

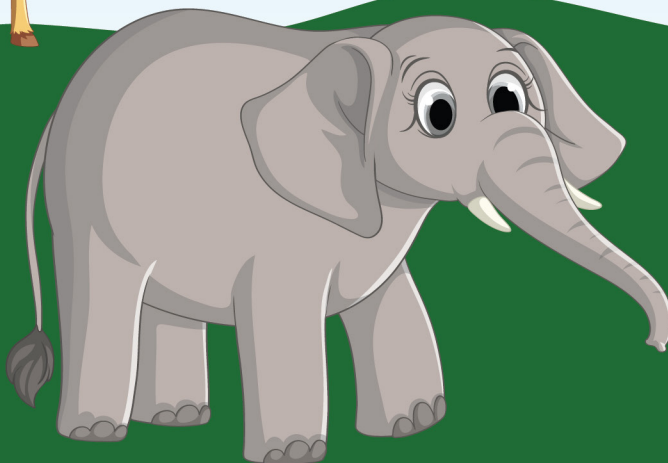


Join Bibi the **B-well**™ Explorer and her friends

Hi, friends. It's me, Bibi,
the B-well Explorer!

I'm here to make your
back-to-school routine
exciting with fun, tasty,
and healthy meal ideas the
whole family will love.

Come on, let's go explore
how to turn mealtime
into a fun, stress-free
adventure!





B-well™

Hi there, I'm Bibi, The B-well Explorer!

Welcome to my world of tasty adventures powered by B-well. I'm a curious little chef who loves exploring exciting flavours and creating healthy, delicious meals that keep you feeling energised and ready to take on the day.

With my trusty map, a sprinkle of creativity, and the help of B-well's amazing products, I turn everyday ingredients into fun, wholesome meals that are easy to make and perfect for the whole family. Whether it's a breakfast to kickstart your morning, a lunchbox surprise, or a dinner everyone will love, I'm here to show you how healthy eating with B-well can be simple and oh-so-yummy.

So, grab your apron and join me on this delicious journey—let's make mealtimes an adventure!





CONTENTS

Two week meal planner

Breakfast

Super Sunshine Smoothie	2
Banana Oatmeal Pancakes	3
Breakfast Buddy Burritos	4
Berry Blast Smoothie Bowl	5
Sunny Veggie Cups	6
Corny Cheese Omelette	7
Berry Overnight Oats	8

Lunch

Rainbow Pasta Salad	9
BLT Muffin Bites	10
Baked Veggie Fritters	11
Tuna Tummy Fillers	12
Sushi Sarmie Bites	13
Tasty Taco Salad	14
Crispy Fish Bites & Sweet Chilli Mayo	15

Snacks

Banana Oat Muffins	16
No-Bake Energy Balls	17
Watermelon & Berry Cups	18
Roasted Cauli Bites	19
Mighty Meatballs & Herby Mayo	20
Air-Fryer Sweet Potato Fries	21
Fishcakes & Dill Mayo	22

Dinner

Crunchy Chicken Tacos	23
Speedy Beef Stir-Fry	24
Veggie Mac & Cheese Bowl	25
Cheesy Bean Quesadilla	26
Butter Chicken & Peas Pasta	27
Corn & Feta Frittata	28
Power Veg Fried Rice	29

Shopping list

30

Kids Entertainment

31



TWO WEEK MEAL PLANNER

WEEK 1

Monday

Breakfast

Berry Overnight Oats

Snacks

No Bake Energy Balls

Lunch

Tuna Tummy Fillers

Dinner

Crunchy Chicken Tacos

Tuesday

Sunny Veggie Cups

Fishcakes

Rainbow Pasta Salad

Speedy Beef Stir-Fry

Wednesday

Banana Oatmeal Pancakes

Watermelon & Berry Cups

Rainbow Pasta Salad

Power Veg Fried Rice

Thursday

Super Sunshine Smoothie

Banana Oat Muffins

Baked Veggie Fritters

Butter Chicken & Peas Pasta

Friday

Breakfast Buddy Burritos

Roasted Cauli Bites

Sushi Sarmie Bites

Corn & Feta Frittata

WEEK 2

Monday

Breakfast

Berry Blast Smoothie Bowl

Snacks

Air-Fryer Sweet Potato Fries

Lunch

Tasty Taco Salad

Dinner

Veggie Mac & Cheese

Tuesday

Corny Cheese Omelette

Watermelon & Berry Cups

Crispy Fish Bites

Butter Chicken & Peas Pasta

Wednesday

Berry Overnight Oats

Mighty Meatballs

BLT Muffin

Cheesy Bean Quesadilla

Thursday

Sunny Veggie Cups

Banana Oat Muffins

Tuna Tummy Filler

Speedy Beef Stir-Fry

Friday

Banana Oatmeal Pancakes

Fishcakes

Rainbow Pasta Salad

Crunchy Chicken Tacos



B-well™

**Fuel their day
with breakfast!**

Breakfast is key for kids, providing energy to learn, focus, and play. A healthy start boosts their concentration and sets them up for school success. Start their day the B-well way!

BREAKFAST



SUPER SUNSHINE SMOOTHIE

Makes: 1

Ingredients

- 1 orange
- 1 banana
- 1 cup orange juice
- 1 cup plain yoghurt
- ½ tsp vanilla extract
- 1 tsp **B-well Canola Oil**
- Handful of ice

Method

1. Peel the orange and banana and add to a blender with the rest of the ingredients.
2. Blend until smooth and serve immediately.

Did You Know?

Canola oil provides plant-based omega-3 fats and vitamin E, these healthy fats can help with vitamin absorption and also create a smooth, creamy smoothie!





Did You Know?

Banana oatmeal pancakes are naturally rich in fibre and potassium, supporting healthy digestion and providing lasting energy without added sugar!

BANANA OATMEAL PANCAKES

Serves: 4-6

Ingredients

- 2 cups rolled oats
- 1 Tbsp baking powder
- ½ tsp cinnamon powder, optional
- 3 bananas, mashed
- 1 ½ cups almond milk
- ¼ cup **B-well Canola Oil**
- 1 tsp vanilla essence
- B-well Canola Cooking Spray**
- Maple syrup

Method

1. In a large mixing bowl, mix oats, cinnamon (if using), and baking powder together, set aside.
2. Add the mashed bananas, almond milk, **B-well Canola Oil**, vanilla, and maple syrup to a blender and blend until smooth.
3. Pour into the oats bowl and stir until a thick pancake batter forms.
4. Spray a pan with **B-well Canola Cooking Spray** and heat a pan over medium-high heat.
5. When hot, reduce the heat to low and scoop a ¼ cup of batter into the pan.
6. Cook for 2 minutes on one side, then flip and cook for 1-2 minutes on the other side.
7. Remove the pancake from the pan and set aside.
8. Repeat the process until no more batter is left.
9. Serve with fruits of your choice and a drizzle of maple syrup.





