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B-well™

# The Taste Explorers

# COOKBOOK

# Munchie Monsters

featuring  
the



A special collection of wholesome and nutritious recipes for stress-free school and dinner meal prep for kids of all ages.



Curated in partnership with registered dietitian **Monique Piderit**



**B-well™**

# INTRO



It's easy to get stuck in a rut with the same-old meals and snacks for your little ones- but B-well, together with Munchie Monster and his colourful friends, is here to lend a helping hand with over 25 delicious recipes curated in partnership with dietitian Dr. Monique Piderit that pack a nutritional punch!

At B-well, we're all about producing ingredients that promote better living, so naturally a cookbook that promotes nutrient-rich eating for children is a perfect fit. Our canola oil is a big feature in the B-well range - high in monounsaturated fats, very high in Omega-3 fatty acids, endorsed by the Heart and Stroke foundation of South Africa and is one of the very few cooking oils to carry CANSA's Smart Choice seal!



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# Sweet Potato Waffles

## Ingredients:

- + 2 cups cake flour
- + 2 tablespoons brown sugar
- + ½ teaspoon ground cinnamon
- + ¼ teaspoon ground ginger
- + A pinch of ground nutmeg
- + 3 tablespoons B-well Thick & Creamy Mayonnaise
- + 1¾ cups milk
- + 1 tablespoon B-well Sandwich Spread
- + 1 teaspoon vanilla extract
- + 1 cup cooked, mashed sweet potatoes

## Instructions:

1. Combine the dry ingredients in a large bowl and set aside.
2. Mix the egg, milk, mayonnaise, and vanilla extract in a small bowl.
3. Add the wet ingredients and mashed sweet potatoes to the dry ingredients, stirring until well combined.
4. Follow your waffle maker's instructions to cook the waffles.

A super snack for your active stars! Did you know Omega-3s may **ease post-exercise soreness** and **help muscle recovery**. Great for keeping those active bodies in top shape!



Did you know that potassium and omega-3 fatty acids - both of which are found in this recipe - may have a role to play in managing blood pressure?

Here's why this is an ingredient for better living:





Kids with allergies or sensitivities to gluten-containing additives will love our mayonnaise, which is naturally free from gluten.

Here's why this is an ingredient for better living:



Egg-free

# Banana Flapjacks

## Ingredients:

- + 2 small bananas, peeled and mashed
- + 6 tablespoons B-well Thick & Creamy Mayonnaise
- + ½ cup raw oats
- + 2 teaspoons cinnamon
- + B-well Canola Baking Spray

## Instructions:

1. Combine all ingredients in a blender until thoroughly mixed.
2. For the flapjacks, coat a pan with baking spray.
3. Pour one large tablespoon of the mixture into the heated pan. When bubbles form, flip the flapjack and cook the other side.
4. Serve with fresh fruit of your choice.

**Parents,** this is a nutritious delight filled with **vitamins, minerals, and antioxidants** from bananas, supporting overall health. Topped with fruit and made with B-well Thick & Creamy Mayonnaise as an egg replacement, it's **vegan-friendly, dairy-free** and **naturally free from gluten** - a tasty option for various dietary needs.





# Sugar and Spice and All Things Nice Popcorn

## Ingredients:

- ✦ 6 tablespoons popcorn kernels
- ✦ 1 teaspoon B-well Canola Oil
- ✦ 1 cup crushed pretzels
- ✦ 1 cup mini marshmallows
- ✦ Smarties

## Instructions:

1. Prepare popcorn on the stovetop in a pot with canola oil.
2. Transfer the popped corn into a large bowl and allow it to cool. Mix in the crushed pretzels and mini marshmallows.
3. Pour the smarties over the popcorn, pretzel, and marshmallow mixture, ensuring even coverage.

**Nutrition tip:**  
Popcorn is a nutritious, high-fibre, and cost-effective snack for lunch boxes. This recipe also serves as a delightful party snack.



Our canola oil is naturally cholesterol free, very high in Omega-3 with only 7% saturated fat. Enjoy a light neutral flavour with a cooking oil that cares.

Here's why this is an ingredient for better living:





# Egg-Free French Toast Fingers with Cream Cheese

## Ingredients:

- + 3 tablespoons B-well Thick & Creamy Mayonnaise
- + 1 tablespoon water
- + ½ teaspoon vanilla essence
- + ¼ teaspoon cinnamon
- + 1 slice of high-fibre bread cut in four fingers
- + B-well Canola Baking Spray

## Condiment:

- + 2 teaspoons of cream cheese
- + Strawberries, for garnish

## Instructions:

1. In a bowl, mix together the water, mayo, vanilla essence, and cinnamon until well combined.
2. Dip the bread into the mayo mixture, ensuring it's coated evenly.
3. Grease a medium pan with baking spray.
4. Place the mayo-coated bread in the pan and cook on high heat. Flip it once to cook the remaining side.
5. Allow it to cool down.
6. Serve with cream cheese and garnish with strawberries.

## Tip:

For added sweetness, drizzle with honey - the kiddies will love it!



### Hi moms and dads!

Egg-free cooking doesn't have to mean extra effort for busy parents! By swapping eggs with alternatives like **B-well Thick & Creamy Mayonnaise** in recipes, you're not just creating **allergen-friendly meals**, but also simplifying your cooking routine. **WIN!**



Our mayo is allergen-friendly and a convenient substitute for eggs, so you can cater for the whole family and their diverse dietary needs easily!

