

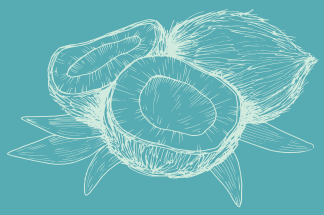
To give every child the best possible start in life, the NewKids Program at Canvasback Wellness Centre supports young and first-time mothers as they grow in knowledge, confidence, and healthy habits. This caring initiative is proudly delivered in partnership with the RMI Early Childhood Development Program and funded by the World Bank.

The program brings together practical knowledge about maternal nutrition, pregnancy, infant and young child feeding, reproductive health, and early childhood development, while encouraging mothers and families to make healthy choices that support the well-being of both mother and child.

The biggest component of the NewKids Program is cooking together. Through simple, practical cooking activities, mothers and community members learn how to prepare nutritious meals using foods that are available to them. The recipes in this cookbook come from those cooking experiences and are meant to be simple, nutritious, and easy to prepare at home.

The NewKids Program recipes featured here are a small resource for mothers, families, and community members to share food, ideas, and knowledge with one another. We hope these recipes inspire families to try new foods, prepare healthy meals together, and build healthy habits that can be passed on to the next generation.





Creamy Pumpkin and Coconut Mash

For babies 6 months and older

Ingredients

1 cup pumpkin, peeled and chopped

¼ cup freshly squeezed coconut milk

A small pinch of salt (optional, for babies over 1 year)

How to make it



1. Steam or boil pumpkin until very soft (about 10–15 minutes).
2. Drain and mash with a fork or blend until smooth.
3. Stir in coconut milk to make a soft mash.
4. Let cool to warm before feeding your baby.

Tip

Add more coconut milk or a little cooled boiled water for a thinner texture.

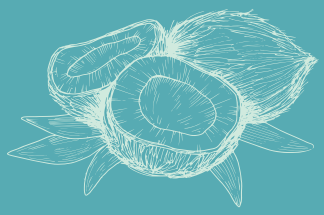
NUTRITION INFORMATION

Notes:

Used fresh coconut cream, no water.

Recipe Wt	176.00
Est Water Loss	0.00
Final Wt	187.50
Yield	2.00

NV Total for Recipes		Per serving	
Water: g	136.67	Water: g	68.34
Energy: kcal	253.91	Energy: kcal	126.96
Energy: kJ	1060.44	Energy: kJ	530.22
Protein: g	5.59	Protein: g	2.80
Total fat: g	20.21	Total fat: g	10.10
CHO available	11.85	CHO available	5.92
TDF:g	2.81	TDF: g	1.40
Na: mg	9.20	Na: mg	4.60
Mg: mg	33.53	Mg: mg	16.76
K: mg	562.95	K: mg	281.48
Ca: mg	43.31	Ca: mg	21.65
Fe: mg	1.73	Fe: mg	0.87
Z: mg	0.99	Z: mg	0.49
Retinol: µg	0.00	Retinol: µg	0.00
β-carotene equiv.: µg	3390.20	β-carotene equiv.: µg	1695.10
Tot.VitA equiv.: µg	282.10	Tot.VitA equiv.: µg	141.05
Thiamin: mg	0.08	Thiamin: mg	0.04
Riboflavin: mg	0.09	Riboflavin: mg	0.05
Naicin: mg	1.19	Naicin: mg	0.60
Vitamin B12: µg	0.00	Vitamin B12: µg	0.00
Vitamin C: mg	14.53	Vitamin C: mg	7.26
Vitamin E: mg	2.90	Vitamin E: mg	1.45
Cholesterol: mg	0.00	Cholesterol: mg	0.00



Leafy Greens and Potato Puree

For babies 6-8 months

Ingredients

½ cup tender leafy greens (e.g. tirooj, amaranth, bean leaves), washed and chopped

1 small sweet potato, peeled and chopped

¼ cup freshly squeezed coconut milk

How to make it



1. Steam sweet potato until soft (about 10 minutes).
2. Add leafy greens and steam together for another 2–3 minutes until wilted.
3. Blend or mash until smooth with coconut milk.
4. Serve slightly warm.

Tip

If blending, add more liquid to help smooth the texture.

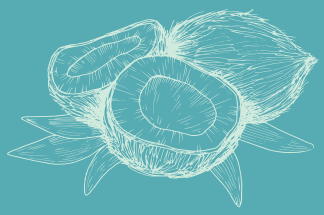


NUTRITION INFORMATION

Notes: Used sweet potato leaves for all leaves in this section if unspecified.

Recipe Wt	236.00
Est Water Loss	0.00
Final Wt	242.00
Yield	2.00

NV Total for Recipes		Per Serving	
Water: g	177.28	Water: g	88.64
Energy: kcal	317.74	Energy: kcal	158.87
Energy: kJ	1327.18	Energy: kJ	663.59
Protein: g	6.27	Protein: g	3.14
Total fat: g	19.99	Total fat: g	9.99
CHO available	26.42	CHO available	13.21
TDF:g	5.64	TDF:g	2.82
Na: mg	26.03	Na: mg	13.02
Mg: mg	46.16	Mg: mg	23.08
K: mg	607.30	K: mg	303.65
Ca: mg	80.81	Ca: mg	40.41
Fe: mg	2.23	Fe: mg	1.11
Z: mg	1.50	Z: mg	0.75
Retinol: µg	0.00	Retinol: µg	0.00
β-carotene equiv.: µg	9720.00	β-carotene equiv.: µg	4860.00
Tot.VitA equiv.: µg	810.00	Tot.VitA equiv.: µg	405.00
Thiamin: mg	0.05	Thiamin: mg	0.03
Riboflavin: mg	0.11	Riboflavin: mg	0.06
Naicin: mg	2.05	Naicin: mg	1.02
Vitamin B12: µg	0.00	Vitamin B12: µg	0.00
Vitamin C: mg	40.85	Vitamin C: mg	20.43
Vitamin E: mg	6.33	Vitamin E: mg	3.16
Cholesterol: mg	0.00	Cholesterol: mg	0.00



Taro and Coconut Baby Mash

For babies 8 months and older

Ingredients

½ cup taro, peeled and chopped

½ cup mixed soft leafy greens

¼ cup coconut milk



How to make it

1. Steam or boil taro until soft (about 15–20 minutes).
2. Add greens and cook until wilted.
3. Mash everything together with coconut milk.
4. Serve warm and soft.

Tip

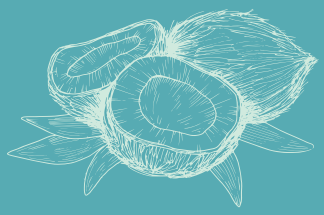
For a chunkier mash for older babies, use a fork instead of blending.



NUTRITION INFORMATION

Recipe Wt	321.00
Est Water Loss	0.00
Final Wt	321.00
Yield	2.00

NV Total for Recipes		Per Serving	
Water: g	231.45	Water: g	115.72
Energy: kcal	380.18	Energy: kcal	190.09
Energy: kJ	1592.96	Energy: kJ	796.48
Protein: g	6.23	Protein: g	3.12
Total fat: g	16.39	Total fat: g	8.19
CHO available	49.11	CHO available	24.56
TDF:g	7.27	TDF:g	3.63
Na: mg	71.82	Na: mg	35.91
Mg: mg	80.48	Mg: mg	40.24
K: mg	874.22	K: mg	437.11
Ca: mg	62.92	Ca: mg	31.46
Fe: mg	2.10	Fe: mg	1.05
Z: mg	3.58	Z: mg	1.79
Retinol: µg	0.00	Retinol: µg	0.00
β-carotene equiv.: µg	9226.90	β-carotene equiv.: µg	4613.45
Tot.VitA equiv.: µg	769.82	Tot.VitA equiv.: µg	384.91
Thiamin: mg	0.12	Thiamin: mg	0.06
Riboflavin: mg	0.20	Riboflavin: mg	0.10
Naicin: mg	3.41	Naicin: mg	1.70
Vitamin B12: µg	0.00	Vitamin B12: µg	0.00
Vitamin C: mg	40.20	Vitamin C: mg	20.10
Vitamin E: mg	7.55	Vitamin E: mg	3.77
Cholesterol: mg	0.00	Cholesterol: mg	0.00



Banana and Ripe Papaya Purée

For babies 6 months and older

Ingredients

½ ripe banana

½ cup ripe papaya, peeled and chopped

How to make it



1. Mash banana and papaya together with a fork until smooth.
2. Serve fresh at room temperature using a small spoon.

Tip

No cooking needed!

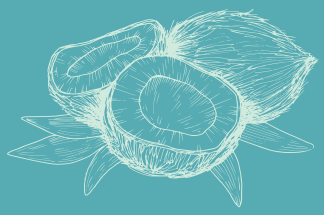
This is a perfect first food that's gentle on baby's tummy.



NUTRITION INFORMATION

Recipe Wt	455.00
Est Water Loss	0.00
Final Wt	455.00
Yield	4.00

NV Total for Recipes		Per Serving	
Water: g	369.64	Water: g	92.41
Energy: kcal	231.75	Energy: kcal	57.94
Energy: kJ	1300.85	Energy: kJ	325.21
Protein: g	3.85	Protein: g	0.96
Total fat: g	1.13	Total fat: g	0.28
CHO available	68.97	CHO available	17.24
TDF:g	7.09	TDF:g	1.77
Na: mg	81.35	Na: mg	20.34
Mg: mg	106.45	Mg: mg	26.61
K: mg	864.25	K: mg	216.06
Ca: mg	89.15	Ca: mg	22.29
Fe: mg	2.50	Fe: mg	0.63
Z: mg	1.14	Z: mg	0.29
Retinol: µg	0.00	Retinol: µg	0.00
β-carotene equiv.: µg	2208.00	β-carotene equiv.: µg	552.00
Tot.VitA equiv.: µg	358.60	Tot.VitA equiv.: µg	89.65
Thiamin: mg	0.23	Thiamin: mg	0.06
Riboflavin: mg	0.25	Riboflavin: mg	0.06
Naicin: mg	2.54	Naicin: mg	0.64
Vitamin B12: µg	0.00	Vitamin B12: µg	0.00
Vitamin C: mg	176.93	Vitamin C: mg	44.23
Vitamin E: mg	1.59	Vitamin E: mg	0.40
Cholesterol: mg	0.00	Cholesterol: mg	0.00



Cooked Fruit and Sweet Potato Mash

For babies 6-8 months

Ingredients

½ cup chopped sweet potato

½ cup chopped ripe fruit (apple, guava, or malay apple)

How to make it

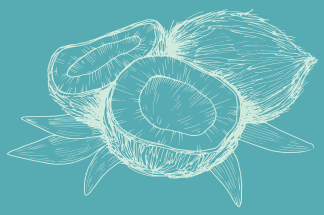


1. Steam sweet potato and fruit together until soft (about 10–12 minutes).
2. Mash or blend until smooth.
3. Add a little boiled water if a softer texture is needed.
4. Serve warm or let cool slightly before feeding.

NUTRITION INFORMATION

Recipe Wt	167.50
Est Water Loss	0.00
Final Wt	167.50
Yield	3.00

NV Total for Recipes		Per Serving	
Water: g	139.33	Water: g	46.44
Energy: kcal	82.33	Energy: kcal	27.44
Energy: kJ	344.23	Energy: kJ	114.74
Protein: g	2.13	Protein: g	0.71
Total fat: g	0.52	Total fat: g	0.17
CHO available	14.34	CHO available	4.78
TDF:g	6.57	TDF:g	2.19
Na: mg	11.50	Na: mg	3.83
Mg: mg	20.90	Mg: mg	6.97
K: mg	311.25	K: mg	103.75
Ca: mg	29.55	Ca: mg	9.85
Fe: mg	0.58	Fe: mg	0.19
Z: mg	0.49	Z: mg	0.16
Retinol: µg	0.00	Retinol: µg	0.00
β-carotene equiv.: µg	4984.25	β-carotene equiv.: µg	1661.42
Tot.VitA equiv.: µg	415.50	Tot.VitA equiv.: µg	138.50
Thiamin: mg	0.04	Thiamin: mg	0.01
Riboflavin: mg	0.07	Riboflavin: mg	0.02
Naicin: mg	1.46	Naicin: mg	0.49
Vitamin B12: µg	0.00	Vitamin B12: µg	0.00
Vitamin C: mg	175.90	Vitamin C: mg	58.63
Vitamin E: mg	3.85	Vitamin E: mg	1.28
Cholesterol: mg	0.00	Cholesterol: mg	0.00



Soft Fish and Pumpkin Mash

For babies 7-9 months

Ingredients

¼ cup cooked soft fish (like tuna or reef fish), flaked

½ cup pumpkin, peeled and chopped

A small drizzle of coconut milk (optional)



How to make it

1. Steam or boil pumpkin until very soft.
2. Add flaked cooked fish and mash together.
3. Stir in a little coconut milk if desired for creaminess.
4. Let cool to warm before feeding.

Tip

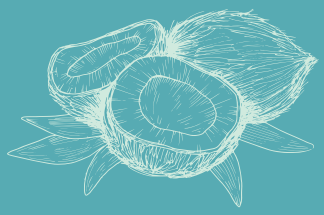
Remove all bones and skin carefully before adding fish.



NUTRITION INFORMATION

Recipe Wt	115.00
Est Water Loss	0.00
Final Wt	104.00
Yield	2.00

NV Total for Recipes		Per Serving	
Water: g	91.00	Water: g	45.50
Energy: kcal	86.90	Energy: kcal	43.45
Energy: kJ	361.10	Energy: kJ	180.55
Protein: g	12.11	Protein: g	6.05
Total fat: g	2.06	Total fat: g	1.03
CHO available	4.43	CHO available	2.21
TDF:g	0.84	TDF:g	0.42
Na: mg	40.75	Na: mg	20.38
Mg: mg	29.80	Mg: mg	14.90
K: mg	389.50	K: mg	194.75
Ca: mg	26.65	Ca: mg	13.33
Fe: mg	0.69	Fe: mg	0.34
Z: mg	0.51	Z: mg	0.26
Retinol: µg	17.05	Retinol: µg	8.53
β-carotene equiv.: µg	1608.00	β-carotene equiv.: µg	804.00
Tot.VitA equiv.: µg	150.85	Tot.VitA equiv.: µg	75.43
Thiamin: mg	0.06	Thiamin: mg	0.03
Riboflavin: mg	0.08	Riboflavin: mg	0.04
Naicin: mg	1.91	Naicin: mg	0.95
Vitamin B12: µg	1.27	Vitamin B12: µg	0.63
Vitamin C: mg	6.99	Vitamin C: mg	3.49
Vitamin E: mg	1.64	Vitamin E: mg	0.82
Cholesterol: mg	28.05	Cholesterol: mg	14.03



Leafy Greens, Rice and Fish Purée

For babies 6-10 months

Ingredients

¼ cup cooked soft fish, flaked

½ cup cooked soft leafy greens (like tirooj, kangkong, sweet potato or bean leaves)

¼ cup cooked soft rice

How to make it

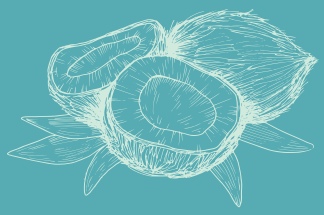


1. Blend or mash the greens, rice and fish together until soft and smooth.
2. Add a little cooled boiled water if needed.
3. Serve warm in small spoonfuls.

