

Start Smart 2023

with Rea the Cooking Dietitian



in association with





Rea Mokoko

@rea_thecookingdietitian

MEET REA

Dietitian, Chef, Recipe Developer, Food Stylist, Owner of a Catering Company, a Food brand Educator and a Nutrition Media influencer.

Rea is a mother of 4 who enjoys running and finding joy in working with food and educating others about food nutrition.


As an advocate for affordable, healthy nutrition for all, Rea believes that with the right guidance and education, South Africans can achieve healthy and balanced eating and her passion lies in educating on affordable nutrition and practical ways to achieve it.

"I believe South Africa's health and nutrition crisis is at the level that it's at mainly due to a lack of education and information on how we can make healthy eating choices easier and practical."

Rea has shared her favourite recipes featuring FUTURELIFE® products, showing just how versatile smart nutrition for life can be - as well as easy!



Smart food Smoothie Bowl

 2 servings

INGREDIENTS

For smoothie:

1/2 cup FUTURELIFE® Smart food™

Original flavour

1/2 cup Frozen Berries

1 cup Milk

1 cup Plain Yogurt

For Garnish:

Fresh Berries


Mango, sliced

METHOD

1. Place the smoothie ingredients in a blender
2. Blend until all the ingredients are well mixed and smooth
3. Pour the smoothie into a bowl
4. Finish off by garnishing with the berries and mango slices



Crunch Breakfast Parfaits

 2 servings

INGREDIENTS

- 1 cup FUTURELIFE® Granola Crunch
- 1 cup Plain yogurt
- 1 cup Berry flavoured yogurt
- 1 cup Fresh berries
- Mint leaves for garnish

METHOD

1. Start by adding the plain yogurt into glass jars
2. Top the plain yogurt with the berry flavoured yogurt
3. Add FUTURELIFE® Granola Crunch on top of the berry flavoured yogurt
4. Add fresh berries and garnish with mint leaves
5. Serve immediately



Banana Smart food Crumpet Stack



10 - 12 servings

INGREDIENTS

1 cup FUTURELIFE® Smart food™

Banana flavour

1 cup Cake Flour

1/4 cup Sugar

2 Eggs

2 cups Milk

1 tsp Baking Powder

Pinch of Salt

Oil for cooking

Berries & Honey for serving

METHOD

1. Whisk the eggs and milk together in a bowl
2. Add the FUTURELIFE® Smart food™, baking powder, sugar, salt and flour to the whisked eggs and milk
3. Whisk until the batter is smooth
4. Cover the surface of a non-stick pan with the cooking oil and heat
5. Once the oil has heated use a large spoon to pour the batter in the shape of a circle on the pan
6. Allow the panakes to cook and bubble before flipping over to cook on the other side
7. Serve with fresh berries and honey



Peanut Butter Crunch Balls



18 - 20 servings

INGREDIENTS

2 cups FUTURELIFE® Vanilla Kid's Cereal

2 cups FUTURELIFE® Granola Crunch

Original flavour

1 cup Peanut Butter

1/3 cup Honey

1/2 cup Peanuts, crushed

100g Dried Fruit Flakes


Dark Chocolate, melted for dipping

METHOD

1. In a microwave-safe bowl, heat the peanut butter and honey until melted and smooth (approx 1 minute)
2. In a separate bowl, combine the dry ingredients, then add the melted peanut butter and honey and mix together
3. Divide the mixture equally using a spoon, then shape into balls using the palms of your hands - wet hands if they get sticky while shaping
4. Place into an airtight container and store in the refrigerator for at least an hour, allowing the balls to firm up and set
5. Once set, drizzle melted chocolate over the balls or dip each to halfway in the dark chocolate



Popcorn & Strawberry Pops Bowls

 2 servings

INGREDIENTS

2 cups FUTURELIFE® Strawberry

Kid's Cereal


2 cups Popcorn

METHOD

1. Add all ingredients to a bowl and mix together
2. Serve as a snack at parties or pack into lunchboxes for a colourful break time treat



Yogurt Drizzle Cluster Bars

 **2 servings**

INGREDIENTS

For Bars:

- 100 ml full-cream plain yogurt
- 3 cups FUTURELIFE® Kid's Cereal
(any flavour but we used
strawberry)
- 1/2 cup Dried fruit flakes
- 1/2 cup Honey

For Yogurt Drizzle:


- 50ml Yogurt
- 1/2 cup (125ml) Icing sugar

METHOD

1. Preheat oven to 180°C
2. Mix the ingredients for the bars together in a bowl until well combined
3. Line a 25x30 cm baking dish with baking paper, or spray with a non-stick spray
4. Pour the mixture into the lined baking tray and press down with a wooden spoon until flat and even
5. Bake in the preheated oven for 20 - 25 min or until golden brown
6. Once baked and golden, remove from the oven and set aside to cool for at least 30 minutes
7. Once cooled, cut into equal bars and drizzle with the yogurt



Banana Bran Muffins

 12 servings

INGREDIENTS

- 2 cups FUTURELIFE® Bran Flakes & Barley with Probiotics, crushed
- 2 cups Cake Flour
- 3 Ripe Bananas, mashed
- 3 tsp Baking Powder
- 1 cup White Sugar
- Pinch of Salt
- 2 Eggs
- 1 1/2 cups Milk
- 2 tsp Vanilla Essence
- 1/2 cup Cooking Oil

METHOD

1. Preheat oven to 180°C and line a muffin tray with 12 baking cases
 2. Combine the dry ingredients together - cake flour, FUTURELIFE® Bran Flakes & Barley with Probiotics, baking powder, sugar and salt
 3. In a separate bowl, beat the eggs, milk, vanilla essence and cooking oil together, then add the mashed bananas and mix well
 4. Add the wet ingredients to the dry ingredients and mix to make a smooth batter
 5. Scoop about a spoonful of batter into each baking case
 6. Bake the muffins at 180°C for 20 - 25 minutes or until golden brown
- Tip: use a toothpick test to check if the muffins have baked fully*



Smart Summer Ice Lollies

 4 - 6 servings

INGREDIENTS

- 1 cup FUTURELIFE® Smart food™
Original flavour
- 2 cups Granadilla Juice
- 1 cup Plain Yogurt
- 1 cup Granadilla pulp

METHOD

1. Blend the FUTURELIFE® Smart food™, granadilla juice, granadilla pulp and yogurt until smooth
2. Pour equal amounts of the blended liquid into ice popsicle moulds or shallow plastic dishes (their size will determine how many servings you get)
3. Add popsicle sticks and freeze for 2 - 4 hours or until firm
4. To unmould, run under some warm water for a few seconds
5. Serve immediately



Smart Citrus Cheese Cake

 4 servings

INGREDIENTS

For Base:

1 cup FUTURELIFE® Smart food™

Original flavour

100g Butter, melted

For Cream Cheese topping:

250 ml Fresh cream

230 g Cream Cheese

100 ml Condensed Milk

1/2 cup Fresh Lemon Juice

For Garnish:

1 cup Granadilla Pulp (fresh or tinned)

Mint leaves

METHOD

1. Mix the FUTURELIFE® Smart food™ with the melted butter to make the base
2. Divide the base mixture among 4 ramekins or dessert glasses and press down, then set aside to cool
3. In a bowl, whip the cream until it forms soft peaks, paying attention not to over whip, then add the cream cheese and continue to whip until well incorporated and there are no lumps
4. Add the condensed milk and lemon juice and mix together gently
5. Divide the cream cheese mixture into 4 ramekins/glasses
6. Put in the fridge and allow to set for at least an hour
7. Once set, garnish with granadilla pulp and mint leaves