Here's why this is an ingredient for better living:





# Apple Chocolate Chip Chips

### Ingredients:

- + 4 green apples
- + 2 tablespoons B-well Canola oil
- + 1 teaspoon cinnamon
- + 2 teaspoons sugar
- + ¼ cup chocolate chips

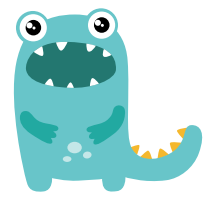
### Instructions:

1. Preheat the oven to 160°C.
2. Using a sharp knife, slice the apples into 5mm thick slices.
3. Arrange the apple slices in a single layer on a baking tray lined with parchment paper. Lightly coat with canola oil.
4. In a small bowl, combine the cinnamon and sugar. Sprinkle the mixture evenly over the apple slices.
5. Bake the apples for 2 hours or until they become crispy and dry.
6. Allow the baked apples to cool. Once cooled, pop into a packet or container with the chocolate chips to be served as a snack.

### Lunchbox Tips:

- + Substitute sliced apples for pears if preferred.
- + Instead of slices, cut the apples into wedges and serve with **yoghurt mayo dipping sauce**. We love the combination of B-well Thick & Creamy Mayo with yoghurt in equal quantities.

Turn snack time into a **playful adventure** with the sweet surprise of apples - nature's sneaky treat for kids! **Packed with vitamins and natural goodness**, these crisp delights make for a delightful and nutritious indulgence.



In this recipe, we've used B-well Canola Oil to help the sugar cinnamon mix stick to the apple chips!

Here's why this is an ingredient for better living:





# Egg-free Spiced Pumpkin Muffins



Did you know that our entire mayonnaise range is egg-free? It serves as the perfect egg substitution in all your baking requirements using this universal conversion: 1 egg = 3 tablespoons of mayonnaise.

Here's why this is an ingredient for better living:



## Ingredients:

- + 2 cups cooked and mashed pumpkin
- + ½ cup B-well Thick & Creamy Mayonnaise
- + ½ cup B-well Canola Oil
- + ½ cup apple purée
- + 2 cups nutty wheat flour
- + 2 teaspoons baking powder
- + 2 cups bran flakes, finely crushed
- + 1 teaspoon bicarbonate of soda
- + ½ teaspoon ground cloves
- + ½ teaspoon nutmeg
- + ½ teaspoon salt

## Instructions:

1. Heat the oven to 180°C.
2. Combine the mashed pumpkin, mayonnaise, oil, and apple purée in a mixing bowl.
3. In another bowl, mix the nutty wheat flour, baking powder, crushed bran flakes, bicarbonate of soda, ground cloves, nutmeg, and salt.
4. Gradually add the dry ingredients to the pumpkin mixture, stirring well until fully combined.
5. Spoon the batter into greased muffin tins, filling them about three-quarters full.
6. Bake for 15-20 minutes or until a toothpick inserted into the centre of a muffin comes out clean.
7. Allow the muffins to cool in the tin for a few minutes before transferring to a wire rack to cool completely.

## Top Tips:

- + Experiment by adding grated carrot or replacing apple purée with finely diced pineapple for different flavours.
- + Serve sliced muffins with cottage cheese or lean biltong for a balanced meal.

These **mayo-enriched, egg-free** muffins offer a delightful twist, combining the goodness of pumpkin with wholesome bran. Packed with flavour and moisture, they're a deliciously unique, **egg-free alternative**.







# Apple and Cinnamon Date Balls

## Ingredients:

- + 1½ cups of pitted dates
- + 1 cup dried apple rings
- + 1 tablespoon B-well Canola Oil
- + 1 teaspoon cinnamon
- + ¼ cup desiccated coconut

## Instructions:

1. In a food processor, blend all ingredients (excluding the desiccated coconut) until thoroughly combined.

2. Spread the desiccated coconut on a large plate. Take 1 tablespoon of the mixture and roll it into a compact ball using your hands.
3. Roll the ball in the desiccated coconut and set it aside.
4. Repeat this process until all the mixture is used, yielding about 14 to 16 balls.
5. Allow the balls to set in the fridge for 1 hour before serving.

## Tip:

- + Wetting your hands before rolling the mixture can prevent stickiness.
- + Involving toddlers in the rolling process can aid in fine motor skill development.
- + These date balls can also be frozen for long-term storage.



**Did you know** that B-well Canola Oil, with its ideal 2:1 omega-6 to omega-3 ratio, **carries the CANSA smart choice seal**. Too much omega-6 fatty acids and a very high omega-6 to omega-3 ratio, as is found in today's Western diets, promote higher level inflammation which can lead to the development of many lifestyle diseases. Increased levels of omega-3 fatty acids and a low omega-6 to omega-3 ratio helps **prevent these diseases**.



**Our canola oil is cholesterol free with a high content of good-for-you monounsaturated fats and the lowest level of saturated fat amongst common cooking oils!**

*\*Canola Oil contains 7% saturated fat. Sunflower Oil contains 12% saturated fat.*

**Here's why this is an ingredient for better living:**





Good Morning

# Granola Cups Remix



Our mayos carry an endorsement from the Heart and Stroke Foundation of South Africa.

Here's why this is an ingredient for better living:



## For the base:

- + 2 ripe bananas, mashed
- + 50 grams honey or syrup
- + Pinch of salt
- + 1 teaspoon almond or vanilla essence
- + 125 grams rolled oats
- + 1 teaspoon cinnamon
- + B-well Canola Baking Spray

## For the filling:

- + Peanut butter
- + ½ cup plain yoghurt
- + 1 tablespoon B-well Thick & Creamy Mayonnaise
- + Sliced fresh fruit of choice, such as blueberries, strawberries or kiwis

## Instructions:

1. Preheat the oven to 180°C. Mash the bananas in a bowl until smooth. Add the honey or syrup, a pinch of salt, and the chosen essence. Mix thoroughly.
2. In another bowl, combine the oats and cinnamon. Add the banana mixture and mix until well coated.
3. Line a muffin tin with baking spray. Use your fingers to press and line the walls of each muffin holder with the mixture.
4. Bake in the oven for 15-20 minutes until golden brown. Remove and let them cool.
5. Spread peanut butter into each cup.
6. In a separate bowl, mix the yoghurt with mayonnaise. Top the cups with this mixture.
7. Add sliced fresh fruit on top.



