

RECIPES | STRESS-SOOTHERS | INSPIRATION

W Healthy @ home

Banana
lover's
flourless
pancakes

50
little
ways to
stay well now



You've got this.

These days, home is where the... *everything* is: the office, gym, school - all of it! Combining 24/7 access to the fridge and the stress of trying to maintain a sense of normality when the world feels upside down is tough. But here's

the thing: the right tips and tools can make everything from mindful eating to self-compassion come easier. To give you an extra wellness boost, WW is serving up 50 simple ways to keep on track, stay active, and eat well (even when the

supermarkets aren't fully stocked). Give 'em a go - and stay healthy!

1 WAY TO STAY MOTIVATED

Support is key for fueling weight-loss success at any time - and especially now. Stay in touch with your crew via social media (including Connect and our live Virtual Workshops).

5 dinners

that lean on your freezer
and storecupboard

For all
recipes,
see pages
24-31.



Pasta with creamy broccoli sauce

Made from just six ingredients!



Mini mushroom & ricotta lasagne

These tasty individual lasagnes are veg-packed.



Mexican-style brown rice casserole

A burrito in a bowl—but lighter!



One-pan cheesy sausage, rice, & cauliflower casserole

Use whatever veggies you have!



Turkey & white bean chili

Tinned beans and frozen turkey mince feature in this cosy meal.

FREEZING LEFTOVERS?

Choose containers that close tightly to prevent ice crystals from forming. Plastic freezer bags, tightly wrapped aluminum pans, jars with screw-on tops, and reusable hard plastic food containers are all good options.

4 ways to cure cabin fever with kids at home

Find a few moments of calm and burn off bouncy energy with these ideas.

Take a virtual field trip

You can't exactly hop on a plane to Paris and cruise the Louvre right now, but thanks to virtual tours, you and your kids can still marvel at the museum's iconic Galerie d'Apollon right from the family laptop. It's one of many free virtual field trips being offered by cultural sites, zoos, aquariums, and other attractions around the world, proving you don't need to leave home - or even the couch - to broaden your family's horizons.

Try free teaching tools

Whether your family is in full homeschool mode or you just want your kids to enjoy some extra enrichment while you tackle your own to-do list, check out some of the educational companies that are offering up free (yes, free!) online subscriptions right now. Participating companies include BrainPop, Scholastic, Khan Academy, and many more.

Share some TikToks

If you have tweens or teens in your household, chances are you've heard of TikTok, the wildly popular platform for sharing short-form dance, lip sync, and comedy videos. Next time your family needs a laugh, try choreographing some clips together. Yes, you'll probably look ridiculous, but that's the point. Plus, these moves totally count as exercise!

Get cooking together

Even when you're not social distancing, it's a great idea to put your kiddos to work in the kitchen: research shows that involving children in food prep can increase their veggie intake. Peer into the fridge together, have your kids pick a few favourite ingredients, then delegate age-appropriate tasks, such as measuring, cracking eggs, and washing fruit & veg. True, there may be a little more mess, but it's worth it.



MAKE A MOVE

Wrestling with restless kiddos? Learn a TikTok routine together for a hilarious dose of fun.

3 tinned soup hacks

Whether you're cranking open a can of tomato or chicken soup, these tricks can make the not-so-homemade meal taste *amazing*.

Top it with something crispy

After ladling out the soup into bowls, add exciting texture to each bite by sprinkling on a crunchy topper. Try homemade croutons, a few crumbled tortilla chips - even a handful of plain popcorn.



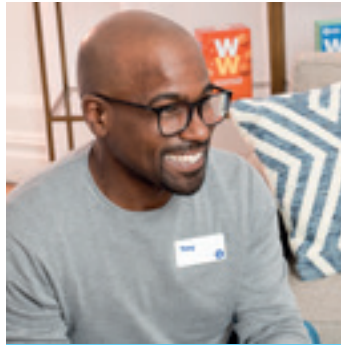
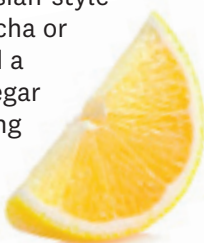
Add something savoury

Boost the depth of flavour in your favorite canned soup with a sprinkle of grated cheese, a spoonful of brine-y capers or chopped olives, or some chopped sun-dried tomatoes. Every bite will taste a little more special.



Squeeze on something acidic

If you're serving a veggie variety of soup, try adding a squeeze of fresh lemon or lime juice just before serving to make the flavors pop. For Mexican- or Asian-style soup, squeeze on Sriracha or another hot sauce. And a splash of balsamic vinegar complements everything from lentil soup to tomato bisque.



3 STAY-ON-TRACK TIPS

We asked WW Coaches what they're doing to continue toward their goals. Permission to steal their strategies!

Plan in advance

I pre-track - even if I know I'll go over my SmartPoints® Budget.