BREAKFAST BUDDY BURRITOS

Serves: 2

Ingredients

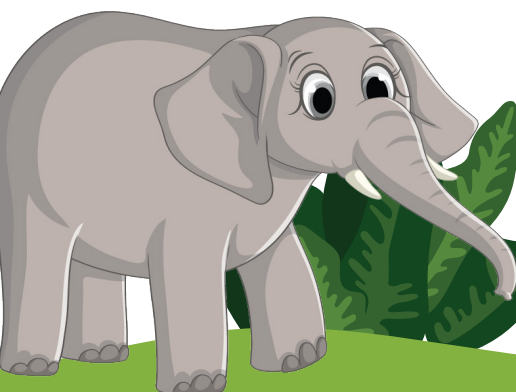
4 eggs
Salt and ground black pepper, to taste
2 tsp B-well Canola Oil
1 tomato, cut into small cubes
1 Tbsp fresh parsley, chopped
1 Tbsp **B-well Thick & Creamy Mayonnaise**
2 wholewheat tortillas

Did You Know?

Eggs and veggies are packed with protein, fibre, and essential vitamins, giving you a balanced start to fuel your day.

Method

1. Whisk the eggs and salt and pepper together in a large bowl and set aside.
2. Add **B-well Canola Oil** to a pan and heat over medium heat.
3. Pour the whisked eggs into the pan and cook over low heat until eggs are just cooked through, stirring occasionally to scramble them.
4. Turn off the heat and fold in **B-well Thick & Creamy Mayonnaise** until incorporated.
5. Assemble the burritos by dividing the scrambled egg, tomato, and parsley between the two tortillas, roll up and serve while warm.





BERRY BLAST SMOOTHIE BOWL



Did You Know?

Berries are a powerhouse of antioxidants, vitamins, and fibre, supporting heart health, brain function, and a strong immune system.

Serves: 2

Ingredients

1 cup milk, of your choice
1 ½ cups frozen mixed berries
1 large banana, sliced
1 tsp **B-well Canola Oil**
Toppings, of your choice
(granola, sliced banana,
chopped berries)

Method

1. Place the ingredients (except the toppings) into a blender.
2. Blend until very smooth.
3. Pour into bowls and top with toppings of your choice.
4. Serve immediately.





SUNNY VEGGIE CUPS

Did You Know?

Veggie muffins are a tasty way to add extra fibre, vitamins, and minerals to your day, supporting healthy digestion and providing steady energy.

Makes: 12

Ingredients

B-well Canola Baking Spray for greasing

10 eggs

1 tomato, cut into small cubes

½ red pepper, finely chopped

Handful of baby spinach, chopped

¼ cup feta, crumbled

Method

1. Preheat the oven to 200°C and spray the holes of a 12 hole muffin tin with **B-well Canola Baking Spray**.
2. Beat the eggs together in a bowl and add the tomato, red pepper, spinach and feta, stir until well combined.
3. Pour the mixture into the muffin tin holes and bake for 15-20 minutes or until the eggs are set.
4. Remove from the oven, leave for a minute or two, then using a spoon, carefully remove the muffins and serve.





CORNY CHEESE OMELETTE

Serves: 2

Ingredients

- 4 eggs
- 1 Tbsp milk
- 4 Tbsp corn kernels
- Salt and ground black pepper, to taste
- 4 Tbsp cream cheese
- 2 tsp **B-well Canola Oil**

Method

1. Beat the eggs in a bowl together with the milk, corn kernels and salt and pepper to season.
2. Heat up the **B-well Canola Oil** in a pan, once the pan is nice and hot, pour in half of the egg mixture.
3. Let it cook slightly at the bottom, then shake the pan a little to loosen it, use an egg lifter to pull the edges of the omelette inwards a little bit, allowing the egg mixture to flow out and fill those gaps.
4. Once almost set, add 2 tablespoons of cream cheese and allow it to melt, spreading it out as it melts.
5. Using the egg lifter, fold the omelette in half, then slide onto a plate.
6. Repeat with the remaining egg mixture and serve while warm.

Did You Know?

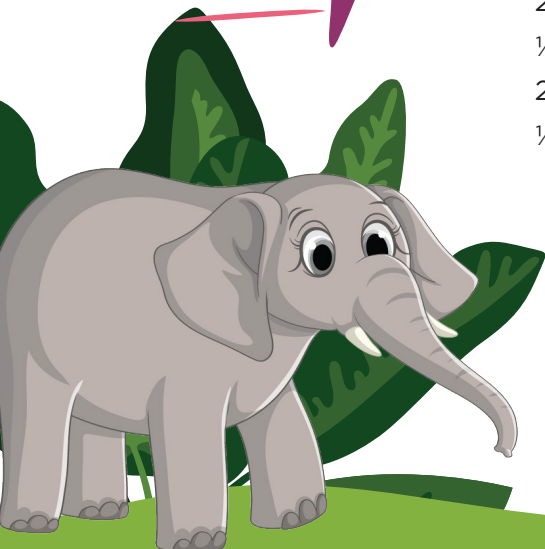
Eggs provide high-quality protein and essential nutrients like choline, which supports brain health.





Did You Know?

Oats are a great breakfast choice for kids! They're packed with fibre, which supports healthy digestion, and provide steady energy to keep kids fueled for school and play.



BERRY OVERNIGHT OATS

Ingredients

- 1 cup plain yoghurt
- 1 Tbsp **B-well Thick & Creamy Mayo**
- ¼ cup milk, of your choice
- ½ cup rolled oats
- 2 tsp chia seeds
- ½ tsp vanilla essence
- 2 tsp maple syrup or honey
- ½ cup fresh berries, of your choice



Serves: 2

Method

1. Combine all ingredients in a small bowl and stir to combine.
2. Divide mixture into 2 small glass jars or glass tumblers and top with fresh berries and a light drizzle of maple syrup or honey.
3. Cover with clingwrap and store in the fridge overnight.
4. The mixture will thicken as it sits overnight in the fridge, remove from the fridge in the morning and serve cold.

TASTE THE GOLDEN GOODNESS

WITH **B-well**[™]

PURE CANOLA OIL!

Did you know B-well Canola Oil is like a superhero for your kitchen? Made from golden canola seeds grown right here in South Africa, it's 100% GMO-free and packed with healthy goodness.

Naturally Cholesterol free

Great for keeping hearts strong and healthy

Packed with nutrients your body loves.

Full of Good Fats

Lowest Saturated Fat

Just 7%, the lowest of all cooking oils.

Packed with nutrients your body loves.

Omega-3 Rich



Smartly Endorsed

Proudly carries the Heart and Stroke Foundation South Africa and CANSA Smart Choice seals.



APPROVED AS PART OF THE HEART AND STROKE FOUNDATION EATING PLAN



B-well™

Fuel for Growing Minds

A healthy lunch boosts energy, focus, and development, helping kids thrive in every way!



LUNCH



Did You Know?

B-Well Tangy Mayo is made with heart-healthy oils, offering a creamy, flavourful addition to your meals while providing a boost of healthy fats that support overall well-being! It's the perfect way to add a tangy twist without compromising on nutrition.

