

HEALTHY INDULGENCES



TOTAL
WELLBEING
DIET



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Your favourite sweet treats don't need to be the downfall of your dieting efforts. Instead, if planned properly and enjoyed in small amounts, they can be an important part of maintaining a well balanced approach to weight loss and a healthy lifestyle.

WELCOME

You're here because you love a little indulgence... don't we all! Diet plans often ask members to shy away from indulgences, they're reserved for those lucky few in life who don't struggle with their weight. This is where the CSIRO Total Wellbeing Diet (TWD) is a little different. Rather than recommending you avoid indulgences, we show you how you can 'have your cake' – and lose weight too.

In fact, the menu plan allows for a daily indulgence. Instead of feeling guilty

about enjoying treat foods, the Total Wellbeing Diet recommends planning your indulgences in advance, enjoying them fully, and then congratulating yourself on sticking to a small amount.

We all enjoy something sweet now and then. The practical tips and recipe ideas in this Healthy Indulgences guide will show you how, with a little creativity, you can enjoy a healthier version of your favourite sweet indulgence.



“Combining your indulgence with other healthy foods makes it last longer and helps you feel more satisfied, whilst getting a more nutritious meal.”

Ali McIntosh, Accredited Practising Dietitian, TWD

A recent study of Total Wellbeing Diet members found that four of the top five barriers to weight loss involved indulgence foods - including **social events, eating out, too much temptation, and lack of willpower.**

MANAGING TEMPTATION

Ali McIntosh is an accredited practising dietitian for the TWD, and shares some of her top tips for managing temptation and ensuring you can have your indulgences while still enjoying a healthy, balanced diet.

PLAN AHEAD AND KEEP TRACK

Think through the coming week and know when temptations will arise. Include indulgences or snack alternatives in your meal prep and planning so you're prepared for when you are feeling tempted and use the online diary to keep track as little indulgences throughout the day can add up quickly.

OUT OF SIGHT, OUT OF MIND

When it comes time for a planned

indulgence, portion out your serve on to a plate or bowl, then put the remaining container away at the back of the cupboard or fridge.

EAT MINDFULLY, AND ENJOY YOUR INDULGENCE

Remove yourself from where the food is. Sit down and think about eating the treat. Enjoy every mouthful. You may even like to share your indulgence with a friend.

MAKE HEALTHIER SWAPS

Swap lollies for fruit, ice cream for a high-protein Greek yoghurt, or a pastry for a bliss ball. Check out our ideas on the next page.

HEALTHY KITCHEN BASICS

Below are some of our favourite versatile ingredients to have on hand for healthy swaps – so you're 'ready to go' when a craving strikes.



ROLLED OATS

Whole, rolled oats are a lower GI ingredient that can easily be baked into muesli slices, or ground into a flour to be included in muffins.

Combine with an indulgence like dark chocolate to recreate healthier versions of your favourite baked goods.



GREEK YOGHURT

If dairy-based sweet treats are your go-to indulgence, Greek yoghurt can be a great alternative to options like ice cream. Blend some frozen fruit through and top with a small handful of nuts - a source of healthy fats - for an easy sundae.



UNSWEETENED COCOA

Cocoa powder adds a rich chocolate flavour to your recipes, but is a 'free food' and so doesn't itself count towards your daily indulgence unit. Work it into bliss balls and slices.



FROZEN BERRIES

Having some berries on hand in the freezer means you've always got a nutritious, fruit base upon which to build a healthy treat. Reheat them, then top with granola and a tablespoon of cream for an easy crumble.



ALMONDS

Chop them up and include them in your favourite sweet treats, or coat with spices and roast them for a savoury snack mix. Remember that nuts are higher in kilojoules, so be sure to check your portion size.



AIR-POPPED POPCORN

Combine air-popped popcorn with nuts, seeds, dried fruit or dark chocolate chips to make an indulgent trail mix.

Lemon Cheesecake Bliss Balls
(see page 7 for recipe)





If you dream of cheesecake, these crowd-pleasers tick all the boxes. Perfectly portioned, they're truly indulgent.