**Jocelyn S.,
Long Beach, California**

Set a schedule

I keep to a morning routine when working from home to make healthy habits easier.

**Anita S.,
Valley Cottage, New York**

Stay positive

I reframe negative thoughts. For example, *I'm stuck inside* becomes *I get to stay at home because I'm safe*.

**Diamond W.,
Falls Church, Virginia**

1 DIY way to get your coffee shop fix

Miss your Starbucks run? Become your own barista with this simple, frothy hazelnut latte. The key to the creamy whipped topping? A blender!

Serves 2 Prep 5 mins Cook 5 mins



STEP 1. In a small saucepan, heat **160ml water** and **15g instant coffee powder** over a medium-high heat until simmering. Stir in **200ml almond milk** and cook for about 1 minute, until very warm but not boiling.

STEP 2. Transfer the hot coffee mixture to a blender. Add **3 tsp chocolate-hazelnut spread** and blend on a high speed until very frothy, then divide between 2 mugs. Sprinkle over a **pinch of cinnamon** before serving.



1 GREAT YOGA WORKOUT

Stretch out stress by striking a (warrior) pose or downward dog. Regularly practicing yoga has been shown to help reduce feelings of depression and anxiety. (WW members can access free audio and video yoga routines right from the WW app thanks to our partners, Aaptiv and FitOn. Some workouts take less than five minutes!)



4 baking projects for when you're bored

Satisfy a sweet tooth (and take a break from all that Netflix) by whipping up one of these treats.

For all recipes, see pages 24-31.



Easy cinnamon rolls
Greek yogurt lightens up this treat.



Chocolate chip-walnut cookies
Crunchy edges, soft in the middle!



Individual mixed berry crumbles
Frozen berries star in this dessert.

TINNED BLACK BEANS

add fibre and help keep these treats moist.



Rich chocolate brownies
These take seven minutes to prep!

4 ways to set up a healthier living room

Spending more time on the couch these days? Here's how to make it a healthier zone in your home.



Scale back on trays and side tables. They can make mindless eating way too convenient. Consider this: If there's no place to rest a bag of crisps, you may be less likely to bring it into the room to begin with.

Skip the sweets bowl. Some of us keep a bowl filled with sweets or other treats out on display. Just don't - there are only so many times you're going to be able to walk past the bowl without grabbing a handful or two.

Clear space in the centre of the room. It'll allow you to stretch and tone while you watch your favourite shows. Even better, keep a yoga mat tucked away by the TV so that you have a cushy, sweat-safe surface to work out on.

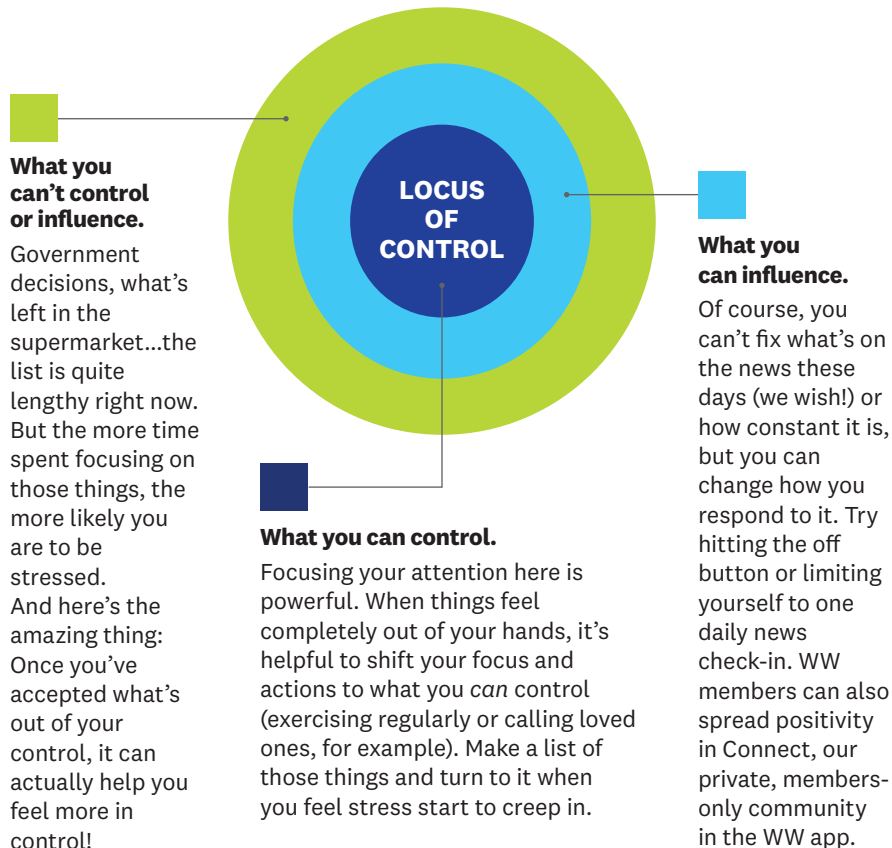
Consider your candles. Just smelling a delicious aroma (a "birthday cake" or "cinnamon bun" candle, say) can make you physically crave food. Keep the food-scented candles out of the room to avoid the urge to eat something sweet.