### Lunchbox tip:

For easy serving, cut the omelette in half and then wrap each half tightly in parchment paper, securing with twine.



This delicious omelette is perfect served with a portion of our creamy dipping sauce, which you'll find the recipe for in this cookbook.

Here's why this is an ingredient for better living:



# Tomato, Basil and Feta Omelette

### Ingredients:

- + 4 eggs
- + ¼ cup chopped tomatoes
- + ¼ cup chopped basil
- + 2 tablespoons milk
- + Salt and pepper, to taste
- + 2 tablespoons B-well Canola Oil
- + 1 cup cubed feta cheese

### Instructions:

1. In a medium bowl, combine the eggs, chopped tomatoes, basil, milk, salt, and pepper.
2. Evenly coat the pan with the canola oil.
3. Pour half of the egg mixture into the pan. Swirl the eggs to evenly coat the pan, adjusting the pan's tilt if needed for even distribution.
4. Once most of the eggs have set, place ¾ of the cheese over the eggs, followed by half the basil and tomatoes.
5. Using a spatula or fork, carefully roll the cooked egg to create an omelette roll.
6. Repeat with the remaining eggs, cheese, tomatoes and basil to create a second omelette.

Who says you have to consume meat for protein intake? **One whole egg provides about 7 grams of protein**, roughly one third of the daily protein needs for a child aged 4 to 8.





# Crunchy Veggie Spring Rolls with Creamy

# Sweet & Tangy Dip



Get creative with B-well Sandwich Spread and use it as a sauce, salad dressing or even in savoury tarts!

Here's why this is an ingredient for better living:



## Ingredients:

- + 8 large rice paper wrappers
- + ½ cup cooked vermicelli rice noodles
- + ¼ purple cabbage, finely shredded
- + ¼ head romaine lettuce, thinly sliced
- + ½ red bell pepper, cut into thin strips
- + ½ yellow pepper, cut into thin strips
- + ½ English cucumber, cut into thin strips
- + 1 carrot, peeled and cut into thin strips
- + 10 finely chopped basil leaves
- + 4 teaspoons finely chopped fresh mint leaves
- + 4 tablespoons reduced-sodium soy sauce
- + 2 tablespoons peanut butter
- + 2 tablespoons B-well Sandwich Spread

## Creamy Dip Preparation:

- + Combine soy sauce, peanut butter, and B-well Sandwich Spread in a bowl. Taste and adjust the flavours until you achieve your favourite balance of sweet and sour.
- + For added sweetness, consider a touch of honey or pure maple syrup.

## Instructions:

1. Soften the rice paper wrappers in warm water until pliable but not overly wet.
2. Lay the soaked rice paper flat on a clean surface.
3. Place a small portion of noodles and the prepared vegetables, together with a pinch of basil and mint, at the bottom centre of the wrapper.
4. Lift the bottom edge, fold over the fillings, and tightly tuck them in.
5. Fold the left and right sides towards the centre while rolling away from you.
6. Continue rolling until you reach the top edge, gently pressing to seal the seam.
7. Cut the rolls in half, serve with the dipping sauce, and enjoy!

## Lunchbox Tip:

Wrap each rice paper roll half in parchment paper before packing it into your lunchbox to prevent them sticking to each other.



## Hey kids!

Ever thought about how your food powers your body and helps your brain grow? This recipe has purple cabbage for **antioxidants**, peppers packed with **vitamin D** for **immune support**, and B-well Sandwich spread filled with **brain-loving omega-3s**.



# Sweet Potato Fish Cakes with

# Lemon Mayo Dip



B-well mayo is canola-based and, with an endorsement from the Heart and Stroke Foundation of South Africa, it's also a heart-smart option!

Here's why this is an ingredient for better living:



## Ingredients:

### For the fish cakes:

- + 1.6 kilogram sweet potato, diced
- + 50 grams frozen peas
- + ½ bunch fresh chives, finely chopped
- + 3 cans tuna, drained
- + 1 tablespoon lemon juice
- + 1 large egg, beaten \*
- + 1 tablespoon plain whole wheat flour, plus extra for dusting
- + 2 tablespoons B-well Canola Oil
- + 1 small onion, chopped
- + Salt and pepper, to taste

**\* Egg replacement tip:** Use 3 tablespoons of B-well Sandwich Spread instead of the egg. Not only will it bind the ingredients, but it will add a delicious tang to the overall taste of the fish cake.

### For the dip:

- + 2 tablespoons B-well Thick & Creamy Mayonnaise
- + 1 tablespoon plain yoghurt
- + 1 teaspoon lemon juice

## Instructions:

1. Preheat the oven to 180°C.
2. Boil the sweet potatoes and frozen peas in water until tender. Once cooked, drain and allow them to cool completely.
3. In a mixing bowl, combine finely chopped chives, drained tuna, and lemon juice.
4. Add the beaten egg, salt, and pepper to taste.
5. Once cooled, return the sweet potatoes and peas to a pot and mash them.
6. Mix the mashed sweet potatoes and peas into the tuna/chives mixture until well combined.
7. Lightly dust your hands with flour. Divide the mixture into eight equal parts and shape them into fish cakes, roughly 2 centimetres thick.
8. Spray a baking tray with cooking spray. Place the fish cakes onto the tray and bake for 5 minutes.
9. For the dip, mix mayonnaise, plain yoghurt, and lemon juice in a bowl.
10. Serve the sweet potato fish cakes with the lemon mayo dip.



