

A photograph of two women smiling. The woman on the left is Black, has her hair in braids, and is wearing a mustard-colored top and a light green apron. She is holding a long wooden spoon. The woman on the right is white, has long brown wavy hair, and is wearing a blue dress. A blue speech bubble with yellow text is positioned between them.

**FEED
THE GOOD***

TM

entiro

RECIPE BOOKLET

Celebrity Chef

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Dietitian

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Breakfast

- Creamy yoghurt with homemade rooibos granola
- Leek and pea frittata
- Strawberry and papaya smoothie bowls.

Lunch

- Sorghum & chicken Waldorf with a yoghurt dressing
- Sautéed mushroom and roasted sweet potato bowls
- Trout and cottage cheese with spinach and apple sorghum salad

Dinner

- Chicken with bulgur wheat tabbouleh salad
- Sesame crusted fish with braised cabbage wedges
- Butternut and lentil pot pie

Dessert

- Peanut butter banana ice cream slices

Creamy Yoghurt with Homemade Rooibos Granola



Serves: 4
Prep time: 5 minutes
Cooking time: 15 minutes

Ingredients

Yoghurt bowls:

2 cups plain low fat yoghurt
1 Tbsp vanilla essence (optional)
2 cups seasonal mixed berries**

Rooibos granola:

8 Tbsp rolled oats
½ cup mixed nuts (almonds, cashews, walnuts etc),
roughly chopped
1 Tbsp mixed seeds (sunflower, pumpkin, chia, etc)
2 Tbsp dry rooibos tea leaves (from 2 teabags)
1 Tbsp honey
2 Tbsp canola oil
1 Tbsp cinnamon

Method

Make the granola:

Mix oats, nuts, seeds, rooibos tea leaves, honey, oil and cinnamon in a bowl.

Place into air fryer on paper liner and bake for 15 minutes at 160 °C, stirring halfway.
Cool completely until crisp.

Assemble:

Spoon yoghurt into four bowls, swirl in the vanilla if using.
Top generously with rooibos granola and seasonal fruit.

*** Note: You can substitute mixed berries for any in-season fruit of choice.*

Nutritional Analysis Per Serving

Energy	Protein	Glycaemic Carbohydrates	Total Fat	Saturated Fat	Dietary Fibre
1716 kJ	12,4 g	34,6 g	20 g	3,8 g	8,1 g

Dietitian Tip:

Oats are rich in beta-glucan, a fibre which helps support healthy cholesterol levels and feeds good gut bacteria. This makes them a great choice for digestion, heart health and longer-lasting energy.¹

Strawberry and Papaya Smoothie Bowls



Serves: 4
Prep Time: 6-8 minutes
Cooking time: No cooking required

Ingredients

3 cups frozen strawberries**
2 cups chopped fresh papaya
1 Tbsp grated fresh ginger
4 Tbsp oat bran
1 cup orange juice
2 Tbsp low fat plain yoghurt
1 cup ice

To serve:
4 Tbsp mixed seeds
(flaxseed, sunflower seed, pumpkin seed, sesame seed)

Method

In a blender, combine the frozen strawberries, fresh papaya, ginger, bran, orange juice, yoghurt and ice and blend until smooth and thick.
Transfer to serving bowls, then top each bowl with a sprinkle of mixed seeds to serve.

** Note: Substitute strawberries for alternative fruits such as mango, pineapple or nectarines.

Nutritional Analysis Per Serving

Energy	Protein	Glycaemic Carbohydrates	Total Fat	Saturated Fat	Dietary Fibre
1040 kJ	9,1 g	37,4 g	4,2 g	0,3 g	5,4 g

Dietitian Tip:

Colourful fruits like strawberries and papaya are rich in polyphenols – natural plant compounds that act as antioxidants. These compounds interact with gut bacteria to support digestive health, making fruit a powerful way to nourish your gut.²

Leek and Pea Frittata

Serves: 4

Prep time: 5 minutes

Cooking time: 20 minutes

Ingredients

1 Tbsp olive oil

2 leeks, washed and sliced

1 cup frozen peas

6 extra large eggs, beaten

½ cup smooth low fat cottage cheese

2 Tbsp chopped fresh parsley

2 Tbsp chopped fresh dill

Salt and pepper to taste



Method

Preheat oven to 180 °C.

Heat a medium size pan over medium heat then add oil and sauté leeks for 5-6 minutes until tender, remove from the heat, then mix in the peas.