3 mindset techniques for easing stress

Turn to these science-backed strategies when it all feels too much. Deep breaths - you can do this.

Figure out what you can - and can't - control

Usually, the more in control we feel over what's happening in our lives, the happier, less stressed, and more motivated we are. So, at a time when things can feel completely out of your hands, it's helpful to shift your focus and actions to what you can control, day-to-day.



Practice 3 good things

It's human nature to feel stressed right now, but it can lead us to respond in unhelpful ways - like turning to food for comfort - and ultimately move us further from our goals. By responding to stress in more helpful ways, we can find a sense of balance. **One way you can ease stress right now:** shift your perspective. Write down three things you're grateful for - no matter how small or silly they might seem. Every dose of gratitude helps.

Think progress, not perfection

Trying to be perfect is unrealistic - and possibly a waste of time. Science shows that being kind to yourself when things don't go as planned can actually help you get back on track with eating better and moving more. Frustrated because you've veered off course? Cut yourself some slack by imagining what you'd say to a friend in the same situation. Then repeat.



3 hydration musts

Don't forget to sip while you're staying indoors! These tips can clue you in to whether you're guzzling enough water these days.

Look out for these symptoms

Thirst, headache, dry mouth, and fatigue are all signs of dehydration and an indication that you need to sip more.

Do a colour check Take a quick look at your urine. If it's pale yellow, you're probably drinking enough water. A dark yellow colour, however, could be a sign that you need to ramp up your water intake.

Keep track Count how many glasses of H₂O you swig each day so you can see if you're falling short. WW members can use the fun new water tracking feature in our app.

2

ways to use up bananas (that aren't banana bread)

These healthier breakfasts are a great way to use up going-brown bananas.

For all recipes, see pages 24-31.



Creamy banana French toast pudding



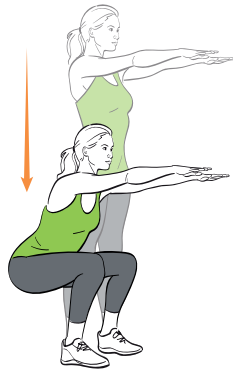
Banana lover's flourless pancakes

5 moves that pretty much do it all

Strengthen and tone from head to toe in just 10 minutes.

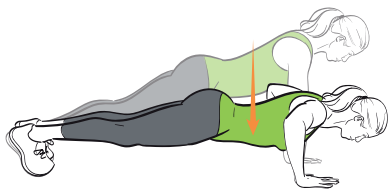
Squat

- ▶ Stand with feet slightly wider than shoulders, and arms extended at shoulder height in front of you, palms toward the floor.
- ▶ Push hips back and bend knees, keeping back straight and squatting until thighs are parallel to the floor.
- ▶ Rise to complete 1 rep. Do 15 reps.



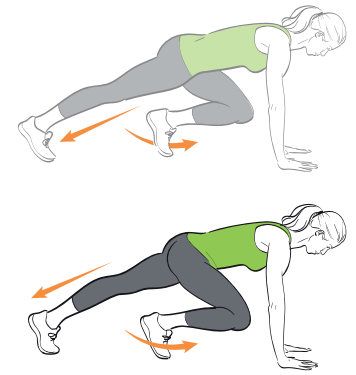
Push-up

- ▶ Begin in a high plank position with palms shoulder-width apart on the floor, legs extended behind you. (To make it easier, you can lower your knees to the floor.)
- ▶ Keeping body straight from head to heels (or knees), bend elbows, lowering chest toward the floor.
- ▶ Push up to start position to complete 1 rep. Do 15 reps.



Mountain climber

- ▶ Begin in a plank position with palms shoulder-width apart on the floor, legs extended behind you.
- ▶ Jump right foot forward, bringing right knee toward your arms. Immediately switch legs, jumping left foot forward as you extend right leg behind you.
- ▶ Switch legs again to complete 1 rep. Do 15 reps.



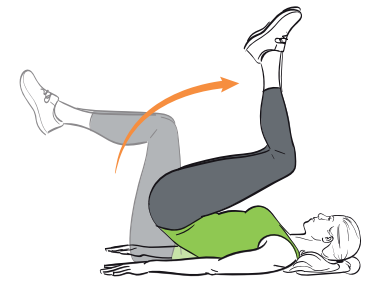
Lunge

- ▶ Stand with feet a stride's length apart, right foot forward and left heel lifted; place hands on your hips.
- ▶ Keeping shoulders aligned over hips, bend knees until front thigh is parallel to the floor.
- ▶ Return to start position to complete 1 rep. Do 10 reps, then repeat on opposite side.