RAINBOW PASTA SALAD

Serves: 4

Ingredients

500g macaroni or any shaped pasta your child enjoys
1 cup cherry tomatoes, cut in quarters
½ long cucumber, diced
2 large carrots, peeled and diced
½ yellow pepper, diced
Salt and ground black pepper, to taste
¼ cup **B-well Tangy Mayo**

Method

1. Cook pasta according to package directions, drain and set aside to cool.
2. Add all the veggies to a mixing bowl with the cooled pasta.
3. Season with salt and pepper and add the **B-well Tangy Mayo**.
4. Toss everything together until well coated and combined
5. Serve immediately or cover and refrigerate for up to 3 days.





Did You Know?

Tomatoes are a great snack for kids! They're rich in vitamin C, which helps boost the immune system, and lycopene, which supports healthy skin and eyes.

BLT MUFFIN BITES

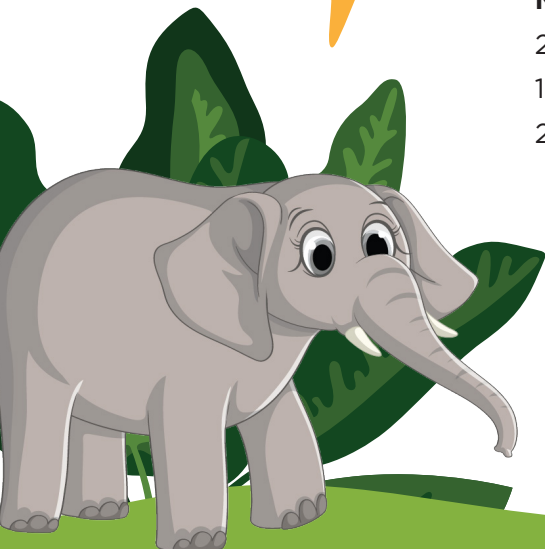
Ingredients

- 2 cups flour
- 2 tsp baking powder
- ½ tsp salt
- 1 cup milk
- ½ cup **B-well Thick & Creamy Mayonnaise**
- 200g bacon bits, cooked
- 100g baby tomatoes, chopped
- 2 Tbsp fresh parsley, finely chopped

Makes: 12

Method

1. Preheat the oven to 190°C and line a muffin tray with muffin liners.
2. Add flour and baking powder to a bowl.
3. In a separate bowl, whisk together the milk and mayonnaise until smooth.
4. Add to the flour bowl and stir until just combined, add bacon, tomatoes and parsley and stir well until all ingredients are combined.
5. Spoon the muffin batter into the muffin tray and bake for 20-25 minutes or until a toothpick is inserted in the centre of a muffin comes out clean.
6. Cool for 5 minutes before removing from the muffin pan to a wire rack to cool completely.





BAKED VEGGIE FRITTERS

Makes: 12

Ingredients

- 1 carrot, grated
- 2 baby marrow, grated
- 1 small sweet potato, grated
- 1 can of corn kernels, drained
- A small handful of fresh parsley, finely chopped
- Zest of 1 lemon
- 1 cup all-purpose flour
- ¼ tsp salt
- 4 eggs, beaten

B-well Canola Cooking Spray

Yoghurt Dip

- ½ cup Greek yoghurt
- 1 Tbsp **B-well Thick & Creamy Mayo**
- 1 tsp fresh parsley, chopped
- Small squeeze of lemon juice
- Pinch of salt

Method

1. Preheat the oven to 200°C and spray a baking tray with **B-well Canola Cooking Spray**.
2. Add all the grated veggies to a mixing bowl with the corn kernels, parsley, lemon zest, flour and salt and mix.
3. Add the beaten eggs and mix until everything is well combined. If the batter is too wet, add a little extra flour until you have a thickish batter.
4. Spoon heaped tablespoons of the batter onto the baking tray then gently flatten them with your fingers to create a circle shape.
5. Bake for 20 minutes until they are golden brown.
6. While they're cooking, make the yoghurt sauce by mixing the ingredients together in a small bowl.
7. Once fritters are baked, allow them to cool slightly before serving with the yoghurt dip.





TUNA TUMMY FILLERS

Did You Know?

Tuna is a great source of protein and omega-3 fatty acids, which are important for growing muscles and brain development in kids.



Serves: 4

Ingredients

- 2 cans shredded tuna, drained
- 2 cups baby spinach, finely chopped
- ½ cup cherry tomatoes, quartered
- 1 stick celery, diced
- ½ small red onion, thinly sliced
- 2 Tbsp fresh parsley, finely chopped
- 3 Tbsps **B-well Tangy Mayo**
- Salt and ground black pepper, to taste
- 2 wholewheat pitas

Method

1. Add the tuna, baby spinach, tomatoes, celery, red onion, parsley and **B-well Tangy Mayo** to a bowl, season with salt and pepper and toss until well coated.
2. Place the pita on a cutting board and slice it in half, then use your hands to open each side to create a pocket.
3. Fill each side of the pocket with the tuna salad mixture and serve immediately or place into lunchboxes and seal.

SUSHI BITES



Makes: 4

Ingredients

4 tortilla wraps or slices hi-fibre wholewheat bread

B-well Sandwich Spread, for spreading

Lettuce leaves

150g rotisserie chicken breast, shredded

1 small red pepper, finely sliced into strips

½ small cucumber, finely sliced into strips

Method

1. Spread **B-well Sandwich Spread** to the edges of all 4 wraps
2. Place lettuce, chicken, red peppers and cucumber on each slice and roll up tightly.
3. Cut each roll into 3 rounds and serve immediately or pack into lunchboxes.

Did You Know?

Sushi is an easy and fun lunchbox idea, you can use wholewheat brown bread or wraps and load them with any veggies or proteins left over in the fridge.





TASTY TACO SALAD

Makes 1 lunchbox

Ingredients

Salsa

- 1 tomato, finely diced
- ½ small cucumber, finely diced
- 2 Tbsp corn kernels
- ¼ red onion, sliced
- 1 tsp lemon juice
- 1 tsp **B-well Canola Oil**
- Salt and ground black pepper, to taste

To assemble

- ½ cup lettuce, chopped
- 4 hard or soft taco shells
- ½ avocado, mashed
- ½ tsp lemon juice
- Salt and ground black pepper

Method

1. Mix the salsa ingredients together in a small bowl and season with salt and pepper.
2. Add some lettuce to each taco shell, then top with salsa.
3. Mix mashed avocado, lemon juice and salt and pepper together in a bowl.
4. Top each taco with the mashed avo and serve. *(You can add additional salsa to a lunchbox and pack the mashed avocado separately too)*

TIP

Also an ideal way of using up leftover mince and providing a well balanced, nutritious lunch all in one!





Air-fryer friendly



CRISPY FISH BITES

& sweet chilli mayo dip

Serves: 2

Ingredients

450g Hake fillets, thawed and cut into strips

½ cup all-purpose flour

1 tsp salt

½ tsp ground black pepper

2 eggs, beaten

1 cup breadcrumbs

B-well Canola Cooking Spray

Sweet chilli mayo dip

¼ cup **B-well Thick & Creamy Mayo**

2 Tbsp sweet chilli sauce

Method

1. Mix **B-well Thick & Creamy Mayo** and sweet chilli sauce together in a bowl and set aside.
2. Pat the fish dry and season with salt, set aside.
3. Add flour to a shallow dish and season with salt and pepper.
4. Add the beaten eggs into another shallow dish and the breadcrumbs into another.
5. Dredge the fish in flour and shake off any excess flour. Then dip in egg, and coat with breadcrumbs.
6. Once the fish is coated, place them in the Air-fryer basket, make sure that they're not overlapping.
7. Spray them lightly with **B-well Canola Cooking Spray** for extra crispiness and colour.
8. Air fry at 200°C for 10 minutes, flip, and cook for 5 more minutes.
9. Remove the fish from the Air-fryer, and serve with the sweet chilli mayo.