LEMON CHEESECAKE BLISS BALLS

Prep time: 10 minutes

Serves 6 (1 ball per serve)

- ½ cup desiccated coconut, plus an extra tbsp for coating
- ½ cup almond meal
- 125g light cream cheese
- Juice and zest of ½ a lemon
- 2 tbsp honey
- 2 tsp vanilla extract

In a large bowl, combine all the ingredients well. Once well combined, use clean damp hands to roll the mix into six evenly sized bliss balls. Sprinkle extra coconut on a plate or sheet of baking paper. Lightly roll balls in coconut to coat. Lay on a plate or tray, and refrigerate for at least twenty minutes prior to serving. This will help them firm up a little. These balls are also delicious frozen.



Serves 8
Prep time: 10 minutes,
plus cooling time
Cooking time: 35 minutes

BERRY CHEESECAKE

- Olive oil spray
- 400g reduced-fat ricotta
- 1 tbsp plain flour
- 3 tbsp sugar or powdered sweetener
- 2 eggs
- Finely grated zest of 1 lime
- 1 tsp vanilla extract
- 200g berries, lightly crushed and very well drained if frozen, plus 100g extra berries to garnish (optional)
- Icing sugar, for dusting (optional)

Cheesecake is an old-time favourite, but almost always a big 'no-no' when you're watching your nutritional intake. But thanks to this clever recipe, you can have your cheesecake and eat it too, while staying within the guidelines of your daily food allowance.

Preheat the oven to 160°C. Spray an 18cm springform tin with olive oil and line the base with baking paper.

Combine all the ingredients, except the berries, in a food processor and process until smooth. Spoon half the mixture into the prepared tin, then sprinkle the berries over the top and lightly swirl through. Finish with the remaining ricotta mixture and smooth the top of the cake.

Bake for 30–35 minutes or until just set. Turn the oven off and allow the cake to cool in the oven for 1 hour. Remove and cool completely before serving. If you're not eating the cake as soon as it has cooled, refrigerate until ready to serve. Garnish with extra berries and lightly dust with icing sugar if you like.

**1 serve = 0.5 unit Dairy, 0.2 unit Fruit,
 0.2 unit Indulgence**

TIP: You can use fresh or frozen berries for this cake. The best fresh berries to use are raspberries, blueberries or blackberries. Packets of frozen mixed berries from the supermarket are also a good option. If you choose to use frozen berries, make sure you give them time to thaw before incorporating them into the mix, and drain them well.

CARAMEL BANANA SPLIT

Prep time: 5 minutes

Serves 1

- ½ cup raspberries or strawberries, sliced
- ½ medium banana, peeled and sliced
- 1 scoop low-fat vanilla ice cream
- 1 x 20g Caramello Koala or Violet Crumble, roughly broken or chopped
- *5 walnuts, chopped

Add the raspberries or strawberries and top with the banana slices and scoops of ice cream. Sprinkle with walnuts (optional) and Caramello Koala, and serve.

**If you wish to add some chopped walnuts, this will contribute to 1 Healthy Fats & Oils.*

1 serve = 1 unit Fruit, 1 unit Healthy Fats & Oils (optional), 1.5 unit Indulgence




*Prep time: 5 minutes
Serves 4*

BERRY DELIGHT ICY POLES

- 1 ½ cups coconut water or prepared diet berry cordial
- 200g fresh or frozen mixed berries

Place the coconut water and berries in a blender and mix for 30 seconds. Divide the mixture between four ice block moulds and insert the icy pole handles. Freeze for at least 4 hours.

*1 serve =
0.5 unit Fruit*



These to-die-for brownies are the ultimate indulgence, and can be enjoyed in place of your menu plan snacks if you are on Level 2 or 3 of TWD. For members on Level 1, add this recipe to your tracker to see how you will need to adjust your other meals to allow for this treat.

Black Bean and Dark Chocolate Brownies
(see page 12 for recipe)

BLACK BEAN AND DARK CHOCOLATE BROWNIES

- 400g tinned black beans, drained and rinsed well
- 80g whole rolled oats
- 60g dark chocolate chips, plus another 30g to top
- 1 jumbo egg
- 3 tbsp light extra virgin olive oil
- ½ cup low-fat or high protein milk
- ¼ cup unsweetened cocoa powder
- 2 tbsp brown sugar
- 2 tsp vanilla extract
- 1 tsp baking powder
- Pinch sea salt



Prep time: 10 minutes
Cook time: 20 minutes
Serves 6

Preheat a fan forced oven to 180°C.