In a bowl, whisk together eggs, cottage cheese, parsley and dill, then season with salt and pepper to taste.

Pour eggs onto the leeks and peas, then place into the preheated oven and bake for 10-12 minutes or until the egg is set and cooked through.

Slice into wedges to serve.

Nutritional Analysis Per Serving

Energy	Protein	Glycaemic Carbohydrates	Total Fat	Saturated Fat	Dietary Fibre
1070 kJ	17,8 g	13,2 g	12,3 g	3,1g	5,3 g

Dietitian Tip:

Olive oil is used as the oil of choice in the Feed The Good® Recipe Booklet as it is rich in healthy fats and natural antioxidants that help calm inflammation and support a healthy gut environment, making it an ideal oil choice for everyday cooking.³

Sorghum and Chicken Waldorf with a Yoghurt Dressing

Serves: 4

Prep Time: 15 minutes

Cooking time: 30 minutes

Ingredients

1 cup (100 g) red sorghum**

4 cups water

1 bay leaf

1 Granny Smith apple, diced

1 lemon (half for apples, half for dressing)

2 celery sticks, chopped

¼ cup walnuts, chopped and toasted

30 g dried cranberries

2 cups cooked shredded chicken (You can use a rotisserie chicken)

½ cup plain low fat yoghurt

¼ cup reduced oil mayonnaise

1 Tbsp honey

Salt and pepper to taste



Method

Rinse the sorghum under cold water, then place into a pot, cover with 4 cups water, add bay leaf then simmer on medium heat for about 25–30 minutes or until the sorghum is cooked through. NOTE: you may need to top up with more water during cooking.

Once sorghum is tender and cooked through, drain to remove any excess water then set aside to cool.

To a large bowl, add diced apple, squeeze over juice of ½ lemon and toss well. Add the celery, walnuts, cranberries, cooled sorghum and cooked shredded chicken.

In a separate bowl, mix yoghurt, mayonnaise, honey, juice of remaining ½ lemon, salt and pepper to taste. Pour onto the salad ingredients and toss well to dress and coat the ingredients.

**Note: You can substitute sorghum with quinoa or pearl barley

Nutritional Analysis Per Serving

Energy	Protein	Glycaemic Carbohydrates	Total Fat	Saturated Fat	Dietary Fibre
1673 kJ	27,7 g	40,0 g	14,0 g	1,8 g	2,4 g

Dietitian Tip:

Sorghum is a proudly South African grain that's naturally high in fibre and resistant starch, helping to feed the beneficial bacteria in your gut microbiome and support sustained energy levels throughout your day.⁴

Sautéed Mushroom and Roasted Sweet Potato Bowls

Serves: 4

Prep Time: 15 minutes

Cooking time: 45 minutes

Ingredients

2 small sweet potatoes
Salt and pepper to taste
Pinch chilli flakes
2 Tbsp olive oil
400 g chopped mushrooms
2 cups of chopped spinach
2 garlic cloves, finely chopped
1 Tbsp ground cumin
2 Tbsp ground coriander
1 Tbsp paprika
Salt and pepper to taste

For the dressing:

1 Tbsp wholegrain mustard
1 Tbsp white wine vinegar
1 Tbsp honey
1 Tbsp olive oil
Salt and pepper to taste.

To serve:

1 avocado, diced
200 g cooked broccoli florets
1 tin butterbeans, drained
250 g chunky low fat cottage cheese
1 Tbsp pumpkin seeds, toasted



Method

Peel and dice sweet potato, season with salt, pepper and chilli flakes. Drizzle with 1 tsp olive oil then cook in the air fryer at 180 °C for 20–25 minutes until tender and cooked through (or alternatively roast in a convection oven).

Heat a pan, add 1 tsp olive oil then add mushrooms and sauté until they begin to brown around the edges.

Add in the spinach with the garlic, cumin, coriander and paprika then sauté for another 2 minutes to cook. Season with salt and pepper to taste.

For the dressing, whisk together the mustard, vinegar, honey, olive oil and season with salt and pepper to taste.

To serve, place sweet potato into serving bowls, along with the sautéed mushroom and spinach mix, diced avocado, broccoli, butterbeans and cottage cheese then drizzle with dressing.

Sprinkle with pumpkin seeds.