TASTE THE FUN

WITH **B-well**[™]

MAYONNAISE

Hey, kids and parents, too!
At B-well, we think mayo
should be yummy, healthy,
and perfect for all your
favourite meals.

**From sandwiches to
dips, B-well Mayo makes
everything extra tasty
while being safe for
everyone to enjoy.**

WHY B-WELL MAYO IS AWESOME:

- ✓ **Egg & Dairy Free**
- ✓ **Naturally Gluten Free**
- ✓ **Made with Love,
Locally**
- ✓ **Endorsed by
The Heart and
Stroke Foundation
South Africa**
- ✓ **Versatile for All Your
Food Adventures**



MEET THE MAYO FAMILY!

B-well Reduced Oil Mayo

Enjoy all the flavour with
less fat! Perfect for keeping
things light but still
yummy—ideal for lunchboxes
or healthy snacks.



B-well Original Tangy Mayo

This classic favourite
is tangy and
oh-so-tasty!
Perfect for salads,
wraps, or as a dip
for your veggie sticks.



B-well Thick & Creamy Mayo

Love rich and smooth?
This one's great for
burgers, dips, and even
baking a super cool
chocolate cake. Yup,
smooth mayo!



B-well™

Dinner is more than a meal—it's a chance for families to connect and share. Eating together without distractions builds bonds, teaches kids to share and listen, and supports better sleep and growth. Make dinner time quality time!



DINNER



CRUNCHY CHICKEN TACOS

Ingredients

- 1 Tbsp **B-well Canola Oil**
- ½ onion, finely diced
- 1 clove garlic, minced
- 500g chicken mince (or finely chopped chicken breasts)
- 1 tsp cumin
- 1 tsp origanum
- 1 tsp paprika
- 1 tin tomato & onion mix
- Salt & ground black pepper, to taste
- Taco shells

Salsa

- 1 tomato, finely diced
- ½ onion, finely diced
- ½ small cucumber, finely diced
- 2 heaped Tbsp corn kernels
- 1 tsp lemon juice
- Salt and ground black pepper, to taste

Lemon dressing

- 2 Tbsp **B-well Thick & Creamy Mayo**
- 2 Tbsp lemon juice
- Salt and pepper, to season

Method

1. Heat the **B-well Canola Oil** in a pan over medium heat.
2. Add the onion to the pan and sauté the onion until soft and translucent.
3. Add the garlic and sauté for 30 seconds, then add the chicken mince, cumin, origanum and paprika and cook for a minute or two, stirring to combine all the ingredients.
4. Add the tin of tomato and onion mix, season with salt and pepper, and stir to combine.
5. Turn the heat down to low and allow the mixture to simmer for 18-20 minutes (add a little water if it is thickening too quickly).
6. Mix the salsa ingredients together in a bowl and whisk the lemon dressing ingredients together in another bowl, set aside.
7. Once the mince is cooked, serve equally divided between taco shells, topped with the salsa and the lemon dressing.

Serves: 4





SPEEDY BEEF STIR-FRY

Serves: 4

Ingredients

500g beef stir-fry strips
1 red pepper, sliced
200g Tenderstem® broccoli, chopped
1 onion, sliced
2 Tbsp **B-well Canola Oil**
2 Tbsp soy sauce
2 tsp brown sugar
1 tsp garlic, minced
1 Tbsp fresh ginger, grated
1 cup brown rice, cooked
3 stems of spring onion, sliced
Sesame seeds, to garnish (optional)

Method

1. Whisk the soy sauce, brown sugar, garlic and ginger together in a bowl and add the beef strips, toss to coat the beef all over and set aside.
2. Heat the **B-well Canola Oil** in a wok or deep-frying pan, and add the veggies.
3. Stir-fry veggies until just tender, and still bright in colour, then remove and set aside.
4. Add the beef with the marinade to the same wok or pan and stir-fry for 3-4 minutes until browned.
5. Add the veggies back in and toss to combine; stir fry all together for another 2-3 minutes, then remove from the heat.
6. Serve with brown rice and top with spring onions and sesame seeds (if using).





VEGGIE MAC & CHEESE BOWL

Serves: 4-6

Ingredients

- 500g macaroni, cooked
- 1 cup cauliflower florets
- 1 cup butternut, diced
- 1 cup carrot, thinly sliced
- 2 tsp **B-well Canola Oil**, to drizzle
- Salt and ground black pepper
- 2 cups milk
- 1 cup cheddar cheese, grated
- ¼ cup cream cheese

Method

1. Preheat the oven to 200°C.
2. Toss cauliflower, butternut, and carrots together in a bowl, add the **B-well Canola Oil** and season with salt and pepper, toss to coat well.
3. Lay veggies out in a single layer on an oven tray and roast for 15-20 minutes until just tender.
4. Cook your pasta while the veggies are roasting.
5. Remove the veggies from the oven and allow to cool slightly before placing them in a blender.
6. Blend until smooth and pour into a pot.
7. Over medium heat, add the milk, grated cheese, and the cream cheese to the veggies, heat through, stirring to avoid lumps, until cheese has melted, and the sauce is smooth and has thickened.
8. Remove from the heat, add macaroni and mix to coat all the macaroni.
9. Spoon into bowls and serve while warm.





CHEESY BEAN QUESADILLA

Serves: 4

Ingredients

- 8 wholewheat tortillas
- 1 cup mozzarella, grated
- 1 tin black beans, drained and rinsed
- 2 carrots, peeled and grated
- 300g baby spinach, chopped
- 1 red pepper, finely diced
- 4 Tbsp **B-well Thick & Creamy Mayo**
- Salt and ground black pepper, to taste
- 1 tsp **B-well Canola Oil**

Method

1. Add beans to a bowl with the vegetables and **B-well Thick & Creamy Mayo** and mash all the ingredients together, season with salt and pepper and mix well.
2. To assemble the quesadillas, divide the cheese equally amongst 4 tortillas, leaving a small gap around the edges, then top each one with the bean mixture.
3. Cover with a second tortilla and press gently to seal.
4. Heat the **B-well Canola Oil** up in a pan over medium heat.
5. Place one tortilla carefully into the pan and press down gently again, cook until browned and slightly crisp and flip carefully to cook on the other side.
6. Repeat with the remaining tortillas.
7. Place cooked quesadillas on a cutting board and allow to cool for a minute before cutting into wedges and serving.