In a food processor or blender, process the oats into a flour. Place to one side.

Combine the black beans and olive oil in the food processor or blender, and process until it forms a paste. You shouldn't have any chunks or whole beans left, as this will affect the consistency of the brownie.

Return the oat flour to the food processor, along with the bean paste, baking powder, sea salt, cocoa powder, brown sugar, egg and vanilla extract. Process, slowly pouring the milk in until it forms a batter.

Meanwhile, create a double boiler by placing a glass bowl over a saucepan with a little water in it. Heat over a medium-high flame until the water is boiling. Add 60g dark chocolate to the bowl and stir regularly until it is melted. Once melted, slowly pour the chocolate into the batter and mix through.

Pour into a 20cm x 20cm square baking tray (or similar) lined with baking paper. Top with the remaining 30g of dark chocolate chips.

Bake for 20-25 minutes or until cooked through. Leave to cool before slicing into six even portions.

**1 serve = 0.5 units Meat & Alternatives, 0.5 unit Breads and Cereals,
2 units Healthy Fats & Oils, 1 unit Indulgence**

Comfort food at its best. Use apricots when they're in season, and any other stone fruit when they're not.

APRICOT BREAD PUDDING

Prep time: 10 minutes

Cook time: 25 minutes

Serves: 4

- Olive oil spray
- 4 slices day-old wholemeal bread, crusts discarded, chopped into small pieces
- 1 x 400g tin apricots in juice, drained well, quartered
- 400ml low-fat milk
- 4 eggs, lightly beaten
- 2 tbsp caster sugar or powdered sweetener
- 1 tspn vanilla extract
- Icing sugar, to serve



Preheat the oven to 180°C. Spray the base and sides of four x 300ml capacity baking or ovenproof dishes with olive oil spray and place in a roasting tin.

Divide half the chopped bread among the dishes, add the apricot pieces, then place the remaining bread on top.

Combine the milk, eggs, sugar or sweetener and vanilla in a bowl and whisk to combine well, then divide this mixture among the dishes. Pour enough boiling water into the tin to come halfway up the sides of the dishes, then bake for 25 minutes or until just set in the middle. Cool slightly, then serve warm dusted with icing sugar.

1 serve = 0.5 unit Protein, 1 unit Breads & Cereals, 0.4 unit Dairy, 0.5 unit Fruit, 0.3 unit Indulgence

APPLE AND BERRY CRUMBLE

Prep time: 10 minutes

Cook time: 45 minutes

Serves 2

- 1 large Granny Smith apple, peeled and cored
- $\frac{1}{3}$ cup water
- 3 tsp sugar
- 1 tsp ground cinnamon
- 200g fresh or frozen mixed berries
- $\frac{1}{4}$ cup rolled oats
- 1 tbsp brown sugar
- 3 tsp butter

Preheat the oven to 180°C. Slice the apple and place in a saucepan with the water, sugar and cinnamon. Heat over high heat until the mixture boils. Reduce heat and simmer for 10 minutes.

Meanwhile, combine the oats, brown sugar and butter in a bowl with clean fingers. Set aside.

Drain any excess water from the apple mixture. Add the berries and combine well. Divide the fruit between two ramekins and top with the crumble mixture. Place the ramekins in a deep baking tray filled with enough water to surround the base of the ramekins. Bake for 30 minutes or until the crumble is golden. Allow the crumbles to rest for 5 minutes before serving.

1 serve = 0.5 unit Breads & Cereals, 1 unit Fruit, 1 unit Indulgence



BE PREPARED

When it comes to staying on track, planning your indulgences in advance can help ensure you've got the right kind of treats on hand for when they're needed. Here's how it's done.

PRACTISE PORTION CONTROL

Regardless of whether you're making two or ten treats at any one time, dividing them into single portions means there's less chance you'll overindulge on them later. Yoghurt pots can be stored in individual jars, bliss balls popped into small containers and chocolate-and-nut trail mixes can be stored in individual bags. This way, the thinking has already been done for you when it's time for a snack or indulgence.

SHARE THE LOVE

The old saying "kilojoules shared are kilojoules halved" is a great way to think about indulgences. Split a dessert with a friend or

bake our brownies (page 11) and cut them into 18 bite size pieces to share at work.