NUTRITION INFORMATION

Recipe Wt	245.00
Est Water Loss	0.00
Final Wt	245.00
Yield	3.00

NV Total for Recipes		Per Serving	
Water: g	199.50	Water: g	66.50
Energy: kcal	167.20	Energy: kcal	55.73
Energy: kJ	697.70	Energy: kJ	232.57
Protein: g	15.99	Protein: g	5.33
Total fat: g	3.14	Total fat: g	1.05
CHO available	15.17	CHO available	5.06
TDF:g	7.48	TDF:g	2.49
Na: mg	55.15	Na: mg	18.38
Mg: mg	103.00	Mg: mg	34.33
K: mg	811.50	K: mg	270.50
Ca: mg	277.45	Ca: mg	92.48
Fe: mg	3.34	Fe: mg	1.11
Z: mg	1.09	Z: mg	0.36
Retinol: µg	17.05	Retinol: µg	5.68
β-carotene equiv.: µg	1478.40	β-carotene equiv.: µg	492.80
Tot.VitA equiv.: µg	140.25	Tot.VitA equiv.: µg	46.75
Thiamin: mg	0.13	Thiamin: mg	0.04
Riboflavin: mg	0.25	Riboflavin: mg	0.08
Naicin: mg	3.17	Naicin: mg	1.06
Vitamin B12: µg	1.27	Vitamin B12: µg	0.42
Vitamin C: mg	19.64	Vitamin C: mg	6.55
Vitamin E: mg	1.84	Vitamin E: mg	0.61
Cholesterol: mg	28.05	Cholesterol: mg	9.35



Mashed Pumpkin, Greens and Fish

High in iron for growing babies

Ingredients

½ cup cooked pumpkin (mashed)

½ cup cooked sweet potato leaves, kangkong, or tirooj (chopped finely or mashed)

2 tbsp cooked flaked fish (boneless — tuna, mackerel, or reef fish)

2 tbsp coconut milk (optional for a soft texture)



How to make it

1. Wash all ingredients well.
2. Cook pumpkin until soft. Mash with a fork.
3. Steam or boil the leafy greens until soft. Mash or chop very finely.
4. Steam or boil the fish. Carefully check for bones and mash or flake finely.
5. Mix all ingredients together. Add a little coconut milk to soften if needed.

This soft, tasty mash is rich in iron, vitamin A, and healthy fats.

Perfect for babies from around 6 months who are learning to eat.



NUTRITION INFORMATION

Recipe Wt	117.00
Est Water Loss	0.00
Final Wt	117.00
Yield	3.00

NV Total for Recipes		Per Serving	
Water: g	92.90	Water: g	30.97
Energy: kcal	97.58	Energy: kcal	32.53
Energy: kJ	406.26	Energy: kJ	135.42
Protein: g	7.55	Protein: g	2.52
Total fat: g	4.93	Total fat: g	1.64
CHO available	4.96	CHO available	1.65
TDF: g	1.75	TDF: g	0.58
Na: mg	35.54	Na: mg	11.85
Mg: mg	31.28	Mg: mg	10.43
K: mg	377.93	K: mg	125.98
Ca: mg	50.96	Ca: mg	16.99
Fe: mg	0.97	Fe: mg	0.32
Z: mg	0.50	Z: mg	0.17
Retinol: µg	8.37	Retinol: µg	2.79
β-carotene equiv.: µg	1766.40	β-carotene equiv.: µg	588.80
Tot.VitA equiv.: µg	155.37	Tot.VitA equiv.: µg	51.79
Thiamin: mg	0.05	Thiamin: mg	0.02
Riboflavin: mg	0.08	Riboflavin: mg	0.03
Naicin: mg	1.35	Naicin: mg	0.45
Vitamin B12: µg	0.62	Vitamin B12: µg	0.21
Vitamin C: mg	8.93	Vitamin C: mg	2.98
Vitamin E: mg	1.64	Vitamin E: mg	0.55
Cholesterol: mg	13.77	Cholesterol: mg	4.59

NOURISHING RECIPES FOR

Mothers

Good food for breastfeeding mothers

When mothers are breastfeeding, their bodies need extra nourishment. Eating well helps give energy, supports recovery after birth, and keeps both mother and baby healthy.

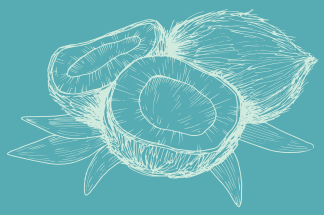


Foods rich in iron help make strong blood and prevent tiredness. Coconut milk gives healthy fats that support brain and body growth. Fresh vegetables are full of important vitamins like Vitamin A, C, and B vitamins, which help the immune system, skin, eyes, and energy levels.

Eating a variety of colourful, natural foods every day helps mothers stay strong and pass on good nutrients through breast milk to their baby.



Vegetables from TTM Farm, Laura at P.S.S. Education Week Cooking Competition



Coconut, Chickpea, Breadfruit and Greens

A creamy, nourishing dish full of local goodness

This comforting recipe uses simple ingredients —coconut milk, chickpeas, and local vegetables. It's full of flavour and easy to make. Serve it with rice for a filling meal.

Ingredients

1 cup coconut milk (fresh or canned)

1 cup cooked chickpeas (fresh or canned)

1 cup breadfruit or other mixed vegetables (fresh, frozen, or canned)

1 tbsp coconut oil

1 small onion (chopped)

3 cloves garlic (chopped or minced)

½ tsp salt

½ tsp black pepper



How to make it



1. Sauté the onion
   - in a pan, heat the coconut oil —add the chopped onion and cook for 1 minute.
2. Add the garlic
   - stir in the garlic and cook for 1 more minute until fragrant.
3. Season the base
   - add salt and pepper, stir gently.
4. Add the coconut milk
   - pour in the coconut milk and mix well.
5. Add the chickpeas
   - stir in the chickpeas and cook for 1 minute.
6. Add the greens and breadfruit
   - fold in the greens and breadfruit or other vegetables
   - cook until warmed through and flavours combine.
7. Serve and enjoy
   - serve hot with steamed rice or flatbread.

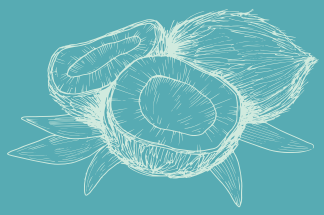
NUTRITION INFORMATION

Notes

- Used coconut cream, unspecified
- Used canned chickpeas.

Recipe Wt	722.00
Est Water Loss	0.10
Final Wt	649.80
Yield	3.00

NV Total for Recipes		Per Serving	
Water: g	538.41	Water: g	179.47
Energy: kcal	1035.88	Energy: kcal	345.29
Energy: kJ	4089.12	Energy: kJ	1363.04
Protein: g	25.92	Protein: g	8.64
Total fat: g	75.64	Total fat: g	25.21
CHO available	37.74	CHO available	12.58
TDF: g	24.11	TDF: g	8.04
Na: mg	1972.44	Na: mg	657.48
Mg: mg	179.42	Mg: mg	59.81
K: mg	1401.11	K: mg	467.04
Ca: mg	186.73	Ca: mg	62.24
Fe: mg	8.33	Fe: mg	2.78
Z: mg	4.15	Z: mg	1.38
Retinol: µg	0.00	Retinol: µg	0.00
β-carotene equiv.: µg	3222.40	β-carotene equiv.: µg	1074.13
Tot.VitA equiv.: µg	274.03	Tot.VitA equiv.: µg	91.34
Thiamin: mg	0.33	Thiamin: mg	0.11
Riboflavin: mg	0.19	Riboflavin: mg	0.06
Naicin: mg	8.51	Naicin: mg	2.84
Vitamin B12: µg	0.00	Vitamin B12: µg	0.00
Vitamin C: mg	23.35	Vitamin C: mg	7.78
Vitamin E: mg	2.76	Vitamin E: mg	0.92
Cholesterol: mg	0.13	Cholesterol: mg	0.04



Healing Pumpkin Soup

A warming soup made with pumpkin, rice, and vegetables

This simple soup is perfect when you need something comforting and full of nutrients. You can use whatever vegetables are available, and add fish for extra protein.

Ingredients

1 onion (finely chopped) or ½ cup spring onion

2 cups chopped pumpkin (if in season)

2 cups chopped breadfruit (if in season)

2 cups mixed vegetables (fresh, frozen, or canned)

1 tbsp coconut oil

2 litres water

1 cup rice (uncooked)

1 tbsp chicken seasoning or vegetable stock powder

Reef fish (optional)



How to make it



1. Sauté the onion
   - in a large pot, heat coconut oil — add the onion and cook for 2 minutes until soft.
2. Add the vegetables
   - add pumpkin, breadfruit, and mixed vegetables, stir gently.
3. Pour in the water
   - add 2 litres of water and bring to a gentle boil.
4. Add the rice and seasoning
   - stir in the rice and chicken seasoning
   - let it simmer for about 20–30 minutes, or until everything is soft.
5. Add the fish (optional)
   - if using reef fish, add it in the last 10 minutes of cooking and simmer until cooked through.
6. Taste and enjoy
   - taste and adjust seasoning if needed
   - serve warm in bowls.

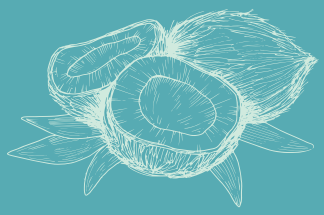
NUTRITION INFORMATION

Notes

- Used onion
- Used raw rice.

Recipe Wt	3255.00
Est Water Loss	0.10
Final Wt	2929.50
Yield	12.00

NV Total for Recipes		Per Serving	
Water: g	2892.48	Water: g	241.04
Energy: kcal	1401.43	Energy: kcal	116.79
Energy: kJ	5892.94	Energy: kJ	491.08
Protein: g	30.75	Protein: g	2.56
Total fat: g	21.62	Total fat: g	1.80
CHO available	255.15	CHO available	21.26
TDF: g	35.34	TDF: g	2.95
Na: mg	2352.70	Na: mg	196.06
Mg: mg	302.90	Mg: mg	25.24
K: mg	2883.00	K: mg	240.25
Ca: mg	275.68	Ca: mg	22.97
Fe: mg	5.81	Fe: mg	0.48
Z: mg	3.02	Z: mg	0.25
Retinol: µg	0.00	Retinol: µg	0.00
β-carotene equiv.: µg	12598.88	β-carotene equiv.: µg	1049.91
Tot.VitA equiv.: µg	1050.74	Tot.VitA equiv.: µg	87.56
Thiamin: mg	0.78	Thiamin: mg	0.06
Riboflavin: mg	0.45	Riboflavin: mg	0.04
Naicin: mg	12.04	Naicin: mg	1.00
Vitamin B12: µg	0.12	Vitamin B12: µg	0.01
Vitamin C: mg	130.90	Vitamin C: mg	10.91
Vitamin E: mg	8.41	Vitamin E: mg	0.70
Cholesterol: mg	1.21	Cholesterol: mg	0.10



MOTHERS

All Day Omelet

Ingredients

4 eggs

1 onion

1 tsp cooking oil

1 cup finely chopped cabbage

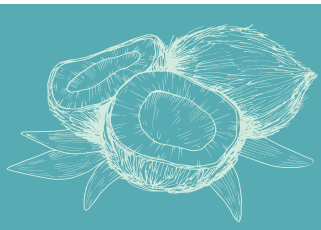
½ cup shredded carrot

1 cup greens – chop finely

1 tsp salt and pepper to taste

How to make it

1. Fry onion, cabbage and carrot for 1-2 minutes until soft.
2. Mix eggs well in bowl with Salt and Pepper. Add greens to eggs and pour over vegies in pan.
3. Fry 1-2 minutes flip and cook 1-2 minutes more. Enjoy!



MOTHERS

Sweet Anytime Oatmeal

Ingredients

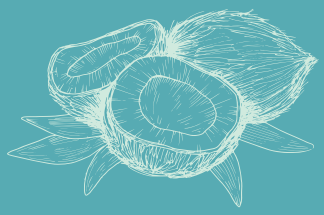
3 cups water

½ tsp salt

1 cup oatmeal

How to make it

1. Pour water into pot and add salt.
2. When boiling, add oatmeal and stir. Turn down flame to boil gently for 2minutes.
3. Slice fresh bananas on top. Enjoy with milk or coconut milk.



MOTHERS

Fish and Sweet Greens

Ingredients

1 onion, chopped

3 garlic cloves, chopped

1 tbsp ginger (Optional)

1 tbsp coconut oil

1 can coconut milk

1 cup boiled breadfruit, cubed

1 cup greens, chopped

1 large can mackerel

How to make it

1. Fry Onion and garlic in oil for 2 minutes.
2. Add Coconut Milk and cooked breadfruit.
3. Heat until bubbling.
4. Add greens and gently stir for1 minute until wilted.
5. Carefully lay mackerel on top of mixture.
6. Continue cooking for 1 minute only until fish is hot.
7. Do not stir.
8. Meal complete. Enjoy!



MOTHERS

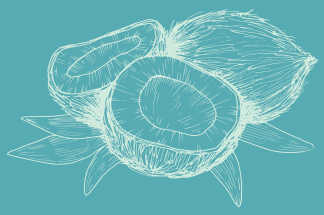
Healthy Coconut Greens and Beans

Ingredients

1 tbsp coconut oil
1 small onion
3 cloves garlic
1 tbsp ginger (optional)
1 can coconut milk
1 can mixed veggies (canned or frozen)
1 can chickpeas
1 tsp salt and 1 tsp pepper
1 cup fresh spinach/pumpkin leaf, taro, sweet potato or greens of any kind
Cooked rice

How to make it

1. Fry onion, garlic and ginger in coconut oil for 1 minute.
2. Add coconut milk, vegetables, chickpeas, salt and pepper.
3. Bring to boil and simmer for 1 minute.
4. Add spinach/greens and boil for 1 more minute.
5. Enjoy over rice.