BUTTER CHICKEN & PEAS PASTA

Serves: 4

Ingredients

250g pasta, of your choice
4 chicken breasts, skinless and boneless
2 tsp **B-well Canola Oil**
1 carrot, thinly sliced
2 garlic cloves, minced
1 Tbsp butter curry spice blend
1 Tbsp tomato paste
¼ cup milk
Salt and ground black pepper, to taste
150g peas
Parmesan cheese, grated (optional)



Method

1. Cook the pasta according to the package instructions, drain and reserve the cooking water.
2. Cut the chicken breasts into bite-sized pieces.
3. Heat the **B-well Canola Oil** in a frying pan over medium-high heat and cook the chicken until just browned, remove from the pan and set aside.
4. Add the carrot to the same pan and cook until the carrot is softened; add the garlic, curry spice and tomato paste, and stir to combine; cook for a minute or two until fragrant.
5. Add the reserved pasta cooking water, milk and chicken to the pan and season with salt and pepper, bring to a simmer for 4-5 minutes.
6. Add the peas, reduce the heat to medium and cook until slightly thickened.
7. Add the pasta to the pan and toss to coat and combine all the ingredients.
8. Divide the pasta among bowls and serve with a sprinkling of parmesan cheese.



POWER VEG FRIED RICE

Serves: 4

Ingredients

- 2 Tbsp **B-well Canola Oil**
- 2 cups leftover brown rice (or cooked if you don't have leftovers)
- ½ tsp fresh ginger, grated
- 1 garlic clove, minced
- ¼ cup onion, finely chopped
- 1½ cups frozen peas, carrots and corn mix
- 2 eggs, beaten
- 1 Tbsp soy sauce

Method

1. Heat the **B-well Canola Oil** in a large pan and add the ginger, garlic and onions.
2. Cook for 3-4 minutes until onions start softening, add the frozen veggies and cook for another 3-4 minutes, stirring to mix everything together.
3. Move your veggies to one side of the pan and add the beaten eggs to the other and scramble them.
4. Add the rice and mix everything together, add the soy sauce and cook for another 2 minutes or until everything is heated through, stirring to avoid sticking to the pan.
5. Serve warm as a main meal or as a side with a protein of your choice.

TIP

This simple recipe using leftover brown rice is a fun flavourful way of serving veggies that kids will enjoy!





CORN & FETA FRITTATA

Serves: 4

Ingredients

- 6 large eggs
- ½ cup milk, of your choice
- Salt and pepper, to taste
- 1 Tbsp B-well Canola Oil
- 1 small onion, finely chopped
- ½ cup green beans, thinly sliced lengthwise
- 1 cup sweet corn kernels
- ½ cup feta cheese, crumbled

Garnish

- 1 boiled egg, sliced in half
- A squiggle of tomato sauce
- Green beans, blanched

Method

1. Preheat the oven to 190°C.
2. In a large bowl, whisk together the eggs, milk, salt, and pepper until well combined.
3. Heat the **B-well Canola Oil** in an oven-proof pan over medium heat; add the onion and saute for 3-4 minutes until soft,
4. Add the sliced green beans, and corn and half of the feta cheese and cook for another 1-2 minutes to heat the corn.
5. Pour the egg mixture over the vegetables and sprinkle the remaining feta on top.
6. Let the frittata cook on the stovetop for about 2 minutes until the edges begin to set.
7. Transfer the pan to the oven and bake for 10-12 minutes, or until the frittata is set and lightly golden on top.
8. While the frittata is baking, make the garnish by bringing a pot of salted water to a boil, add the green beans and blanch for 30 seconds to 1 minute, then remove from the oven and drain, set aside.
9. Serve the frittata warm, garnished with green beans for hair, the boiled egg as eyes and a squiggle of tomato sauce for a mouth.



Why choose

B-well™

**OMEGA 3
COOKING
BLEND OIL**

**VERSATILE
FOR ANY DISH**

Perfect for
frying, baking,
or sautéing
with ease.

**A BLEND OF
HEALTH AND
TASTE**

Ideal for
everyday cooking,
combining great
flavour with
wholesome
goodness.

**RICH IN
OMEGA-3S**

Keeps your
heart strong
and healthy.

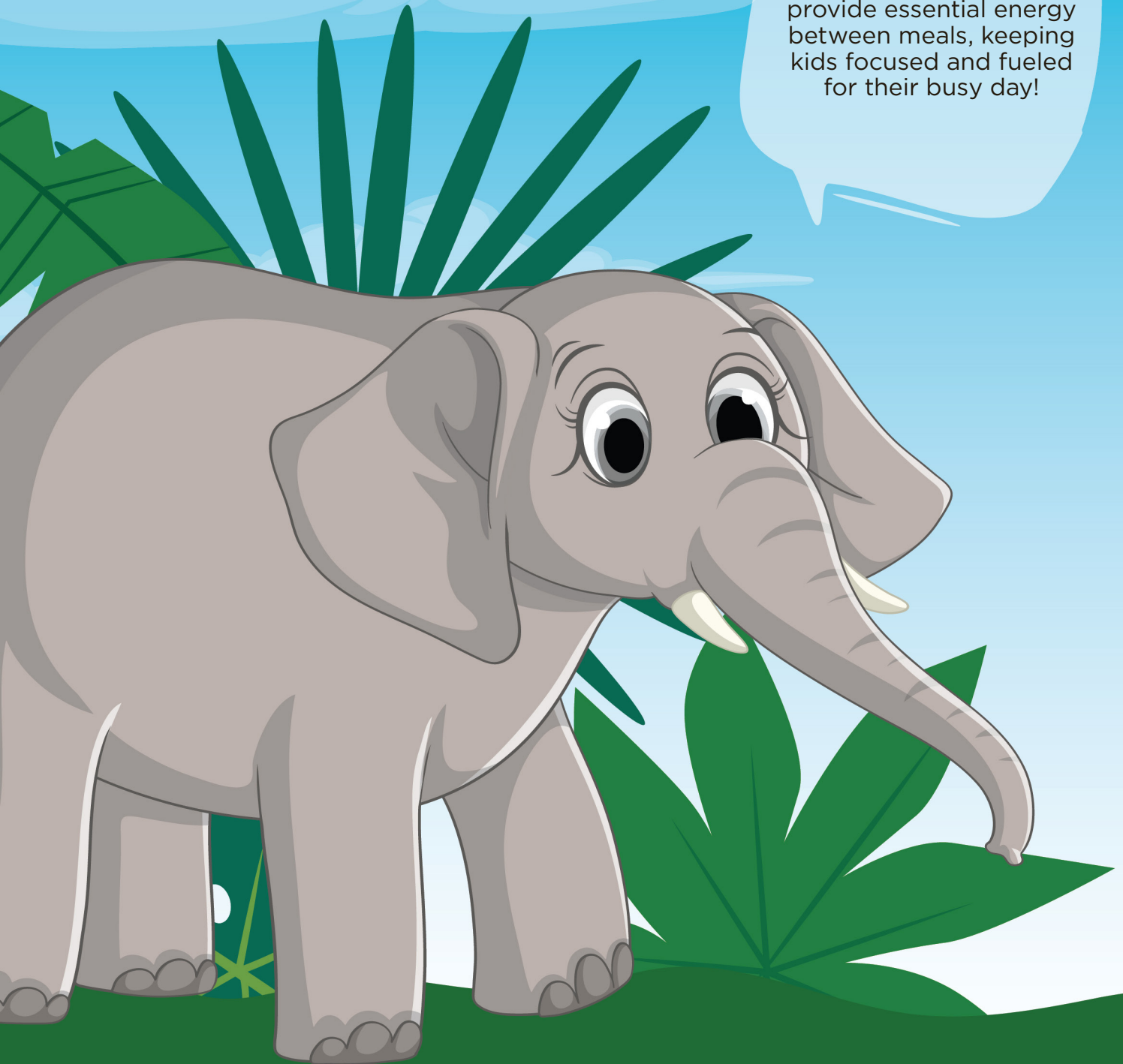


Fuel your family's health and enjoy every meal with **B-well Omega 3 Cooking Oil Blend**. It's a smarter, tastier choice for every kitchen!