Reverse crunch

- ▶ Lie face up on the floor with arms extended at your sides, palms on the floor next to hips.
- ▶ Bend knees 90 degrees and raise legs until shins are parallel to the floor and knees are aligned over hips.
- ▶ Curl knees toward chest as you lift hips and lower back, then lower to start position to complete 1 rep. Do 15 reps.





3 ideas for getting in more steps at home

- **March on the spot** while watching TV. For proper form, engage your core (like someone is about to punch you in the stomach), drive your knees up, and pump your arms.
- **Pace around** when you're on the phone catching up with friends and family or while taking non-Zoom work calls. Make it a rule that you take every phone call standing up!
- **Dance!** Put on some tunes and bop around to hike up your step count.

HEADED OUTSIDE?

Get more from outdoor walks by adding short bursts of speed. Here's how: find a spot in the distance and pick up your pace until you reach it. Go back to your usual pace for a minute, then repeat five to ten times.

4 ZeroPoint™ foods that are cooking superstars

Stock the fridge and storecupboard with these kitchen heroes.

Courgettes

It might sound unusual but you can use courgettes in baking! The vegetable keeps cakes light and moist. **TRY: Courgette cake with lemon & poppy seed frosting, page 29**

Cauliflower rice

If you can't buy this white rice substitute frozen, make it fresh. Wash and dry a whole cauliflower, remove greens, and cut into quarters. Grate those quarters into rice-sized pieces. **TRY: Cauliflower 'rice' and chicken traybake page 30**

Frozen berries

You don't need to defrost the fruit when using in baked goods, but because frozen berries tend to release more liquid than fresh fruit, you may want to cut the liquid you add to, say, a batter. **TRY: Mixed berry bread, page 30**

Tomato purée

Use it as a pizza sauce or, to add depth to dishes like quinoa and farro, stir in a dollop while cooking the grains. **TRY: Bean, veg & quinoa soup, page 31**

Find these recipes in the WW app!



4 things to do when you can't sleep

Tossing and turning? Try these tips.

GET OUT OF BED

It may seem counterproductive, but for some people, lying in bed trying to sleep will only make it harder to drift off. If you can't fall asleep in the first 15 to 20 minutes, you should do things that are non-stimulating in dim light. Whatever you choose to do, just make sure it doesn't involve a screen. Blue light emitted from certain electronics, like mobile phones and tablets, can suppress the secretion of melatonin, the hormone that tells your body it's time to fall asleep.

DON'T WATCH THE CLOCK

If you wake up in the middle of the night, avoid looking at the clock. Counting how much time you have until your alarm goes off isn't going to get you anywhere. In fact, it could increase your anxiety, making it even more difficult to fall asleep. Remind yourself of that the next time you're counting sheep and are tempted to check your phone. Instead, focus on relaxing. When the stress of knowing how much sleep you're missing out on disappears, you may find it's easier to nod off!

BREATHE DEEPLY

There's a reason yoga and meditation can make you feel so relaxed: when you focus on breathing, it's hard to focus on anything else. Cutting out some of the noise in your mind is an important step toward falling asleep. Try this: inhale slowly for the count of four, hold your breath for the count of seven, then exhale slowly for the count of eight. Continue until you feel more relaxed—once you are, it should be easier for you to drift off to dreamland.

START A WORRY LIST

Mind racing these days? You're not alone! But taking your worries to bed can keep you up at night. Instead, set aside a few minutes each evening to jot down what's on your mind, then put the list aside and head to bed. Research shows that just five minutes of writing out your to-do list before bed can help you fall asleep faster.

BETTER SLEEP STARTS HERE 

Check the temperature.

18°C is the thermal sweet spot that seems to keep sleepers comfortably warm without overheating.

Dim the lights.

Turning down the lights about an hour before bedtime gives your body the cue that it's time for sleep. If light shines into your bedroom, consider using an eye mask.

Skip the nightcap.

While a glass or two of wine might seem to promote zzz's by making people feel pleasantly drowsy, alcohol can actually undermine sleep quality in the second half of the night.

RECIPES

5 dinners (pages 4-5)

Pasta with creamy broccoli sauce

Serves 4 Prep 15 min Cook 15 min

6 6 3

320g frozen broccoli
250g chickpea pasta
40g vegetarian Italian-style hard cheese, grated
1½ tsp olive oil
1 garlic clove
Zest and juice of 1 lemon, plus wedges to serve

1 Bring a large pot of water to a boil. Add the broccoli and cook for 3 minutes. Remove the broccoli from the water with a slotted spoon and set aside. Add the pasta to the water and cook for 7-10 minutes, until al dente. Remove and drain, reserving 120ml pasta water with a ladle.