OUT OF SIGHT, OUT OF MIND

Pop your individual serves into the pantry or fridge, right at the back so they're out of sight. If you make larger batches, you may even like to freeze some for down the track, if the recipe allows.



BANANA 'NICE CREAM' WITH BERRIES AND DARK CHOCOLATE SAUCE

Prep time: 5 minutes

Serves 1



This delicious ice cream alternative is quick and easy to make and highlights fruit and dairy with a touch of chocolate. On Level 1 of TWD, this treat replaces your menu plan snack.

- 1 overripe banana, peeled, sliced, and frozen (approx. 1 cup)
- 1/3 cup plain Greek yoghurt
- 10 fresh blackberries, or 15 fresh blueberries
- 20g dark chocolate chips

Create a double boiler by placing a glass bowl over a saucepan with a little water in it. Heat over a medium-high flame until the water is boiling. Add the dark chocolate to the bowl and stir regularly until it is melted. Alternatively, melt chocolate in the microwave according to package instructions. In a blender or food processor, process your banana and yoghurt until smooth. Transfer the nice cream to a bowl, top with berries, and pour over the melted chocolate. Enjoy!

Note: Any berries will work here, fresh or frozen (with no added sugar)

1 serve = 1 unit Fruit, 0.5 unit Dairy, 1 unit Indulgence

WATERMELON SORBET

Serves 4

Prep time: 25 minutes

Chilling time: 5 hours

- 700g seedless watermelon, roughly diced and chilled
- 2 tbsp lime juice
- 2 tbsp sugar or powdered sweetener

Combine all the ingredients in a food processor and process until smooth.

If you have an ice-cream maker, churn the ice-cream according to the manufacturer's instructions.

If you don't have an ice-cream maker, freeze the watermelon mixture in a shallow container for 2-3 hours or until just set. Pulse in a food processor or blender until smooth, then return to the freezer for a further hour or until frozen. Once again, pulse in a food processor or blender until smooth, then return to the freezer and allow the sorbet to freeze until solid. Remove from the freezer 20 minutes before serving.

**1 serve = 0.7 unit Fruit,
0.3 unit Indulgence**

For a cooling treat on a hot summer's day, indulge in this lovely dessert.

SPICED STRAWBERRIES WITH RICOTTA CREAM

The perfect ending to a friendly barbecue get-together or a sweet treat for any time of the week.

- 500g strawberries, washed and hulled
- 1 cup (250 ml) unsweetened orange juice
- 2 tbsp sugar
- 1 cinnamon stick
- 4 star anise
- 2 tsp Grand Marnier (optional)

Ricotta cream

- 100g reduced-fat ricotta
- 200g reduced-fat vanilla yoghurt
- 1 tsp caster sugar or powdered sweetener



Serves 4
Prep time: 10 minutes,
plus cooling time
Cooking time: 10 minutes

Place the strawberries in a large bowl and set aside.

Combine the orange juice, sugar, cinnamon and star anise in a medium saucepan over medium heat, stirring until the sugar has dissolved. Bring to the boil, then reduce the heat and simmer for 5 minutes or until slightly reduced. Stir in the Grand Marnier (if using), then cool to room temperature. Pour the syrup over the strawberries and set aside for 30 minutes to develop the flavours.

Meanwhile, to make the ricotta cream, combine all the ingredients in a food processor until smooth.

To serve, remove the cinnamon and star anise from the strawberry mix and spoon the strawberries into four bowls or serving glasses. Drizzle with a little of the syrup and serve with the ricotta cream.

TIP: Other berries may be used in this recipe (raspberries, blackberries or mixed) or try a combination of strawberry and mango. As always, buy what's fresh and in season.

1 serve = 0.5 unit Fruit, 0.5 unit Dairy, 0.5 unit Indulgence

LEANE'S STORY

Leane had tried every diet under the sun and for the last 20 years couldn't remember not being on some sort of weight loss program. But it was the Total Wellbeing Diet that changed her eating habits for good and helped her lose 15kg*.

"I woke up one day and thought to myself, 'I'm 41 years old and I'm so exhausted. There's got to be more to my life!'"

**LOST
15kg***

BEFORE

LEANE'S DIET PERSONALITY IS CLASSIFIED AS A 'THINKER'

Thinkers get overwhelmed by dieting and crumble under the self-imposed pressure. While their tendency to analyse everything - especially food choices - is a strength, it can also lead to stress. This is where, from a healthy indulgences perspective, a little preparation goes a long way.