B-well™

Healthy snacks like muffins and energy balls provide essential energy between meals, keeping kids focused and fueled for their busy day!



SNACKS



TIP

Can be stored at room temperature for up to 4 days in an air-tight container, or you can store in the fridge for up to a week.

Banana Oat Muffins

Makes: 12

Ingredients

2 medium bananas, mashed
¾ cup milk
2 eggs
⅓ cup maple syrup
1 tsp ground cinnamon
1 tsp baking powder
1 tsp vanilla essence
2 cups oats
1 cup wholewheat flour

B-well Canola Baking Spray

Method

1. Preheat the oven to 180°C and spray a muffin tin with **B-well Canola Baking Spray**
2. Add the mashed bananas and milk to a large bowl and whisk.
3. Add the eggs and whisk, followed by the maple syrup and whisk together.
4. Add the cinnamon, baking powder and vanilla essence and whisk to combine.
5. Add the flour and oats and stir to combine.
6. Spoon the batter into the muffin tin (these will not rise too much, so you can fill to the top).
7. Bake for 18-20 minutes, the middle should be baked, and the edges golden (bake for a minute or two longer if the middle doesn't seem done).
8. Take out and allow to cool before serving.





Makes: 24-30

No-Bake Energy Balls

Ingredients

- 1 cup oats
- 1 cup desiccated coconut + extra for coating
- $\frac{2}{3}$ cup peanut butter, or nut butter of your choice
- $\frac{1}{2}$ cup walnuts, chopped
- 1 tsp cinnamon
- $\frac{1}{4}$ cup honey
- 2 tsp **B-well Canola Oil**

Method

1. Add all ingredients to a food processor and mix until well combined and a dough forms.
2. Using your hands, roll about a tablespoon of dough into a ball. Roll in the extra coconut and repeat with the remaining dough.
3. Store in an airtight container in the fridge.

Did you know?

Peanut butter is a great source of protein and healthy fats, helping to fuel kids' growth and keep them energised throughout the day. It's also packed with vitamins and minerals like vitamin E and magnesium, which support strong muscles and bones, making it a tasty and nutritious snack.





WATERMELON BERRY CUPS

Makes: 4-6

Ingredients

2 cups watermelon, sliced
1 cup strawberries, halved
1 cup blueberries, whole
¼ cup **B-well Canola Oil**
⅓ cup mint leaves, finely chopped
2 Tbsp fresh orange juice
2 Tbsp fresh lemon juice
2 Tbsp fresh lime juice

Method

1. Combine all the fruit together in a large bowl and set aside.
2. Heat **B-well Canola Oil** in a pot on low heat until warm.
3. Switch the heat off and add the chopped mint (it will sizzle.)
4. Leave the mint and oil to infuse for 1 hour and cool down completely.
5. Add the orange juice, lemon juice and lime juice to a blender, add the infused mint oil and blend until smooth.
6. Pour the juice over the fruit and toss to combine, making sure all the fruit is coated.
7. Spoon the fruit into tall glasses or jars and serve immediately, or spoon into containers with a lid to pack into lunchboxes.

TIP

This also makes a fabulous summer dessert!





TIP

Can be stored at room temperature for up to 4 days in an air-tight container, or you can be stored in the fridge for up to a week.

Roasted Cauli Bites

Serves: 4

Ingredients

1 head cauliflower, cut into florets

3 Tbsp **B-well Canola Oil**

Salt and ground black pepper, to season

½ tsp mild curry powder

B-well Tangy Mayonnaise, to serve

Method

1. Preheat the oven to 200°C and line a baking tray with foil, set aside.
2. In a large bowl, toss the cauliflower, **B-well Canola Oil** and curry powder together until the cauliflower is evenly coated.
3. Spread the cauliflower out on the baking tray in a single-layer
4. Roast for 20-25 minutes, stirring halfway through, until tender and lightly browned.
5. Serve with **B-well Tangy Mayonnaise** to dip.





MIGHTY MEATBALLS & HERBY MAYO

TIP

This snack offers a hearty, protein-packed pairing, with fibre and plant-based nutrients for balanced nourishment.

Serves: 4

Ingredients

Meatballs

- 500g beef mince
- 4 Tbsp breadcrumbs
- 1 egg
- 1 small onion, finely chopped
- 1 tsp oregano
- Salt and ground black pepper, to taste
- 1 Tbsp **B-well Canola Oil**

Herby mayo dip

- ¼ cup **B-well Thick & Creamy Mayo**
- 1 Tbsp fresh parsley, finely chopped
- 1 Tbsp fresh mint leaves, finely chopped
- 1 tsp lemon juice

Method

1. Preheat the oven to 180°C and line a baking tray with foil.
2. Add the mince, breadcrumbs, egg, onion and oregano to a mixing bowl and season with salt and pepper.
3. Mix everything together until well combined, then using your hands, start shaping meatballs with the mixture and setting them on the baking tray, leaving a little space between each meatball.
4. Drizzle them with a little **B-well Canola Oil**, place in the oven and bake for 20-25 minutes.
5. While the meatballs are baking, whisk the herby mayo dip ingredients together in a bowl and set aside.
6. Serve meatballs warm with the dip.





Air-fryer
friendly



TIP

Sweet potato fries are a crispy, nutrient-dense snack, rich in fibre and vitamin A, and a healthier twist on a classic favourite.

AIR-FRYER SWEET POTATO FRIES

Serves: 2

Ingredients

- 1 medium sweet potato, peeled
- 1 Tbsp **B-well Canola Oil**
- Salt and ground black pepper, to taste
- ¼ tsp garlic powder
- ¼ tsp paprika
- B-well Thick & Creamy Mayo**
- ½ small cucumber, grated
- Salt and ground black pepper

Method

1. Preheat the Air-fryer to 200°C and cut sweet potato into 1cm wide fries.
2. Place in a bowl and add **B-well Canola Oil**, and season with salt and pepper, garlic powder and paprika, toss to coat.
3. Working in batches if necessary, place an even layer of fries in the Air-fryer basket.
4. Cook for 8-10 minutes until golden, and repeat with any remaining fries.
5. Mix the **B-well Thick & Creamy Mayo** together with the grated cucumber and season lightly with salt and pepper, set aside and serve as a dip for the sweet potato fries.





