





THE TEAM



THE STORY

Amanda Smyth and Holly Hoskins are DAA Accredited Practising Dietitians with over 15 years of experience in helping people to improve their gut, brain and mental health.

In 2018 Amanda's young son struggled terribly with depression and she hit the research to learn everything she could about depression.

She found a growing body of high-quality evidence showing what we eat profoundly affects, not only our physical health, but also our mental and brain health.

With this knowledge and a love of food, Mood Food was born to help individuals and their families select, prepare and cook foods which support gut, brain and mental health.

Too many people suffer from depression and too few know the benefits a good diet can have on mental health. It's for this reason we want to share MOOD FOOD with the world.





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Mood Food is all about sharing our love for food and all the benefits it brings to our lives. As our kids grow up, we want nothing but the very best for them, and one of the best gifts we can give them is optimal health and wellbeing.

The foundation of good health starts with what food we teach our kids to eat.

This food doesn't need to be complicated or fussy, but it does need to provide the nutrients to build a healthy and strong, gut body and brain.

Mood Food will help you to do this by sharing some of our favourite kid friendly recipes. These recipes will fill hungry tummies after swimming lessons and show you how to include a wide variety of plant foods to support optimal gut health.

The world of nutrition has changed significantly in the last 10 years and we now understand the food we eat isn't just important for our weight and physical health but also our brain and mental health.

If you would like to know more and learn how to feed your family for optimal gut, brain and mental health please consider joining our 6 week online Mood Food program



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Scrambled Eggs with Mushies, **Tomato & Cheese**

Don't be scared to add the mushies in! They are a great source of protein and fibre that we don't get from any other food source. They also have a mild flavour and are the perfect texture for little ones.



1-2 servings



10 minutes

DIRECTIONS

- 1. Heat a pan to medium heat and add mushrooms and cherry tomatoes. Once mushrooms & tomatoes are nearly cooked, add spinach for a minute to wilt then remove from pan onto plates.
- 2. Whisk eggs in a bowl or mug. Add some olive oil to the same pan that the mushrooms were cooked in add the eggs and stir with a spatula. When eggs are nearly cooked, add the mushroom and tomatoes back into the pan sprinkle with cheese and some chopped parsley and serve onto plates with toast.

INGREDIENTS

2 eggs

1 tbspn extra virgin olive oil

2 mushrooms sliced

2 cherry tomatoes

chopped parsley

1/4 cups baby

spinach

sprinkle of cheese

grainy toast







- 4 garlic cloves
- 2 tbsp Extra Virgin

Olive Oil

1 tsp chilli flakes

800g of Cannellini or

Borlotti beans

800g can diced

tomatoes

1 tbsp Worcestershire

sauce

- 1 tbsp maple syrup
- 2 tsp Dijon mustard
- 1 tbsp red wine

vinegar

salt and pepper to

taste

grainy bread

2 cups rocket

50g Danish feta

Homemade Baked Beans

These baked beans are perfect for little mouths and growing bodies. They're easy to eat and filling too, providing loads of fibre and protein. Serve them straight up or with a side of wholegrain toast.



4 servings



15 minutes

DIRECTIONS

- 1. Peel and finely slice the garlic, then pick and finely chop the rosemary leaves.
- 2. Heat a splash of oil in a frying pan over medium heat, then fry the garlic, rosemary and chilli until the garlic is golden.
- 3. Add tomatoes, Worcestershire sauce, maple syrup and mustard and stir until everything is combined.
- 4. Stir in the beans (make sure they're rinsed) then let everything cook and reduce for about 5 minutes, or until thick and delicious.
- 5. Add a splash of vinegar to the beans and season to taste.
- 6. Serve straight into a bowl or with hot grain toast, brushed with olive oil with rocket and a sprinkle of feta on top.