Sweet Corn & Drop Soup

Ingredients

1 chopped onion

4 chopped garlic cloves

1 shredded carrot

1 cube chicken flavor

4 cups water

1 cup cooked breadfruit

1 can kernel corn

1 can creamed corn

1 can coconut milk

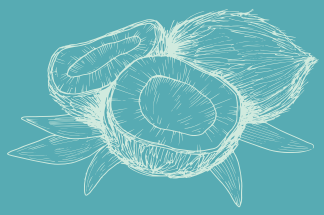
2 beaten eggs

1 cup greens

1 tsp salt and 1 tsp black pepper

How to make it

1. Fry onion and garlic in oil for 2 min. Add water, chicken flavoring and shredded carrot. Boil x 1 min.
2. Add breadfruit, corn and coconut milk then boil for 2 minutes.
3. Carefully and slowly pour in beaten eggs to boiling soup while stirring.
4. Add greens and boil 1 minute. Enjoy!



Green Papaya Iakwe Stew

Ingredients

2 cups cooked green papaya

1 tbsp cooking oil

1 chopped onion

3 cloves minced garlic

1 cube chicken seasoning

1 tbsp ginger

1 tsp each turmeric & curry

½ tsp each salt and pepper

1 can coconut milk

1 shredded carrot

1 can kidney beans

1 cup chopped greens

Fresh juice of one Lime/ optional

How to make it

1. Fry Onion, garlic and ginger in oil for 1 minute.
2. When soft, add coconut milk, chicken seasoning, turmeric/curry, salt/pepper and shredded carrot.
3. Bring to boil for 1 minute.
4. Stir in cooked papaya, beans/fish/chicken and greens.
5. Gently boil 1-2 minutes.
6. Enjoy over rice.



EATING FRESH FOOD

Growing and eating fresh food every day

Fresh food helps keep our bodies and minds strong. In the Marshall Islands, we are blessed with land, sun, and sea — and we can grow many good things like coconut, pumpkin, breadfruit, greens, and papaya.

When we care for a garden, we eat better and move our bodies every day. Gardening is good exercise and a healthy habit that gives us purpose. It helps us feel proud and peaceful, knowing we are doing something important. Growing and cooking food at home meets our basic human needs — like safety, belonging, and caring for others. When children see their families planting, harvesting, and sharing food, they learn life-long habits of health and kindness.

A garden teaches us to care for ourselves, our families, and our community — not just for today, but for the following generations into the future. When we enjoy food grown in our islands, we nourish both our bodies and our culture.



Arlington Tibon in his home urban garden

Breakfast

A strong start to the day

Breakfast is the first gift we give our bodies each morning. After a night of rest, our bodies need energy to think, move, and grow. A good breakfast helps us feel more awake, concentrate better at school or work, and stay strong throughout the day.

To keep our bodies well prepared, we need to eat from the three food groups:

- Energy foods
- Body-building foods and
- Protective foods.

When we start the day with a balanced meal, we are showing care for ourselves — and building healthy habits for life.



Moringa and Papaya Smoothie

Ingredients

1 cup fresh moringa leaves (or 1 tsp moringa powder)

½ cup young bean leaves

½ cup tirooj or other local leafy greens

1 ripe small papaya, peeled and chopped

1 banana (fresh or frozen)

½ cup coconut water (or plant-based milk)

1 tbsp chia seeds or flax seeds (optional)

1 tsp honey (optional)



Rosie Bee making Moringa and Papaya Smoothie

How to make it



1. Wash and chop all ingredients.
2. Put everything in a blender.
3. Blend until smooth and creamy.
4. Taste and add honey if you want more sweetness.
5. Pour and enjoy.
6. Garnish with mint or moringa leaves if you like.

NUTRITION INFORMATION

Notes

- Used winged bean leaves for young beans
- Used spinach for leafy greens
- Used coconut water.

Recipe Wt	516.00
Est Water Loss	0.00
Final Wt	516.00
Yield	2.00

NV Total for Recipes		Per Serving	
Water: g	309.68	Water: g	154.84
Energy: kcal	294.83	Energy: kcal	147.42
Energy: kJ	1255.78	Energy: kJ	627.89
Protein: g	6.55	Protein: g	3.27
Total fat: g	1.48	Total fat: g	0.74
CHO available	65.11	CHO available	32.56
TDF: g	5.10	TDF: g	2.55
Na: mg	86.67	Na: mg	43.34
Mg: mg	110.03	Mg: mg	55.01
K: mg	1108.41	K: mg	554.20
Ca: mg	130.60	Ca: mg	65.30
Fe: mg	3.09	Fe: mg	1.55
Z: mg	0.86	Z: mg	0.43
Retinol: µg	0.00	Retinol: µg	0.00
β-carotene equiv.: µg	1101.86	β-carotene equiv.: µg	550.93
Tot.VitA equiv.: µg	219.43	Tot.VitA equiv.: µg	109.72
Thiamin: mg	0.23	Thiamin: mg	0.12
Riboflavin: mg	0.38	Riboflavin: mg	0.19
Naicin: mg	4.33	Naicin: mg	2.17
Vitamin B12: µg	0.00	Vitamin B12: µg	0.00
Vitamin C: mg	60.91	Vitamin C: mg	30.45
Vitamin E: mg	0.97	Vitamin E: mg	0.49
Cholesterol: mg	0.00	Cholesterol: mg	0.00

Bean Leaf and Pineapple Smoothie

Ingredients

1 cup fresh bean leaves (young and tender)

½ cup local leafy greens

1 cup moringa leaves

½ cup pineapple chunks

½ cup cucumber, peeled and chopped

1 banana

Juice of ½ lime

½ cup coconut water

1 tsp honey (optional)



How to make it



1. Wash and prepare all ingredients.
2. Add everything to the blender.
3. Blend until smooth.
4. Taste and add honey if needed.
5. Serve cold and refreshing.

Tip for leafy green smoothies

- **start small:** if you're new to moringa or bean leaves, begin with a little and increase over time
- **use frozen fruit:** this makes the smoothie cold and creamy without needing ice
- **add sweet fruits:** tropical fruits like papaya, pineapple, banana, guava, or malay apple help balance the earthy flavour of greens.

NUTRITION INFORMATION

Notes

- Used winged bean leaves for young beans
- Used spinach for leafy greens
- Used coconut water.

Recipe Wt	463.00
Est Water Loss	0.00
Final Wt	463.00
Yield	2.00

NV Total for Recipes		Per Serving	
Water: g	396.32	Water: g	198.16
Energy: kcal	219.86	Energy: kcal	109.93
Energy: kJ	921.77	Energy: kJ	460.89
Protein: g	8.45	Protein: g	4.23
Total fat: g	1.57	Total fat: g	0.78
CHO available	44.80	CHO available	22.40
TDF: g	4.22	TDF: g	2.11
Na: mg	124.43	Na: mg	62.22
Mg: mg	85.34	Mg: mg	42.67
K: mg	930.01	K: mg	465.00
Ca: mg	227.59	Ca: mg	113.79
Fe: mg	4.23	Fe: mg	2.12
Z: mg	1.36	Z: mg	0.68
Retinol: µg	0.00	Retinol: µg	0.00
β-carotene equiv.: µg	970.10	β-carotene equiv.: µg	485.05
Tot.VitA equiv.: µg	347.41	Tot.VitA equiv.: µg	173.70
Thiamin: mg	0.50	Thiamin: mg	0.25
Riboflavin: mg	0.58	Riboflavin: mg	0.29
Naicin: mg	4.73	Naicin: mg	2.37
Vitamin B12: µg	0.00	Vitamin B12: µg	0.00
Vitamin C: mg	87.72	Vitamin C: mg	43.86
Vitamin E: mg	0.85	Vitamin E: mg	0.42
Cholesterol: mg	0.00	Cholesterol: mg	0.00

Banana and Coconut Pancakes

Makes 24 pancakes

Ingredients

4 cups all-purpose flour

½ cup raw sugar

8 tsp baking powder

Pinch of salt

3½ cups milk

½ cup coconut oil

4 tsp pure vanilla essence

2 eggs

Serve: banana slices, coconut, sprinkle cinnamon.

How to make it



1. Mix flour, sugar, baking powder, and salt in a large bowl.
2. In the centre, add milk, coconut oil, vanilla, and eggs.
3. Mix well until smooth. Let rest for a few minutes.
4. Heat a non-stick pan and lightly oil it.
5. Pour ¼ cup of batter into the pan and swirl to make a circle.
6. Cook until bubbles form and edges look dry, then flip.
7. Cook other side until golden brown.
8. Serve with banana slices, coconut, and a sprinkle of cinnamon.



NUTRITION INFORMATION

Recipe Wt	1870.50
Est Water Loss	0.10
Final Wt	1683.45
Yield	12.00

NV Total for Recipes		Per Serving	
Water: g	953.44	Water: g	79.45
Energy: kcal	4843.49	Energy: kcal	403.62
Energy: kJ	17971.30	Energy: kJ	1497.61
Protein: g	111.08	Protein: g	9.26
Total fat: g	167.47	Total fat: g	13.96
CHO available	590.86	CHO available	49.24
TDF: g	21.60	TDF: g	1.80
Na: mg	5451.80	Na: mg	454.32
Mg: mg	276.29	Mg: mg	23.02
K: mg	2593.74	K: mg	216.14
Ca: mg	1618.35	Ca: mg	134.86
Fe: mg	9.87	Fe: mg	0.82
Z: mg	8.36	Z: mg	0.70
Retinol: µg	385.00	Retinol: µg	32.08
β-carotene equiv.: µg	227.50	β-carotene equiv.: µg	18.96
Tot.VitA equiv.: µg	666.50	Tot.VitA equiv.: µg	55.54
Thiamin: mg	3.64	Thiamin: mg	0.30
Riboflavin: mg	2.11	Riboflavin: mg	0.18
Naicin: mg	13.57	Naicin: mg	1.13
Vitamin B12: µg	4.50	Vitamin B12: µg	0.38
Vitamin C: mg	8.75	Vitamin C: mg	0.73
Vitamin E: mg	5.02	Vitamin E: mg	0.42
Cholesterol: mg	588.90	Cholesterol: mg	49.08

Healthy Banana and Oatmeal Muffins

Makes 36 muffins

Ingredients

2 cups freshly squeezed coconut milk

2 cups mashed ripe bananas

2 cups uncooked quick oats

½ cup coconut oil

2 eggs

2½ cups all-purpose flour

¾ cup raw sugar

2 tbsp baking powder

Pinch of salt

1 cup dried coconut flakes



How to make it



1. Preheat oven to 400°F (200°C). Line muffin trays with paper cups.
2. Mix oats and coconut milk. Let sit for 15 minutes.
3. Blend banana, oil, and eggs. Add to oat mixture.
4. Sift in flour, sugar, baking powder, and salt. Gently mix. Let rest for another 15 minutes.
5. Spoon mixture into muffin cups, ¾ full. Sprinkle tops with dried coconut.
6. Bake for 15–18 minutes, or until golden and cooked through.

NUTRITION INFORMATION

Recipe Wt	2420.50
Est Water Loss	0.10
Final Wt	2178.45
Yield	36.00

NV Total for Recipes		Per Serving	
Water: g	1152.48	Water: g	32.01
Energy: kcal	6685.38	Energy: kcal	185.70
Energy: kJ	25956.08	Energy: kJ	721.00
Protein: g	111.78	Protein: g	3.11
Total fat: g	297.01	Total fat: g	8.25
CHO available	763.72	CHO available	21.21
TDF: g	50.48	TDF: g	1.40
Na: mg	4656.01	Na: mg	129.33
Mg: mg	843.79	Mg: mg	23.44
K: mg	5221.44	K: mg	145.04
Ca: mg	799.00	Ca: mg	22.19
Fe: mg	32.59	Fe: mg	0.91
Z: mg	10.64	Z: mg	0.30
Retinol: µg	0.00	Retinol: µg	0.00
β-carotene equiv.: µg	414.00	β-carotene equiv.: µg	11.50
Tot.VitA equiv.: µg	300.00	Tot.VitA equiv.: µg	8.33
Thiamin: mg	3.55	Thiamin: mg	0.10
Riboflavin: mg	1.63	Riboflavin: mg	0.05
Naicin: mg	27.38	Naicin: mg	0.76
Vitamin B12: µg	1.80	Vitamin B12: µg	0.05
Vitamin C: mg	157.45	Vitamin C: mg	4.37
Vitamin E: mg	11.32	Vitamin E: mg	0.31
Cholesterol: mg	475.15	Cholesterol: mg	13.20

Wellness Leafy Green Mini Quiches

Makes 24 mini quiches

Ingredients

1 tbsp coconut oil
1 small onion, finely chopped
2 cups chopped leafy greens (e.g. tirooj, bean leaves, moringa, amaranth, or local spinach)
6 eggs
1 cup freshly squeezed coconut milk
½ cup grated cheese (optional)
½ cup chopped tomatoes (optional for colour and flavour)
Salt and pepper to taste
½ cup cooked brown rice or mashed breadfruit (for base – optional)



How to make it



1. Preheat oven to 375°F (190°C). Grease 2 muffin trays or line with paper cups.
2. Heat oil in a pan. Sauté onion until soft, then add leafy greens. Cook until wilted. Let cool.
3. In a bowl, whisk eggs with coconut milk, salt, and pepper.
4. Stir in cooked greens, cheese, and tomatoes if using.
5. Spoon a little rice or breadfruit into the bottom of each muffin cup (optional).
6. Pour egg mixture on top, filling each cup almost full.

NUTRITION INFORMATION

Notes

- Without salt and peppers

Recipe Wt	845.00
Est Water Loss	0.10
Final Wt	760.50
Yield	12.00

NV Total for Recipes		Per Serving	
Water: g	428.00	Water: g	35.67
Energy: kcal	1371.05	Energy: kcal	114.25
Energy: kJ	4717.60	Energy: kJ	393.13
Protein: g	20.62	Protein: g	1.72
Total fat: g	108.55	Total fat: g	9.05
CHO available	18.14	CHO available	1.51
TDF: g	6.42	TDF: g	0.54
Na: mg	440.60	Na: mg	36.72
Mg: mg	140.20	Mg: mg	11.68
K: mg	1036.60	K: mg	86.38
Ca: mg	115.50	Ca: mg	9.63
Fe: mg	5.98	Fe: mg	0.50
Z: mg	3.42	Z: mg	0.29
Retinol: µg	0.00	Retinol: µg	0.00
β-carotene equiv.: µg	0.00	β-carotene equiv.: µg	0.00
Tot.VitA equiv.: µg	132.00	Tot.VitA equiv.: µg	11.00
Thiamin: mg	0.12	Thiamin: mg	0.01
Riboflavin: mg	0.26	Riboflavin: mg	0.02
Naicin: mg	5.34	Naicin: mg	0.44
Vitamin B12: µg	0.90	Vitamin B12: µg	0.08
Vitamin C: mg	5.80	Vitamin C: mg	0.48
Vitamin E: mg	2.87	Vitamin E: mg	0.24
Cholesterol: mg	237.15	Cholesterol: mg	19.76

Nourishing Leafy Green, Tomato and Cheese Omelette

Serves 6 or makes 12 slices



Ingredients

1 tbsp coconut oil

1 small onion, finely chopped

2 cups chopped leafy greens (e.g. tirooj, amaranth, kangkong, or bean leaves)

1 cup chopped fresh tomatoes

½ cup grated cheese (optional)

6 eggs

½ cup freshly squeezed coconut milk

Salt and pepper to taste

How to make it

1. Heat oil in a large pan. Sauté onion until soft.
2. Add leafy greens and cook until wilted. Stir in tomatoes and cook for 1–2 minutes. Remove from pan and set aside.
3. In a bowl, beat eggs with coconut milk, salt, and pepper. Stir in cheese if using.
4. Pour egg mixture into the same pan and cook gently on low heat until it begins to set.
5. Spoon the cooked greens and tomatoes evenly over the egg. Cover and cook for 5–10 minutes until firm.
6. Let cool slightly, then lift out carefully. Slice and serve warm.



