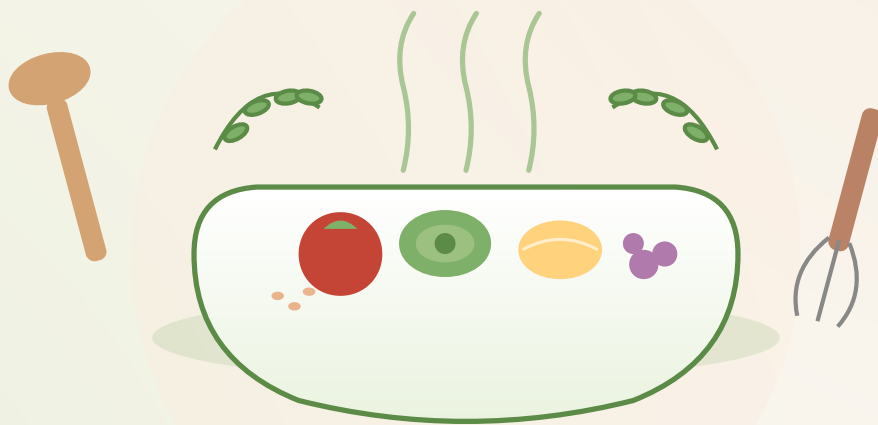




The *Wellbeing* Cookbook

A collection of healthy recipes from the people who care for our clients every day.



A NOTE FROM DIANE

Welcome

What you are holding is a small thank-you, made of recipes.

For National Workplace Wellbeing Day 2026, we asked the team at Be Independent Home Care to share a healthy recipe they actually make at home. Quick weeknight dinners. Smoothies for a school run. The lunch a carer takes to a long shift. Anything you would genuinely recommend to a colleague.

The response was brilliant. 23 recipes, from 20 contributors, across breakfast, lunch, dinner, snacks, smoothies and treats. Every contributor is credited by name on their recipe page so you know exactly who to thank when you try it.

This cookbook is yours. Print it, save it, send it on, cook from it. And there is one more thing to do: vote for your favourite. The winning recipe earns its creator a prize, announced after voting closes.

With thanks to everyone who contributed,

Diane

DIRECTOR OF OPERATIONS

Vote for your favourite

A separate voting form will be sent to you alongside this cookbook. Voting closes Monday 4 May. Winner announced Tuesday 5 May.

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23 recipes, organised by part of the day.



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Smoothie

Blended & nourishing

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Pink Smoothie by Gabriella Ramos

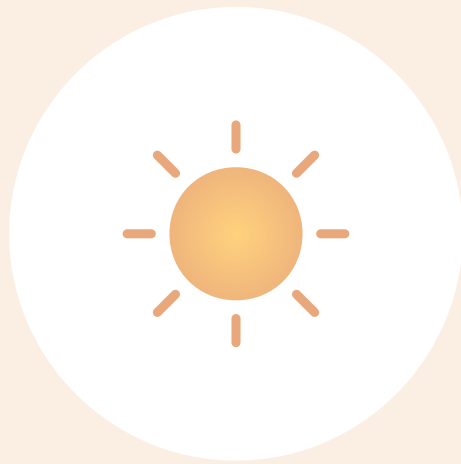


Dessert/Treat

Sweet finishes

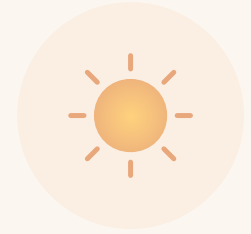
Family Vanilla Sponge Cake by Makori

Sugar-Free Banana Cake (Egg-Free, Dairy-Free) by Diana Formichelli



Breakfast

To start the day well



Creamy Garlic Mushrooms on Toast

Submitted by **Nova Alphons Shaji**

SERVES

2

TIME

5 min prep, 10 min cook

CATEGORY

Breakfast

INGREDIENTS

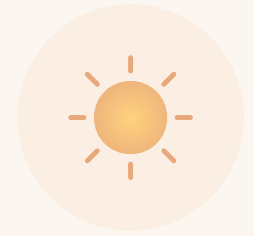
- 2 slices of bread (sourdough or brown)
- 200g mushrooms, sliced
- 1 tbsp butter
- 1 clove garlic, minced
- 2 tbsp cream or creme fraiche
- Salt and black pepper to taste
- Fresh parsley (optional)