NOTES: Chilli is great for the gut with its anti-inflammatory properties. Start with really small amounts and increase slowly each time you use it. \circ





1 cup oats

½ an apple, skin on, grated

1 small carrot, grated

½ cup low fat Greek yogurt

½ tsp cinnamon

juice of an orange (if you have it, if not add ½ cup of

TO SERVE

low fat milk)

1/3 cup walnuts finely chopped
1/3 cup mix sunflower and pumpkin seeds
milk or yoghurt to
achieve your desired consistency

Carrot Cake Oats

Get a little adventurous & try our famous carrot cake overnight oats. Yes, that's right, carrot in your oats! It's a simple way to get another serve of veggies in your day. Walnuts are perfect for little ones, with a softer texture than other nuts and high levels of omega 3 fats which help with healthy brain development.



3 servings



10 minutes

DIRECTIONS

- 1. Grate apple and carrot
- 2. In a sealed container mix oats, yoghurt, carrot, apple, cinnamon and orange juice. Cover and leave overnight.

TO SERVE

- 1. Add finely chopped walnuts and stir through
- 2. To serve, place in bowls and top with extra yoghurt, nuts and seeds.
- 3. Add milk or extra yoghurt to achieve your desired consistency

NOTES

Nuts are an important source of healthy fats and we should aim to eat them daily unless you have a nut allergy. Chop them finely for little ones and include them in brekkie, baking, smoothies and curries.







Avocado & Edamame Smash

Avocado is one of natures finest gifts! It's full of fibre and fats that support gut and brain health. Aim to use it instead of butter of margarine and feel good about smearing it on wholegrain toast or sourdough for a quick easy snack. Adding edamame gives you an important source of prebiotic fibre too. The ultimate feast for healthy guts and brains.



4 servings



10 minutes

INGREDIENTS

- 1 avocado
- 1/3 cup edamame,
- 1 lemon or lime, juiced
- and keep 2 wedges for
- serving
- 50 g feta
- 2 thick slices of brown
- and/or grainy
- sourdough
- 20 ml extra virgin olive

oil

eggs - optional

DIRECTIONS

- 1. Boil the kettle and put frozen edamame into a bowl and cover with boiling water for 1-2 minutes and drain.
- 2. In another bowl, scoop out the flesh of the avocado using a spoon and then add the lemon/lime juice and edamame and smash together with a fork. It will be lumpy, this is good for little ones but you can blitz the edamame in a nutribullet with a squueze of lemon for a finer texture before stirring it through the avocado.
- 3. Brush your toast with olive oil and lightly toast it. Put onto plates, top with avocado mix and sprinkle with feta if you like,

NOTE: You can substitute edamame for frozen peas This is great to serve if you have friends over after swimming





Veggie Fritters with Hummus

These are so easy to mix together and fry up, they're just like pikelets. Use leftover veg or any veggies you can get your kids to eat. You can eat your fritters plain or with a smear of avocado or hummus.



训 4 servings 【】



15 minutes

INGREDIENTS

300g of mixed grated veg (use what you have, sweet potato or pumpkin, zucchini, baby spinach & herbs work well)

- 3 eggs
- 2 teaspoons of chia seeds
- 1 tablespoon of LSA
- 1 tablespoon grated parmesan cheese extra virgin olive oil for frying

Optional - serve with avocado, hummus and grape tomatoes

- 1. Grate your veggies and add to a large bowl, season with salt and pepper
- 2. Add LSA, cheese and eggs to the grated veg and stir to combine
- 3. Heat a medium size fry pan and drizzle with extra virgin olive oil and wait for a minute for it to heat up.
- 4. Use a tablespoon to dollop into the pan. Spread the mixture out with the back of a spoon so it's not too thick and it can cook easily.
- 5. Cook for around 2 minutes then flip and cook until your spatula slides easily under your fritter.
- 6. Remove on to a plate with paper towel underneath (this stops them sweating and going soggy while you finish cooking.
- 7. Serve with avocado or hummus and little cherry tomatoes on the side





Tuna & Lentils aka 10/10

Do yourself a favor and get your kids eating this as early as possible. Why? This meal is a 10/10 for nutrition and ease. It is also really filling so don't surprised if your child only eats a small amount. The lentils are the easiest and most nutritious option but you can also sub them out for another grain or pasta. To increase diversity with out giving up the easy factor serve with cucumber slices and cherry tomatoes.