Nutritional Analysis Per Serving

Energy	Protein	Glycaemic Carbohydrates	Total Fat	Saturated Fat	Dietary Fibre
1796 kJ	15,8 g	31 g	18 g	3,9 g	15 g

Dietitian Tip:

Mushrooms contain certain fibres that cannot be broken down by our digestive enzymes. These fibres provide a great source of energy to feed the good bacteria in your gut. This can help support immune health, making mushrooms a simple way to add gut-friendly goodness to your meals.⁵

Trout and Cottage Cheese with Spinach and Apple Sorghum Salad

Serves: 4

Prep Time: 15 minutes

Cooking time: 45 minutes

Ingredients

For the salad:

½ cup dry sorghum

2 cups baby spinach

¼ cucumber, halved & sliced

2 radishes, thinly sliced

1 apple, thinly sliced

160 g smoked trout ribbons and cooked flaked trout

1 cup low-fat cottage cheese

Small handful fresh mint leaves

Method

Cook the sorghum:

Rinse sorghum, place in a pot with 1½ cups water and simmer for 45–55 minutes until tender. Drain and cool.

Prepare the dressing:

Whisk together apple juice, lemon juice, olive oil and pepper.

Add the sliced apple to the dressing to prevent browning.

Assemble the salad:

Place spinach at the base of a large platter.

Scatter over the cooled sorghum, cucumber, radish and mint.

Drizzle with dressing.

Finish with protein:

Top with trout ribbons and spoonfuls of cottage cheese or serve on the side with the salad.

Nutritional Analysis Per Serving

Energy	Protein	Glycaemic Carbohydrates	Total Fat	Saturated Fat	Dietary Fibre
1096 kJ	21,4 g	25,2 g	8,9 g	1,8 g	2,5 g

Dietitian Tip:

Trout is a rich source of omega-3 fats, which support your gut health by encouraging the growth of beneficial bacteria. These bacteria then produce compounds (short chain fatty acids) that protect us against a multitude of chronic conditions by combating inflammation.⁶



For the lemon-apple dressing:

¼ cup apple juice

Juice of 1 lemon

2 Tbsp olive oil

Black pepper to taste



Yoghurt Mint Chicken with Bulgur Wheat Tabbouleh

Serves: 4

Prep Time: 20 minutes

Cooking time: 30 minutes

Ingredients

For the chicken:

480 g chicken breast, sliced into strips

1 cup plain yoghurt

1 small handful mint, chopped

2 cloves garlic, crushed

Juice of 1 lemon

1 Tbsp olive oil

Salt and pepper

Tabbouleh salad:

1 cup bulgur wheat

1½ cups boiling water

2 tomatoes, chopped

½ cucumber, finely diced

1 small red onion, finely chopped

⅓ cup chopped parsley

⅓ cup chopped mint

2 celery stalks, finely diced

Juice of 1 lemon

1 Tbsp olive oil

Black pepper, generous grind and 1 tsp salt

Method

Start with the chicken:

Mix yoghurt, mint, garlic, lemon juice, oil, salt and pepper. Coat chicken strips and marinate for at least 30 minutes. Grill until cooked through and lightly charred.

Let's make the Tabbouleh:

Pour boiling water over bulgur wheat, cover and soak for 10 minutes. Combine bulgur with tomatoes, cucumber, celery, parsley, mint and onion. Mix lemon juice, olive oil, pepper and salt, and toss through the salad. Serve tabbouleh chicken warm on top of the fresh tabbouleh.

Nutritional Analysis Per Serving

Energy	Protein	Glycaemic Carbohydrates	Total Fat	Saturated Fat	Dietary Fibre
1349 kJ	33,3 g	18,6 g	10,9 g	2,5 g	4,2 g

Dietitian Tip:

Yoghurt is included in many of our Feed The Good* recipes as it is a fermented food containing live beneficial bacteria which support a healthy gut. Including yoghurt in meals has been linked to better digestion, improved blood sugar control and reduced risk of heart disease.⁷



Sesame Crusted Fish with Braised Cabbage Wedges

Serves: 4
Prep Time: 10 minutes
Cooking time: 25 minutes

Ingredients

For the trout:

4 x 150g fish fillets**
2 Tbsp smooth low fat cottage cheese
1 Tbsp lemon pepper
¼ cup sesame seeds

For the cabbage:

1 Tbsp olive oil
½ cabbage, cut into 4 wedges
Salt and pepper
½ cup vegetable stock

Method

Preheat oven to 200 °C.

Combine cottage cheese and lemon pepper. Place the fish onto a lined baking tray, skin side down. Spread the cottage cheese mixture onto the flesh side of the fish then sprinkle generously with the sesame seeds. Press the seeds gently onto the fish to ensure that they stick.