METHOD

- 1 Toast the bread slices until golden and set aside.
- 2 Heat the butter in a frying pan over medium heat.
- 3 Add the mushrooms and cook for 5 to 6 minutes, stirring occasionally, until softened and lightly browned.
- 4 Add the minced garlic and cook for 1 minute, stirring to avoid burning.
- 5 Pour in the cream and stir well. Cook for 1 to 2 minutes until slightly thickened.
- 6 Season with salt and black pepper to taste.
- 7 Spoon the creamy mushrooms over the toast.
- 8 Garnish with fresh parsley if using and serve immediately.

NOTES & TIPS

Use a mix of mushrooms (like chestnut and button) for extra flavour. Avoid overcrowding the pan so the mushrooms brown nicely. For a lighter option, swap cream for low-fat creme fraiche or Greek yogurt. Add a squeeze of lemon at the end to brighten. Best fresh, but mushroom mix can be made ahead and reheated.



Overnight Oats

Submitted by **Louise Gillanders**

SERVES

1

TIME

5 min prep, refrigerate overnight

CATEGORY

Breakfast

INGREDIENTS

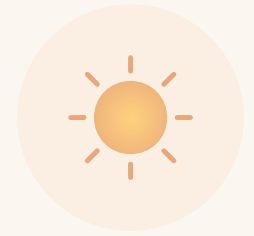
- 3 tbsp dry oats
- 1 tsp peanut butter
- 1 tbsp milk
- 3 tbsp natural yogurt
- 1 tbsp milled chia seeds
- 3 to 4 strawberries

METHOD

- 1 Add 3 tablespoons of dry oats into a dish.
- 2 Add 1 tablespoon of milk.
- 3 Add 1 teaspoon of peanut butter.
- 4 Add 3 tablespoons of natural yogurt.
- 5 Add 1 teaspoon of milled chia seeds and mix into the yogurt.
- 6 Chop 3 to 4 strawberries (or whatever berries you like) and add on top.
- 7 Leave to set in the fridge overnight.

NOTES & TIPS

Crunchy peanut butter works best. Strawberry or vanilla flavoured natural yogurt works best. Fresh fruit rather than frozen tastes better.



Berry Almond Butter Smoothie

Submitted by **Rebeca Ruzicka**

SERVES

1

TIME

5 minutes

CATEGORY

Breakfast

INGREDIENTS

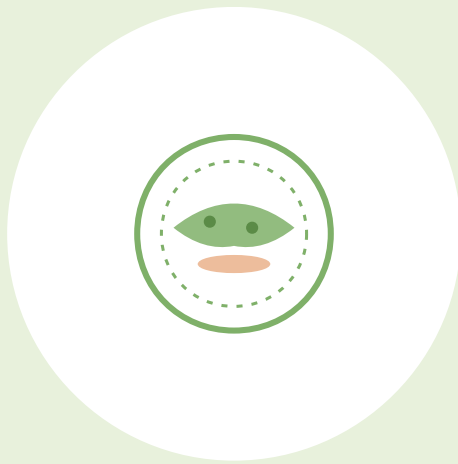
- 85g half-and-half cream
- 106g Greek yogurt
- 85g fresh berries
- 27g almond butter
- 11g almond flakes
- 2g sweetener

METHOD

- 1 Add the yogurt, cream, berries and almond butter to a bowl.
- 2 Add the sweetener and blend until smooth.
- 3 Pour into a tall glass and sprinkle with almond flakes.
- 4 Enjoy.

NOTES & TIPS

13g protein, 26g carbs, 30g fats, 429 kcal per serving.



