



## HEALTHY EATING GUIDE



EASY TO FOLLOW RECIPES WITH HINTS AND TIPS



---

# THE BOUNTIFUL BENEFITS OF... BLUEBERRIES

While humble in appearance, blueberries are packed full of goodness and essential nutrients.



*Experience the benefits of blueberries for yourself with our delicious antioxidant smoothie or sugar free blueberry jam recipe.*

As a source of Fibre, Vitamin C, Vitamin K and Manganese, blueberries provide large amounts of nutrients without the high sugar and calorie content that can be found in some other berries.

Perhaps the most notable feature of blueberries is their antioxidant content. These compounds have proven to be essential in reducing some of the most harmful health problems we face: they reduce the build-up of bad cholesterol, lower blood pressure, and can delay signs of ageing.

Blueberries are the most antioxidant rich food out of all commonly eaten fruits and vegetables, making them one of the best choices to enjoy all of these benefits.

---

## SUGAR FREE BLUEBERRY JAM

### Ingredients

600g of Fresh or frozen  
(defrosted) blueberries  
250ml Water  
50g Pectin

### Instructions

1. Add the blueberries to a large pan.
2. Using a hand blender or masher, blend until the blueberries are the desired consistency. We recommend a consistency that is smooth and thick.
3. Add the 250ml of water and 50g of pectin to the blueberries over a medium heat and stir until dissolved.
4. Increase the temperature to a high heat and rapidly boil for 5 minutes. The mixture must be stirred regularly whilst boiling.
5. Check for setting point. To do this, place a small plate in the freezer for 30 minutes. Remove the plate from the freezer and add a small teaspoon of jam. Push the jam with your finger after 30 seconds. If the jam wrinkles the setting point has been reached.
6. Once complete decant into a sterilised Kilner® Preserve Jar and process for maximum shelf life.

Unprocessed jars should be stored in the fridge and consumed within 1 week.

# BERRY ANTI-OXIDANT SMOOTHIE

## Ingredients

Makes 700ml

100g Strawberries, chopped (fresh or frozen)  
50g Blueberries (fresh or frozen)  
50g Raspberries (fresh or frozen)  
150g Yogurt (flavouring of choice)  
250g Milk (whole or skimmed)  
1 Banana

## Instructions

1. Gather and wash the strawberries, blueberries and raspberries.
2. Place all of the fruit into a blender with the yogurt and milk. Blend until smooth.
3. If a thicker consistency is desired, add 4-5 ice cubes and blend.
4. Pour into your Kilner® Vintage Hiballs and enjoy.
5. Top with yogurt and crushed nuts to garnish.





# KOMBUCHA

*Kombucha is a sweet fermented tea that is growing in popularity as a health promoting drink. It is made by fermenting tea using a Kombucha culture also known as a SCOBY (a Symbiotic Colony of Bacteria and Yeast). This feeds on the sugar in the tea and produces healthy bacteria.*

Although the recipe for Kombucha uses a specific amount of sugar, this is consumed by up to 90% by the scoby during fermentation whilst still leaving the Kombucha naturally sweet.

This health promoting beverage is thought to have originated in the Far East and has been consumed for over two thousand years; it is historically known as the tea of immortality.

If healthy, the scoby should look white and rubbery; it is placed into sweetened black or green tea and once fermentation is complete, leaves a delicious beverage full of vitamins, minerals, enzymes and organic acids. An active scoby will feed on the nutrients in the liquid and use this along with oxygen to reproduce and separate. When the nutrients are no longer present in the liquid the scoby becomes dormant.

You can create a scoby from scratch by combining tea, sugar and some pre made Kombucha (or cider vinegar). Leave to ferment for 2-4 weeks for a fully grown scoby.

With every batch that is made the scoby will form a new layer separating into two.

This gives you extra cultures that you can store in sweetened tea in the fridge, or put straight into your next batch.



## Ingredients

2.5 Litres of water  
4 – 6 Tea bags (at least 2 of which should be black tea bags)  
225g White sugar  
1 Kombucha culture (scoby)  
300ml Kombucha tea from a previous batch, or 3 tbsp of cider vinegar

\* Use a wooden spoon.