NUTRITION INFORMATION

Notes

- Used Kangkong
- Without salt and peppers.

Recipe Wt	905.00
Est Water Loss	0.10
Final Wt	814.50
Yield	6.00

NV Total for Recipes		Per Serving	
Water: g	698.17	Water: g	116.36
Energy: kcal	2729.97	Energy: kcal	455.00
Energy: kJ	5301.90	Energy: kJ	883.65
Protein: g	58.85	Protein: g	9.81
Total fat: g	106.20	Total fat: g	17.70
CHO available	18.57	CHO available	3.10
TDF: g	7.89	TDF: g	1.31
Na: mg	778.55	Na: mg	129.76
Mg: mg	125.65	Mg: mg	20.94
K: mg	1639.75	K: mg	273.29
Ca: mg	305.85	Ca: mg	50.98
Fe: mg	11.38	Fe: mg	1.90
Z: mg	5.95	Z: mg	0.99
Retinol: µg	0.00	Retinol: µg	0.00
β-carotene equiv.: µg	937.20	β-carotene equiv.: µg	156.20
Tot.VitA equiv.: µg	930.60	Tot.VitA equiv.: µg	155.10
Thiamin: mg	0.33	Thiamin: mg	0.06
Riboflavin: mg	1.45	Riboflavin: mg	0.24
Naicin: mg	15.36	Naicin: mg	2.56
Vitamin B12: µg	5.40	Vitamin B12: µg	0.90
Vitamin C: mg	18.68	Vitamin C: mg	3.11
Vitamin E: mg	8.26	Vitamin E: mg	1.38
Cholesterol: mg	1422.15	Cholesterol: mg	237.03

Coconut Milk Yoghurt

This yoghurt is made from coconut milk. It's dairy-free and full of good bacteria for your tummy!

Ingredients

2 cups coconut milk (full fat)

1 tablespoon cornstarch or arrowroot powder (to help thicken)

2 tablespoons plain yoghurt as a starter

1 tablespoon honey (optional, for a little sweetness)

How to make it



1. Pour the coconut milk into a pot. Add the cornstarch and stir well.
2. Heat gently and stir until the mixture thickens a little. Do not boil.
3. Let the mixture cool until it feels warm, not hot (about body temperature).
4. Stir in the plain yoghurt starter.
5. Pour into a clean jar and cover loosely with a cloth.
6. Leave in a warm place for 24–48 hours. The longer it sits, the tangier it gets.
7. When ready, stir and place in the fridge to chill.

Tip... Save a few spoonfuls to use as a starter for your next batch!



NUTRITION INFORMATION

Recipe Wt	537.00
Est Water Loss	0.00
Final Wt	537.00
Yield	3.00

NV Total for Recipes		Per Serving	
Water: g	358.27	Water: g	119.42
Energy: kcal	1265.16	Energy: kcal	421.72
Energy: kJ	5293.75	Energy: kJ	1764.58
Protein: g	17.13	Protein: g	5.71
Total fat: g	123.26	Total fat: g	41.09
CHO available	24.26	CHO available	8.09
TDF: g	4.32	TDF: g	1.44
Na: mg	477.48	Na: mg	159.16
Mg: mg	177.73	Mg: mg	59.24
K: mg	1042.13	K: mg	347.38
Ca: mg	96.85	Ca: mg	32.28
Fe: mg	6.06	Fe: mg	2.02
Z: mg	3.43	Z: mg	1.14
Retinol: µg	6.30	Retinol: µg	2.10
β-carotene equiv.: µg	4.40	β-carotene equiv.: µg	1.47
Tot.VitA equiv.: µg	6.90	Tot.VitA equiv.: µg	2.30
Thiamin: mg	0.06	Thiamin: mg	0.02
Riboflavin: mg	0.12	Riboflavin: mg	0.04
Naicin: mg	3.89	Naicin: mg	1.30
Vitamin B12: µg	0.04	Vitamin B12: µg	0.01
Vitamin C: mg	2.50	Vitamin C: mg	0.83
Vitamin E: mg	2.53	Vitamin E: mg	0.84
Cholesterol: mg	2.70	Cholesterol: mg	0.90

KEEP OUR BODIES AND BRAINS WORKING WELL ALL DAY

Lunch

Eating a healthy lunch helps keep our bodies and brains working well all day. It gives us the energy we need to stay focused, strong, and ready to learn or work.

Eating a mix of different foods — like fruits, vegetables, grains, proteins, and healthy fats — helps us get all the vitamins and minerals our bodies need.

Foods with fibre, such as whole grains, vegetables, and legumes, are especially good for us. Fibre supports healthy digestion, feeds the good bacteria in our gut (called the gut microbiome), and can even help improve our mood and mental wellbeing.

Find nutrient details in Appendix 1 — page 78.



How to Sprout Mung Beans and Red Kidney Beans

Sprouting beans is a fun and healthy way to grow fresh, easy-to-digest ingredients for your meals.

Ingredients

½ cup dried mung beans

½ cup dried kidney beans

Mung Beans



1. Rinse and soak: rinse ½ cup dried mung beans. Soak overnight in clean water.
2. Drain and rinse: the next day, drain and rinse the beans. Place them in a clean jar or bowl. Cover loosely with a cloth or use a sprouting lid.
3. Let them sprout: keep in a cool, dark place. Rinse and drain twice a day. After 2–3 days, small sprouts will grow. When the tails are 1–2 cm long, they are ready to eat!

Red Kidney Beans

Be extra careful – these need full sprouting.

1. Rinse and soak: rinse ½ cup dried kidney beans. Soak overnight in clean water.
2. Drain and rinse: the next day, drain and rinse well.
3. Sprout carefully: place in a clean container. Keep in a cool, dark place. Rinse and drain twice a day. Kidney beans take 3–4 days to sprout. Make sure they sprout fully.

To be safe, stir fry, steam, or boil kidney bean sprouts before eating.





Sprouted Bean Salad with Lime-Sesame Dressing

A crunchy, fresh salad using sprouted beans and local vegetables, with the rich flavor of sesame oil.

Ingredients

1 cup sprouted mung beans

1 cup sprouted kidney beans (fully sprouted)

1 cucumber, diced

1 large tomato, diced

½ red onion, chopped

1 bell pepper, diced

¼ cup chopped spring onions

2 tbsp coconut or olive oil

1 tbsp sesame oil

1 tbsp lime juice (add more to taste)

1 tsp mustard (optional)

Salt and pepper to taste

A pinch of cumin or paprika

¼ tsp turmeric (optional)



How to make it



1. Make the dressing:
   - in a small bowl, mix coconut or olive oil, sesame oil, lime juice, mustard, and spices.
2. Prepare the salad:
   - in a big bowl, combine mung beans, kidney beans, and all chopped vegetables.
3. Mix together:
   - pour the dressing over the salad and toss gently to combine.
4. Serve:
   - serve fresh, or chill for 30 minutes to let the flavors blend.

NUTRITION INFORMATION

Notes

- Used olive oil • Without salt and pepper.

Recipe Wt	844.00
Est Water Loss	0.00
Final Wt	844.00
Yield	3.00

NV Total for Recipes		Per Serving	
Water: g	738.85	Water: g	246.28
Energy: kcal	544.62	Energy: kcal	181.54
Energy: kJ	2279.55	Energy: kJ	759.85
Protein: g	16.36	Protein: g	5.45
Total fat: g	41.15	Total fat: g	13.72
CHO available	30.43	CHO available	10.14
TDF: g	10.96	TDF: g	3.65
Na: mg	74.67	Na: mg	24.89
Mg: mg	122.78	Mg: mg	40.93
K: mg	1407.30	K: mg	469.10
Ca: mg	162.96	Ca: mg	54.32
Fe: mg	5.99	Fe: mg	2.00
Z: mg	2.26	Z: mg	0.75
Retinol: µg	0.00	Retinol: µg	0.00
β-carotene equiv.: µg	1110.15	β-carotene equiv.: µg	370.05
Tot.VitA equiv.: µg	111.99	Tot.VitA equiv.: µg	37.33
Thiamin: mg	1.03	Thiamin: mg	0.34
Riboflavin: mg	0.89	Riboflavin: mg	0.30
Naicin: mg	10.67	Naicin: mg	3.56
Vitamin B12: µg	0.00	Vitamin B12: µg	0.00
Vitamin C: mg	315.18	Vitamin C: mg	105.06
Vitamin E: mg	4.31	Vitamin E: mg	1.44
Cholesterol: mg	0.09	Cholesterol: mg	0.03



LUNCH

Sprouted Mung Bean Stir Fry

A quick and tasty way to enjoy fresh sprouted mung beans with local vegetables. Great with rice or as a side.

Ingredients

1 cup sprouted mung beans
1 small onion, finely chopped
2 garlic cloves, chopped
1 tsp grated ginger (optional)
1 cup chopped leafy greens (like tirooj, amaranth, sweet potato leaves, or kangkong)
1 carrot, grated or thinly sliced
1 tbsp soy sauce
1 tbsp coconut or sesame oil
A small squeeze of lime juice (optional)
Salt and pepper to taste



How to make it



1. Prepare all ingredients:
   - rinse sprouts and vegetables
   - chop everything before starting.
2. Heat oil in a pan:
   - add onion, garlic, and ginger
   - cook gently until soft.
3. Add vegetables:
   - stir in carrot and leafy greens
   - cook for 2–3 minutes.
4. Add sprouts:
   - add sprouted mung beans and soy sauce
   - stir and cook for another 2–3 minutes, until everything is warm and just tender.
5. Finish and serve:
   - add a squeeze of lime juice
   - serve warm with rice or on its own.

NUTRITION INFORMATION

Recipe Wt	366.00
Est Water Loss	0.04
Final Wt	351.36
Yield	3.00

NV Total for Recipes		Per Serving	
Water: g	311.11	Water: g	103.70
Energy: kcal	261.32	Energy: kcal	87.11
Energy: kJ	931.01	Energy: kJ	310.34
Protein: g	7.76	Protein: g	2.59
Total fat: g	13.77	Total fat: g	4.59
CHO available	16.78	CHO available	5.59
TDF: g	7.55	TDF: g	2.52
Na: mg	1199.95	Na: mg	399.98
Mg: mg	57.46	Mg: mg	19.15
K: mg	762.30	K: mg	254.10
Ca: mg	109.32	Ca: mg	36.44
Fe: mg	3.26	Fe: mg	1.09
Z: mg	1.15	Z: mg	0.38
Retinol: µg	0.18	Retinol: µg	0.06
β-carotene equiv.: µg	7650.20	β-carotene equiv.: µg	2550.07
Tot.VitA equiv.: µg	668.78	Tot.VitA equiv.: µg	222.93
Thiamin: mg	0.16	Thiamin: mg	0.05
Riboflavin: mg	0.20	Riboflavin: mg	0.07
Naicin: mg	2.03	Naicin: mg	0.68
Vitamin B12: µg	0.00	Vitamin B12: µg	0.00
Vitamin C: mg	17.29	Vitamin C: mg	5.76
Vitamin E: mg	0.98	Vitamin E: mg	0.33
Cholesterol: mg	0.13	Cholesterol: mg	0.04

How to Sprout Beans and Lentils

Ingredients

½ cup of dried Great Northern beans

½ cup brown lentils

Great Northern Beans



1. Rinse and soak:
   - rinse ½ cup of dried Great Northern beans and soak them in water for 8–12 hours or overnight.
2. Drain and rinse:
   - drain the beans and rinse well.
3. Sprout:
   - place in a sprouting jar or bowl covered with cloth
   - keep in a cool, dark place
   - rinse and drain twice daily for 2–3 days.
4. Ready to use:
   - beans are ready when they have small white tails, about 1–2 cm long.

Brown Lentils

1. Rinse and soak:
   - rinse ½ cup brown lentils and soak in water for 8 hours or overnight.
2. Drain and rinse:
   - drain and rinse under cold water.
3. Sprout:
   - place in a sprouting jar or shallow container
   - keep in a cool, dark place
   - rinse and drain twice daily.
4. Ready to use:
   - lentils will sprout within 1–2 days
   - use in salads, soups, or wraps.

Sprouted Bean and Lentil Salad with Lime-Herb Coconut Dressing

A protein-rich, colourful salad using sprouted Great Northern beans and brown lentils, fresh vegetables, and a creamy coconut-based dressing.



Ingredients

½ cup sprouted Great Northern beans
½ cup sprouted brown lentils
1 cucumber, diced
1 ripe tomato, diced
¼ red onion, finely chopped
½ red bell pepper, diced
¼ cup spring onions, chopped
2 tbsp coconut milk
1 tbsp coconut oil or olive oil
1 tbsp lime juice
1 small garlic clove, finely grated (optional)
A pinch of fresh or dried herbs (like parsley or salt and pepper to taste
A pinch of chili flakes (optional)

How to make it

1. Make the dressing:
   - in a small bowl, whisk together coconut milk, coconut oil, lime juice, garlic (if using), herbs, salt, pepper, and chili flakes.
2. Prepare the salad:
   - in a large bowl, mix together sprouted beans, sprouted lentils, and all the chopped vegetables.
3. Dress the salad:
   - pour the dressing over the salad and gently toss everything together.
4. Serve:
   - serve fresh, or chill in the fridge for 20–30 minutes to let the flavors blend
   - enjoy as a light meal or with rice or flatbread.



Chanel and Dior making sprouts

NUTRITION INFORMATION

Notes

- Could not find sprouted northern beans • Used sprouted kidney beans • Coconut oil.

