



HEALTHY KITCHEN

RECIPES FOR YOUR HEALTH AND WELL-BEING

SIMPLE, EASY, HEALTHY

It's our mission at Kilner® to create products that help healthy eating easily become part of your daily routine. Food can have such a powerful effect on our health and well-being, so we've put together our favourite recipes from the Kilner® kitchen to inspire you!

We've tried and tested all these great recipes and included a range of vegan and free-from options. Look out for the handy icons to check what's suitable for you.

CSF

GF

V

VE

EF

R

WF

CANE SUGAR FREE

GLUTEN FREE

VEGETARIAN

VEGAN

EGG FREE

RAW

WHEAT FREE

CONTENTS

VEGAN APPLE SAUCE TRIFLE

4

VEGAN BUTTER

6

INFUSED WATER

8

MATCHA PROTEIN BALLS

10

SRIRACHA SAUCE

12

TEPACHE

14

SALSA CHICKEN

16

GRANOLA

18

INFUSED OILS

20

KILNER® TOP 10 BUYS

22

FOR MORE HINTS, TIPS & TO DISCOVER
OUR RANGE OF PRODUCTS

WWW.KILNERJAR.CO.UK





THRIVE ON A PLANT BASED DIET

Veganism has become more mainstream as people search for healthier alternatives to meat and dairy products. Whether choosing a full-time vegan diet or a more flexitarian approach, there are many flavour filled options that help to boost fibre, vitamin and nutrient intake.

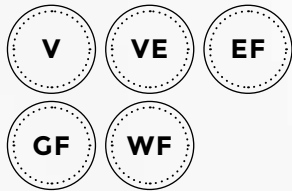
Well-planned vegan meals can offer exciting and tasty substitutes to many family favourites, with the added benefit of packing in antioxidant rich foods which are not only friendly on your gut, but also on your pocket too.

We have put together some delicious plant based recipes that you can create using our Kilner® products.

VEGAN APPLE SAUCE TRIFLE

INGREDIENTS

- 5 large cooking apples
- 60g granulated sugar
- 50ml water
- 100g walnuts
- 300ml dairy free, plain yogurt



INSTRUCTIONS

1. Peel and chop the apples and remove the core. Place them into a saucepan.
2. Add in the water and 40g sugar and heat up the mixture. Let the apples simmer until they are slightly soft.
3. When the apples are soft, remove them from the heat and set them aside to cool.
4. Once cooled, using the Kilner® Sauce Press Jar Set, press the apples until they become a smooth puree.
5. Bake the walnuts for 10 minutes. When baked, use a clean cloth to remove the skins.
6. Melt 20g of sugar in a pan and add to the walnuts. Once cooled, add to a blender and blend.
7. Using a Kilner® Jar distribute your ingredients in layers.
8. Top it off with vegan whipped cream and garnish with cinnamon and maple syrup.



Check out our handy
"How-to" video on YouTube

VEGAN BUTTER

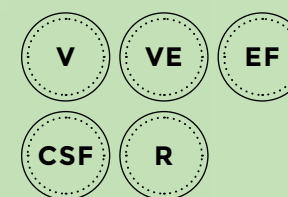
Creating your own homemade vegan butter is a great alternative to the processed ready-made versions. The great thing about this recipe is that homemade butter can be used exactly the same way as regular butter. It is easily spreadable and can even be used in baking!

INGREDIENTS

4 tbsp almond flour
5 tbsp unsweetened almond milk
1 tsp nutritional yeast
½ tsp salt
½ tsp apple cider vinegar
2 tbsp olive oil
120ml melted unrefined coconut oil
½ tsp turmeric (optional - this adds colour)

FLAVOURING OPTIONS

1 tsp lemon juice
Small handful of chives
Small handful of parsley



INSTRUCTIONS

1. Measure out ingredients and gather in one place. This will make it easier to combine all ingredients together without any mess.
2. Using your Kilner® Butter Churner, add in the almond flour, almond milk, salt, nutritional yeast and cider vinegar and churn until smooth.
3. Once smooth, pour in the melted coconut oil and olive oil and then continue to churn at a high speed until the mixture is smooth. Add in the turmeric for colour if required (this is optional).
4. At this stage, add in any flavourings that you would like to use to create your flavoured butter.
5. Once the desired consistency is reached, add to a Kilner® Preserve or Clip Top Jar. Leave to set for a couple of hours. Place in the freezer for 3 minutes to set faster.
6. Keep refrigerated and consume within 2 weeks.