1. Bring 2.5 litres of water to the boil. Turn off the heat and add 225g of white sugar and 4-6 teabags then stir. \* Leave for 15 minutes before removing the teabags.
2. Leave the mixture to cool further until it reaches room temperature.
3. Add 300ml Kombucha tea from a previous batch or store bought pre-made Kombucha (or 3tbsp of cider vinegar). Pour into the Kilner® Kombucha Dispenser.
4. Add the scoby, DO NOT ADD WHEN HOT. If the scoby is added when the liquid is hot, it will prevent fermentation. It is important that air is allowed to circulate around the Kombucha mixture.



# ORANGE AND GINGER FLAVOURED KOMBUCHA

*Once you have your Kombucha to the desired taste, you can then infuse your Kombucha to get a fresh and fruity taste.*



## Ingredients

Ginger roughly 5cm in length (option to add more for a stronger taste)  
350ml Pure orange juice  
Oranges (optional)

## Instructions

1. Finely grate the ginger down.
2. Add into the Kombucha along with the 350ml of pure orange juice. For an extra fresh orange taste, add in the desired amount of oranges and let sit for 2-4 days at room temperature.
3. You can taste test this each day until you achieve the desired taste.

## HEALTH BENEFITS

**Kombucha detoxifies the body due to its gluconic acid and probiotic content. Aids indigestion, boosts energy and strengthens the immune system. Try for yourself with our Kombucha recipe!**



5. Cover the dispenser with the muslin cloth and tie using the twine.
6. Leave to ferment in a warm, dark place for 7-15 days depending on your taste.

\* Do not use any metal tools during the process as metal can react with the Kombucha culture hindering fermentation.



7. Once you have the desired taste, with clean hands remove the muslin and scoby. Add the wooden push top lid and store in the fridge to keep fresh. You can then store the scoby along with a small amount of the Kombucha in a Kilner® Clip Top Jar ready to use for your next batch.



# CAULIFLOWER IS THE NEW KALE...



*The great taste and health benefits of cauliflower have been known and written about in the Western World for nearly two thousand years (at least!). This knowledge has had a resurgence in recent years, as more and more people are waking up to the goodness of cauliflower, along with its great taste and versatility.*

Cauliflower is one of the healthiest foods. One serving has the potential to contain up to 73% of our daily recommended Vitamin C. Furthermore, diets rich in cauliflower have been shown to reduce the risks of illness, while the high fibre content is great for protecting the lining of the stomach and improving digestive health. As well as being good for your body, cauliflower is good for your mind; its high choline content is essential for brain development. It's even great for healthy weight loss as it's low in starch, fat and sodium! All of these benefits and it is delicious! Cauliflower is extremely versatile: it can be a great meat alternative, creating healthy snacks such as fritters, a base for pizza, and more! Is there anything cauliflower can't do? Try our healthy pickled cauliflower recipe using your favourite Kilner® Preserve or Clip Top Jar and sample the taste for yourself.



# PICKLED CAULIFLOWER WITH CHILLI

## Ingredients

Makes 1.3 Litres

400-500g Cauliflower broken  
into florets  
4 tsp Mustard seeds  
5 Small green chillies  
500ml Sarson's White Vinegar  
500ml Water  
4 tsp Pickling salt  
2 tsp Sugar  
1 Onion  
6 or more Fresh dill leaves (optional)

## Instructions

1. Ensure the cauliflower is broken down into edible sized florets.
2. Wash and dry the florets.
3. Pour the Sarson's Vinegar, water and salt into a sauce pan over a low heat.
4. Add in sugar and salt and stir until dissolved.
5. Remove from the heat and leave to cool.
6. Add the cauliflower to your sterilised Kilner® Jars along with the rest of the ingredients.
7. Pour the cooled mixture over the top, seal and leave for 24 hours before consuming.