Lunch

A midday lift



LUNCH

Fish Sauce Fried Rice

Submitted by **Olusegun Ayo Johnson**

SERVES

4 to 5

TIME

10 min prep, 20 min
cook

CATEGORY

Lunch

INGREDIENTS

- 3 cups cooked rice (preferably day-old, jasmine or basmati)
- 2 tbsp vegetable oil
- 1 small onion, finely chopped
- 2 cloves garlic, minced
- 1 red chilli, sliced (or half a tsp chilli flakes)
- 1 cup mixed vegetables (peas, sweetcorn, diced carrot, chopped pepper)
- 2 eggs, beaten (optional)
- 2 tbsp fish sauce
- 1 tsp sugar
- Juice of half a lime, plus extra wedges to serve
- Salt and black pepper
- Spring onions and fresh coriander, chopped, to garnish

METHOD

- 1 Heat the oil in a wok or large frying pan over medium-high heat.
- 2 Add the onion and garlic and stir-fry for 1 to 2 minutes until softened and fragrant.
- 3 Add the chilli and mixed vegetables. Stir-fry for 2 to 3 minutes until just tender.
- 4 Push the vegetables to one side of the pan. Pour the beaten eggs into the empty side and scramble briefly until just set, then mix through the veg.
- 5 Add the cooked rice, breaking up any clumps. Stir-fry for 3 to 4 minutes until heated through and slightly crisp at the edges.
- 6 Drizzle in the fish sauce, sprinkle in the sugar, and squeeze over the lime juice. Toss everything to coat evenly.
- 7 Taste and adjust with salt, pepper, or a little more fish sauce or lime if needed.
- 8 Scatter over the spring onions and coriander. Serve immediately with extra lime wedges.

NOTES & TIPS

Day-old cold rice works best because it is drier and won't go mushy in the wok. If using fresh rice, spread it on a tray to cool and dry out for 20 minutes. The balance of salty (fish sauce), sweet (sugar) and sour (lime) is what makes this dish, so adjust to taste. For extra protein, stir through cooked prawns, shredded chicken or crispy tofu near the end.



LUNCH

Chicken & Avocado Wrap

Submitted by **Neethu Jishnu**

SERVES

1

TIME

10 to 15 minutes

CATEGORY

Lunch

INGREDIENTS

- 1 wholemeal wrap
- 1 cooked chicken breast (grilled or leftover), sliced
- Half a ripe avocado
- Handful of spinach or lettuce
- 4 to 5 cherry tomatoes, chopped
- 1 tbsp Greek yogurt or light mayo
- Squeeze of lemon
- Salt and pepper

METHOD

- 1 Mash the avocado with lemon, salt and pepper.
- 2 Spread it over the wrap.
- 3 Add chicken, spinach and tomatoes.
- 4 Drizzle yogurt or mayo on top.
- 5 Roll it up tightly and cut in half.

NOTES & TIPS

Swap chicken for boiled eggs, tuna or chickpeas for variety. Add cucumber or grated carrot for extra crunch. If packing for later, keep the tomatoes separate to avoid sogginess. A pinch of chilli flakes or black pepper adds a nice kick. Works well with leftover roast chicken, saves time and reduces waste.



LUNCH

Creamy Chicken Fajita Protein Wraps

Submitted by **Lilian**

SERVES

6

TIME

15 minutes

CATEGORY

Lunch

INGREDIENTS

- 6 protein wraps
- 3 large chicken breasts
- 250g light cream cheese
- 3 peppers
- 2 red onions
- 1 packet of fajita seasoning
- Sprinkle of cheese

METHOD

- 1 Cut chicken, peppers and onions into small pieces.
- 2 Heat a drop of oil in a pan.
- 3 Add the chicken to the pan.
- 4 When nearly cooked, add the veg.
- 5 Add half the seasoning packet and mix.
- 6 Wait until cooked, then make space in the middle of the pan.
- 7 Add the full container of cream cheese and 4 tablespoons of water. Mix until creamy.
- 8 Add the rest of the seasoning and mix again.
- 9 Simmer on low heat for 5 minutes.
- 10 Heat your wraps however you prefer.
- 11 Spoon the chicken and sauce onto each wrap, sprinkle with cheese, and roll up.