Did you know that colourful diets encourage consumption of vital nutrients, like vitamins and minerals, found in fruits, vegetables, and whole grains? This balanced approach ensures kids get a wide array of nutrients crucial for their growth and development.



# Dipping Sauce Hack

## Ingredients:

- ✦ 3 tablespoons B-well Sandwich Spread
- ✦ 2 tablespoons B-well Thick & Creamy Mayonnaise
- ✦ 1 tablespoon Greek yoghurt
- ✦ 1 teaspoon honey
- ✦ A pinch of mild paprika or garlic powder
- ✦ Chopped parsley or chives (optional, for a touch of colour)

## Instructions:

1. In a bowl, mix together the sandwich spread and mayonnaise.
2. Add Greek yoghurt.
3. Stir in the honey until well combined and adjust sweetness to taste.
4. Add the pinch of mild paprika or garlic powder for added flavour.
5. For a hint of tanginess, add a splash of lemon juice.
6. Garnish with chopped parsley or chives for visual appeal.

Transform snack time into a flavour adventure with this **creamy B-well dip** - perfect for dunking veggies, and turning ordinary meals into **extraordinary creations** that kids will devour! Plus it's backed with goodness that supports heart and brain function so a win all round.



Deliciously rich and savoury, this ingredient combination is ideal for use in sauces and burgers. Locally made with lots of love, and NO eggs, gluten or dairy.

Here's why this is an ingredient for better living:





# Whole Wheat Triangle Crisps with Beetroot Hummus

## Ingredients:

### For the crisps:

- + 2 high-fibre wraps
- + 1 tablespoon B-well Canola Oil
- + Salt and pepper to taste
- + B-well Canola Cooking Spray

### For the hummus:

- + 1 tin chickpeas, drained
- + 250 grams cooked or jarred beetroot
- + 2 teaspoons lemon juice
- + 2 tablespoons B-well Canola Oil
- + 2 tablespoons B-well Thick & Creamy Mayonnaise
- + 1/3 cup tahini
- + 1 garlic clove, crushed and minced
- + Salt and pepper to taste

## Instructions:

1. Preheat the oven to 200°C.
2. Cut the wraps into small triangle shapes and brush them with canola oil.
3. Spray a baking tray with cooking spray. Arrange the triangles on the tray, spray well with cooking spray, ensuring they don't overlap. Bake until crisp and brown.
4. For the hummus, blend all ingredients together until smooth. Chill in the fridge.
5. Serve the triangle crisps with hummus and assorted mini veggies like baby corn, cucumber wedges, rosa tomatoes and gherkins.

This recipe is packed with **fibre, healthy fats** in B-well Canola Oil and Thick & Creamy Mayonnaise, plus protein-rich chickpeas in the hummus. The colourful veggies? They're a vitamin and **antioxidant boost** for your little ones' **growth and health**. So a delicious school snack that ticks all the boxes.



Did you know that the canola seeds that we press for our canola oil are 100% non-GMO? This canola oil is used across our range, in our mayos, dips and cooking sprays.

Here's why this is an ingredient for better living:





# Roasted Chickpeas

## Made Four Ways



Our Canola Oil contains 7% saturated fat and holds an endorsement from the Heart and Stroke Foundation of South Africa.

Here's why this is an ingredient for better living:



### Ingredients:

- + 2 tins of chickpeas, rinsed and drained
- + 2 tablespoons B-well Canola Oil
- + B-well Canola Cooking Spray

### Instructions:

1. Preheat the oven to 180°C.
2. Rinse and drain the chickpeas, then place them in a bowl. Use a dry towel or kitchen roll to soak up any excess moisture.

3. Drizzle the canola oil over the chickpeas.
4. Spread the oiled chickpeas on a baking sheet coated with cooking spray.
5. Roast the chickpeas in the oven for 45 minutes or until they're crispy all the way through.
6. Once done, toss them with your chosen seasoning.

### Seasoning Options:

1. Sesame and Soy Roasted Chickpeas: 1 teaspoon of sesame oil + 1 teaspoon of garlic powder + ½ teaspoon of salt + 1 tablespoon of sesame seeds.
2. Cinnamon Honey Roasted Chickpeas: 1 teaspoon of cinnamon + ½ teaspoon of salt + 2 tablespoons of honey.
3. Garlic Parmesan Roasted Chickpeas: 2 tablespoons of grated parmesan cheese + 1 teaspoon of minced garlic + cracked pepper + ¼ teaspoon of salt.
4. Smoky Spicy Roasted Chickpeas: ½ teaspoon of chili powder + ½ teaspoon of smoked paprika + ½ teaspoon of cumin + cracked pepper + ½ teaspoon of salt.

An air fryer is a very useful kitchen gadget, perfect for quickly roasting chickpeas in half the time.

Add the roasted chickpeas to fresh summer salads for that extra crunch.







B-well

# Spread 'n Crunch

## Chikko Bites

### Ingredients:

- + 500 grams boneless, skinless chicken breasts, diced into bite-sized portions
- + 1 cup breadcrumbs
- + 4 tablespoons B-well Sandwich Spread
- + 1 teaspoon garlic powder
- + 1 teaspoon paprika
- + Salt and pepper to taste
- + B-well Canola Oil, for baking

### Instructions:

1. Preheat the oven to 200°C.
2. In a bowl, combine the breadcrumbs with garlic powder, paprika, salt, and pepper. Set aside.
3. Generously coat each piece of chicken with B-well Sandwich Spread.
4. Roll the chicken pieces in the seasoned breadcrumbs until evenly covered.
5. Place the coated chicken nuggets on a baking tray lined with parchment paper.
6. Lightly drizzle the nuggets with canola oil to aid in crisping while baking.
7. Bake for 15-18 minutes or until the nuggets turn golden brown and are thoroughly cooked, flipping them once halfway through.
8. Serve with the B-well Creamy Dipping sauce. Find recipe in book.