2 In a blender, combine a third of the broccoli, the reserved pasta water, 2 tbsp cheese, oil, garlic, lemon zest and juice. Season with salt and pepper and blitz until creamy and smooth.

3 Return the pasta and remaining broccoli to the pot. Add the sauce and toss gently to coat. Sprinkle with the remaining cheese and serve with lemon wedges on the side.

Mini mushroom & ricotta lasagnes

Serves 8 Prep 25 min Cook 40 min

9 9 9

4 tsp olive oil
2 leeks, trimmed and thinly sliced
4 garlic cloves, crushed
1 tbsp fresh thyme, chopped
1kg chestnut mushrooms, sliced
200g kale, stems removed and leaves chopped
40g blanched almonds, coarsely chopped
720g ricotta
10g fresh chives, finely chopped
20g vegetarian Italian-style hard cheese, grated
1 egg
6 fresh lasagne sheets
300g cherry tomatoes, halved
Calorie controlled cooking spray
Rocket, to serve

1 Heat 1 tsp oil in a large pan over a medium heat. Cook the leeks, stirring, for 6-7 minutes until softened. Add the garlic and thyme and stir for 1 minute more. Transfer to a large bowl.

2 Heat 1 tsp oil in the same pan over a high heat. Add half the mushrooms and cook for 3-4 minutes until tender. Transfer to the bowl with the leeks. Repeat with another 1 tsp oil and the remaining mushrooms. Drain any excess moisture from the mushrooms.

3 Heat the remaining oil in a pan over a medium-high heat. Add the kale and cook in 2 batches for 3-4 minutes until wilted. Add the almonds and toss to combine.

4 In a bowl, combine the ricotta, chives, grated cheese and egg. Season to taste.

5 Preheat the oven to 180°C, fan 160°C, gas mark 4. Cut each lasagne sheet into 4 and cook, in batches, in a large pan of salted boiling water for 1-2 minutes (don't stir, or they will break). Drain carefully.

6 Mist 2 baking trays with cooking spray. Place 4 lasagne pieces on each tray. Divide one-third of the ricotta mixture between all 8 pieces. Use half of the mushrooms and kale to top. Repeat with another layer of lasagne, another third of ricotta, and the remaining mushrooms and kale. Finish with a final layer of lasagne and the remaining ricotta. Top with the tomatoes and bake for 5-10 minutes. Garnish with the rocket and serve.

Mexican-style brown rice casserole

Serves 6 Prep 25 min Cook 30 min

9 7 2

Calorie controlled cooking spray
800g cooked brown rice
325g fresh salsa (no oil)
1 tsp ground cumin
400g tin refried beans
280g frozen sweetcorn
1 green chilli, diced
1 tbsp chilli powder
280g spinach
60g WW Reduced Fat Grated Mature Cheese

Handful roughly chopped fresh coriander, to serve

1 Preheat oven to 180°C, fan 160°C, gas mark 4. Coat a 2 litre baking dish with cooking spray.

2 In a large bowl, combine the rice, salsa and cumin. Spoon half of the rice mixture into the prepared dish and spread out to evenly cover the bottom.

3 In another large bowl, combine the refried beans, sweetcorn, green chilli, and chilli powder. Using a spatula, smooth out the bean mixture on top of the rice layer.

4 Squeeze out any excess water from spinach and then spread on top of the bean layer and sprinkle with most of the cheese. Top with the remaining rice mixture and top

with the remaining cheese.

5 Place the casserole on a large rimmed baking tray to catch any spillage. Bake for about 30 minutes until heated through and the cheese is browned and bubbling. Sprinkle with coriander (if desired), cut into 6 pieces and serve.

One-pan cheesy sausage, rice, & cauliflower casserole

Serves 4 Prep 15 min Cook 50 min

8 8 4

Calorie controlled cooking spray

1 onion, chopped
2 garlic cloves, crushed
4 chicken sausages, cooked and chopped
720ml chicken stock, made with 1 stock cube
135g brown basmati rice
280g cauliflower, cut into florets
1 tsp plain flour
75g half-fat Cheddar cheese, grated
Handful roughly chopped fresh flat-leaf parsley, to serve

1 Mist a large ovenproof pan with cooking spray and put over a medium heat. Add the onion and garlic, then cook for 5 minutes, stirring occasionally. Add the sausage and cook for 3 minutes or until lightly browned. Add two-thirds of the chicken stock and the rice, then season and bring to a boil. Reduce the heat to medium-low, and cook for 30 minutes or until the rice is almost tender. Stir in the cauliflower, cover and cook for about 5 minutes, until the cauliflower and rice are cooked.

2 Preheat the grill. In a small bowl, whisk together the remaining chicken stock and the flour. Stir the mixture into the rice. Increase heat to medium-high and bring to a boil and cook for about 2 minutes until the sauce thickens.