Check out our handy "How-to" video on YouTube



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INFUSE, HYDRATE, ENJOY

Drinking infused water provides a delicious healthy alternative to sugary processed drinks. Infused water is water that has been mixed with a variety of fruits and herbs, allowing the flavours to be absorbed into the liquid.

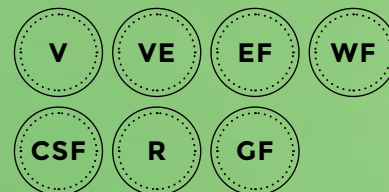
Studies show that around 20% of the fruits' nutritional value is absorbed into the water when left for a number of hours. This means you can have a delicious drink and feel refreshed and energised. The great part about infused water is that it's so easy to make. All you need is fresh ingredients and cold water.

Try out the below recipe in the unique Kilner® Fridge Drinks Dispenser.

CITRUS INFUSED WATER

INGREDIENTS

1 blood orange
1 clementine
1 lemon
1 lime
3L filtered water



INSTRUCTIONS

1. Wash and slice all of the fruit removing the end pieces.
2. Unscrew the lid of your Kilner® Fridge Drinks Dispenser and turn on its side to fill.
3. Layer the slices inside the dispenser and pour cold filtered water through the neck of the dispenser. Do not fill higher than the max fill line.
4. Put the lid back on the dispenser and ensure it is securely fastened. See assembly instruction leaflet for information on how to correctly secure the lid.
5. Place the dispenser in the fridge and allow to infuse for a few hours for the strongest flavour. Fruit can be re-used a few times. Top up water levels as desired.
6. The longer the ingredients are left in the water, the stronger the taste will become.

FACT

Helps to boost the immune system



IMPROVED DIGESTION

LEMON, LIME & CUCUMBER



STRESS RELIEF

STRAWBERRY, PINEAPPLE & BASIL



GLOWING SKIN

BLUEBERRY & BASIL



MUSCLE RECOVERY

WATERMELON, BLUEBERRY & MINT



Check out our handy "How-to" video on YouTube

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SNACK TIME SORTED

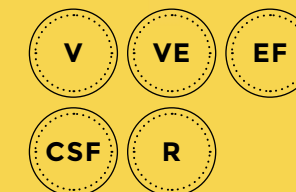
Protein balls are the perfect healthy snack to supplement your body with necessary nutrients giving you energy and helping to repair muscle tissue after a workout.

Eating portion controlled protein snacks can help reduce hunger between meals. When faced with hunger pangs, rather than opting for a sugary snack like chocolate, choose a low-glycemic treat which provides constant and prolonged energy levels so your blood sugar doesn't spike and crash.

These Matcha Protein Balls are ideal as they're nutritionally-balanced with energy-providing healthy fats, long-lasting carbohydrates and proteins.



MATCHA PROTEIN BALLS



TIP

You can substitute the matcha powder for 1tsp of turmeric or a dash of beetroot juice

INGREDIENTS

50g ground almonds
130g rolled oats
6-8 dates, pitted
Dash of coconut water
2½ tbsp coconut oil, melted
2 tsp chia seeds
1½ tsp matcha green tea powder
1½ tsp agave or maple syrup
1 scoop of vanilla protein powder
4 tbsp fine desiccated coconut

INSTRUCTIONS

1. To prepare multiple batches, layer all of the dry ingredients in a Kilner® Jar for future use. By keeping all of the dry ingredients in one jar, it makes prep time shorter and simpler.
2. Combine the energy ball ingredients together by tipping the contents of the jar into a food processor along with the coconut oil and agave/maple syrup. Add a dash of the coconut water to the mix and keep blending until you get a moist mixture that is soft but still holds its form.
3. Roll up those little bursts of energy into balls of your desired size.
4. Keep in the fridge for up to 7 days, or in the freezer for a couple of weeks - if they last that long!

GIVE IT SOME HEAT

Homemade hot sauce is a lot healthier than store bought equivalents as you can control the amount of sugar and salt in the recipe. It will also be free from all of those artificial flavourings, preservatives and colourings usually present in branded recipes.

The process of making homemade sriracha is much easier than you might think and delivers a more intense and complex flavour.