# HYGGE: HEALTHY ON THE INSIDE AND OUT

*Hygge (pronounced “hue-guh”) is a Danish term that you’ve probably heard a lot about in recent times but you might have found that it’s tricky to pin down a definition. It’s feeling comfortable, a way of living healthily, it’s spending time with friends, it’s a philosophy for living, the list goes on! In truth it can be all these things, but when you get right down to it, it’s living your life in a way that allows you to enjoy life in comfort and happiness. While this can be a personal matter, based on your own preferences, consider this: Denmark has been regularly named the “Happiest Country on Earth”. They must know what they’re talking about, so perhaps the best way to live a “hygge” life is to borrow some ideas from Denmark directly! One of the best ways to start living that happy, comfortable life is to eat tasty, healthy foods.*



## NORDIC FERMENTED VEGETABLES

### Ingredients

600g Carrots  
600g Courgettes  
600g Parsnips  
2 Litres water  
3 tbsp salt  
Spices/herbs of your choice  
(allspice, cloves, dill, white pepper, bay leaves, etc.)

### Instructions

1. Wash all of the vegetables, if desired peel and chop.
2. Boil all the vegetables in lightly salted water for less than 5 minutes to soften before fermenting.
3. Once cooled, add the softened vegetables to the Kilner® Fermentation Jar.
4. Prepare the brine by adding 3tbsp to 2 litres of water; add into the Kilner® Fermentation Jar.  
The liquid should cover the mixture completely, **leaving 6.5cm space between the liquid and the lid.**
5. Add in the ceramic stones to ensure all vegetables are fully submerged in the brine. The ceramic stones are designed to weigh down the contents to ensure that the anaerobic process can begin.
6. Place the lid on the jar and fill the airlock with water. Leave to ferment at room temperature for 1-2 weeks. After 1 week, taste test regularly until the desired taste has been reached.





## SCANDINAVIA AND FERMENTED FOODS

Scandinavia has a long tradition of fermented foods. The cold winters meant produce became sparse. One of the simplest ways of preserving foods before refrigeration is pickling and fermenting, which keeps the foods in an environment that prevents the build-up of bacteria which leads to spoiling. But what started as a necessity has become a global phenomenon! Fermented foods are now being enjoyed for the interesting flavours, developed over thousands of years of experimentation and refinement, and the health benefits. With high levels of antioxidants, cultures of healthy bacteria, and a richness of minerals and nutrients, fermented foods are a great way to get some tasty, nutritious foods into your diet. Wait a second, food that's tasty and good for you? Sounds pretty hygge to us...





---

# KEFIR

## YOGURT

---

Kefir is a fermented milk drink, created by inoculating milk with special kefir grains. With its origins in the Caucasus Mountains, kefir is popular across Eastern and Northern Europe, and is now drawing attention from other parts of the world due to its health benefits and sweet taste. When properly made, kefir can contain large amounts of different dietary minerals, vitamins, essential amino acids and healthy bacteria all of which provide a range of health benefits, from reducing the risk of heart disease, to fighting signs of ageing.

### Ingredients

**4 tbsp kefir grains**  
**1 Litre whole organic cow's milk**  
**Juice of 1 lemon (optional)**  
**2 tbsp Sweetener (optional)**

### Instructions

1. Add 4 tbsp of kefir grains to a 1.5 or 2 litre Kilner® Jar with 1 litre of whole organic cow's milk. Close the lid of the jar and shake.
2. Put the jar in the fridge and close the lid leaving to ferment for 4 days.
3. Take out of the fridge leaving the lid closed for a further 2 days.
4. Once liquid has separated from the kefir grains and yogurt mixture, drain the liquid.
5. Once all of the liquid has been drained, using a sieve and bowl to separate the yogurt from the kefir grains.
6. Once separate from the yogurt rinse the kefir grains and store for the next batch. These can be used up to 7 times if stored correctly.
7. Add in the juice of 1 lemon.
8. The yogurt mixture will then taste quite tart, if desired add in 2 tablespoons of sugar, sweetener or even honey.
9. Once made, it will keep in the fridge for 7 days.



Add milk to kefir grains and store in the fridge.



Once separated drain liquid.