3 Sprinkle the cheese over the rice mixture and grill until melted. Garnish with parsley.

Turkey & white bean chilli

Serves 4 Prep 15 min Cook 20 min

5 2 2

- 2 tsp vegetable oil
- 450g turkey breast mince
- 1 red onion, chopped
- 1 red pepper, chopped
- 1 yellow pepper, chopped
- 1 garlic clove, crushed
- 1½ tsp ground cumin
- ½ tsp dried oregano
- ¼ tsp ground cinnamon
- 1 tsp cayenne pepper
- 400g tin cannellini beans
- 300g salsa verde (we used Gran Luchito Tomatillo Salsa)
- 240ml chicken stock, made with ½ stock cube
- 60g 0% fat natural Greek yogurt
- 2 tbsp chopped fresh coriander
- 1 lime, cut into wedges, to serve

1 Heat the oil in a casserole dish over a medium-high heat. Add the turkey, season, and cook for about 3 minutes, breaking the turkey apart with a wooden spoon.

2 Add the onion and peppers. Cook, covered for 3-4 minutes, stirring occasionally, until tender. Add the garlic, cumin, oregano, cinnamon, and cayenne and cook for 30 seconds, stirring constantly, until fragrant. Stir in the beans, salsa, and stock and bring to the boil. Reduce heat to low and simmer, covered, for 10 minutes.

3 Ladle the chilli into 4 bowls, divide the yogurt between the dishes, and sprinkle with coriander. Serve with lime wedges.

4 baking projects (page 11)

Easy cinnamon rolls

Serves 12 Prep 15 min Cook 25 min

5 5 5

- 250g white self-raising flour, plus extra for dusting
- 75g icing sugar
- 370g 0% fat natural Greek yogurt
- 1¼ tsp vanilla extract
- 1 large egg
- 4 tbsp light brown sugar
- 1 tsp ground cinnamon
- Calorie controlled cooking spray

1 Preheat the oven to 180°C, fan 160°C, gas mark 4. Combine the flour and 2 tbsp icing sugar in a large bowl. In a separate bowl, whisk together 340g yogurt, 1 tsp vanilla extract and the egg. Add the yogurt mixture to the flour mixture; stir well with a wooden spoon until just combined and then keep kneading the dough in the bowl, for about 2 minutes until smooth.

2 Place a large piece of baking paper on a work surface and sprinkle with a little flour. Place dough on the paper, and roll into a 30 x 23cm rectangle. Sprinkle evenly with the brown sugar and cinnamon, all the way to the edges. Starting with a long edge, use the baking paper to help roll up the dough to form a 30.5cm long roll. Cut roll into 2.5cm slices. Arrange dough slices in a 28 x 18cm baking dish misted with cooking spray. Bake until lightly browned for 22-25 minutes. Let stand for 10 minutes.

3 Combine the remaining icing sugar, yogurt and vanilla, stir until smooth, then drizzle the glaze over the cinnamon rolls and serve warm.

Chocolate chip-walnut cookies

Serves 36 Prep 20 min Cook 45 min

4 4 4

- 170g tinned chickpeas, drained and rinsed
- 1 tsp vanilla extract
- ½ tsp apple cider vinegar
- 4 tbsp low-fat spread
- 165g light brown sugar
- 65g caster sugar
- 1 large egg
- 250g plain flour
- 40g porridge oats
- 1 tsp baking powder
- 1 tsp salt
- Pinch of ground cinnamon
- 160g milk chocolate chips
- 60g walnuts, chopped

1 Preheat the oven to 180°C, fan 160°C, gas mark 4 and line 2 baking trays with baking paper.

2 In a mini food processor, process the chickpeas until almost smooth, for about 30 seconds. Add 1 tsp water, the vanilla extract and vinegar and process until smooth and creamy.

3 Spoon the chickpea mixture into a large bowl. Add the spread and beat until fluffy and smooth. Stir in the sugars and beat until well blended, then beat in the egg.

4 In a medium bowl, whisk together the flour, oats, baking soda, salt, and cinnamon. Add the flour mixture to the sugar mixture. Beat until almost fully combined but some streaks of flour remain. Add the chocolate chips and walnuts and mix in to combine.

5 Scoop slightly rounded tablespoons of the mixture onto the prepared baking trays, leaving plenty of room for the cookies to spread. Use the back of a wet spoon to flatten the tops of the cookies slightly, then bake for 15-20 minutes or until golden at the edges. Repeat with remaining dough.

Individual mixed berry crumbles

Serves 4 Prep 15 min Cook 30 min

7 7 7

- Calorie controlled cooking spray
- 350g frozen mixed berries
- 1 tbsp granulated sugar
- 10g dried tapioca
- 15g porridge oats
- 1 tbsp plain flour
- 20g walnuts, chopped
- 2 tbsp light brown sugar
- 4 tsp walnut oil
- 2 tsp maple syrup
- Pinch of salt
- Pinch of ground cinnamon

1 Preheat oven to 180°C, fan 160°C, gas mark 4. Mist 4 small ramekins with cooking spray.

2 In a large bowl, combine the berries, granulated sugar and tapioca, then evenly divide among ramekins.

3 Add the remaining ingredients to the same bowl and stir until crumbly, then evenly divide the mixture over the fruit filling. Bake for about 30 minutes, until browned and bubbling. Let cool for a few minutes before serving.