SRIRACHA SAUCE

INGREDIENTS

120g fresh hot red chillies, roughly chopped
350g red pointed peppers de-seeded and chopped
280g red bell peppers, de-seeded and chopped
3 garlic cloves, peeled
200g soft brown sugar
2 tsp sea salt (flakes or crystals)
1½ tbsp nam pla (Thai fish sauce)
2 tbsp rice vinegar / white wine vinegar

EF

WF

GF

TIP

Add sriracha to salads and noodles or use as a dip

INSTRUCTIONS

1. Roughly chop the chillies and red peppers and add to a mixing bowl.
2. Add the garlic, sugar and salt to the bowl and mix together.
3. Empty the contents of the bowl into a food processor and process until you have a coarse paste.
4. Transfer the mixture to a Kilner® Jar. Fill the jar with the mixture but leave 3cm of head-space between the liquid and the mouth of the jar.
5. Clip the lid onto the jar and leave for 24 hours.
6. Remove the lid after 24 hours and stir. By releasing the lid, gases which have developed from the fermentation process can escape from the jar. After stirring, place the lid back on.
7. Continue to repeat this process for 3-5 days, this allows enough time for flavours to develop and the mixture to ferment.
8. Process the mixture through a fine sieve and pour into a pan. If the mixture is still too thick, blend it again in the food processor and then run it through a sieve and pour back into a pan.
9. Add the fish sauce and vinegar to the mixture.
10. Place the pan over heat for 10 minutes and simmer.
11. Remove the pan from the heat and allow to cool.
12. Once cooled, pour the sauce into Kilner® Clip Top Bottles and store in a cool, dark environment.
13. Use within 1 month.



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POWERFUL PINEAPPLE

Tepache is a fermented drink made from the peel, rind and sometimes flesh of pineapples. When sweetened with brown sugar and mixed with spices, a slightly effervescent and refreshing drink develops.

Tepache is a wild ferment, meaning the yeast and bacteria naturally present on the pineapples skin are responsible for the fermentation process over several days.

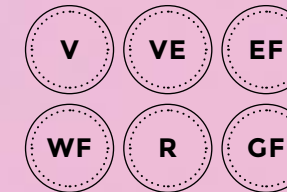
It's best served cold over ice and has a cider like quality, although only contains a trace of alcohol. Tepache can also be used as an ingredient for cocktails or some countries mix it with beer.



TEPACHE

INGREDIENTS

1 ripe pineapple
2.25L water
170g brown sugar
1 cinnamon stick
2 whole cloves
1 star anise



INSTRUCTIONS

1. Wash and dry the pineapple. Cut off the top and discard.
2. Cut the pineapple into chunks and leave the skin on the fruit.
3. Dissolve the sugar in water over a low heat. Allow to cool.
4. Add the pineapple pieces, spices and sugar water to the Kilner® Kombucha Jar Set.
5. If necessary, top up the jar with cold water to fully cover the fruit.
6. Use a fermentation weight to keep the ingredients below the water line.
7. Cover the top of the jar with a muslin cloth.
8. Leave at room temperature for 3-4 days. It will become cloudy and develop a harmless white foam that can be removed when you're ready to consume.
9. Once you've removed the white foam, place the wooden lid on the top of the dispenser.
10. Pour the drink from the tap, add ice and enjoy!

TIP
Best served cold

IT'S ALL ABOUT MEAL PREP

As a nation we can't get enough of convenience food. But gone are the days of unhealthy fast foods, as these become replaced with batch cooking and portion control. With recent focus on food labelling, calorie intake and a need to know what ingredients are in our ready meals, more people are switching to homemade where they can control what is put in their food and what they are consuming. As a result, the meal prep business has seen a boom!

Whether you buy your meal prep in, or choose to make it at home, the advantages are plain to see. Cost saving, time efficiency, convenience and reducing food waste are all good reasons to 'prep like a boss' and enjoy home cooked meals within minutes.

The Kilner® Fresh Storage range is ideal for meal preparation and reducing food waste. Glass is the perfect material for storing food; it does not stain, absorb odours or harbour flavours and is easy to clean. Freshness is key when storing food and this stackable unique glass storage solution makes it simple.