Recipe Wt	665.30
Est Water Loss	0.00
Final Wt	665.30
Yield	3.00

NV Total for Recipes		Per Serving	
Water: g	559.22	Water: g	186.41
Energy: kcal	441.49	Energy: kcal	147.16
Energy: kJ	1848.55	Energy: kJ	616.18
Protein: g	19.42	Protein: g	6.47
Total fat: g	24.24	Total fat: g	8.08
CHO available	43.15	CHO available	14.38
TDF: g	6.61	TDF: g	2.20
Na: mg	95.30	Na: mg	31.77
Mg: mg	122.49	Mg: mg	40.83
K: mg	1285.90	K: mg	428.63
Ca: mg	136.76	Ca: mg	45.59
Fe: mg	6.96	Fe: mg	2.32
Z: mg	3.22	Z: mg	1.07
Retinol: µg	0.00	Retinol: µg	0.00
β-carotene equiv.: µg	999.90	β-carotene equiv.: µg	333.30
Tot.VitA equiv.: µg	101.73	Tot.VitA equiv.: µg	33.91
Thiamin: mg	0.75	Thiamin: mg	0.25
Riboflavin: mg	0.55	Riboflavin: mg	0.18
Naicin: mg	6.67	Naicin: mg	2.22
Vitamin B12: µg	0.00	Vitamin B12: µg	0.00
Vitamin C: mg	185.69	Vitamin C: mg	61.90
Vitamin E: mg	1.61	Vitamin E: mg	0.54
Cholesterol: mg	0.15	Cholesterol: mg	0.05



LUNCH

Spiced Lentil and Bean Patties

These soft, lightly crisp patties are packed with sprouted lentils and beans, grated vegetables, and warm spices — a flavourful snack or light meal that's easy to make and full of plant-based protein.

Ingredients

1 cup cooked or lightly steamed sprouted brown lentils

1 cup cooked or lightly steamed sprouted Great Northern beans

1 small onion, finely chopped

1 carrot, grated

½ cup leafy greens (like kangkong or sweet potato leaves), finely chopped

1 garlic clove, grated

1 tsp ground cumin

1 tsp ground coriander

¼ tsp turmeric

1 small chili, finely chopped (optional, for heat)

½ cup breadcrumbs or cooked oats (for binding)

Salt and pepper to taste

1 egg (optional, helps hold patties together)

Coconut oil for frying

How to make it



1. Prepare the mix:
   - in a large bowl, mash the sprouted lentils and beans roughly with a fork or your hands
   - add the grated carrot, chopped greens, onion, garlic, and spices, mix well.
2. Add binder:
   - stir in breadcrumbs or oats — if using egg, mix it in now
   - the mixture should hold together — if it's too wet, add a little more crumbs or oats.
3. Shape the patties:
   - form into small patties using your hands
   - each patty should be about the size of your palm.
4. Cook the patties:
   - heat a little coconut oil in a non-stick pan over medium heat
   - cook patties for about 3–4 minutes on each side, until golden brown and heated through.
5. Serve:
   - serve warm with chopped herbs, plain yoghurt, or a simple tomato-onion chutney.

NUTRITION INFORMATION

Notes

- Coconut oil grams calculated as absorbed

Recipe Wt	869.00
Est Water Loss	0.04
Final Wt	834.24
Yield	6.00

NV Total for Recipes		Per Serving	
Water: g	515.87	Water: g	85.98
Energy: kcal	526.11	Energy: kcal	87.69
Energy: kJ	2120.18	Energy: kJ	353.36
Protein: g	35.94	Protein: g	5.99
Total fat: g	7.92	Total fat: g	1.32
CHO available	86.65	CHO available	14.44
TDF: g	10.66	TDF: g	1.78
Na: mg	108.87	Na: mg	18.15
Mg: mg	267.07	Mg: mg	44.51
K: mg	2142.15	K: mg	357.03
Ca: mg	388.98	Ca: mg	64.83
Fe: mg	22.19	Fe: mg	3.70
Z: mg	6.62	Z: mg	1.10
Retinol: µg	0.00	Retinol: µg	0.00
β-carotene equiv.: µg	7664.15	β-carotene equiv.: µg	1277.36
Tot.VitA equiv.: µg	644.60	Tot.VitA equiv.: µg	107.43
Thiamin: mg	1.16	Thiamin: mg	0.19
Riboflavin: mg	0.74	Riboflavin: mg	0.12
Naicin: mg	8.55	Naicin: mg	1.43
Vitamin B12: µg	0.00	Vitamin B12: µg	0.00
Vitamin C: mg	77.42	Vitamin C: mg	12.90
Vitamin E: mg	1.47	Vitamin E: mg	0.24
Cholesterol: mg	0.00	Cholesterol: mg	0.00

Green Bean and Tomato Sauté with Garlic and Greens

Ingredients

2 cups green beans, chopped

2 large tomatoes, diced (or 1 cup canned tomatoes)

1 large onion, thinly sliced

3–4 garlic cloves, chopped

3–4 cups leafy greens (like pak choi, kangkong, or bean leaves)

2 tbsp coconut oil

1 tsp ground cumin

1 tsp smoked paprika (optional)

1 tsp dried oregano or thyme

1 tbsp balsamic vinegar or lime juice

Salt and pepper to taste

Red pepper flakes or fresh chili (optional)

Chopped basil or Moringa leaves (for garnish)



How to make it





1. Blanch the green beans:
   - boil in salted water for 3–4 minutes until just tender
   - drain and cool in cold water, set aside.
2. Sauté the aromatics:
   - heat coconut oil in a pan
   - add onion and cook for 5–6 minutes until soft
   - add garlic and stir for another minute.
3. Add tomatoes and spices:
   - stir in tomatoes, cumin, paprika, and oregano or thyme
   - cook for 5 minutes to create a sauce.
4. Combine the beans:
   - add the blanched green beans and stir well
   - cook for 5 more minutes to blend flavours.
5. Add the greens:
   - stir in the leafy greens. Add tougher greens first, then delicate ones
   - cook until wilted and well mixed.
6. Finish the dish:
   - add vinegar or lime juice
   - season with salt, pepper, and chili if using.
7. Serve:
   - spoon over brown rice
   - garnish with fresh basil or moringa leaves for a bright, herbal touch.

NUTRITION INFORMATION

Recipe Wt	803.50
Est Water Loss	0.00
Final Wt	803.50
Yield	4.00

NV Total for Recipes		Per Serving	
Water: g	709.12	Water: g	177.28
Energy: kcal	501.38	Energy: kcal	125.34
Energy: kJ	1772.09	Energy: kJ	443.02
Protein: g	13.12	Protein: g	3.28
Total fat: g	28.54	Total fat: g	7.13
CHO available	21.67	CHO available	5.42
TDF: g	16.05	TDF: g	4.01
Na: mg	75.93	Na: mg	18.98
Mg: mg	133.53	Mg: mg	33.38
K: mg	1747.73	K: mg	436.93
Ca: mg	308.12	Ca: mg	77.03
Fe: mg	9.78	Fe: mg	2.45
Z: mg	3.33	Z: mg	0.83
Retinol: µg	0.00	Retinol: µg	0.00
β-carotene equiv.: µg	3650.95	β-carotene equiv.: µg	912.74
Tot.VitA equiv.: µg	424.30	Tot.VitA equiv.: µg	106.08
Thiamin: mg	0.26	Thiamin: mg	0.06
Riboflavin: mg	0.41	Riboflavin: mg	0.10
Naicin: mg	5.86	Naicin: mg	1.46
Vitamin B12: µg	0.00	Vitamin B12: µg	0.00
Vitamin C: mg	101.23	Vitamin C: mg	25.31
Vitamin E: mg	4.98	Vitamin E: mg	1.24
Cholesterol: mg	0.26	Cholesterol: mg	0.07



LUNCH

Chickpea, Corn and Fresh Bean Salad

A bright, nourishing salad made with fresh vegetables and spices. Great on its own or as a side dish.

Ingredients

1 cup cooked chickpeas (or 1 can, drained and rinsed)

1 cup fresh corn kernels (from 2–3 ears of corn)

1 cup fresh green beans or other beans, chopped

2 ripe tomatoes, diced (or 1 cup canned tomatoes)

1 small red onion, finely chopped

1/4 cup chopped spring onions

1 tbsp coconut oil

1–2 tbsp lime juice

1 tsp ground cumin

1/2 tsp smoked paprika (optional)

Salt and pepper to taste

A pinch of chili flakes (optional, leave out for young eaters)



How to make it



1. Cook the beans:
   - simmer chopped green beans in salted water for 4–5 minutes until just tender
   - drain and set aside to cool.
2. Mix the salad:
   - in a large bowl, combine chickpeas, corn, cooked beans, tomatoes, red onion, and spring onions.
3. Add flavour:
   - drizzle with coconut oil and lime juice
   - sprinkle in cumin, paprika (if using), salt, pepper, and chili flakes
   - toss well to mix.
4. Serve:
   - taste and adjust seasoning if needed
   - serve right away, or chill for 30 minutes to let the flavours blend.

NUTRITION INFORMATION

Recipe Wt	800.00
Est Water Loss	0.00
Final Wt	800.00
Yield	3.00

NV Total for Recipes		Per Serving	
Water: g	664.77	Water: g	221.59
Energy: kcal	531.32	Energy: kcal	177.11
Energy: kJ	2224.32	Energy: kJ	741.44
Protein: g	23.52	Protein: g	7.84
Total fat: g	20.62	Total fat: g	6.87
CHO available	50.16	CHO available	16.72
TDF: g	25.14	TDF: g	8.38
Na: mg	2131.18	Na: mg	710.39
Mg: mg	162.55	Mg: mg	54.18
K: mg	1415.76	K: mg	471.92
Ca: mg	226.77	Ca: mg	75.59
Fe: mg	8.68	Fe: mg	2.89
Z: mg	4.47	Z: mg	1.49
Retinol: µg	0.00	Retinol: µg	0.00
β-carotene equiv.: µg	1292.73	β-carotene equiv.: µg	430.91
Tot.VitA equiv.: µg	131.05	Tot.VitA equiv.: µg	43.68
Thiamin: mg	0.35	Thiamin: mg	0.12
Riboflavin: mg	0.35	Riboflavin: mg	0.12
Naicin: mg	7.87	Naicin: mg	2.62
Vitamin B12: µg	0.00	Vitamin B12: µg	0.00
Vitamin C: mg	88.95	Vitamin C: mg	29.65
Vitamin E: mg	3.60	Vitamin E: mg	1.20
Cholesterol: mg	0.15	Cholesterol: mg	0.05

Garden Rainbow Vegetable Soup

This colourful soup is full of fresh vegetables from the garden. It's perfect for sharing with your class or family — and it smells amazing while cooking!

Ingredients

1 inch ginger (finely diced)
4 cloves garlic (crushed and finely diced)
1 small pumpkin (diced)
4 onions (finely chopped)
4 red bell peppers (diced)
4 corn cobs (kernels cut off)
4 eggplants (sliced and diced)
2 sweet potatoes (peeled, sliced, and diced)
1 lb leafy greens (such as bok choy, spinach, or amaranth)
1 bundle of long beans (chopped)
4 tbsp coconut oil
2 chicken stock cubes
6 cups coconut milk
10 cups water
1+ tsp curry powder (to taste)



How to make it



1. Heat the coconut oil in a large pot. Sauté the onions, garlic, and ginger until soft and fragrant.
2. Add the pumpkin, corn, eggplant, long beans, bell peppers, and sweet potatoes. Stir and cook for a few minutes.
3. Pour in the water and simmer for 15–20 minutes, until the vegetables are tender.
4. Add the chopped leafy greens and stir well.
5. Pour in the coconut milk and cook for another 5–10 minutes.
6. Add curry powder a little at a time. Taste as you go and add more if you like a stronger flavor.
7. Serve warm and enjoy with rice or flatbread.

NUTRITION INFORMATION

Recipe Wt	8559.50
Est Water Loss	0.10
Final Wt	7703.55
Yield	18.00

NV Total for Recipes		Per Serving	
Water: g	3953.26	Water: g	219.63
Energy: kcal	2807.44	Energy: kcal	155.97
Energy: kJ	11420.28	Energy: kJ	634.46
Protein: g	96.36	Protein: g	5.35
Total fat: g	79.73	Total fat: g	4.43
CHO available	363.37	CHO available	20.19
TDF: g	104.26	TDF: g	5.79
Na: mg	3055.91	Na: mg	169.77
Mg: mg	905.48	Mg: mg	50.30
K: mg	9598.92	K: mg	533.27
Ca: mg	1450.69	Ca: mg	80.59
Fe: mg	38.02	Fe: mg	2.11
Z: mg	14.38	Z: mg	0.80
Retinol: µg	0.00	Retinol: µg	0.00
β-carotene equiv.: µg	60881.34	β-carotene equiv.: µg	3382.30
Tot.VitA equiv.: µg	5459.95	Tot.VitA equiv.: µg	303.33
Thiamin: mg	3.28	Thiamin: mg	0.18
Riboflavin: mg	2.97	Riboflavin: mg	0.16
Naicin: mg	41.89	Naicin: mg	2.33
Vitamin B12: µg	0.14	Vitamin B12: µg	0.01
Vitamin C: mg	1025.08	Vitamin C: mg	56.95
Vitamin E: mg	51.88	Vitamin E: mg	2.88
Cholesterol: mg	1.86	Cholesterol: mg	0.10



LUNCH

Vegetable and Sprouts Pancit Salad

A fun, colourful noodle salad with fresh vegetables and a tangy-sweet dressing. Light, nourishing, and full of crunch!

Ingredients

For the salad:

2 cups cooked rice noodles (pancit)
1 cup mung bean sprouts (or any sprouts you like)
1 medium carrot, julienned
1 bell pepper, thinly sliced
1 cup cabbage or pak choi, shredded
½ cup spring onions, chopped
2 green onions, sliced
Optional: ½ cup chopped peanuts (for crunch)

For the dressing:

3 tbsp soy sauce
1 tbsp rice vinegar or lime juice
1 tbsp sesame oil
1 tbsp honey
1 tsp chili paste (optional)
1 clove garlic, finely chopped
1 tsp grated fresh ginger



How to make it



1. Cook the noodles:
   - prepare noodles according to the packet
   - rinse under cold water and set aside.
2. Prep the vegetables:
   - julienne the carrot and bell pepper, shred the cabbage or pak choi, and chop the onions
   - rinse and drain the sprouts.
3. Make the dressing:
   - in a small bowl, whisk together soy sauce, vinegar or lime juice, sesame oil, honey, chili paste (if using), garlic, and ginger.
4. Toss the salad:
   - in a large bowl, combine noodles, veggies, sprouts, and onions — pour over the dressing and toss well
   - add peanuts if using.
5. Garnish and serve:
   - sprinkle with sesame seeds and extra spring onions
   - enjoy straight away or chill for 30 minutes to let the flavours blend.

Try adding tofu, grilled fish or chicken, or a boiled egg for extra protein. Use any seasonal veggies you have on hand!