NOTES & TIPS

These are great for meal prep. Let them cool then freeze. Air fry for 3 minutes if not frozen, 10 minutes if frozen. Add lettuce or anything else you like before eating.



LUNCH

Almond Pesto Chicken

Submitted by **Josy Varghese**

SERVES

2 to 3

TIME

30 to 40 minutes

CATEGORY

Lunch

INGREDIENTS

- 1kg or 500g boneless skinless chicken breasts or thighs, cut into bite-sized pieces
- 2 tbsp butter
- 3 cups mixed veggies (bell peppers, courgette, broccoli, snap peas)
- 1 tsp turmeric powder
- Half a tsp salt
- Half a tsp black pepper
- Almond dressing: half a cup raw almonds (soaked and peeled), 3 cloves garlic, 3 tbsp olive oil, quarter to half cup water, pinch of salt

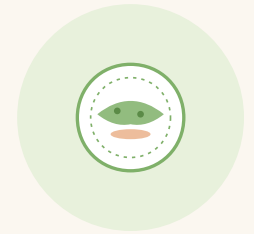
METHOD

- 1 Heat a pan, add butter, and stir-fry the chicken with salt, pepper and turmeric until cooked through. Remove and set aside.
- 2 For the dressing: blend the soaked and peeled almonds with garlic, salt, olive oil and water until smooth.
- 3 In the same pan, saute the vegetables with salt and pepper. Add the cooked chicken back in and mix well.
- 4 Transfer to a bowl, add the almond dressing and mix well.

NOTES & TIPS

The garlic in the dressing is raw and can be sharp. For a mellower flavour, saute the cloves for 60 seconds before blending. Save 3 or 4 of the soaked almonds, sliver them thinly and toast in a dry pan, then sprinkle on top for a nice crunch.

LUNCH



Chicken Caesar Salad

Submitted by **Gangerel**

SERVES

1 to 2

TIME

20 minutes

CATEGORY

Lunch

INGREDIENTS

- 200 to 300g chicken breast
- 200g fresh lettuce
- 30g corn
- Cucumber
- Cherry tomatoes
- Caesar sauce

METHOD

- 1 Cook the chicken.
- 2 Mix all the ingredients together and dress with Caesar sauce.



LUNCH

Egg Omelette Sandwich

Submitted by **Brenda Zamora**

SERVES

1

TIME

15 minutes

CATEGORY

Lunch

INGREDIENTS

- 2 eggs
- A splash of milk
- Salt and pepper
- A drizzle of cooking oil
- 2 slices of your preferred bread
- Fillings of your choice (cheese, spinach, onion, grated carrot)

METHOD

- 1 In a bowl, whisk together the eggs with a splash of milk. Add salt and pepper to taste.
- 2 Heat a drizzle of oil in a frying pan. Once hot, pour in the egg mixture as if making an omelette.
- 3 Place two slices of bread on top of the egg mixture.
- 4 Cook over medium heat until the eggs are set and you can flip the omelette using a spatula.
- 5 After flipping, add your favourite fillings such as cheese, spinach, onion or grated carrot.
- 6 Fold the omelette so it forms a sandwich.
- 7 Your healthy meal is ready to enjoy.
- 8 Serve with coffee, tea or a refreshing drink.

NOTES & TIPS

You can substitute the bread with a flour tortilla for a different variation.



Dinner

Hearty evening meals



DINNER

Slow-Cooked Meat Stew

Submitted by **Salah Mansouri**

SERVES

2

TIME

3 hours

CATEGORY

Dinner

INGREDIENTS

- Lamb or beef
- Garlic
- Salt
- Black pepper
- Paprika
- Chilli pepper
- Cumin
- Oil
- Onion
- Chickpeas
- Water
- Tomato paste
- Almonds
- Butter

METHOD

- 1 Place lamb or beef in a pot with garlic, salt, black pepper, paprika, dried peppercorns, cumin, oil and onion.
- 2 Set on the stovetop and brown the meat.
- 3 Add chickpeas and enough water to cover.
- 4 Once water boils, stir in tomato paste.
- 5 Simmer until the meat is tender and the chickpeas are cooked.
- 6 Optional: substitute almonds for chickpeas. Cook them separately in a pan with a little oil and butter until golden brown.