Roast fish for 8–10 minutes until the sesame seeds are lightly golden and the fish is cooked through. Heat olive oil in a pan, then add butter. Add cabbage wedges then fry for 3–5 minutes or until golden on one side. Flip, then season with salt and pepper and add stock. Cover and simmer for 6–8 minutes until cabbage is tender and cooked through.

**Note: Use a sustainable fish such as trout, angelfish, kingklip or hake

Nutritional Analysis Per Serving

Energy	Protein	Glycaemic Carbohydrates	Total Fat	Saturated Fat	Dietary Fibre
1549 kJ	40 g	7,5 g	17,8 g	3,7 g	4,7 g

Dietitian Tip:

Using sesame seeds as a crust adds fibre and healthy fats while giving the fish a delicious crunch. It's a simple, gut-friendly alternative to crumbed fish, which is often higher in refined carbohydrates and unhealthy fats.⁸

Butternut and Lentil Pot Pie



Serves: 4
 Prep Time: 10 minutes
 Cooking time: 1 hour

Ingredients

800 g peeled and diced butternut
 2 Tbsp olive oil
 Salt and pepper
 ½ tsp turmeric
 1 Tbsp ground coriander
 1 Tbsp ground cumin
 1 onion, sliced
 1 thumb fresh ginger, chopped
 3 cloves garlic, chopped
 2 Tbsp mild curry powder
 1 Tbsp garam masala
 1 tin lentils, washed and drained
 1 tin (400 ml) reduced fat coconut milk
 2 Tbsp chopped fresh coriander
 2 sheets phyllo pastry, defrosted
 1 Tbsp olive oil

Method

Place butternut into a bowl, drizzle with a tablespoon of olive oil, season with salt, pepper, turmeric, coriander and cumin then toss well. Cook in the Air fryer (or in the oven) at 180 °C for 20 minutes. Heat remaining oil in a pot, sauté onions until softened and browned, add garlic, ginger, curry powder, garam masala then sauté for a minute. Add lentils, roasted butternut and coconut milk, stir well, cover and simmer for 10 minutes over low heat. Season with salt and pepper to taste, stir in chopped coriander then transfer to a pie dish.

Tear up the phyllo sheets, scrunch and arrange on top of the pie filling. Brush with olive oil, sprinkle with sesame seeds and bake in a preheated 180 °C oven for 25–30 minutes until the pastry is golden and crisp on top.

Nutritional Analysis Per Serving

Energy	Protein	Glycaemic Carbohydrates	Total Fat	Saturated Fat	Dietary Fibre
1870 kJ	11,2 g	42 g	20,3 g	10,1 g	12,4 g

Dietitian Tip:

Butternut gets its bright orange colour from carotenoids – natural plant phytonutrients. When they reach the gut, these compounds act like prebiotics, feeding beneficial gut bacteria and helping them grow and thrive.⁹



Peanut Butter Banana Ice Cream Slices

Serves: 8

Prep Time: 5 minutes

Freezing time: 4 hours

Ingredients

For the ice cream filling:

4 large bananas, peeled, chopped and frozen

2 Tbsp cocoa powder

4 Tbsp peanut butter

1 tsp vanilla essence

Splash of low-fat milk

Crunchy oat base:

1 cup rolled oats

2 Tbsp cocoa powder

1½ Tbsp honey

2 Tbsp peanut butter

80 g melted dark chocolate

Method

Make the oat base:

Mix oats, cocoa, honey, peanut butter together, place into a paper liner in an air fryer at 160 °C for 10 minutes, stirring halfway to prevent burning. Stir in the melted dark chocolate. Press firmly into a lined small square/rectangular dish, or loaf pan. Refrigerate.

Let's build the ice cream layer:

Blend the frozen bananas, cocoa powder, peanut butter and vanilla until smooth. Add a splash of milk only if needed for blending. Spread the mixture over the chilled base.

Freeze for 3–4 hours until firm. Can store frozen for several weeks.

Cut into slices.

Nutritional Analysis Per Serving

Energy	Protein	Glycaemic Carbohydrates	Total Fat	Saturated Fat	Dietary Fibre
1386 kJ	8,7 g	37 g	14,6 g	4,6 g	6,7 g

Dietitian Tip:

This dessert proves sweet treats can be nourishing! The bananas provide pectin, a type of soluble fibre that feeds good gut bacteria, while the cocoa is rich in flavanols that support a healthy gut and reduce inflammation.^{10,11}

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RECIPE BOOKLET

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