Rich chocolate brownies

Serves 24 Prep 7 min Cook 30 min



Calorie controlled cooking spray

½ x 400g tin black beans, drained and rinsed

60ml strong black coffee

110g low-fat spread

110g dark chocolate

4 large eggs

250g caster sugar

1 tsp vanilla extract

Pinch of salt

125g plain white flour

1 Preheat the oven to 180°C, fan 160°C, gas mark 4. Mist a 20cm square cake tin with cooking spray and line with baking paper.

2 In a blender or mini food processor, process the beans and coffee until smooth; set aside.

3 Melt the chocolate and spread in a bowl over a pan of simmering water. Make sure the bottom of the bowl doesn't touch the water in the pan and keep on a very low heat.

4 Meanwhile, in a medium bowl, using an electric mixer, beat the eggs and sugar until light and fluffy. With the mixer on a low speed, add the melted chocolate to the eggs and mix well. Add the black bean mixture, vanilla and salt, when combined, add the flour and beat thoroughly on a low speed.

5 Pour the mixture into the lined tin. Smooth the surface so it's even, then bake for 25-30 minutes until only a few crumbs remain when you poke it with a skewer or cocktail stick. Remove the tin from the oven and place on a wire rack. Leave until entirely cool, then remove the brownies. Cut into 24 pieces and serve.

2 ways to use up bananas (cover; pages 16-17)

Creamy banana French toast pudding

Serves 12 Prep 20 min Cook 35 min



Calorie controlled cooking spray

12 x 35g slices wholemeal bread, cut into quarters

240ml skimmed milk

160g maple syrup

6 large eggs

110g low-fat soft cheese

4 medium bananas

1 tbsp rum

1 tsp vanilla extract

2 tsp lemon juice

½ tsp ground nutmeg

½ tsp ground cinnamon

Pinch of salt

3 tsp icing sugar

1 Mist a small baking dish with cooking spray and arrange the bread quarters to line the sides and bottom in a single layer.

2 Place the milk, syrup, eggs, soft cheese, 2 bananas, rum, vanilla, lemon juice, nutmeg, cinnamon and salt in a blender and blitz until smooth. Slowly pour the mixture over the bread, making sure it is completely submerged. Cover with foil and chill for 30 minutes (or overnight).

3 Preheat the oven to 180°C, fan 160°C, gas mark 4.

4 Just before baking, thinly slice the remaining 2 bananas and tuck slices in between the pieces of bread. Bake, covered with foil for 25 minutes. Remove the foil and bake for a further 10 minutes, until golden brown. Sprinkle with icing sugar, slice into 12 and serve immediately.

Banana lover's flourless pancakes

Serves 2 Prep 15 min Cook 5 min



Calorie controlled cooking spray

2 bananas, 1½ mashed, ½ sliced

3 large eggs

½ tsp vanilla extract

¼ tsp baking powder

Pinch of ground cinnamon

Pinch of ground nutmeg

2 tsp icing sugar

80g blueberries

1 In a bowl whisk together the mashed banana, eggs, vanilla extract, baking powder, cinnamon and nutmeg until blended.

2 Mist a large nonstick pan with cooking spray and set over a medium heat. Spoon 2 tbsp of batter for each pancake into the pan. (You may need to do this in 2 batches.) Cook over a medium heat until the edges are set and bottoms are golden. Carefully flip the pancakes with a thin spatula and cook on the other side until bottoms are golden.

3 Serve the pancakes topped with the blueberries, banana slices and dusted with icing sugar.

4 ZeroPoint™ foods that are cooking superstars (page 21)

Courgette cake with lemon & poppy seed frosting

Serves 12 Prep 10 min Cook 40 min



200g courgettes

150g golden caster sugar

150g low-fat spread

3 eggs, beaten

150g self-raising flour

1 tsp bicarbonate of soda

FOR THE FROSTING

25g icing sugar

75g low-fat soft cheese

Zest of ½ lemon, plus 2 tsp of juice

1 tsp poppy seeds

1 Preheat the oven to 180°C, fan 160°C, gas mark 4 and line the base of a 20cm round loose-bottomed cake tin with baking paper. Coarsely grate the courgettes and squeeze out any excess liquid with your hands, then set aside.

2 Beat together the sugar and spread with an electric whisk until pale and creamy. Gradually add the eggs. Fold in the flour and bicarbonate of soda, then gently stir in the grated courgette. Spoon into the prepared tin and level off the top.