NOTES & TIPS

Taste the meat until it melts in your mouth and the chickpeas are cooked enough to remove.



DINNER

Prawn Linguine

Submitted by **Chelsea Byrne**

SERVES

As many as you like

TIME

15 min prep, 45 min to
1 hr 10 min cook

CATEGORY

Dinner

INGREDIENTS

- Prawns
- Linguine pasta
- Olive oil
- Cherry tomatoes
- Basil
- Chilli flakes
- Garlic powder
- Parmesan cheese (optional)

METHOD

- 1 Prepare your ingredients.
- 2 Boil the linguine.
- 3 Season your prawns.
- 4 Chop the cherry tomatoes and any other veg.
- 5 Cook prawns on a pan with basil, garlic powder, chilli flakes and cherry tomatoes.
- 6 Drain the linguine.
- 7 Add the linguine to the wok with the prawns and seasoning. Toss together.
- 8 Serve.



Roasted Salmon with Veggies

Submitted by **Gabriella Ramos**

SERVES

2

TIME

30 minutes

CATEGORY

Dinner

INGREDIENTS

- 4 salmon darnes
- 1 tbsp finely chopped garlic
- 1 cup cherry tomatoes
- 1 cup carrots
- 1 cup sliced potato
- Salt and pepper
- Olive oil

METHOD

- 1** Line a tray with kitchen foil and place the salmon, potatoes, cherry tomatoes and garlic on it.
- 2** Season with salt and pepper, drizzle with olive oil to taste.
- 3** Cover with foil and roast at moderate heat for 20 to 30 minutes.

NOTES & TIPS

Remove the foil for the last 10 minutes for a golden colour on the salmon and veggies.



Protein Bowl

Submitted by **Jeeji Baby**

SERVES

2

TIME5 min prep, 10 min
cook**CATEGORY**

Dinner

INGREDIENTS

- 1 cup cooked rice or quinoa
- 1 chicken breast (or chickpeas/tofu for vegetarian)
- Half a tsp paprika
- Half a tsp curry powder
- 1 tbsp soy sauce
- 1 tsp olive oil
- Handful of spinach or mixed greens
- Half a cup canned chickpeas
- 2 tbsp Greek yogurt
- Quick dressing: 1 tbsp yogurt, squeeze of lemon, pinch of salt

METHOD

- 1 Heat oil in a pan and cook the chicken with paprika, curry powder, salt and pepper for 6 to 8 minutes.
- 2 Add chickpeas and soy sauce, cook for 2 minutes.
- 3 Toss in the spinach until wilted.
- 4 Add the cooked rice or quinoa and mix.
- 5 Turn off the heat and stir in the yogurt for a creamy finish.
- 6 Serve and drizzle with the lemon yogurt dressing.

NOTES & TIPS

Use microwave rice or leftover rice to cut cooking time. Stores in the fridge for up to 2 days, perfect for next-day lunch. Swap curry powder for peri-peri, Cajun or mixed herbs. Vegetarian: swap chicken for tofu or extra chickpeas, use plant-based yogurt. Add a boiled egg or pumpkin/sunflower seeds for extra protein. Frozen peas, sweetcorn or broccoli can be added without extra prep. One pan, less cleanup. This is my go-to meal after a long day at work.



DINNER

Healthy Chicken & Broccoli

Submitted by **Jeethu Elsa Varghese**

SERVES

3

TIME

10 min prep, 15 min
cook

CATEGORY

Dinner

INGREDIENTS

- 1 chicken breast cut into small pieces
- 1 cup mixed vegetables and broccoli
- 1 tbsp olive oil
- Salt and pepper
- 1 tbsp soy sauce (optional)

METHOD

- 1 Heat olive oil in a pan.
- 2 Add the chicken pieces and cook through.
- 3 Add the broccoli and stir-fry for 5 to 7 minutes.
- 4 Season with salt, pepper and soy sauce.
- 5 Mix well and serve hot.