Push through a sieve to remove the kefir grains.



Add flavouring of choice and store in the fridge for 7 days.







# BEETROOT AND PUMPKIN SEED PESTO

*A spiralizer is an elegant way to get more healthy vegetables into your diet. The Kilner® Spiralizer is perfect for turning hard vegetables like courgettes, squashes, carrots and more into tasty ribbons and noodles, which can go straight into a Kilner® Jar to keep them fresh!*



Purple fruit and vegetables are some of the healthiest ones around, as the colour is often an indication of nutrient density and antioxidants. One great example of a healthy purple food is our beetroot pumpkin seed pesto recipe! Filled with high levels of immune-boosting vitamin C, fibre and essential minerals. This delicious recipe goes well with spiralized courgette spaghetti, and will bring colour to your meal whilst providing great health benefits!

## Ingredients

4 Beetroots, peeled and washed  
70g Raw pumpkin seeds  
70g Grated Grana Padano cheese  
2 Garlic cloves  
Juice of 1 lime  
Zest of 1 lime to garnish  
4-6 tbsp Olive oil  
Salt and pepper

## Instructions

1. Peel and chop the beetroot, then boil in water until soft.
2. Add the beetroots to a food processor along with all other ingredients and blend until the desired consistency is reached. For best results blend until completely smooth.
3. Once smooth, add to your favourite Kilner® Jar along with the zest of the lime to garnish.
4. For a deliciously healthy meal, use our Kilner® Spiralizer Set to spiralize some courgettes into spaghetti, add your homemade pumpkin seed pesto and enjoy.







# HOMEMADE NUT BUTTER IS BETTER

*Nuts are a great source of healthy protein, fibre and essential fats which adds a valuable range of vitamins and minerals into your diet. Different nuts have different nutritional values which offer a wide range of health benefits. For example, almonds are high in vitamin E, which can help to improve the condition and health of your skin. Whereas cashews are rich in minerals like iron and zinc, which makes an excellent choice if you're following a vegetarian diet.*

A great way to include these different nuts into your diet is through creating your own delicious nut butters; choosing your preferred nuts to tailor the health benefits to your specific needs! Doing this allows you to control exactly what's going into your butters: you'll know exactly how much sugar, salt and fats are present in your creation.

Who knew something so tasty could also be so good for you! You can also spice up your snack with a range of ingredients: honey, caramel, and even some chocolate can all be used to make this healthy treat a delicious delight!







## DARK CHOCOLATE ALMOND BUTTER

### Ingredients

250g Unsalted whole roasted almonds  
 1/2 tsp Vanilla extract  
 50g Dark chocolate  
 1 tsp Coconut oil (or any preferred oil.)  
 10g Cocoa powder  
 1/2 tsp Salt

1. Process 250g of almonds in a food processor mixing regularly to ensure an even blend. Continue to process until you reach the desired thick, smooth consistency.
2. Melt the dark chocolate slowly on the hob making sure it does not burn. Add the small amount of oil and stir.
3. Add the melted chocolate to the almonds along with the vanilla, salt and cocoa powder. Add the mixture back into the processor and blend until smooth.
4. Decant into your favourite Kilner® Preserve, Clip Top or Twist Top Jar and store in the fridge for up to 1 week.



## HONEY ROASTED MACADAMIA BUTTER

### Ingredients

250g Whole roasted macadamia nuts  
 2 tbsp Honey  
 1 tbsp Coconut oil (or preferred oil)  
 1/2 tsp Salt

1. Process the roasted macadamia nuts in a food processor stirring regularly to ensure an even blend. Continue to process until you get a thick and smooth consistency.
2. Add the honey, coconut oil and salt to the macadamia nuts and process again until smooth.
3. Add to your favourite Kilner® Preserve, Clip Top or Twist Top Jar and store in the fridge for up to 1 week.







26-32 Spitfire Road, Triumph Trading Park, Speke Hall Road, Liverpool, L24 9BF, England  
Telephone: +44 (0) 151 486 1467 Fax: +44 (0) 151 486 1467