TIP

Batch cook in advance to save time and money

SALSA CHICKEN & RICE

INGREDIENTS

4 boneless, skinless chicken breasts
400g salsa
Low fat cooking spray
Salt and pepper to taste



INSTRUCTIONS

1. Preheat the oven to 190°C. Coat a 1.4 Litre Kilner® Fresh Storage container base with cooking spray.
2. Spread 135g of salsa in an even layer in the bottom of the container. Place the chicken breasts on top.
3. Sprinkle the salt and pepper evenly over the chicken.
4. Pour the remaining salsa over the chicken.
5. Bake for 30-35 minutes uncovered, or until the chicken is cooked through.
6. Remove the Kilner® Fresh Storage container from the oven.
7. Serve with rice and vegetables or other preferred accompaniments.

SALSA

INGREDIENTS

3 jalapeño peppers
1 medium onion, quartered
1 garlic clove, halved
600g drained whole tomatoes
½ tsp of salt

INSTRUCTIONS

1. Heat a small ungreased pan over high heat. With a sharp knife, pierce the jalapeños and add to the hot pan. Cook for 15-20 minutes or until the peppers are blistered and blackened, turning occasionally.
2. Immediately place the jalapeños in a 0.6 Litre Kilner® Fresh Storage container, cover and let stand for 20 minutes. Peel off and discard the charred skins. Remove stems and seeds.
3. Place onion and garlic in a food processor, cover and pulse four times. Add the tomatoes, salt and jalapeños. Cover and process until the salsa reaches a desired consistency. Chill until serving.

GRAB YOUR GRANOLA

Homemade granola is not just a tasty treat to wake up to in the morning, it also has health benefits including improved digestion, promotes weight loss, reduces cholesterol and improves energy levels.

Containing dozens of vitamins, minerals and not to mention a high fibre content, homemade granola is an extremely versatile mixture of nuts, oats and dried fruit making it a healthy and convenient option for breakfast or as a snack.

As an alternative to store bought recipes which can contain high sugar levels and unhealthy fats, the homemade equivalent can be tailored to personal diets and the additional sugars and oils can be controlled and minimised, often substituted with natural fruits.
Don't take our word for it, try it yourself!



TRAY BAKE GRANOLA

INGREDIENTS

425g rolled oats	1 tbsp golden syrup
½ tsp ground cinnamon	150g chopped or flaked almonds
1 tsp ground ginger	110g dried cranberries
¾ tsp salt	70g chopped hazelnuts
110g light brown sugar	
170g agave or maple syrup	



INSTRUCTIONS

1. Preheat the oven to 160°C. Line a large baking sheet with parchment paper.
2. In a large bowl, mix together the oats, cinnamon, ginger and salt.
3. In a medium bowl, mix the brown sugar, golden syrup and agave/maple syrup until thoroughly combined.
4. Add the wet ingredients to the dry ingredients. Mix well, until all of the oats are coated.
5. Spread on to the prepared baking tray.
6. Bake for 20 minutes, then remove the baking tray from the oven and turn the granola over ready to bake the reverse side.
7. Return to the oven and bake for an additional 10 to 15 minutes, or until crisp and golden. Take care not to burn the oats.
8. Remove from the oven and cool completely on the baking sheet.
9. Break up the granola into chunks and stir in the almonds, hazelnuts and dried cranberries. Store in a Kilner® Clip Top Jar.
10. Use a Kilner® Breakfast Jar to eat on-the-go.
11. Store in an airtight container, in a cool, dry spot and consume within six months.

TASTY INFUSED OILS

Olive oil is a liquid fat extracted from olives. The common misconception in the health industry is that all fats are bad for you. We do need to consume good fats in order to have a healthy balanced diet. Without it, our bodies can't absorb fat soluble vitamins like A, D, E and K. This would result in missing out on fatty acids that are essential for most parts of the body including skin, hair, heart and brain.

Quality extra virgin olive oil is incredibly healthy. It is predominantly rich in heart-healthy mono-saturated fat, which lowers cholesterol and contains a large amount of antioxidants.

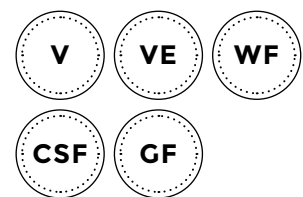
With all of the benefits, why not make olive oil a regular recipe in the kitchen? Make it even more exciting by infusing a wealth of flavours into the oil. Try the below recipe and reap the health benefits for yourself!