3 Bake for 40 minutes until the cake is golden and springs back when lightly touched. Cool for 10 minutes in the tin, then turn out onto a wire rack to cool. Beat together the icing sugar, soft cheese, lemon juice and poppy seeds, then spread over the top of the cake and sprinkle over the lemon zest. Slice and serve.



Cauliflower 'rice' & chicken traybake

serves 4 prep 10 mins cook 25 mins

8 7 7

- 450g** skinless chicken breast fillet, sliced into strips
- 6 tbsp** teriyaki sauce
- 3 tbsp** sesame oil
- 270g** broccoli, cut into small florets
- 180g** sugar snap peas
- 130g** carrots, sliced into matchsticks
- 1** red pepper, sliced
- Calorie controlled cooking spray**
- 670g** cauliflower rice
- 50g** spring onions, thinly sliced

1 Combine the chicken strips, half the teriyaki sauce, and half of the sesame oil in a medium bowl. Set aside to marinate while the oven heats.

2 Line a large rimmed baking tray with foil, put in the oven and preheat to 200°C, fan 180°C, gas mark 5.

3 Combine the broccoli, sugar snap peas, carrots, pepper, and 1 tbsp sesame oil in a large bowl, tossing well to coat. Carefully remove the baking tray from the oven. Add the chicken and broccoli mixtures to the tray and cook for 15 minutes.

4 Combine the cauliflower rice and remaining oil in a large bowl, tossing well to coat. Carefully remove the baking tray from the oven. Add the cauliflower rice to the pan and stir gently to combine. Cook for 5 minutes until cooked through.

5 Heat the grill to medium-high. Remove the baking tray from the oven and drizzle with the remaining teriyaki sauce. Grill for 3 minutes, then remove from oven and sprinkle with spring onions to serve.



Mixed berry bread

Serves 15 Prep 25 mins Cook 45 mins

4 3 3

- 100ml** semi-skimmed milk
- 350g** strong white bread flour, plus extra for dusting
- 1 tsp** salt
- 7g** sachet fast action dried yeast
- 4** eggs
- 60g** low-fat spread
- Calorie controlled cooking spray**
- 3 tbsp** low-calorie blackberry jam
- 100g** frozen mixed berries

1 Gently warm the milk in a small pan over a low heat until it's warm to the touch, but not hot.

2 Put the flour, salt and yeast in the bowl of a free-standing mixer fitted with a dough

hook. Turn the mixer on for 30 seconds to combine the dry ingredients. Add the warmed milk and 3 of the eggs, and mix on a low speed for 2 minutes, then increase the speed and mix for a further 8 minutes. Gradually add spoonfuls of the low-fat spread, mixing for a further 5 minutes and scraping the dough down from the sides of the bowl as you go. The dough should feel soft but not sticky. If you don't have a free-standing mixer, mix and knead the dough by hand until it is smooth and elastic, then knead in the spread, bit by bit.

3 Put the dough in a bowl misted with cooking spray and cover with misted clingfilm. Leave in a warm place (not too warm as you don't want the dough to become too soft) for 1-2 hours, or until doubled in size. If it starts to get too warm and soft, transfer it to the fridge to firm up a little.

4 When the dough has doubled in size, turn it out onto a lightly floured work surface and knock out the air, then press out into a rough rectangle about the same length as a 900g nonstick loaf tin. Spread over the jam and scatter over the berries, then roll up the dough and put in the loaf tin. Loosely cover with oiled clingfilm and leave to prove for 30 minutes or until slightly risen.

5 Preheat the oven to 200°C, fan 180°C, gas mark 6. Beat the remaining egg in a small bowl and brush over the top of the loaf. Bake for 35-40 minutes or until golden brown. Leave to cool in the tin for 10 minutes, then transfer to a wire rack to cool completely.



Bean, veg & quinoa soup

Serves 4 Prep 10 mins Cook 6 hr

5 4 1

- 400g** tin cannellini beans, drained and rinsed
- 2** carrots, finely chopped
- 2** celery sticks, finely chopped
- 1** small onion, finely chopped
- 125g** quinoa, rinsed under cold water
- 400g** tin chopped tomatoes
- 2 tbsp** tomato purée
- 2** garlic cloves, crushed
- 1.25 litres** vegetable stock, made with 2 stock cubes
- 2** bay leaves
- 1 tsp** dried oregano
- Juice of 1 lemon**
- Handful** roughly chopped fresh flat-leaf parsley, to serve

1 Put the beans, carrots, celery, onion, quinoa, tomatoes, tomato purée, garlic, stock, bay leaves and oregano in the bowl of a slow cooker. Season well and stir to combine.

2 Set the slow cooker to low. Cover with the lid and cook for 6 hours, or until the vegetables and quinoa are tender.

3 Remove and discard the bay leaves, then stir through the lemon juice, adding a little water to loosen the soup if necessary.

4 Scatter over the fresh parsley to serve.



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