No need to worry about egg allergies! **Swap eggs with B-well Sandwich Spread** in recipes like this one. Its creamy texture binds perfectly without any concerns. Another worry-free tip from us. You're welcome.



You'll never have to worry about egg shortages when you use our B-well Sandwich Spread - it's egg-free!

Here's why this is an ingredient for better living:





# Poppin' Pops

## Ingredients:

### For the chicken marinade:

- + 1 cup bran flakes, finely crushed
- + B-well Canola Cooking Spray
- + 250 grams chicken mince
- + 2 spring onions, finely chopped
- + ½ large carrot, peeled and grated
- + ½ large green apple, grated
- + 1 tablespoon parsley, chopped
- + 1 tablespoon tomato chutney
- + 1 tablespoon B-well Original Tangy Mayonnaise
- + Freshly ground black pepper to taste

### For the dip:

- + 2 tablespoons B-well Thick & Creamy Mayonnaise
- + 2 tablespoons chutney

## Instructions:

1. Spread half the crushed bran flakes on a large plate.
2. Grease a large baking dish using cooking spray.
3. In a large bowl, mix chicken, the remaining crushed bran, spring onions, grated carrot, grated apple, parsley, pepper and mayonnaise.
4. Shape the mixture into golf-ball sized balls, roll them in bran flake crumbs, and place on the greased baking tray.
5. Bake at 180°C for 25-30 minutes or until lightly browned.
6. For the dip, combine the chutney and mayonnaise.



Kids, these pops **ROCK**. They are a nutritious blend of protein packed chicken, **nutrient-rich** grated carrots and apples, and **fibre-filled** bran flakes. This gives you a delicious snack that **fuels your growth** with essential nutrients, while the **yummy mayo** adds a creamy texture with healthier fat that keeps you energised and focused all day long.



Our mayos are chock-full of omega-3 - an essential fatty acid that your body can only get through a diet.

Here's why these are ingredients for better living:





# Veggie-Packed Meatballs

## Ingredients:

- ✦ 500 grams lean minced meat
- ✦ 1 cup finely chopped mixed veggies (carrots, bell peppers, spinach)
- ✦ 2 tablespoons B-well Canola Oil
- ✦ 2 tablespoons B-well Sandwich Spread
- ✦ 1 teaspoon mixed herbs
- ✦ Salt and pepper to taste

## Tip:

Try making meatball mice using baby carrot rounds for ears, and seeds or peppercorns for eyes and a nose. It's a playful way to delight both eyes and taste buds!

## Instructions:

1. Preheat oven to 180°C.
2. In a bowl, mix the minced meat, finely chopped veggies, canola oil, sandwich spread, mixed herbs, salt, and pepper until well combined.
3. Shape the mixture into meatballs and place them on a baking tray lined with parchment paper.
4. Bake for 20-25 minutes or until cooked through.

## Hey parents!

Glad to see you're packing in the proteins, but did you know that mixing meat and veggies in meatballs gives your kids a **boost of nutrients** as well? Add in essential fats from **B-well Sandwich Spread** and you can rest assured that you have given your kids the best possible nutrition to support **brain development** and **growth**.



Discover the power of omega-3 fatty acids in our sandwich spread - vital for your body's needs, as these fatty acids are not naturally produced by your body.

Here's why this is an ingredient for better living:





# Crispy Fish Tacos



Omega-3 fatty acids, which our mayonnaise is very high in, may play a role in brain development and function, particularly learning and memory.



Here's why this is an ingredient for better living:



## Ingredients for Batter:

- + 1 cup flour
- + 1 teaspoon baking powder
- + ½ teaspoon salt
- + 1 cup milk
- + B-well Canola Oil for frying

## For the Fish:

- + 450 grams white hake fillets, sliced into strips
- + Salt and pepper to taste

## For the Tacos:

- + Soft white tortillas
- + Shredded rainbow cabbage
- + Diced tomatoes
- + Sliced avocado
- + Chopped coriander

## Creamy dipping sauce:

- + ½ cup B-well Thick & Creamy Mayonnaise
- + 3 tablespoons B-well Sandwich Spread
- + 1 tablespoon lime juice
- + 1 teaspoon garlic powder
- + Salt and pepper to taste

## Instructions:

1. Combine flour, baking powder, and salt in a bowl. Gradually incorporate the milk, whisking until the batter achieves a smooth consistency.
2. Heat oil in a pan over medium-high heat for frying.
3. Season the fish strips with salt and pepper.
4. Dip each fish strip into the standard batter, ensuring even coating.
5. Carefully place the battered fish into the hot oil and fry until golden brown and crispy, approximately 3-4 minutes per side. Remove and drain excess oil on a paper towel.
6. Allow to cool.

## Creamy Mayonnaise Sauce:

1. Mix mayonnaise, lime juice, garlic powder, salt, and pepper in a small bowl. Set aside.

## Assembling the Tacos:

1. Warm the soft taco shells or tortillas.
2. Line the tortilla with shredded cabbage or lettuce, diced tomatoes, sliced avocado, and chopped coriander if preferred.
3. Place fried fish strips in the tacos.
4. Generously drizzle the creamy mayonnaise sauce over the assembled tacos.
5. Serve accompanied by lime wedges for a zesty touch.



Delivering lean protein, essential nutrients, calcium, healthy fats, and whole grains in one delicious and balanced meal, this is a fantastic recipe that promotes growth, energy, and overall well-being!