الا 2 servings



INGREDIENTS

90g of tuna in olive oil (Sirena tuna is our favourite)

1/2 tin of brown lentils (rinsed)

Optional - serve with cucumber and tomatoes and olives

Variations - switch lentils for brown rice and quinoa, four bean mix or pasta

DIRECTIONS

- 1. Drain and rinse lentils in a sieve under running water.
- 2. Mix tuna with a fork in the can and then add to lentils and gently mix through.
- 3. It's ready to eat and if you want to add extras to the meal or on the side, go for it but sometimes you just need something nutritious fast and this is your answer!

Note - if you are using pasta or quinoa/brown rice, cook/heat first and then add tuna and extras as per step 2.





Pasta & chickpeas with basil & kale pesto

Leftover pesto will keep in an airtight container in the fridge for up to 3 days. You can also freeze it for up to 2 months.



4 servings



10 minutes

INGREDIENTS

½ cup pepita's or pine nuts

1 small garlic clove

1/2 cup grated

Parmesan cheese.

¼ teaspoon sea salt Freshly ground black pepper

1 cup of chopped kale

1 cup of fresh basil leaves

2 tablespoons lemon juice

½ cup extra-virgin olive oil

1 tin of chickpeas

250g wholemeal pasta

DIRECTIONS

- 1. Place pepitas and garlic in a food processor and wizz them until the pepitas are all ground up.
- 2. Add the cheese, salt, and several grinds of pepper and wizz again.
- 3. Add the kale, basil and lemon juice.
- 4. Drizzle in the olive oil, and process until combined.
- 5. Add more salt and pepper if you like.
- 6. Boil water in a saucepan and cook pasta as per packet directions.
- 7. Pour a tin of chickpeas into a strainer and rinse with water, then set aside.
- 8. Once pasta is cooked, reserve 1/4 cup of water and drain and rinse the pasta. Place pasta back into the saucepan, mix through pesto your liking add the chickpeas and you're ready to go.

NOTES:

If you don't have any basil just replace with extra kale.

Make the pesto in advance so you just have the pasta to cook.

To make this an even quicker meal, skip the pasta and just mix through the chick peas. It's a 10 out 10 meal for your growing toddler!

If you have broccoli florets chop these into bite size pieces and add to the pasta water for the final minute of cooking.

Cherry tomatoes are a great add in too.





500g pork and beef

1 tbsp olive oil

mince

- 1 tsp dried basil
- 1 tsp dried oregano
- 1 onion, small
- 3 garlic, crushed
- 125 ml white or red wine
- ½ cup red lentils, rinsed

until water runs clear

- 1 tbsp tomato paste
- 400g tinned tomatoes
- 2 cups vegetable stock

(or water & just add some

extra salt and pepper)

- 1 carrot, small
- 4 mushrooms, finely chopped
- 1 zucchini, small, grated

Wholegrain pasta

Spaghetti Bolognaise (MF style)

The best thing about this spag bol is how many veg you can get in without any questions being asked! Remember to rinse the red lentils before adding them to your cooking and otherwise you can't go wrong!



5 servings



30 minutes

- 1. Heat olive oil in a saucepan add onion, garlic and herbs and fry for a minute or two until fragrant and starting to change colour.
- 2.Add mince and using an egg flipper or wooden spoon break up the mice as it cooks turning the onion mixture through the meat.
- 3. While the meat is cooking cut your mushrooms into thin slices and carrots into thin discs.
- 4. Once meat is all the same colour, make sure your pan is hot and add the wine, it should mostly evaporate after 2-3 minutes. Keep turning the meat the whole time.
- 5.Add the tomato paste, tin of tomatoes and stock, make sure it's well combined and break up the meat if you have any lumps, then add the rinsed red lentils and eave to simmer for about 15-20mins, stirring occasionally.
- 6. While the meat simmers prepare the remaining veg.
- 7. After 15-20 mins most of the liquid should have gone and you can add in mushroom and carrot. and simmer for another 10 mins before stirring through the zucchini.
- 8. Remove from the heat and blitz with a stick blender if you want to
- 9. Cook pasta as per packet instructions and serve with meat sauce





Sensational Salmon pasta

A great way to include some omega 3's for healthy little brains, along with protein to help with a full tummy before bed. This is a meal that adults will enjoy just as much as the kids. You may like to put less goats cheese in if it's too strong a taste or swap it for avocado.