CHILLI INFUSED OIL

INGREDIENTS

2 tbsp chilli flakes
2 whole, small dried chillies
200ml olive oil



INSTRUCTIONS

1. Pour the chilli flakes into a 0.25 Litre Kilner® Pouring Bottle and set aside.
2. Pour 200ml olive oil and the dried chillies into a sauce pan and heat on the stove. This should only be done until the olive oil bubbles slightly. If it smokes, remove it from the heat and allow to cool.
3. Ensure the oil has time to cool slightly before pouring it into the bottle of chilli flakes.
4. Seal the bottle and store in the refrigerator. Consume within 4 weeks.
5. Only use dried herbs if you plan to store the oil for longer.

TIP

Swap dried chilli for dried basil or thyme for an exciting new flavour



KILNER® HEALTHY KITCHEN TOP 10 BUYS

We've put together our favourite products that will help you create healthy, nutritious food and drink at home!

1. FRESH STORAGE

Freshness is key when storing food and this unique glass storage solution makes it simple.

Made from durable borosilicate glass, the range is freezer safe, and the bases are suitable for the oven and microwave.

The unique stackable food storage collection is a sustainable alternative to plastic that can be used throughout the cooking process, from conception to consumption.

Glass is the perfect material for storing food; it does not stain, absorb odours or harbour flavours and is easy to clean. Perfect for meal prep and reducing food waste.

2. WIDE MOUTH PRESERVE JARS

The Kilner® Wide Mouth Preserve Jars are perfect for preserving whole fruits and vegetables as the wider opening allows for easy filling.

They are also a great shape for filling with snacks or lunch on the go.

Available in 350 and 500 ml sizes.

3. FERMENTATION SET

The Kilner® Fermentation Set provides an easy way to create your own delicious fermented foods packed with vitamins, minerals and probiotic cultures.

Perfect for creating live cultures of sauerkraut, kimchi, pickles and much more.

Creating your own fermented foods is straight forward, just add your favourite vegetables, water and salt.

4. JUICER JAR

Juice and store your citrus fruits straight into a Kilner® Jar with the 0.5 Litre Juicer Jar Set.

Remove the attachment and clip the lid closed for freshness.

5. SPIRALIZER JAR

The Kilner® Spiralizer offers an easy way to create spaghetti style spiral ribbons, from a variety of hard vegetables, as a healthier alternative to pasta.

The 1 Litre Kilner® Jar will collect your spirals directly from the cutting blade and the spare lid is the perfect way to store in the fridge or take your meal to work.

Perfect for courgettes, squash, carrots, beetroot and sweet potatoes.

6. MAYONNAISE AND SAUCE JAR

Creating homemade mayonnaise couldn't be easier with the Kilner® Mayonnaise and Sauce Jar Set making a much healthier alternative to shop bought mayonnaise.

Other sauces such as aioli and salad dressing can also be created using this handy kitchen gadget.

7. STORAGE JAR WITH DISPENSING TAP 5/8 LITRE

The Kilner® Storage Jar with Dispensing Tap features a high quality stainless steel clip top which creates an airtight seal.

Our independent test results show that the vacuum seal is perfect for infusing beverages whilst keeping the contents fresher for longer.

Use the dispensing tap to taste your cocktail creations throughout the infusion process.

8. FRIDGE DISPENSER

The Kilner® 3 Litre Fridge Drinks Dispenser is perfect for keeping drinks cold.

With a 3 litre capacity (the suggested consumption of water per day) and a helpful measuring scale down the side, this dispenser makes tracking daily water intake simple.

9. SAUCE PRESS JAR

Create homemade sauces and purées with the Kilner® Sauce Press Jar Set.

Simply fill the hopper with desired ingredients and turn the handle to puree the ingredients directly into the Kilner® Jar below.

Ideal for making fresh sauces, apple sauce, mash potato and puréed baby foods.

10. KOMBUCHA SET

The Kilner® Kombucha Set is suitable for creating and storing your own delicious culture rich kombucha.

Kombucha is a fermented sweetened tea packed with a wealth of vitamins, antioxidants and probiotics.

The Kilner® 3 Litre Drinks Dispenser with tap is ideal for dispensing fresh brewed kombucha and is also designed for continuous brewing.





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