NUTRITION INFORMATION

Recipe Wt	1173.00
Est Water Loss	0.00
Final Wt	1173.00
Yield	3.00

NV Total for Recipes		Per Serving	
Water: g	908.09	Water: g	302.70
Energy: kcal	1050.13	Energy: kcal	350.04
Energy: kJ	4060.38	Energy: kJ	1353.46
Protein: g	25.17	Protein: g	8.39
Total fat: g	18.61	Total fat: g	6.20
CHO available	169.23	CHO available	56.41
TDF: g	17.98	TDF: g	5.99
Na: mg	63.88	Na: mg	21.29
Mg: mg	193.22	Mg: mg	64.41
K: mg	1559.55	K: mg	519.85
Ca: mg	188.61	Ca: mg	62.87
Fe: mg	6.70	Fe: mg	2.23
Z: mg	4.26	Z: mg	1.42
Retinol: µg	0.00	Retinol: µg	0.00
β-carotene equiv.: µg	7830.45	β-carotene equiv.: µg	2610.15
Tot.VitA equiv.: µg	684.61	Tot.VitA equiv.: µg	228.20
Thiamin: mg	0.66	Thiamin: mg	0.22
Riboflavin: mg	0.62	Riboflavin: mg	0.21
Naicin: mg	15.19	Naicin: mg	5.06
Vitamin B12: µg	0.00	Vitamin B12: µg	0.00
Vitamin C: mg	279.54	Vitamin C: mg	93.18
Vitamin E: mg	3.11	Vitamin E: mg	1.04
Cholesterol: mg	0.10	Cholesterol: mg	0.03



Green Papaya Salad

A fresh, crunchy, and tangy salad with bold flavours and a satisfying kick. Perfect as a side or a light meal on its own.

Ingredients

1 medium green papaya, peeled and shredded

1 medium carrot, shredded

2–3 bird's eye chilies (adjust to taste)

2 garlic cloves

1 tbsp coconut syrup (or brown sugar)

2 tbsp soy sauce

2 tbsp lime juice

1 tbsp tamarind paste (optional, for extra tang)

¼ cup cherry tomatoes, halved

2–3 long green beans, cut into 1-inch pieces

¼ cup roasted peanuts, crushed

Fresh Thai basil leaves (for garnish)



How to make it



1. Prepare the veggies:
   - peel and shred the green papaya and carrot,combine in a large bowl.
2. Make the dressing:
   - in a mortar and pestle (or bowl), pound the garlic and chilies into a rough paste
   - add coconut syrup, soy sauce, lime juice, and tamarind paste
   - mix well and adjust to taste—add more lime for tang, syrup for sweetness, or soy for salt.
3. Mix the salad:
   - add cherry tomatoes and lightly crush to release their juices
   - add green beans and gently bruise them to soften slightly
   - add the shredded papaya and carrot, toss gently to coat everything in the dressing without breaking up the veggies too much.
4. Garnish and serve:
   - transfer to a plate, top with crushed peanuts and Thai basil
   - serve immediately on its own, with brown rice, or alongside grilled fish.

Tip: For a milder version, use fewer chilies or remove the seeds before pounding.

NUTRITION INFORMATION

Recipe Wt	1278.00
Est Water Loss	0.00
Final Wt	1278.55
Yield	3.00

NV Total for Recipes		Per Serving	
Water: g	1078.97	Water: g	359.66
Energy: kcal	455.39	Energy: kcal	151.80
Energy: kJ	2648.15	Energy: kJ	882.72
Protein: g	20.60	Protein: g	6.87
Total fat: g	16.21	Total fat: g	5.40
CHO available	94.07	CHO available	31.36
TDF: g	30.56	TDF: g	10.19
Na: mg	3131.96	Na: mg	1043.99
Mg: mg	250.03	Mg: mg	83.34
K: mg	2299.45	K: mg	766.48
Ca: mg	415.12	Ca: mg	138.37
Fe: mg	8.80	Fe: mg	2.93
Z: mg	4.91	Z: mg	1.64
Retinol: µg	0.36	Retinol: µg	0.12
β-carotene equiv.: µg	14613.95	β-carotene equiv.: µg	4871.32
Tot.VitA equiv.: µg	1804.49	Tot.VitA equiv.: µg	601.50
Thiamin: mg	0.52	Thiamin: mg	0.17
Riboflavin: mg	0.64	Riboflavin: mg	0.21
Naicin: mg	11.98	Naicin: mg	3.99
Vitamin B12: µg	0.00	Vitamin B12: µg	0.00
Vitamin C: mg	540.35	Vitamin C: mg	180.12
Vitamin E: mg	3.21	Vitamin E: mg	1.07
Cholesterol: mg	0.00	Cholesterol: mg	0.00

HELPS OUR BODIES RECOVER AND PREPARE FOR REST

Dinner

Dinner is an important meal that helps our bodies recover and prepare for rest. A healthy dinner gives us the nutrients we need to repair, grow, and feel good the next day.

It's best to enjoy dinner a few hours before bedtime, so our bodies have time to digest before we sleep. Eating too late or eating too much can make it harder to rest well.

A light but balanced dinner, with vegetables, some protein, and healthy carbohydrates, supports good sleep, steady energy, and better health overall.





Fish with Sweet Potato Leaves in Coconut Cream

A simple and flavourful dish made with fresh fish, tender sweet potato leaves, and creamy coconut. This comforting meal can be enjoyed with rice or root vegetables.

Ingredients

5 handfuls of young sweet potato leaves, washed

3 medium dry coconuts, grated and squeezed into thick coconut cream

A bunch of green beans

Fresh fish such as reef fish

1 medium onion, finely sliced

Small piece of ginger, grated

2 garlic cloves, grated

Salt to taste

How to make it



1. Layer the ingredients:
   - in a medium saucepan, place the sweet potato leaves, sliced onion, and grated ginger and garlic
   - lay the fish on top.
2. Add the coconut cream:
   - pour in the freshly squeezed coconut cream until it covers the ingredients
   - add salt to taste.
3. Cook gently:
   - add the blanched green beans and stir well.
   - cook for 5 more minutes to blend flavours.
4. Serve:
   - enjoy with rice, taro, breadfruit, cassava, or sweet potato root.

This dish is rich, comforting, and best enjoyed fresh. You can also use other local leafy greens if sweet potato leaves are not available.





DINNER

Taro and Greens in Coconut Milk

A rich, comforting dish made with soft taro, fresh greens, and creamy coconut milk. Serve with rice and fish for a satisfying, nourishing meal.

Ingredients

2 medium taro roots (peeled and cut into bite-sized cubes)

2 cups fresh greens (such as pak choi or kang kong)

1 can (400 ml) coconut milk (full-fat for creaminess)

1 medium onion (chopped)

2–3 cloves garlic (finely chopped)

1 tbsp ginger (grated or finely chopped)

1–2 green chilies (optional, for heat)

1 tbsp coconut oil

1 tsp turmeric powder

1 tsp cumin powder

½ tsp salt

1 tbsp soy sauce

½ cup vegetable stock or water (optional, to thin)

Fresh spring onions or basil (for garnish)

How to make it



1. Prepare the taro:
   - peel and cube the taro, then rinse well under cold water to remove any sticky sap.
2. Cook the base:
   - in a large pot, heat coconut oil
   - sauté onion for 3–4 minutes, then add garlic, ginger, and chilies
   - cook until fragrant
   - stir in turmeric and cumin.
3. Simmer the taro:
   - add taro cubes, coconut milk, soy sauce, and stock or water if using
   - stir well and bring to a gentle simmer
   - cover and cook for 20–25 minutes, or until taro is tender.
4. Add the greens:
   - stir in the fresh greens and cook for another 3–5 minutes, until just wilted.
5. Taste and serve:
   - adjust seasoning if needed
   - serve hot with brown rice and fresh fish
   - garnish with chopped spring onions or basil.





Eggplant and Red Kidney Bean Stew

A hearty, flavourful stew packed with vegetables, warming spices, and protein-rich kidney beans. Perfect served over brown rice for a nourishing meal.



Ingredients

1 large eggplant, diced

1 large onion, finely chopped

1 large capsicum, chopped

3–4 garlic cloves, minced

2 medium tomatoes, chopped (or 1 can diced tomatoes)

1½ cups cooked red kidney beans (or pre-soaked and boiled)

2 tbsp coconut oil

1 cup vegetable stock (or water)

1 tsp ground cumin

1 tsp ground coriander

1 tsp smoked paprika

1 tsp dried oregano or thyme

Salt and pepper to taste

1 tsp chili flakes or fresh chili (optional)

Fresh basil, chopped (for garnish)

To serve:

Brown rice

How to make it

1. Cook the base:
   - heat coconut oil in a large pan
   - sauté onion for 5 minutes until soft
   - add garlic and cook 1 more minute.
2. Add the eggplant:
   - stir in eggplant and cook for 5–7 minutes until soft and slightly browned
   - add more oil if needed.
3. Spice it up:
   - add cumin, coriander, paprika, oregano, salt, pepper, and chili (if using)
   - stir for 1–2 minutes to toast the spices.
4. Add tomatoes:
   - mix in the chopped tomatoes and cook for 5 minutes, until they start to break down.
5. Simmer the stew:
   - add the kidney beans and vegetable stock
   - bring to a gentle simmer and cook for 10–15 minutes until the stew thickens and the flavours come together.
6. Final touch:
   - taste and adjust seasoning
   - add a splash of water or stock if it's too thick.
7. Serve:
   - spoon the stew over brown rice
   - garnish with fresh basil and enjoy warm.





Lentil and Potato Rissoles

A tasty and satisfying way to enjoy lentils and potatoes. These rissoles are soft inside and crisp outside, perfect for lunch or a light meal.

Ingredients

1 cup cooked lentils

1 medium onion (finely chopped)

2–3 tbsp fresh herbs (chopped)

1 tsp salt (adjust to taste)

½ tsp black pepper (adjust to taste)

½ cup breadcrumbs (plus extra for coating)

1 egg (lightly beaten)

1 medium potato (peeled, boiled, and mashed)

1–2 tbsp coconut oil (for frying)

How to make it



1. Prepare the lentils and potato:
   - cook lentils until soft (or use canned, drained, and rinse
   - boil chopped potato in salted water until tender (10–15 minutes), then mash and let cool slightly.
2. Sauté the onion:
   - heat 1 tbsp oil in a pan
   - cook the chopped onion for 4–5 minutes until soft and lightly golden
   - set aside to cool.
3. Mix the base:
   - in a large bowl, mash the lentils
   - add mashed potato and mix well to form a smooth mixture.
4. Add flavour:
   - stir in the sautéed onion, herbs, salt, pepper, and ½ cup breadcrumbs
   - add the beaten egg and mix
   - if the mixture is too wet, add more breadcrumbs until it holds together.
5. Shape the rissoles:
   - form the mixture into small patties (2–3 inches wide).
6. Coat with breadcrumbs:
   - roll each patty in extra breadcrumbs and press gently so the coating sticks.
7. Fry until golden:
   - heat 1 tbsp oil in a frying pan
   - fry rissoles for 3–4 minutes on each side, until crisp and golden.
8. Drain and serve:
   - place on paper towels to drain any extra oil
   - serve hot with your favourite chutney, sauce or as part of a meal.



Rolson weighs Pak Choi for the Stir-Fry Greens with Garlic, Soy and Ginger



DINNER

Stir-Fried Greens with Garlic, Soy and Ginger

A simple and flavourful way to enjoy fresh garden greens. This dish cooks quickly and is perfect with rice or fish.

Ingredients

1 tbsp coconut oil

2 inch piece of ginger (finely chopped)

2 garlic cloves (peeled and finely chopped)

1 large bowl of fresh greens (any mix from the garden)

2 tbsp soy sauce

1 tbsp water

How to make it



1. Prepare the ingredients:
   - wash the greens
   - chop the garlic and ginger.
2. Cook the aromatics:
   - heat the coconut oil in a pan
   - add the ginger and garlic
   - cook gently until soft and fragrant.
3. Add the greens:
   - add the greens, soy sauce, and water
   - stir continuously over medium heat until the greens are wilted and tender.
4. Serve:
   - enjoy hot with steamed brown rice
   - delicious served with fish.





Sushi Rolls being prepared



DINNER

Spicy Veggie Sushi Rolls with Mung Bean Sprouts

These colourful sushi rolls are full of crunch and flavour. A fun, hands-on recipe that's perfect for sharing.

Ingredients

1 cup sushi rice (cooked)

1½ tbsp rice vinegar

1 tsp sugar

½ tsp salt

1 medium carrot (thinly sliced)

1 small cucumber (thinly sliced)

1 radish (thinly sliced)

1 cup mung bean sprouts

2 tbsp mayonnaise

1 tsp sesame oil

1 tsp soy sauce

4 sheets nori (seaweed)

Toasted sesame seeds (optional, for garnish)

Pickled ginger and soy sauce (for serving)

How to make it



1. Prepare the rice:
   - rinse the sushi rice until the water runs clear.
   - cook according to the packet instruction
   - mix rice vinegar, sugar, and salt in a small bowl
   - stir until dissolved, then gently fold into the cooked rice
   - let cool to room temperature.
2. Prepare the vegetables:
   - thinly slice the carrot, cucumber, and radish into strips.
3. Make the spicy mayo:
   - mix mayonnaise with sesame oil and soy sauce until smooth
   - taste and adjust to your liking.
4. Assemble the rolls:
   - place a sheet of nori (shiny side down) on a bamboo mat
   - with damp hands, spread a thin layer of rice over the nori, leaving 2–3 cm at the top edge clear
   - arrange the carrot, cucumber, radish, and mung bean sprouts across the centre
   - drizzle with spicy mayo.
5. Roll the sushi:
   - roll up tightly using the bamboo mat
   - wet the top edge with a little water to seal the roll.
6. Cut and serve:
   - slice each roll into 6–8 pieces using a sharp knife
   - wipe the knife with a damp cloth between cuts
   - garnish with toasted sesame seeds, if using.
7. Enjoy
   - serve with soy sauce, pickled ginger, and extra spicy mayo for dipping.



Eggplant and Coconut Bake

This creamy, aromatic bake is full of flavor from coconut milk, herbs, and spices. It's perfect as a main dish or a side — delicious with rice, bread, or your favourite protein.

Ingredients

2 medium eggplants (sliced into 1/2-inch thick rounds)
1 can (400 ml) coconut milk (full-fat for richness)
1 tbsp coconut oil
1 medium onion (finely chopped)
2–3 garlic cloves (minced)
1-inch piece fresh ginger (grated or minced)
1 tsp ground cumin
1 tsp turmeric powder
½ tsp smoked paprika
½ tsp ground coriander
½ tsp chili flakes (optional)
1 tbsp soy sauce
1 tbsp lime juice
Salt and pepper to taste
½ cup spring onion (chopped)
½ cup fresh basil or mint (chopped)
¼ cup toasted breadcrumbs or crushed nuts (optional)
1 tbsp sesame seeds (optional)

Serving suggestions

Serve with steamed coconut brown rice.
Enjoy with flatbread like naan or roti.
Pair with grilled fish or a lentil dish for a full meal.