الا 5 servings



30 minutes

INGREDIENTS

400g wholemeal pasta spirals

1 bunch of asparagus

1 cup of peas

200g Persian/Danish feta or

1 avocado

1/3 cup extra virgin olive oil

1/2 bunch, flat leaf parsley/basil

Finely grated zest and juice

of 1 lemon

300g of salmon

DIRECTIONS

- 1. To cook the salmon heat 1/2 tablespoon of the oil in a nonstick fry pan over medium-high heat until hot and shimmering. Cook the salmon, without moving, skin side up, until golden and crisp, about 4 minutes. Carefully flip the fillets and reduce the heat to medium. Continue cooking for another 4-5 minutes. Transfer to a plate.
- 2. While salmon is cooking boil the kettle and place a saucepan over high heat and add boiling water. Add pasta reduce heat to medium then simmer for 7 mins or until it's firm to bite.
- 3. Add asparagus for the last two minutes of cooking and peas for the last 1 minute of cooking. Drain the pasta and reserve 1/2 cup of pasta water.
- 4. Return the pasta mixture and pasta water to the pan.
- 5. Add the olive oil, parsley and lemon juice and zest to the risoni. Break up the salmon and feta add it to the risoni mixture and using two large spoons gently toss to combine.

NOTE: You can speed up this recipe by using hot smoked salmon, which is already cooked. It is high in salt which is best avoided for parents with high blood pressure but as an occassional meal is still a healthy choice.



MARINADE

- 1/2 cup plain yoghurt, Greek or Natural
- 1 tbsp lemon juice
- 1 tsp tumeric powder
- 2 tsp garam masala
- 1/2 tsp chilli powder or cayenne pepper powder (double this if you like it a little spicey)
- 1 tsp ground cumin
- 1 tbsp ginger, freshly grated
- 2 cloves garlic, crushed
- 750 g chicken thigh fillets or chicken
- breast, cut into bite size pieces
- 2/3 cup of red lentils, rinsed

CURRY

- 1 tbsp extra virgin olive oil
- 1 cup tomato passata
- 1 cup thick Greek or Natural Yoghurt
- 1 tbsp sugar
- 1 1/4 tsp salt
- 1/3 cup of unsalted cashews

Note: To rinse the lentils place in a sieve and wash them under running water until the water runs clear.

Butter Chicken



It's as good as you are hoping it is! Rich and creamy, and nourishing for your gut bugs. Everyone will love it.



6 servings



45 minutes

DIRECTIONS

- 1. Combine the marinade ingredients with the chicken in a bowl. Cover and refrigerate for three hours or overnight if you're really organised. If you don't have time for either don't worry, it's still delicious!
- 2.Cook marinated chicken: Heat the oil over high heat in a large casserole dish or saucepan if you don't have one.
- 3. Place chicken in the saucepan and cook for around 3 minutes, or until the chicken is white all over (it doesn't really brown because of the marinade). Save any leftover marinade to add in later on.
- 4. Sauce: Add the tomato passata, yoghurt, sugar, salt and lentils to the chicken. Also, add any remaining marinade left in the bowl. Turn down to low and simmer for 20-30 minutes.
- 5. While the curry is cooking, rinse and chop your greens and cook your rice.
- 6. Blitz the cashews to a powder and stir through the curry just before serving.
- 7. Fill half your plate with greens and serve the curry on top of your rice, and sprinkle with coriander if you love it!

To serve

Brown rice and fresh coriander leaves

Greens of choice – I just add baby spinach leaves, green beans or broccoli. For the beans or broccoli just boil the kettle and cover them for two minutes.