# Sandwich

## On-a-Stick



B-well mayos and sandwich spread are vegan-friendly and contain pea protein - perfect for anyone in the family following a plant-based diet.

Here's why this is an ingredient for better living:



### The Classic Ham and Cheese

- + Sandwich squares
- + B-well Sandwich Spread
- + Lean ham
- + Cheddar or gouda chunks
- + Rosa tomatoes
- + Cucumber

**Dip:** Mix 2 tablespoons of B-well Original Tangy Mayonnaise with 1 teaspoon mustard.

### Try other flavours:

#### Pizza Made Perfect

- + Sandwich squares
- + Mozzarella balls or chunks
- + Rosa tomatoes
- + Olives, pitted

**Dip:** Mix 2 tablespoons of B-well Sandwich Spread with 1 teaspoon basil pesto.

#### Hawaiian Chicken

- + Sandwich squares
- + Leftover grilled chicken
- + Pineapple chunks
- + Cucumber slices

**Dip:** Mix 2 tablespoons of B-well Original Tangy Mayonnaise with a squeeze of lemon juice.

### Base Ingredients:

- + High-fibre bread slices

### Instructions:

1. Cut bread slices into 4 squares (with or without the crust).
2. Prepare the chosen ingredients into bite-sized pieces.
3. Layer the bread squares and chosen ingredients on the stick.
3. Optional: serve with a dip of your choice.

### Tip:

- + Prepare two slices of bread with B-well Sandwich Spread first, then slice into bite-sized squares.



Transforming lunchtime into a **playful adventure**, crafting a sandwich on a stick is a delightful and **hassle-free activity** that turns ordinary meals into extraordinary fun for kids.



B-well

# Delicious Sweet Chilli

# TUNA WRAP

### Ingredients:

- + 1 tin tuna, drained
- + ¼ finely diced red onion
- + Grated carrot
- + 2 teaspoons sweet chilli sauce or chutney
- + 2 teaspoons B-well Sandwich Spread
- + Frilly lettuce leaves

### Instructions:

1. Combine the drained tuna, finely diced red onion, and grated carrot in a bowl.
2. Mix the sauce with sandwich spread.
3. Thinly spread the mixture over the wrap, leaving a 2cm border around the edge.
4. Place a few frilly lettuce leaves onto the wrap.
5. Top the wrap with the prepared tuna mixture.
6. Roll the wrap and secure it.

Here's a fantastic recipe that's not only delicious but also **promotes brain health**. This wrap is packed with omega-3s making it an optimum choice to **support** your little one's **brain development**.



Tangy and delicious, our sandwich spread is made with canola-based mayonnaise.

Here's why this is an ingredient for better living:





B-well

# Smashed Chickpea and Avo Wrap

## Ingredients:

- + ½ tin chickpeas, rinsed and drained
- + ½ teaspoon ground cumin
- + ½ teaspoon ground coriander
- + ½ teaspoon lemon juice
- + 1 tablespoon B-well Original Tangy Mayonnaise
- + ½ ripe avocado, peeled and diced into chunks
- + 1 high fibre wrap

## Instructions:

1. Use the back of a fork to roughly mash the chickpeas.
2. Add spices, lemon juice, and mayonnaise.
3. Spread the chickpea/mayonnaise mixture evenly over the wrap, leaving a 2cm border around the edge.
4. Top with diced avocado, roll the wrap and enjoy!

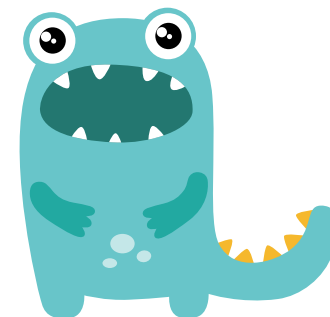
## Lunchbox tip:

Roll the assembled wrap in parchment paper and secure both ends by tying it with twine or string.

## Serving Suggestion:

For added crunch, consider including almond flakes. Great for kids without nut allergies!

Pairing **fibre-packed** chickpeas with avocado and **B-well Original Tangy Mayonnaise** creates a nutritious blend of plant-based **protein** and **essential fats**. This combo supports steady energy levels, growing bodies, and digestive health in kids.



You'll be happy to know that all of the mayos and dips in the B-well range are perfect for anyone following a vegan lifestyle as they're free from dairy and eggs.

Here's why this is an ingredient for better living:





Dairy-free, egg-free and naturally free of gluten - but still full of taste and flavour!

Here's why this is an ingredient for better living:



# Sneaky Cauli Chicken Curry Mayo Wrap

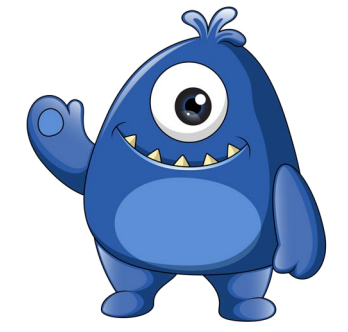
## Ingredients:

- + 1 cup cauliflower, steamed or quickly boiled and grated
- + 2 tablespoons B-well Thick & Creamy Mayonnaise
- + 2 tablespoons plain yoghurt
- + ½ teaspoon curry powder
- + 1 small leftover chicken breast, cooked and shredded
- + Salt and pepper, to taste
- + 1 high-fibre wrap
- + Optional: Chopped up baby spinach for extra vitamins

## Instructions:

1. In a bowl, mix grated cauliflower, mayo, yoghurt, and curry powder.
2. Combine the shredded leftover chicken with the mayo and cauliflower
3. Place the mixture onto a high-fibre wrap.
4. Roll the wrap and secure it.

**Parents,** we've snuck in cauliflower goodness, high in **vitamin C** which may support a **healthy immune system**. Combined with essential fats from our mayo and the curry yumminess, this becomes a powerhouse lunch.