Diet Coke Chicken

Submitted by **Anne Marie Dowd**

SERVES

4

TIME

15 min prep, 40 to 45
min cook

CATEGORY

Dinner

INGREDIENTS

- 3 to 4 chicken breasts
- 1 medium onion
- 1 red pepper
- 1 yellow pepper
- 1 green pepper
- 2 cloves garlic
- Low-cal spray oil
- Sauce: 300ml chicken stock, 1 can diet coke, 8 tbsp passata, 4 tbsp tomato puree, 1 tbsp soy sauce, 1 tbsp Worcester sauce, a quarter tsp mixed herbs

METHOD

- 1 Chop all your vegetables into medium-sized chunks.
- 2 Chop the chicken into bite-sized pieces.
- 3 Add spray oil to the pan. Once heated, add the chicken to a wok or large frying pan and cook until sealed on all sides.
- 4 While the chicken is sealing, prepare the sauce mixture by adding the stock cube/pot to the water and combining with the other sauce ingredients.
- 5 Add all the vegetables to the chicken and combine for 1 to 2 minutes.
- 6 Pour in the sauce mixture, bring to the boil, then reduce heat and simmer for 40 to 45 minutes. The simmer time will let the sauce thicken (for a thicker sauce, reduce stock to 200ml).
- 7 Serve with wholegrain rice and enjoy.

NOTES & TIPS

Works well with pork or strips of beef instead of chicken. For a fruitier option, swap diet coke for Fanta Zero.



Chestnut, Beans & Veg Stir-Fry with Brown Rice

Submitted by **Sara Kelly**

SERVES

Family-sized
(vegetarian/vegan)

TIME

10 min prep, 20 min
cook

CATEGORY

Dinner

INGREDIENTS

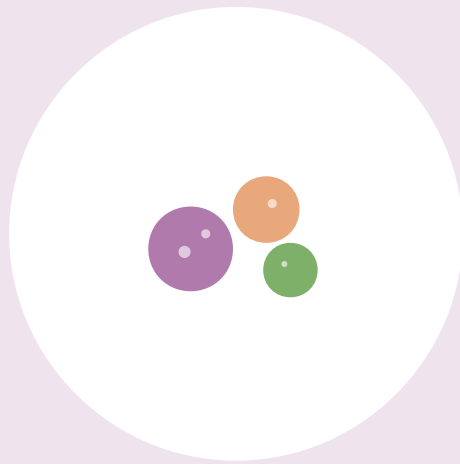
- A bag of chestnuts
- A bag of frozen veg (broccoli, cauliflower, carrots and peas)
- Organic 4-bean mix
- Small bag of brown rice
- 1 jar of organic Italian pasta sauce with olives and capers
- 1 onion
- 1 large garlic clove
- 2 tsp turmeric
- 2 tsp cinnamon
- 2 tsp ginger
- 2 tsp smoked paprika
- Half a tsp chilli
- 3 tbsp extra virgin olive oil

METHOD

- 1 Drain the beans and leave them to soak in some water for a few minutes, then cook in a saucepan until soft.
- 2 Cook the frozen veg in a saucepan until soft.
- 3 Heat the oil in a saucepan.
- 4 Chop the onion and garlic and saute in the pan.
- 5 Sprinkle in all the spices and leave on a low heat.
- 6 Add the beans and stir.
- 7 Pour in the Italian pasta sauce, bring to the boil, then simmer on low.
- 8 Add the veg.
- 9 Add the chestnuts and leave simmering on low.
- 10 Cook the brown rice in a bag in boiled water for 10 minutes.
- 11 To serve: place the rice in the middle of the plate, spoon the stir-fry around it, and enjoy.

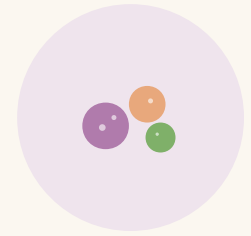
NOTES & TIPS

Delicious, nutritious and vegetarian/vegan. A hearty plant-based dinner ready in around half an hour.