2 cups of fresh sourdough or wholemeal breadcrumbs ½ teaspoon of Chinese

five spice powder
½ teaspoon of paprika
½ teaspoon of oregano

1 pinch of mild chili powder

A good grind of salt and pepper

2 tablespoons of extra virgin olive oil plus extra for brushing

½ cup of thick Natural or Greek style yoghurt 3 x 250g chicken breast fillets

1 bunch of broccolini
1 potato per person,
chopped into wedges +
enough olive oil to
cover them

Homemade Chicken Nuggets & Chips

Chicken nuggets can be healthy and taste good too! The key to this recipe is toasting the breadcrumbs first, so don't skip this step. Serve with homemade potato wedges and broccolini and you have the perfect finger food meal.



6 servings



30 minutes

DIRECTIONS

- 1 .Preheat the oven to 180°C and line a baking tray with non stick paper
- 2. In a small bowl mix together all of your herbs and spices. Place into a small food processor with 4 slice of bread torn into small pieces and blitz.
- 3. Spread the breadcrumbs on to the lined tray and drizzle with the olive oil and use your fingers to make sure the breadcrumbs are evenly coated.
- 4. Bake for 6 minutes or until lightly golden and remove from the oven.
- 5. While the breadcrumbs are cooking cut your chicken breast into nugget size pieces, place in a bowl and cover with the yoghurt.
- 6. Using tongs or your fingers place yoghurt covered chicken pieces on to the tray of breadcrumbs and press into the mixture to cover well.
- 7. Once crumbed place the chicken back on the tray and continue with the process until all the chicken is crumbed. Bake in the oven for 8 minutes, then turn each piece over and cook for another 8 minutes.

NOTE: You can speed up this recipe by making and freezing your breadcrumbs in advance.

Potato chips cook after step 5 and put chicken in for the last 15 minutes of cooking the chips.

1. Preheat oven to 200°C. Place the potato, oil, salt and pepper in a bowl and toss to coat. Place them in a baking dish and roast for 50-55 minutes or until golden and crispy.









Hummus & Roasted Pita Chips

I make this on a Monday morning and we use it all week for lunch boxes, ours and the kids. It makes veggie sticks, sandwiches and crackers taste so much better and it's amazing for your gut bugs too.



15 servings



10 -15 minutes

INGREDIENTS

1 can of chickpeas
(rinsed and drained)
3 cloves of garlic
1/4 cup (60mls) of tahini
1/3 cup of good quality
extra virgin olive oil
Juice of a lemon
2 tsp ground cumin
2 tsp ground coriander
Salt and pepper
1 packet whole pita

DIRECTIONS

- 1. Peel garlic cloves and cut each into three pieces.
- 2. Put olive oil and garlic into a small saucepan and heat until it starts to bubble and then remove from heat.
- 3 . Put all other ingredients into a small blender. Add the oil and blitz until you have a smooth consistency.
- 4.Preheat oven to 180 degrees Celsius. Cut up wholegrain pita bread into triangles and lay flat on a lined baking tray. Brush evenly with olive oil spray. Bake in oven for 10–15 minutes or until crispy.

NOTE: Eat some immediately, it's delicious warm and keep leftovers in an airtight container for up to 5 days.



breads + extra olive oil



Pear Pikelets

Perfect for breakfast, lunch boxes and snacks! Made with a whole serve of fruit, wholemeal flour, nuts and seeds, these little pikelets make the perfect addition to your day!



5 servings



20 minutes

INGREDIENTS

1 cup wholemeal self raising flour

2 tbsp LSA - Linseed,Sunflower and Almonds

- 1 tsp psyllium husk
- 2 tbsp caster sugar
- 1 pinch bicarbonate of soda

1 egg, lightly beaten

1/4 cup natural / Greek

yoghurt

½ cup reduced fat milk

1 small pear, cored and pureed (leave the skin on)

Extra virgin olive oil for cooking

- 1. Combine flour, LSA, sugar and bicarbonate of soda in a mixing bowl.
- 2. Add the egg, yoghurt and milk to dry ingredients and use a whisk to mix together.
- 3. Puree the pear with a stick blender or Nutribullet and add straight to rest of the mixture, stirring gently until the mixture all looks the same.
- 4. Heat a medium non-stick frying pan over medium to high heat.
- 5. Pour 1-2 tablespoons of mixture into the pan per pikelet and cook for 1-2 minutes or until bubbles appear on the surface.
- 6. Flip and cook for a further minute.
- 7. Serve with fresh berries, yoghurt and a drizzle of honey.