"Juggling part-time work and three children - my youngest was still waking up during the night when I went back to work - I was feeling pretty tired so was

always reaching for something sweet to give me a pick-me-up."

NOW, HER ENERGY IS BACK

After completing the TWD Leane feels like a different person. She's at the gym twice a week and spends weekends doing outdoor activities with the kids. More importantly, she simply feels better.

"Slow and steady wins the race. With previous diets, I got impatient and the weight loss had to happen straight away. It wasn't realistic or sustainable. This time, I was committed and ready to take it one week at a time," she says.

**Individual results may vary.*

ELLEN'S STORY

ELLEN'S WEIGHT GAIN CREPT UP ON HER

Ellen was slim all her life until she hit her 40s and her taste for sweets came back to bite her. Combined with a sedentary job, her weight gradually increased from year to year.

BEFORE



LOST
19kg*

In 2011 Ellen received chemotherapy treatment for breast cancer and after that, her weight started increasing quickly. When she went up another clothing size, she decided enough was enough.

MAKING PEACE WITH THE SWEET

Ellen's main dietary problem was sweets - pastries, doughnuts, lollies and chocolate - her favourite foods.

**Individual results may vary.*



"I'm a sweet tooth! I find that the diet has been really good in that respect, in that I can actually make up for some of the sweet stuff that I like to eat."

But with the TWD, she found a plan that allowed her a small amount of indulgence each day and this helped her foster a better relationship with the sweet foods she loves.

"I had a couple of sessions with a TWD dietitian and she gave me some really good tips on what I could to avoid eating so much of the sweet stuff. I found that the support was really good."

GEORGE'S STORY



“My biggest struggles with food are around quantities and mindfulness. I would often open a packet of something and then - without paying attention - eat the whole thing.”

George wanted to lose weight so he could run around and play with his young daughter. But with a baby in the house, he had even less time and energy to eat properly and quickly gained weight. Take-away became an easy solution, often many times a week. Not ideal when you're running around after a little one.

“I have a chronic back injury, and before the diet it was becoming a struggle to carry her as she was getting heavier and heavier,” George says.

NEW DAD, NEW HABITS

As a competitive volleyball player, George's weight was (literally) weighing him down. Younger players on the team were catching up and he needed to lose weight to hold his ground and keep his spot on the team.

With a new lease on life, he became a better player, a better father and cultivated a healthier relationship with food.

“The Total Wellbeing Diet really helped me with the emotional side of eating. Even if I had a bad day, I would write it down and then I would have to hold myself accountable to that,” he says.

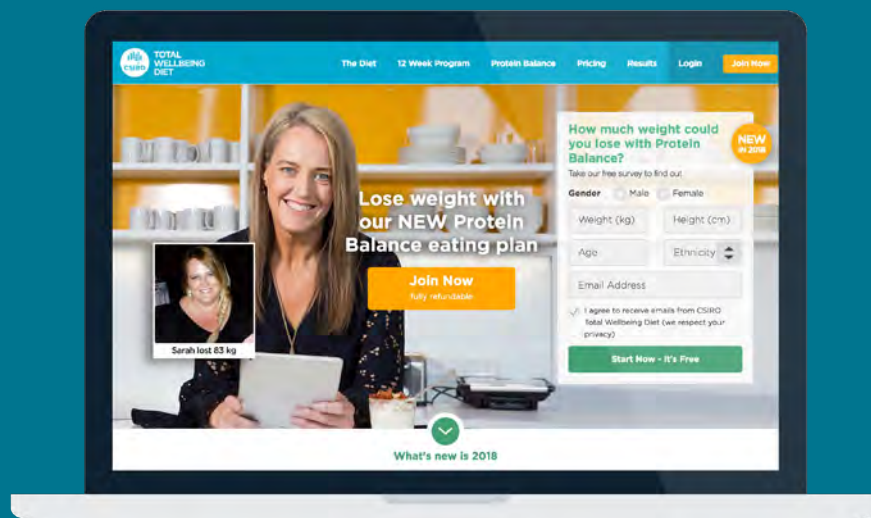
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WELLBEING
DIET**

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