With a delicious traditional tangy flavour, our Original Tangy Mayonnaise is perfect for salads, wraps and dips - and in this tasty recipe as well!

Here's why this is an ingredient for better living:



# Cool as a Cucumber Cups

## Ingredients:

- + 2 large cucumbers, sliced into 3cm thick pieces
- + 1 tin tuna, well-drained
- + 2 tablespoons B-well Original Tangy Mayonnaise
- + 2 tablespoons plain yoghurt
- + ½ cup finely diced red onion
- + ½ cup finely diced red pepper
- + 1 teaspoon lemon juice
- + 1 teaspoon black pepper
- + Fresh dill for garnish

## Instructions:

1. Using a melon baller or small spoon, hollow out the centre of the thick cucumber slices, leaving approximately 1cm at the base to form cups.

2. Squeeze excess water from the scooped cucumber pulp and finely chop it.
3. In a small mixing bowl, combine the drained tuna, chopped cucumber pulp, mayonnaise, yoghurt, onion, red pepper, lemon juice, and black pepper.
4. Fill each cucumber cup with the tuna mixture and garnish with fresh dill.



It takes about **15 tries** for a child to develop a taste for a new food. If your little one doesn't like something at first, don't stress! Keep offering it in various forms - try cucumber cups instead of sticks or apple wedges with peanut butter. **Consistency helps expand their palate!**



# Green Eggs and Ham Squares



Unlock the power of omega-3 for sharper minds! Our mayos are very high in omega-3, a vital fatty acid that nourishes the brain, supporting cognitive function and mental clarity.

Here's why this is an ingredient for better living:



## Ingredients:

- + 500 grams of spinach
- + ½ head of fresh broccoli
- + ½ cup B-well Thick & Creamy Mayonnaise
- + 1 cup milk
- + 1 cup whole wheat flour
- + 1 teaspoon baking powder
- + Pinch of salt
- + 90 grams cheddar cheese, grated
- + ½ cup lean ham, diced
- + B-well Canola Cooking Spray

## Instructions:

1. Preheat the oven to 180°C. Grease a large baking dish with cooking spray.
2. Cook the spinach and broccoli in a pot with water or a steamer until tender. Once cooked, blend together in a blender.
3. In a large bowl, combine the mayonnaise, milk, flour, baking powder, and salt.
4. Add the grated cheese, diced ham, and the blended spinach and broccoli to the mixture. Stir until well combined.
5. Pour the mixture into the prepared baking dish, spreading it out evenly.
6. Bake for approximately 30 minutes or until the top is lightly browned.
7. Once cooled, cut the dish into squares and store in the refrigerator.

Dairy products like cheese, milk and yoghurt are **rich in calcium, potassium, and vitamin A**, essential nutrients often lacking in the diets of South African children. On the veggie side, experiment with different vegetables in this recipe such as baby marrows, carrots, butternut, and mushrooms for variety and added nutrition.





# Creamy Veggie Potato Salad

### Ingredients:

- + 500 grams baby potatoes, halved
- + 1 cup frozen peas
- + 1 red pepper, diced
- + 1 cup whole kernel corn
- + 2 diced carrots

### For the dressing:

- + ½ cup B-well Thick & Creamy Mayonnaise
- + 2 tablespoons B-well Canola Oil
- + 1 spring onion, finely chopped
- + ¼ teaspoon ground cumin
- + Salt and pepper to taste

### Instructions:

1. Boil the halved baby potatoes in a large pot.
2. After 15 minutes, add the frozen peas to the pot and cook until the potatoes are soft. Allow them to cool.
3. Dice the red pepper and mix it with the corn and diced carrots.
4. In a separate bowl, combine the dressing ingredients. Season with salt, pepper, and ground cumin.
5. Mix the dressing with the potato salad and vegetable mixture, gently stirring until well coated.
6. Serve and enjoy your nutritious salad!

**Hey parents,** this recipe isn't just tasty – it's a **nutrition-packed** wonder! B-well mayo and canola oil add good-for-you fats, while peas deliver **nutrients** and **vitamins**. The baby potatoes are loaded with **vitamin C** and **potassium**, and red peppers are full of vitamins A, C, and **powerful antioxidants**.



Our mayos are made from canola oil which means they are very high in omega-3.

Here's why this is an ingredient for better living:





# Moroccan Chicken

# Pasta Salad

## Ingredients:

### For the chicken marinade:

- + ½ cup plain yoghurt
- + ½ cup B-well Thick & Creamy Mayonnaise
- + 1 tablespoon B-well Canola Oil
- + 2 teaspoons paprika
- + 1 teaspoon ground cumin
- + ½ teaspoon cinnamon
- + 1 teaspoon garlic
- + 2 teaspoons lemon juice
- + Salt and black pepper, to taste
- + 2 chicken breasts or 2 skinless deboned chicken thighs, roughly cubed

### For the pasta salad:

- + 1½ cup cooked whole wheat pasta
- + 1 bell pepper, sliced
- + Greenery of your choice. Our preferences are basil, baby spinach, broccoli and baby marrow
- + 150 grams of cherry tomatoes

### Lunchbox Tip:

Use leftovers as a delicious salad for school lunches with mini tortillas to finish it off.



This recipe is a **nutritional jackpot!** We're talking high-fibre pasta for lasting energy, B-well Canola Oil loaded with **heart-loving omega-3s**, and B-well Thick & Creamy Mayonnaise which is totally **egg-free and dairy-free!**

## Instructions:

1. Combine the yoghurt and mayonnaise with the canola oil, all spices, seasonings, garlic, and lemon juice.
2. Cover cubed chicken with the marinade. Allow to sit for as long as possible, ideally overnight but at least 30 minutes.
3. Transfer baking tray and cook in 180°C oven for 25 minutes or until cooked through.
4. Once the chicken is cooled, add to the pasta salad and serve.