How to make it



1. Slice eggplant into rounds:
   - preheat the oven to 190°C (375°F)
   - slice the eggplants into rounds
   - for softer, less bitter eggplant, sprinkle with salt and let sit for 10–15 minutes, then pat dry.
2. Cook the aromatics:
   - heat coconut oil in a large pan over medium heat
   - add onion and cook for 3–4 minutes
   - stir in garlic, ginger, cumin, turmeric, paprika, coriander, and chili flakes
   - cook for another 1–2 minutes until fragrant.
3. Add the coconut milk:
   - pour in coconut milk and soy sauce, stir well
   - let simmer for 5 minutes
   - add salt, pepper, and lime juice to taste.
4. Layer in a baking dishs:
   - place eggplant slices in a baking dish (about 9x13 inches), slightly overlapping if needed
   - pour the coconut mixture over the top, spreading it evenly.
5. Bake:
   - cover with foil or banana leaf and bake for 30–35 minutes until the eggplant is soft
   - uncover and bake for 10 more minutes so the top becomes golden.
6. Final and serve:
   - sprinkle spring onion, basil or mint over the top
   - add toasted breadcrumbs or nuts and sesame seeds, if using.
   - serve hot, with rice, bread, or a side of fish or dhal.

Tips

- use herbs from your garden — basil, mint, oregano, or thyme all work well.
- add more chili or a dash of hot sauce if you love spice!



DINNER

Smoky Coconut, Tomato, Bean, Pumpkin and Pepper Hotpot

This hearty hotpot is full of nourishing garden vegetables, creamy beans, and a rich smoky coconut flavour. It's warming, flavourful, and perfect served with brown rice.

Ingredients

1 tbsp coconut oil

1 onion (finely chopped)

2 garlic cloves (finely chopped)

2 inch piece fresh ginger (finely chopped)

2 chilies (finely chopped, optional for heat)

4 large tomatoes (chopped)

2 cups cooked red kidney beans

2 cups pumpkin (peeled and chopped)

1 medium bowl of fresh greens (washed and chopped)

1 tbsp soy sauce

2 cups water

1 vegetable stock cube

Juice of 2 limes

Freshly ground pepper, to taste

1 coconut, smoked over open fire, then chopped finely and dried in the oven*

How to make it



1. Prepare the ingredients:
   - chop the garlic, ginger, chili, pumpkin, and greens
   - set aside.
2. Cook the base:
   - heat coconut oil in a large pot over medium heat
   - add the onion, ginger, chili, and garlic
   - cook gently for 3–4 minutes until softened.
3. Add the tomatoes:
   - stir in the chopped tomatoes and cook until they break down and become saucy.
4. Add beans and pumpkin:
   - add the kidney beans, pumpkin, water, and stock cube, stir well
   - simmer for about 20 minutes, or until the pumpkin is tender.
5. Add greens:
   - stir in the chopped greens and soy sauce
   - cook for 2–3 minutes until the greens wilt.
6. Finish with coconut and lime:
   - add the smoked coconut and stir through
   - squeeze in the lime juice and season with pepper to taste.
7. Serve:
   - serve hot with steamed brown rice.

How to smoke coconut

Remove husk of whole coconut and cut in half. Place the halves over a mesh grill above an open fire until the flesh is lightly browned and smoky. Once cool, thinly slice the coconut and dry it in a low oven until crisp. Store in an airtight container and use to add rich, smoky flavour to dishes like this one.



Brazilian Spinach Amaranth Tabouli

A fresh, healthy salad with a tropical twist

This dish is full of fibre, vitamins, and flavour. Perfect as a side dish or light lunch.

Ingredients

1 cup amaranth grain

2 cups water

1½ cups fresh Brazilian spinach (finely chopped)

1 medium tomato (chopped)

1 small cucumber (chopped)

2 spring onions (finely sliced)

2 tbsp fresh mint leaves (chopped) – optional

Juice of 1 lime

2 tbsp olive oil (or other healthy oil)

Salt and pepper to taste

How to make it



1. Cook the amaranth:
   - rinse the amaranth under running water
   - in a pot, combine 1 cup amaranth with 2 cups water
   - bring to a boil, then cover and simmer for 20 minutes, until water is absorbed
   - let it cool completely.
2. Prepare the vegetables:
   - while the amaranth is cooling, chop the spinach, tomato, cucumber, spring onion, and mint.
3. Mix the salad:
   - in a large bowl, combine the cooked amaranth and all the chopped vegetables
   - add the lime juice, olive oil, salt, and pepper
   - mix gently to combine.
4. Serve and enjoy:
   - chill in the fridge for 30 minutes if you like it cold
   - serve as a fresh salad or side dish.



HELP KEEP OUR ENERGY STEADY BETWEEN MEALS

Snacks and Accompaniments

Healthy snacks can help keep our energy steady between meals, especially during busy school or work days. Good snack choices include fresh or dried fruit, vegetables, nuts, seeds, and simple baked foods made with ingredients like wholegrains, mashed taro, or dried coconut.

Homemade dips made with legumes are tasty and filling, especially when served with fresh vegetable sticks or crackers made from local flours and flavoured with fresh herbs from the garden. Chutneys made with local fruits and spices also add flavour and nutrition.

Some snacks with more sugar, honey or fat are called sometimes foods. These are best saved for special occasions, like birthdays or celebrations.

Choosing healthy snacks most of the time helps our bodies feel good and our minds stay clear throughout the day.

How to dry and store bananas and papaya

Dried fruit is a healthy snack that stores well and tastes delicious. Bananas and papaya are easy to dry and can be kept for months when stored properly.

You can dry them using a food dehydrator or a simple oven.

Drying Bananas

Ingredients

4–5 ripe bananas

How to make it



1. Peel and slice:
   - peel the bananas and slice them lengthwise.
2. Soak to keep colour (optional):
   - mix 1 tablespoon of lime juice with 1 cup of water
   - soak banana slices for 5 minutes to stop them from turning brown.
3. Dry the bananas:
   - **food dehydrator:** place banana slices on trays, not touching
   - dry at 135°F (57°C) for 6–12 hours, flipping halfway
   - **oven:** Set oven to the lowest heat (around 140°F/60°C)
   - lay slices on a tray lined with baking paper
   - leave the door slightly open
   - dry for 6–8 hours, checking often.
4. Check if they are ready:
   - bananas should be dry, flexible, and not sticky.
5. Store:
   - let them cool
   - store in airtight jars or sealed bags
   - for humid places, add a food-safe desiccant packet to keep them dry (if available).



Drying Papaya

Ingredients

2–3 ripe papayas

1 tablespoon of lime juice

How to make it



1. Prepare the papaya:
   - peel the fruit in half, remove seeds, and slice into thin strips or cubes (¼–½ inch thick).
2. Soak to keep colour (optional):
   - mix 1 tablespoon of lime juice with 1 cup of water
   - soak slices for 5-10 minutes.
3. Dry the papaya:
   - **food dehydrator:** place slices on trays without overlapping
   - dry at 135°F (57°C) for 8–12 hours, flipping halfway.
   - **oven:** set oven to the lowest heat (around 140°F/60°C)
   - lay slices on a tray
   - leave the door slightly open to let moisture escape
   - dry for 6–8 hours, checking often.
4. Check if they are ready:
   - slices should be leathery, and not wet.
5. Store
   - let them cool
   - keep in airtight jars or bags.
   - for humid places, add a food-safe dessicant packet to keep them dry (if available).

Tips for storing dried fruit in humid places

1. Use airtight containers

   Store dried fruit in sealed jars, tins, or vacuum bags to keep air and bugs out.
2. Add desiccant packets

   These help absorb any leftover moisture.
3. Keep in a cool, dry place

   Avoid sunlight. A dark cupboard or pantry works well.
4. Label and date

   Write the date you dried the fruit. It lasts for about 6 months or more if stored properly.

Quick Snack Idea: Tropical Dried Fruit and Nut Mix

Ingredients

¼ cup dried banana

¼ cup dried papaya

¼ cup unsweetened dried coconut flakes

¼ cup roasted almonds or cashews

¼ cup sunflower or pumpkin seeds

How to make it

Mix everything in a bowl. Store in a jar or bag. Great for school, travel, or an afternoon energy boost!



SNACKS &
ACCOMPANIMENTS

Mokwan (Pandanus Paste)

Ingredients

Ripe Bob (pandanus)



How to make it

1. Families and friends create um (earth oven).
2. Pull pandanus keys off and wash.
3. Place in um and cook for many hours.
4. Unearth from um and cool on coconut fronds.
5. Macerate to create a juicy paste, add to cooking pot and simmer until it changes colour to red or light brown.
6. Spread paste on banana leaves to dry, turning now and again over a number of days to dry.
7. Once dry, roll into pandanus leaves tightly to seal.
8. Dried pandanus paste, mokwan, can be soaked and mashed, eaten as a nutritious snack.

How to Dry Fresh Coconut by Sun Drying



Ingredients

1–2 fresh coconuts

Method 1: How to make it drying in the sun

This is a simple method if you have hot, dry weather.

1. Open the coconut:
   - crack the coconut and pour out the water (save it to drink)
   - remove the white meat using a knife or coconut scraper
   - peel off the brown skin if you want white coconut.
2. Grate or slice:
   - grate or slice the coconut into thin, even strips.
3. Setup the drying area
   - use a clean tray or flat surface
   - cover it with baking paper or cloth
   - make sure it's in a clean, safe, and sunny place with good air flow.
4. Spread and dry
   - spread the coconut in a thin layer
   - leave it in the sun for several hours a day. Turn it over every few hours
   - bring it inside at night to avoid moisture
   - it may take 2–5 days to fully dry, depending on the weather.
5. Check if ready:
   - coconut should feel dry and crumbly, not soft or sticky.
6. Cool and store:
   - let it cool completely
   - store in an airtight jar or sealed bag
   - in humid areas, you can add a food-safe desiccant packet.

How to Dry Fresh Coconut in a Dehydrator

Ingredients

1–2 fresh coconuts

Food dehydrator

Method 2: How to make it in a dehydrator

1. Open the coconut:
   - open the coconut, pour out the water, and remove the white meat
   - peel off the brown skin if you like.
2. Grate or slice:
   - use a grater or food processor to shred or slice the coconut into thin pieces.
3. Dry in the dehydrator
   - place the coconut in a single layer on the dehydrator trays
   - set temperature to 105°F (40°C)
   - dry for 6–12 hours, depending on thickness and humidity
   - check and stir the coconut every few hours.
4. Check if ready:
   - coconut should be dry and crumbly, not sticky.
5. Cool and store:
   - let the coconut cool
   - store in an airtight container or vacuum-sealed bag.

Storage tips for dried coconut

- keep in a cool, dry, and dark place
- use airtight containers to stop moisture and pests
- add a desiccant packet in humid places
- label with the date. Properly stored, dried coconut lasts for several months.



Tropical Coconut Snack Idea: Coconut Energy Bites

A healthy snack that's quick and tasty!

Ingredients

1 cup dried coconut

½ cup rolled oats

¼ cup honey

¼ cup peanut butter

¼ cup dark chocolate chips (optional)

¼ tsp vanilla extract

How to make it

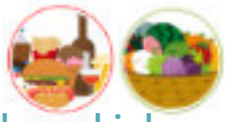


1. In a food processor, blend the coconut and oats until fine.
2. Add honey, peanut butter, and vanilla. Blend until smooth.
3. Roll the mixture into small balls.
4. Optional: Roll in extra dried coconut or sprinkle with chocolate chips.
5. Store in the fridge or freeze to keep fresh longer.

These bites are full of energy and great for school or a busy day!

SNACKS &
ACCOMPANIMENTS

Tropical Coconut Snack Idea: Coconut Macaroons



This is a *'sometimes food'* because it has a high sugar content. Best enjoyed on special days!

Ingredients

½ cup coconut syrup

2 cups fresh grated coconut

1 tsp vanilla

How to make it

1. Preheat the oven to 350°F (175°C).
2. In a bowl, mix the coconut syrup, grated coconut, and vanilla until well combined.
3. Lightly oil a baking tray.
4. Drop small spoonfuls of the mixture onto the tray, about 1 inch apart.
5. Bake for about 10 minutes, or until the tops are light golden brown.
6. Let cool before serving.

Taro Brownies



These simple, fudgy brownies use mashed taro for a soft texture and earthy flavour. Great for a treat that's a little different — and full of goodness!

Ingredients

1 cup mashed taro (cooked and soft)

½ cup cocoa powder

½ cup honey

2 eggs

½ cup coconut oil (melted)

1 tsp baking powder

How to make it

1. Preheat your oven to 350°F (175°C).
2. In a mixing bowl, combine all the ingredients. Stir well until smooth.
3. Pour the mixture into a greased or lined baking dish.
4. Bake for 25 minutes, or until a toothpick comes out clean.
5. Let cool before cutting into squares. Enjoy!

SNACKS &
ACCOMPANIMENTS

Breadfruit Muffins



These naturally sweet muffins use ripe breadfruit and coconut milk for a soft, moist snack — perfect for breakfast or a lunchbox treat.This is a '*sometimes food*' because it has a high glycemic index. Best enjoyed on special days!

Ingredients

1 cup mashed ripe breadfruit

1 cup wholewheat or coconut flour

2 eggs

½ cup coconut milk

¼ cup honey

1 tsp baking powder

½ tsp ground nutmeg

How to make it

1. Preheat your oven to 350°F (175°C).
2. In a large bowl, mix the mashed breadfruit, eggs, and honey.
3. Add the flour, baking powder, nutmeg, and coconut milk. Stir until just combined.
4. Spoon the mixture into muffin tins (greased or lined).
5. Bake for 25 minutes, or until the tops are golden and a toothpick comes out clean.
6. Cool slightly and enjoy!

Bean Dip

A creamy, spiced dip to eat with fresh vegetables

This bean dip is full of flavour and easy to make. It's delicious with crunchy vegetable sticks.