Snack

Quick bites and pick-me-ups



Oat, Banana & Chocolate Muffins

Submitted by **Diana Formichelli**

SERVES

5

TIME10 min prep, 20 min
cook**CATEGORY**

Snack

INGREDIENTS

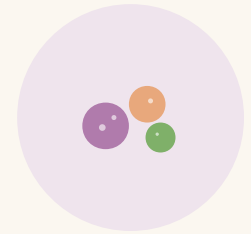
- 2 bananas (not too ripe)
- 2 cups oats
- 2 eggs
- Half a cup Greek yogurt
- Half a tsp vanilla
- 2 tsp baking powder
- Half a tsp baking soda
- An eighth tsp table salt
- A quarter tsp cinnamon
- Dark chocolate chips

METHOD

- 1 Preheat the oven to 200C.
- 2 Blend everything except the chocolate chips.
- 3 Pour into muffin moulds.
- 4 Add the chocolate chips on top.
- 5 Bake for 15 to 20 minutes.

NOTES & TIPS

These muffins are a healthier homemade snack made with simple, wholesome ingredients. Naturally sweetened with banana and easy to customise to reduce added sugar.



Energy Bites

Submitted by **Diana Formichelli**

SERVES

4

TIME

20 min prep, no cook

CATEGORY

Snack

INGREDIENTS

- 1 tsp cinnamon
- 1 tbsp chia seeds
- 1 tbsp flaxseeds
- A splash of vanilla extract
- 1 tbsp coconut oil
- 1 tbsp honey
- 1 tsp stevia
- 1 tbsp shredded coconut
- 5 tbsp peanut butter
- 3 tbsp chocolate chips

METHOD

- 1 Mix everything with a spoon.
- 2 Shape into balls of your preferred size.

NOTES & TIPS

Ideal for people who need quick energy during the day. Great for athletes or anyone who exercises. Perfect as a healthy snack between meals. A good option for kids as a homemade, energising snack.



Smoothie

Blended & nourishing



SMOOTHIE

Pink Smoothie

Submitted by **Gabriella Ramos**

SERVES

2

TIME

5 to 10 minutes

CATEGORY

Smoothie

INGREDIENTS

- 1 frozen banana
- 1 cup frozen strawberries
- 1 tsp honey
- 1 cup milk or natural yogurt

METHOD

1

Blend everything together until smooth.



Banana & Blueberry Smoothie

Submitted by [Neenu Treasa Chathanat Sebastian](#)

SERVES

1

TIME

5 minutes

CATEGORY

Smoothie

INGREDIENTS

- 1 ripe banana
- Half a cup blueberries (fresh or frozen)
- 1 cup milk
- 1 to 2 tsp honey (as needed)

METHOD

- 1 Peel the banana and cut it into slices.
- 2 Add the banana slices to a blender.
- 3 Add the blueberries and milk.
- 4 Add honey to taste.
- 5 Blend until smooth and creamy.
- 6 Pour into a glass and serve immediately.

NOTES & TIPS

Use frozen blueberries for a thicker, colder smoothie. Adjust the honey to your sweetness preference. Add a few ice cubes for extra chill. Skip honey if the banana is already sweet. Best served immediately.



SMOOTHIE

Green Smoothie

Submitted by **Alphonsina Ineza**

SERVES

2 glasses

TIME

10 to 15 minutes

CATEGORY

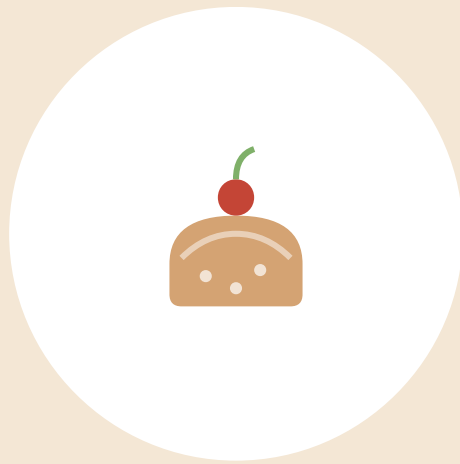
Smoothie

INGREDIENTS

- 2 cups baby spinach
- 2 pears
- 1 banana
- 1 small ripe avocado
- Handful of frozen cranberries
- Pinch of salt and cayenne
- Milk

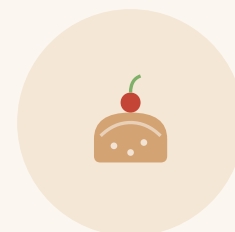
METHOD

- 1 Wash all the ingredients.
- 2 Cut the ingredients.
- 3 Place in a blender.
- 4 Add 2 cups of milk or juice (whichever you prefer) and blend for about 1 minute until smooth.
- 5 Pour and enjoy.