FISH CAKES & DILL MAYO

Makes: 6-8

Ingredients

For the Dill Mayo

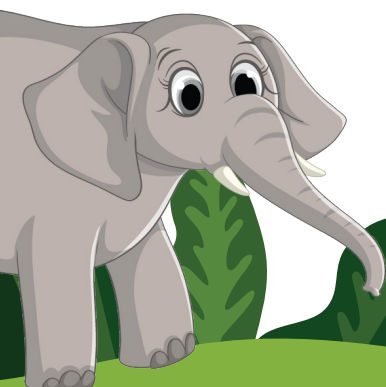
- ½ cup **B-well Thick & Creamy Mayo**
- 2 tsp fresh dill, chopped
- 1 tsp lemon juice
- Pinch each of salt and ground black pepper

For the fishcakes

- 450g potatoes, peeled & cut in half
- 2 tsp butter
- 400g smoked haddock
- 3 spring onions, finely chopped
- 100ml milk
- 75g sweetcorn
- ½ cup cheddar cheese, grated
- Ground black pepper
- 1 large egg, beaten
- Flour, for dusting
- 3 Tbsp **B-well Canola Oil**, for frying

Method

1. Add all the dill mayo ingredients to a bowl and whisk to combine, and set aside.
2. Cook the potatoes in boiling water until just tender, then drain well.
3. Mash the potato with a small knob of butter, then set aside to cool completely.
4. Put the haddock, spring onions, and milk into a pan and gently cook over low heat until the fish is firm but flakes easily (8-10 minutes).
5. Drain the haddock and spring onions through a fine sieve and add to the potatoes, mix gently until combined, being careful not to break the fish up too much.
6. Add the sweetcorn, cheddar and a few grinds of black pepper and mix.
7. Using a spoon or your hands, form the mixture into 6-8 patties.
8. Pour the beaten egg onto a shallow plate and the flour onto another.
9. Dip the patties one by one in egg and then flour and arrange on a sheet of baking paper on a tray (Put the patties in the fridge for 20-30 minutes to firm up if they feel very soft).
10. Heat the **B-well Canola Oil** in a frying pan and when hot, carefully lower the fish cakes into the pan (you might need to work in batches of 2 or 3 if your frying pan is small).
11. Cook for 5-6 minutes on each side, until golden brown, flipping once only.
12. Remove fishcakes to a plate lined with paper towel to drain any excess oil.
13. Repeat with the remaining fishcakes and serve warm with the dill mayo.



SHOPPING LIST TIPS AND TRICKS

Before heading out to shop for recipe ingredients, make sure your pantry is stocked with basic staples that form the foundation of most meals, if you don't have these basics, be sure to include them in your shopping list!



Dry Goods: Flour, sugar (white and brown), salt, pepper, baking powder, and baking soda.

Condiments: Vinegar, soy sauce, mustard, tomato paste

Spices and Herbs: Salt, black pepper, garlic powder, paprika, oregano, thyme, and chilli flakes.

Canned or Dry Items: Canned tomatoes, beans, and lentils, as well as brown rice, pasta, and stock cubes.

Snacks and Add-ons: Nuts, seeds, and bread crumbs, peanut butter, honey or maple syrup.

Having these on hand ensures you're prepared to whip up recipes with ease while minimising additional shopping.

5 FOOD SHOPPING LIST TIPS FOR BUDGET SAVINGS AND FRESHNESS

- ✓ **Plan Your Meals & Make a List**
Before shopping, plan meals for the week and create a list of needed ingredients. Stick to the list to avoid impulse purchases that can strain your budget.
- ✓ **Shop Seasonal Produce**
Buy fruits and vegetables that are in season—they're often fresher, tastier, and more affordable. Check local fruit & veg shops too for the best deals.
- ✓ **Buy in Bulk Smartly**
Purchase staples like rice, pasta, or flour in bulk to save money. For perishable items, only buy larger quantities if you can store or use them before they spoil.
- ✓ **Look for Store Brands**
Generic or store-brand items are often made by the same manufacturers as name-brand products but are sold at a fraction of the price without sacrificing quality.
- ✓ **Shop Around the Perimeter**
Fresh items like veggies, fruits, meat, and dairy are usually found on the store's perimeter. Focus on these areas for healthier, fresher options, and avoid processed items in the middle aisles that can increase costs.

SHOPPING LIST FOR THE 2 WEEK MEAL PLAN

Dry or Canned Goods

1 tin Black Beans
250g Breadcrumbs
500g Brown Rice
1 B-well Baking Spray
1 B-well Cooking Spray
1 B-well Sandwich Spread
50g Chia Seeds
2 tins Corn Kernels
250g Desiccated Coconut
1kg plain Flour
Honey
Lemon Juice
Lime Juice
500g Macaroni
Maple Syrup
500g Pasta of your choice
Peanut Butter
1kg Rolled Oats
Sweet Chilli Sauce
1 tin Sweetcorn
1 box Taco Shells
1 tin Tomato & Onion Mix
30g Tomato Paste
1 bag Tortilla Chips
2 cans Tuna, shredded
125g Walnuts
1kg Wholewheat Flour
4 Wholewheat Pitas
12 Wholewheat Tortillas

Herbs & Spices

50g Butter Curry Spice Blend
Cumin
Curry Powder, mild
Garlic Powder
Soy Sauce

Condiments, Oils & Mayos

2L B-well Canola Oil
1 B-well Tangy Mayo
1 B-well Thick & Creamy Mayo

Protein

200g Bacon Bits
500g Beef Mince
500g Beef Stir-Fry Strips
2x 500g Chicken Breasts, skinless & Boneless
400g Haddock, Smoked
450g Hake Fillets
1 Rotisserie Chicken

Dairy & Liquids

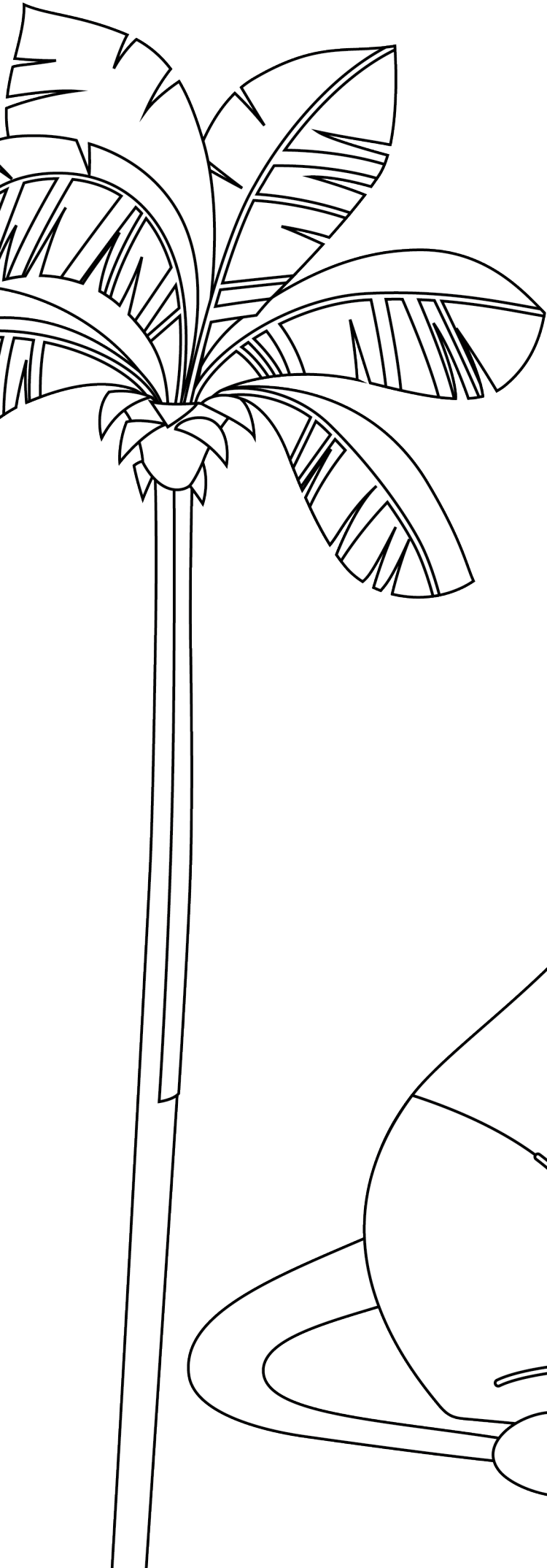
1L Almond Milk
500g Butter
250g Cheddar Cheese
250g Cream Cheese
36 Eggs
250g Feta
250ml Greek Yoghurt
2L Milk
250g Mozzarella
250ml Orange Juice
100g Parmesan Cheese
1kg plain Yoghurt