B-well mayos are purposefully egg and dairy-free, making it the perfect choice for those with these allergies or food intolerances, without compromising taste.

Here's why this is an ingredient for better living:





# Thai Peanut and Noodle Salad

## Ingredients:

### For the salad:

- + 1 cup cooked wholewheat noodles
- + 1 teaspoon of B-well Canola Oil
- + 1 cup mixed shredded cabbage
- + 1 cup grated carrots
- + ¼ cucumber, diced
- + 1 tin chickpeas, rinsed and drained
- + 1 green onion, chopped
- + A handful of unsalted peanuts (exclude to account for nut allergies)
- + ⅓ cup chopped coriander

### For the peanut sauce:

- + 2 tablespoons peanut butter
- + ¼ cup water
- + 1 tablespoon white vinegar
- + 1 tablespoon syrup or honey
- + 1 teaspoon B-well Canola Oil
- + 1 clove garlic, finely chopped
- + 1-2 teaspoons B-well Sandwich Spread



This Thai-inspired pasta salad, enhanced with a creamy peanut sauce featuring **B-well Sandwich Spread**, is loaded with **chopped veggies** like purple cabbage, cucumber, and grated carrots.

## Instructions:

1. Cook the whole wheat noodles in a large pot of boiling water. Strain and rinse the noodles with cold water. Place them back in the pot, add canola oil, and stir gently. Let cool.
2. In a large mixing bowl, combine the shredded cabbage, grated carrots, chopped cucumber, green onions, chickpeas, and cooked noodles.
3. Prepare the peanut sauce by whisking together peanut butter, water, vinegar, honey/syrup, oil, garlic and sandwich spread.
4. Pour the peanut sauce over the noodles and mix gently to combine. Sprinkle with green onions, peanuts, and coriander. Mix again.



It's not just for sandwiches. Our delicious B-well Sandwich Spread adds a burst of flavour to any dish, so let your creativity soar!

Here's why this is an ingredient for better living:





# Chicken and Pineapple Sosaties

## Ingredients:

- ✦ 8 large skewers
- ✦ 500 grams skinless chicken breasts or deboned thighs, cut into large chunks
- ✦ Pineapple chunks
- ✦ 3 tablespoons white wine vinegar
- ✦ 2 tablespoons B-well Canola Oil
- ✦ 2 tablespoons B-well Original Tangy Mayonnaise
- ✦ ½ teaspoon cumin
- ✦ ½ teaspoon coriander
- ✦ ½ teaspoon curry powder
- ✦ 2 tablespoons chutney

## Instructions:

1. Alternate chicken pieces with pineapples onto the skewers.
2. Mix the white wine vinegar, canola oil, mayonnaise, cumin, coriander, chutney, and curry powder.
3. Marinate the sosaties for at least an hour, but preferably overnight.
4. Braai over medium coals, basting with any leftover marinade until done. Alternatively, add to a large baking tray and bake in the oven for 30 – 35 minutes.

## Lunchbox Tip:

Soak the skewers in water for an hour to prevent burning when cooking. For little ones, remove the chicken pieces and pineapples from the skewers and serve in a container or directly in their lunchbox.

### Double Triple Whammy!

Combining B-well products with spices and chutney isn't just tasty – it's a **flavour adventure** for your kids' taste buds. It adds a fun twist to food while sneaking in **essential nutrients** they need. It's a flavour fiesta they'll adore!



Our mayo isn't just a condiment, it's a marinade! In this recipe it's the secret to deliciously moist and tangy chicken.

Here's why this is an ingredient for better living:





# Mac 'n Cheese Slices



Packed with good-for-you fats, our canola oil and mayos are endorsed by the Heart and Stroke Foundation of South Africa.

Here's why this is an ingredient for better living:



## Ingredients:

- + 1 cup high-fibre macaroni, uncooked
- + 1 tablespoon B-well Canola Oil
- + 1 small onion, finely diced
- + 1 teaspoon garlic
- + 3 teaspoons fresh thyme leaves
- + 125 grams bacon, fat removed and cut into bits
- + 2 baby marrows, grated
- + 200 grams sweet potato, grated
- + 1/3 cup whole wheat flour
- + 3/4 cup B-well Original Tangy Mayonnaise
- + 1/2 cup grated cheddar or gouda cheese

## Instructions:

1. Preheat the oven to 180°C
2. Grease a large baking pan using cooking spray. Line it with baking paper, ensuring the paper extends 2cm above the edges on all sides.
3. Prepare the macaroni by cooking it until tender. Once cooked, drain and allow it to cool.
4. In a frying pan, heat the oil. Sauté the onion, garlic, thyme, and bacon bits until the onion softens.
5. Add the grated baby marrow and sweet potato. Cook until the sweet potato softens, then transfer the mixture to a large bowl.
6. In the same bowl, combine the cooked pasta, whole wheat flour, mayonnaise and half of the grated cheese. Season with salt and pepper to taste.
7. Pour the mixture into the prepared pan and sprinkle the remaining cheese on top. Bake for 30-35 minutes or until the dish turns golden and becomes firm.

Hey parents, here's the secret to keeping your kids energised! This recipe's a game-changer, loaded with vitamins from sweet potatoes and baby marrows. With omega-3, omega-6 and omega-9 fats from canola oil and mayo it's the ultimate way to fuel your little ones for non-stop energy.



The Taste Explorers  
**COOKBOOK**

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[INFO@BWELLFOODS.CO.ZA](mailto:INFO@BWELLFOODS.CO.ZA)



+27 (0)28 514 3441