Dessert/Treat

Sweet finishes



Family Vanilla Sponge Cake

Submitted by **Makori**

SERVES

8 slices

TIME

15 min prep, 25 to 30
min cook

CATEGORY

Dessert/Treat

INGREDIENTS

- 175g softened butter (plus extra for greasing)
- 175g caster sugar
- 3 large eggs, at room temperature
- 175g self-raising flour
- 1 tsp baking powder
- 2 tbsp milk
- 1 tsp vanilla essence
- Optional: icing sugar to dust

METHOD

- 1 Preheat the oven to 180C (160C fan / gas mark 4). Grease and line the base of a 20cm round cake tin.
- 2 In a large bowl, beat the butter and sugar together with an electric whisk until pale and fluffy, around 3 to 4 minutes.
- 3 Add the eggs one at a time, beating well after each. If the mixture starts to curdle, add a tablespoon of the flour with the next egg.
- 4 Sift in the flour and baking powder, then fold gently with a metal spoon until just combined.
- 5 Stir in the milk and vanilla essence to loosen the batter to a soft, dropping consistency.
- 6 Spoon into the prepared tin and level the top.
- 7 Bake for 25 to 30 minutes, until risen, golden, and a skewer pushed into the centre comes out clean.
- 8 Cool in the tin for 10 minutes, then turn out onto a wire rack to cool completely.
- 9 Dust with icing sugar to serve, or sandwich two cakes with jam and whipped cream for a Victoria sponge.

NOTES & TIPS

Make sure the butter and eggs are at room temperature before you start, otherwise the mixture can split. The sponge keeps for up to 3 days in an airtight tin and freezes well, so you can make it ahead. To turn it into a celebration cake, double the recipe and bake in two tins for a sandwich sponge.



DESSERT/TREAT

Sugar-Free Banana Cake (Egg-Free, Dairy-Free)

Submitted by **Diana Formichelli**

SERVES

5

TIME

15 min prep, 30 to 40
min cook

CATEGORY

Dessert/Treat

INGREDIENTS

- 2 mashed bananas
- 2 tbsp chia seeds
- 1 and a half tsp baking powder
- A quarter tsp baking soda
- A quarter cup oil
- 2 cups oat flour
- Optional: dark chocolate chips and vanilla

METHOD

- 1 Mash the bananas.
- 2 In a glass, mix the chia seeds with 6 tablespoons of water and let sit for a few minutes until it forms a gel.
- 3 In a bowl, combine the banana, chia gel and oil.
- 4 Add the oat flour and mix.
- 5 Pour into a baking pan and bake at 180C for 30 to 40 minutes.

NOTES & TIPS

A healthier banana cake without added sugar or eggs. Great for those following an egg-free or dairy-free diet, and a good option for cleaner eating.

Now over to you

Pick your favourite. Cast your vote.

1

Try a recipe. Or three. The whole point is using this.

2

Vote on the form we sent alongside this cookbook.
One vote per person.

3

Voting closes Monday 4 May 2026.

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Winner announced Tuesday 5 May 2026 by email.

Thank you to our contributors

Alphonsina Ineza, Anne Marie Dowd, Brenda Zamora, Chelsea Byrne, Diana Formichelli, Gabriella Ramos, Gangerel, Jeeji Baby, Jeethu Elsa Varghese, Josy Varghese, Lilian, Louise Gillanders, Makori, Neenu Treasa Chathanat Sebastian, Neethu Jishnu, Nova Alphons Shaji, Olusegun Ayo Johnson, Rebeca Ruzicka, Salah Mansouri, Sara Kelly

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