Fruit & Veg

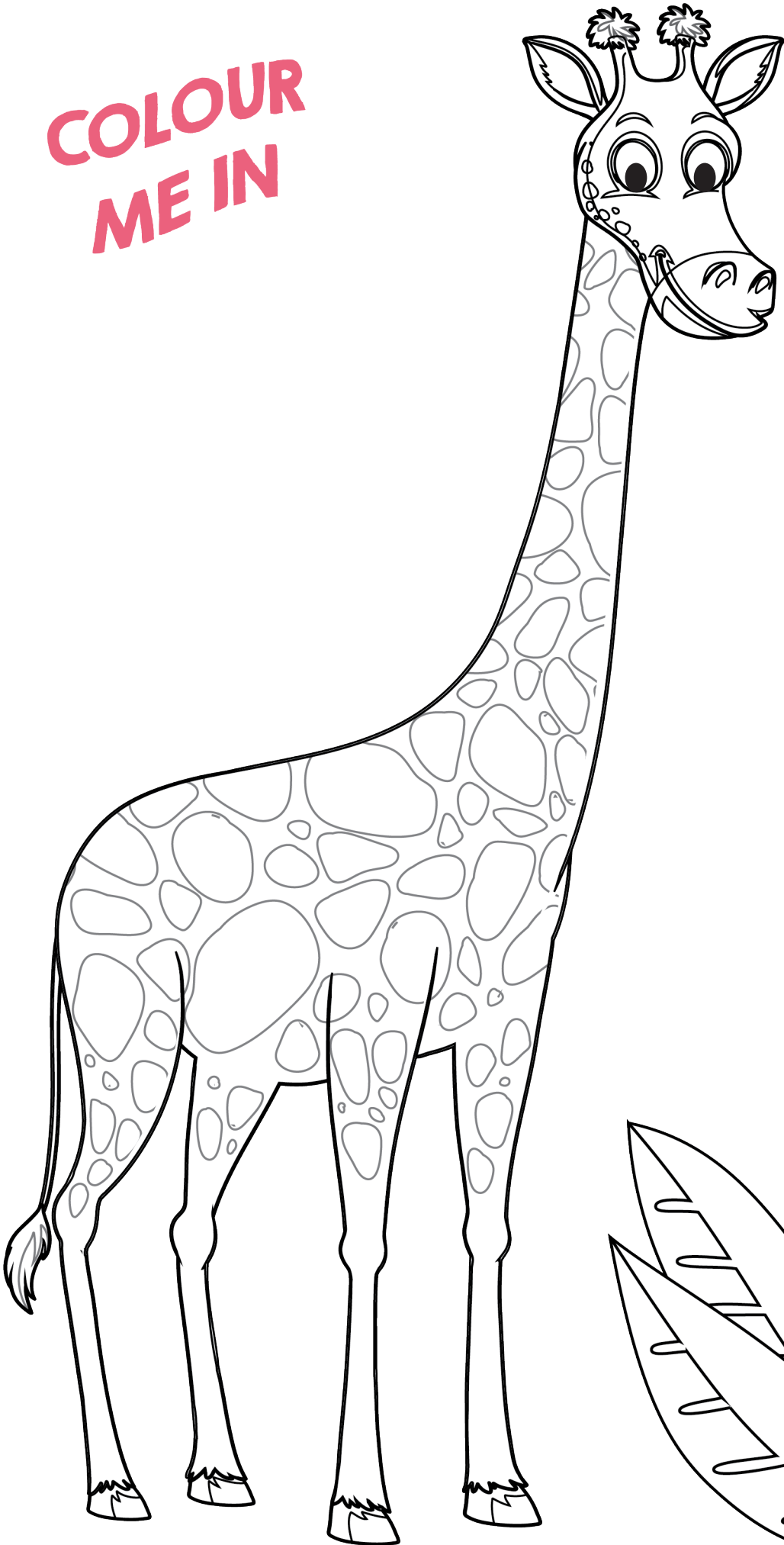
1 Avocado
1 punnet Baby Marrows
600g Baby Spinach
100g Baby Tomatoes
8 Bananas
250g Blueberries
250g Butternut
10 Carrots
2 heads Cauliflower
1 bag Celery
500g Cherry Tomatoes
2 long Cucumbers
Dill, fresh
Garlic, minced
Ginger, fresh
Grapes, green or red
2 Lemons
1 large bag of Lettuce
Mint, fresh
500g Mixed Berries (frozen or fresh)
6 Naartjies
4 Oranges
Parsley, fresh
250g Peas, frozen
450g Potatoes
2 Red Onions
4 Red Peppers
1 bag Spring Onions
250g Strawberries
2 Sweet Potato
300g Tenderstem broccoli
Thyme, fresh
4 large Tomatoes
400g Watermelon
1 Yellow Pepper



**COLOUR
ME IN**



**COLOUR
ME IN**





SANDWICH SPREAD



Wrap It Up

Spread it on wraps with some cheese and veggies for a quick, tasty lunch.

Cracker Creations

Dollop onto crackers, and add a slice of cucumber or tomato for a crunchy, delicious snack.

Mini Pizza Munchies

Spread it on toast, sprinkle with cheese, and pop it in the oven for a quick mini pizza.



Egg-citing Sandwiches

Mix it with boiled eggs for a creamy sandwich filling.

Veggie Dip Delight

Use it as a dip for carrot sticks or cucumber slices.

A creamy, dreamy way to make snack time fun and delicious!
Turn everyday snacks into flavour-packed treats with B-well Sandwich Spread. Perfectly versatile and kid-approved, it's the ultimate way to bring smiles to little faces.



Ingredients for Better Living

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