Ingredients

1 cup cooked red kidney beans (or 1 x 15 oz can, drained and rinsed)

1 small onion or a few spring onions, grated or finely chopped

1 small clove garlic, chopped (or a few garlic chives)

½ lime – zested and juiced (remove seeds)

1 tbsp tomato paste

2 tbsp olive oil

½ tsp ground cumin

¼ tsp ground cinnamon

¼ tsp paprika

¼ tsp fine salt

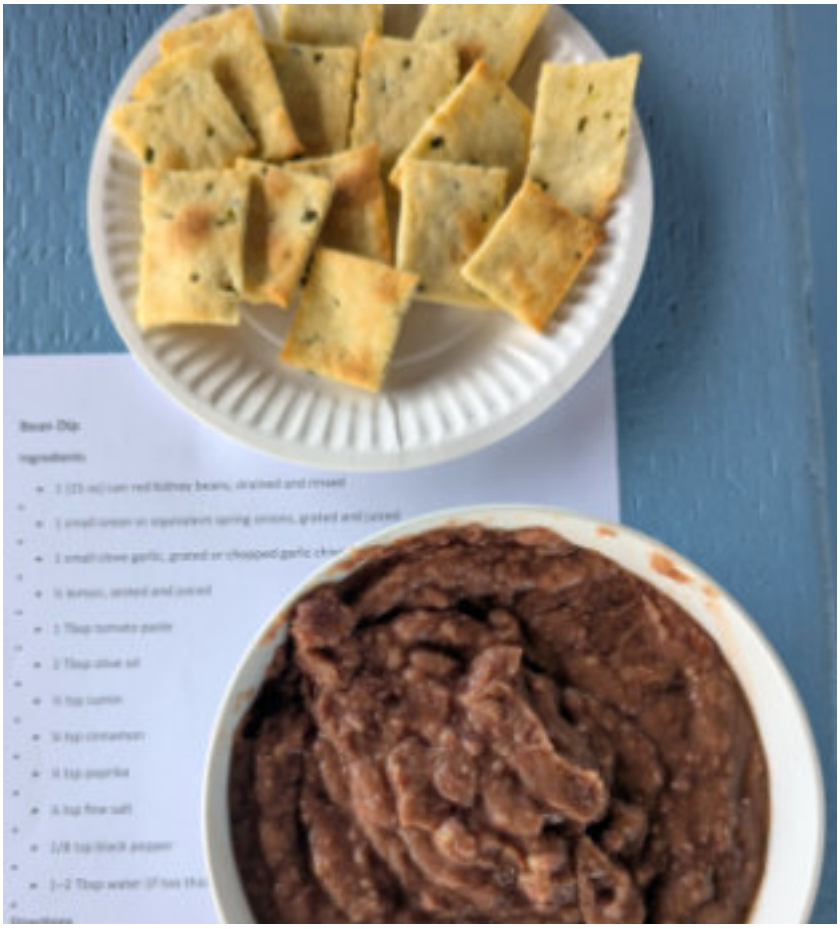
1/8 tsp black pepper

1–2 tbsp water (only if dip is too thick)

How to make it

1. Prepare the beans:
   - place the beans in a large mixing bowl.
2. Add flavour:
   - add chopped onion or spring onion, garlic, lime juice, and zest.
3. Add spices and mix
   - stir in the tomato paste, olive oil, cumin, cinnamon, paprika, salt, and pepper
   - mix well and mash until smooth

   –add water if needed.
4. Serve with:
   - flat bread crackers, fresh carrot and cucumber sticks.



Flatbread Crackers

Crunchy, herby snacks from the oven



These simple crackers are great for dipping snacking. Add herbs from your garden for extra flavour!

Ingredients

1 cup plain flour

50 ml olive oil

60 ml water

Fresh herbs (like garlic chives, rosemary, or basil), chopped

1 tbsp amaranth seeds

Pinch of salt

How to make it

1. Mix the dough:
   - in a bowl, combine flour, olive oil, water, chopped herbs, amaranth seeds, and salt
   - mix until a soft dough forms.
2. Shape the crackers:
   - divide the dough into small pieces
   - roll each piece as thin as possible without breaking
   - cut into cracker or biscuit shapes.
3. Bake:
   - place crackers on a baking tray
   - bake at 200°C (390°F) for 10–12 minutes, until the edges are just golden brown.
4. Serve with:
   - bean dip, or hummus,



Hummus with Garlic and Spring Onions




A creamy chickpea dip full of flavour. This smooth hummus is made with garlic, lime, and fresh spring onions. It's healthy, filling, and great for dipping or spreading.

Ingredients

1 pound (about 2 cups) dried chickpeas – or 4 cups cooked chickpeas

¼ tsp baking soda

3–4 cloves garlic, chopped

2 tbsp sesame oil or olive oil

¼ cup lime juice (about 2 limes)

1 tsp ground cumin

2 tbsp coconut oil, melted

1–2 tsp salt (to taste)

½ tsp black pepper

2 spring onions, finely chopped

¼–½ cup water (if needed)

½ tsp paprika (for garnish)

How to make it

1. Cook the chickpeas:
   - **if using dried chickpeas:**
   - soak overnight with ¼ tsp baking soda in water
   - drain, rinse, and cook in fresh water with a pinch of baking soda for 1 to 1½ hours until soft
   - drain and cool.
   - **if using canned chickpeas:**
   - drain and rinse 4 cups of chickpeas.
2. Cook the garlic and onions:
   - heat sesame oil and coconut oil in a small pan
   - add chopped garlic and cook for 1 minute
   - add chopped spring onions and cook for 2–3 minutes until soft, let cool.
3. Blend the hummus:
   - in a blender or food processor, add cooked chickpeas, garlic and onion mix, cumin, lime juice, coconut oil, salt, and pepper
   - blend until smooth, add a little water if it's too thick.
4. Taste and adjust:
   - taste the hummus, add more salt, lime juice, or cumin if needed.
5. Serve:
   - spoon into a serving bowl
   - sprinkle with paprika and a drizzle of oil
   - add chopped spring onions on top (optional).
6. Store:
   - keep in an airtight container in the fridge for up to 1 week
   - you can also freeze it for later use.
7. Serve with:
   - flatbread crackers
   - fresh veggie sticks (carrot, cucumber, celery, capsicum)
   - sandwiches and wraps
   - as a side dish with patties, falafel, or grilled food.

Eggplant Dip with Sesame Seeds and Flatbread

A creamy roasted dip full of flavour and goodness. This rich and smoky dip is made with roasted eggplant, garlic, lime juice, and toasted sesame seeds. It's perfect for scooping up with warm flatbread.

Ingredients

2 medium eggplants

3–4 cloves garlic, chopped

1 tbsp dried oregano (or fresh if available)

2 tbsp coconut oil (melted), plus extra for drizzling

2 tbsp lime juice (freshly squeezed)

2 tbsp sesame seeds (toasted)

1 small onion, finely chopped

Salt and pepper to taste

How to make it



1. Roast the eggplants:
   - preheat oven to 200°C (400°F)
   - cut eggplants in half lengthwise, place on a baking tray, cut side up
   - drizzle with a little coconut oil and sprinkle with salt and pepper
   - roast for 30–40 minutes until soft, let cool
   - scoop out the flesh and discard the skin.
2. Toast the sesame seeds:
   - in a dry pan over medium heat, toast sesame seeds for 2–3 minutes until golden and fragrant
   - stir often
   - set aside.
3. Cook garlic and onions:
   - in a small pan, heat 2 tbsp coconut oil
   - add chopped garlic and onion
   - cook for 3–4 minutes until soft.
4. Mix the dip:
   - in a bowl, mash the eggplant with a fork or masher
   - add the cooked garlic and onion, oregano, lime juice, and most of the toasted sesame seeds (save a pinch for garnish)
   - mix well and add salt and pepper to taste.
5. Serve:
   - spoon into a serving bowl
   - drizzle with a little coconut oil and sprinkle with the rest of the sesame seeds
   - serve warm or cold with homemade flatbread.

Simple Homemade Flatbread

These soft flatbreads are perfect for scooping up dips or eating with your favourite dishes.

Ingredients

2 cups all-purpose flour (plus extra for rolling)

1 tsp salt

1 tsp baking powder

2 tbsp coconut oil

¾ cup warm water (add more if needed)

How to make it



1. Make the dough:
   - mix flour, salt, and baking powder in a large bowl
   - add coconut oil and warm water, stir to form a dough
   - knead for 5 minutes until smooth
   - cover and rest for 15–20 minutes.
2. Roll the flatbreads:
   - divide dough into 6–8 small balls
   - on a floured surface, roll each one into a thin round shape.
3. Cook the flatbreads:
   - heat a dry pan over medium-high heat
   - cook each flatbread for 1–2 minutes per side until golden spots appear
   - keep warm under a clean towel.

Tips and serving ideas

- add a pinch of smoked paprika or cumin to the eggplant dip for more flavour
- brush warm flatbreads with coconut oil and sprinkle with sea salt or herbs
- store dip in the fridge for 3–4 days. Reheat flatbread in a dry pan before serving.



Coconut Herb Chutney

A creamy, tropical chutney made with freshly grated coconut and lots of local herbs.

Makes about 2 cups.

Ingredients

1½ cups fresh grated coconut

½ cup chopped fresh herbs (mix of mint, basil, spring onion tops, garlic chives, or coriander or Mexican coriander if available)

1 small green chili, chopped (optional)

1 small clove garlic, chopped (optional)

Juice of 1 lime or 1 tablespoon vinegar

Salt to taste

2 tablespoons coconut milk or water (to adjust texture)

How to make it



1. Blend the ingredients:
   - in a mortar and pestle or food processor, combine the grated coconut, herbs, chili (if using), garlic (if using), lime juice, and salt.
2. Add liquid:
   - add a little coconut milk or water, a spoonful at a time, and blend or pound until you get a thick but smooth paste
   - it should be soft enough to scoop, but not runny.
3. Taste and adjust:
   - taste the chutney, add a bit more salt or lime juice if needed.
4. Serve fresh:
   - spoon into a small bowl and serve right away, or keep in the fridge and use within 1–2 days.



Tomato and Onion Chutney

A simple, tasty chutney made from fresh tomatoes, onions, and herbs. This chutney adds a tangy, savoury flavour to your meals.

Makes about 2 cups.

Ingredients

4 large ripe tomatoes, chopped

1 medium onion, finely chopped

2 spring onions, sliced

A small handful of garlic chives, chopped

1 clove garlic, finely chopped (optional)

1 tablespoon coconut oil or vegetable oil

1 teaspoon sugar (optional)

Salt to taste

1 small chili, chopped (optional for heat)

1 tablespoon lime juice or vinegar (for freshness)

How to make it



1. Cook the onion:
   - heat the oil in a pan over medium heat
   - add the chopped onion and cook for 3–4 minutes until soft.
2. Add spring onions and garlic chives:
   - stir in the spring onions, garlic chives, and garlic (if using)
   - cook for another 1–2 minutes.
3. Add the tomatoes:
   - add the chopped tomatoes and a pinch of salt
   - cook gently for 10–15 minutes, stirring now and then, until the tomatoes break down and the chutney becomes thick.
4. Add flavour:
   - stir in the chili (if using), sugar, and lime juice or vinegar
   - taste and adjust salt and seasoning.
5. Cook and serve:
   - let the chutney cool slightly before serving
   - it can be enjoyed warm or cold, and stored in the fridge for a few days.



Green Papaya Pickles

A crunchy, tangy, and colourful side dish This bright pickle is made with fresh green papaya, cucumber, tomato, onion, and spices. It goes well with rice dishes, grilled foods, or curries.

Ingredients

1 medium green papaya (peeled, seeds removed, and cut into thin strips)

1 medium onion (thinly sliced)

2 green tomatoes (cut into wedges)

1 cucumber (thinly sliced)

2–3 green chilies (thinly sliced)

½ cup sugar

2 tbsp curry powder

1 tbsp mustard powder

1 tbsp salt

1 cup vinegar (white or apple cider vinegar)

½ cup water

How to make it



1. Prepare the vegetables:
   - cut the green papaya, onion, green tomatoes, cucumber, and green chilies.
2. Soften the papaya (optional):
   - if you prefer softer papaya, boil it in water for 3–5 minutes, drain and cool
   - if you like it crunchy, skip this step.
3. Mix the vegetables:
   - in a large bowl, combine the papaya, onion, tomato, cucumber, and chili, toss well.
4. Make the pickling brine:
   - in a saucepan, mix sugar, curry powder, mustard powder, salt, vinegar, and water
   - bring to a boil and stir until sugar and salt dissolve
   - remove from heat and let the brine cool to room temperature.
5. Add the brine to the vegetables:
   - pour the cooled brine over the mixed vegetables, stir well
   - spoon the mixture into clean jars, pressing gently so the vegetables are covered in the liquid.
6. Seal and store:
   - close jars tightly and keep them in the fridge
   - wait at least 1–2 days before eating
   - for best flavour, leave the pickles for 1–2 weeks.

Tips

- use gloves when slicing chilies if you are sensitive to spice
- these pickles can last in the fridge for several weeks
- great as a side dish or sandwich filling!

Pickled Daikon Radish

A bright, crunchy side dish or sushi filling This easy daikon pickle adds a sweet, sour, and slightly salty flavour to your meal. It's great with rice, noodles, sushi, or as a snack on its own!

Ingredients

1 medium daikon radish (about 1 lb), peeled and cut into thin rounds or strips

1½ cups rice vinegar

½ cup sugar

1½ tsp salt

1 tbsp soy sauce (optional, for extra flavour)

1 small piece of kombu (dried seaweed – optional)

1–2 tbsp mustard powder or turmeric (optional, for colour and flavour)

How to make it



1. Slice the daikon:
   - peel the daikon radish and cut it into thin rounds or long strips (julienned)
   - thin slices are best for sushi.
2. Salt the daikon:
   - put the sliced daikon in a large bowl, sprinkle with salt and mix well
   - let it sit for 30 minutes to soften and release water.
3. Make the pickling liquid:
   - in a small pot, combine vinegar, sugar, soy sauce (if using), and mustard powder or turmeric
   - add kombu if using
   - heat gently and stir until the sugar dissolves, remove from heat and let it cool
   - remove the kombu after the liquid has cooled.
4. Rinse and dry the daikon:
   - rinse the salted daikon under cold water
   - pat dry with a clean towel or paper towel.
5. Add to jar:
   - pack the daikon slices or strips into a clean jar or container
   - pour the cooled liquid over the daikon, making sure all the pieces are covered.
6. Refrigerate:
   - close the jar and place in the fridge
   - let it pickle for at least 1–2 days, it will taste better the longer it sits
   - use within 1–2 weeks.

Serving Ideas

- use in sushi rolls
- serve as a side dish with noodles or rice
- enjoy with grilled or stir-fried vegetables.



Appendix 1

Identification table for tropical perennial leafy green vegetables

- Amaranth
- Chaya
- Brazilian spinach
- Tirooj or Ofenga
- Kangkong
- Sweet potato
- Pumpkin tips
- Chili leaf
- Markinenjojo or Yellow beach pea
- Purslane
- Moringa or Drumstick
- Ut ŀot or Hedge pannax
- Kanal or Pisonia
- Kartōp or Bird's nest fern
- Pigeon pea
- Taro

Alternative Edible Leafy Green Vegetable Plants



- Amaranth



- Chaya

Alternative Edible Leafy Green Vegetable Plants...



- Brazilian spinach



- Tirooj or Ofenga



- Kangkong



- Sweet potato



- Pumpkin tips



- Chili leaf

...in the Republic of Marshall Islands



- Bele or Pele



- Malabar spinach



- Markinenjojo or Yellow beach pea



- Purslane



- Moringa or Drumstick



- Ut lot or Hedge pannax

Leafy Green Vegetable Plants continued



- Kañal or Pisonia



- Kartōp or Bird's nest fern



- Pigeon pea



- Taro



- Cassava or Tapioca



- Mariko or Pennywort

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Across the Pacific Islands, food is deeply tied to family, community, culture, and identity. It brings us together, nourishes our bodies, and connects us to the land and sea…

…May this cookbook be used with joy and pride, and may it help nurture a future where Marshallese children — and their families — thrive in health, in culture, and in community.

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