

Nourish your soul with  
**BRAIN BOOSTING INGREDIENTS**

# REFRESH

MIND, BODY & SOUL

**FEBRUARY**

## PUMPKIN SEED WHOLEMEAL LOAF

**SERVES**  1 Loaf

**SAFFRON RECIPE CODE** R05222

### INGREDIENTS

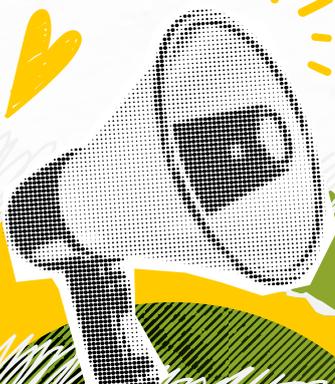
- 400g strong white flour
- 200g wholemeal flour
- 7g instant yeast
- 15g black treacle
- 20ml vegetable oil
- 20g pumpkin seeds
- 20g sunflower seeds
- 10g poppy seeds
- 1 medium egg
- 1tsp fine salt

### METHOD

1. Combine both flours in a large bowl with the yeast and salt
2. Mix the treacle with 250ml warm water until well combined. Stir into the flour to make a slightly sticky dough. If you need to add more water, splash it in a little at a time.
3. Knead the dough on a lightly floured surface for 10 minutes. The dough should be smooth and elastic when it's ready.
4. Place the dough in a lightly oiled bowl, flip the dough over to coat it in oil, then cover with a sheet of oiled cling film. Leave in a warm place until doubled in size. Lightly oil a medium size loaf tin.
5. Once doubled in size, knead the dough again for approx. 4 minutes to knock out the air bubbles – add most of the seeds and work these into the dough as you knead.
6. Shape the dough into an oval roughly the same length as your tin. Place in the tin and leave to prove, covered with oiled cling film, for approx. 40 minutes until it has nearly doubled in size again.
7. Heat oven to 180°C. Gently press a finger into the loaf to check if it has had enough proving time. When it's ready, glaze the top of the loaf with the egg yolk and sprinkle over the remaining seeds.
8. Bake in the oven for approx. 40 minutes until golden brown – if you tip the loaf out of the tin and tap the bottom, it should sound hollow. Leave to cool on a wire rack for at least 30 minutes before slicing

### OMEGA-3:

Omega-3 fatty acids, particularly DHA, are key building blocks of brain cell membranes and are essential for healthy brain structure and function.



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## SALMON AND BROCCOLI FRITTATA

**SERVES**  10

**SAFFRON RECIPE CODE** R06736

### INGREDIENTS

- 800g potatoes (washed, peeled and chopped)
- 50g margarine
- 15 medium eggs
- 500g broccoli (stalk trimmed and finely sliced, the rest into small florets)
- ½ tsp salt
- ½ tsp ground black pepper
- 250ml semi skim milk (or plant-based alternative)
- 250g salmon off cuts
- 250g onion (peeled and thinly sliced)

### METHOD

1. Place the potatoes into a large pot and boil until cooked through, then set aside
2. Steam or boil the broccoli florets until just cooked, drain and run under cold running water to cool
3. In a frying pan, melt the margarine and gently cook the onions until soft. Add in the broccoli stalks and continue cooking until tender
4. Season the salmon and steam or bake for a couple of minutes until cooked through.
5. In a bowl whisk the eggs with the milk and season well.
6. Add the salmon, broccoli and potatoes to the pan and spread out evenly, cover with the egg mixture and place in a medium hot oven and cook for approx. 20 minutes until the egg mixture has set.
7. Remove from the oven and leave to rest for a couple of minutes before portioning, alternatively chill completely & serve cold.

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