Chocolate & Black Bean Muffins

We all need more legumes in our life and this is another way to ensure your kids are eating high fibre foods that will help with healthy tummies and soft and regular number twos!



12 servings



55 minutes

INGREDIENTS

400g tin red kidney beans, drained and rinsed 1 tablespoon vanilla

essence

5 eggs

1 tablespoon water

1/3 cup cacao

1/2 teaspoon bicarb soda

1 teaspoon baking powder

1 teaspoon cinnamon

1/3 cup mild extra virgin

olive oil

1/2 tsp salt, sea

1/2 cup raw sugar or caster sugar

- Preheat oven to 180 degrees Celsius and place muffin papers in a muffin tray
- 2. Combine kidney beans, water, vanilla extract, oil and 2 eggs in a food processor. Process for 5 minutes until smooth and aerated.
- 3. Add remaining ingredients and process for another minute, until well combined.
- 4. Fill muffin papers and bake for 20 minutes. Keep an eye on the cakes so they don't overcook. They should be firm on the top and start pulling away from the sides when ready.





MYO Raspberry Chia Seed Jam

Raspberries are full of polyphenols and fibre which helps with a healthy and thriving gut. Mix with yoghurt, dollop onto porridge or smear it on top of a grainy piece of toast with 100% peanut butter for a wholesome snack.



10 minutes

INGREDIENTS

150g fresh raspberries

Juice of ½ lemon

2–3 tbsp runny honey,
to taste

3 tbsp chia seeds

DIRECTIONS

- 1. Put the raspberries and lemon juice into a blender with 2 tbsp of honey and blitz until smooth.
- 2. Add the chia seeds and briefly blitz again to mix.
- 3. Transfer to a clean 340g jar with a lid and allow to set in the fridge for 1 hour.

NOTES

Keep in a sealed jar in the fridge for up to 5 days

If you don't like honey swap it for pure maple syrup instead

You can use frozen berries. Thaw them slightly before using
by spreading them out on paper towel





Peanut Butter & Apple or Date Boats

There's no waiting or baking time needed for these sweet treats, making them perfect for a quick snack. Dates, apples and nuts are a good source of prebiotic fibre for your gut bugs and provide a sweet hit without the blood sugar spike which can quickly lead to hungry tummies.



10 minutes

INGREDIENTS

4 dates

1 apple

Nut butter, of your choice

- 1. Slice and pit your dates
- 2. Wash and cut your apple into 8 slices
- 3. Add the nut butter to one side of the apple slices and fill the middle of the dates.
- 4. Enjoy!



WHY WE CHOSE THESE RECIPES.

We hope you notice some common themes through these recipes. Our goal is simple – we want to teach you how to eat for better gut brain and mental health, so that you can teach your kids how to eat for optimal gut, brain and mental health.

New research in the area of nutritional psychiatry shows us a healthy gut microbiome is key driver for brain and human health.

These recipes will teach you how to grow a healthy gut microbiome for you and your children.

Your gut microbiome loves a wide range of different plant foods and research shows us the sweet spot is 30 different plant foods per week.

For this reason our recipes include:

1. A wide range of fibre rich plant foods:

wholegrains
fruit & vegetables
nuts & seeds
lentils & legumes

2. Healthy fats:

fatty fish for healthy brain development
extra virgin olive oil for its anti-inflammatory properties
nuts and seeds (for both!)

3. Avoid processed foods

These contain ingredients we wouldn't find in our kitchen cupboard and they disrupt the healthy balance of gut bacteria. Aim to keep ultra processed foods for emergencies only.

