

Our top  
**10**



# GUILT-FREE CAKES



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## Cakes

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the healthy  Mummy

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## Welcome to The Healthy Mummy **TOP 10 GUILT-FREE CAKES** cookbook!

There's nothing like a cake for celebrating life's joyous moments. In embracing a healthier lifestyle, you shouldn't have to miss out on this integral part of the festivities – and with these recipes, you don't need to!

To make these cake recipes better for your overall health, we have avoided using traditional refined sugar, which plays havoc with your digestive system. Instead, these recipes use unrefined sweeteners – a simple substitution for which your body will love you.

We hope these cake recipes make your celebrations all the sweeter!

*Rhian*

and The Healthy Mummy team



## The sweeteners used in the recipes

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The recipes in this book don't use traditional processed white sugar; we have instead opted to use a combination of sugar alternatives, such as honey and coconut sugar, and low-calorie natural sweeteners like Natvia – all of which are readily available from health food shops and most supermarkets.

**About coconut sugar** Coconut sugar is made from the sap collected from the flower of a coconut palm tree. This is heated to evaporate the moisture and then ground down into granules.

Coconut sugar works extremely well with the chocolate recipes due to its caramel flavour. It can be used as a one-to-one substitute for table sugar and has a similar texture to regular sugar. Coconut sugar is mineral rich and has a lower fructose level and lower glycaemic index than regular table sugar, but it does have the same amount of calories.

**About rapadura sugar** Rapadura is the least refined of all sweeteners derived from sugar cane. Although it should still be consumed in moderation, it retains beneficial vitamins and minerals, which are stripped from all other cane sugar products. Rapadura can be substituted for regular table sugar in most recipes and adds a delicious caramel-like flavour.

**About Natvia** Natvia is a 100 per cent natural sweetener blend. It uses the very best part of the stevia plant, combined with a naturally occurring nectar known as erythritol, which negates the slight bitter aftertaste that is sometimes present in straight stevia. Natvia can be used in most recipes as a one-to-one sugar substitute.



## Lemon, Coconut & Honey Cheesecake

■ SERVES 10 ■ CALORIES PER SERVE: 217 (909KJ)

### Ingredients

#### Base

- 1 cup desiccated coconut
- 1 cup oats, finely processed
- 1/3 cup honey, warmed for 40 seconds in the microwave
- 1 tbsp coconut oil, melted

#### Filling

- 400ml full-cream coconut milk
- 1 cup Greek natural yoghurt
- 1 lemon, juiced and zested, plus extra zest for garnish
- 2 tbsp gelatine
- 4 tbsp boiling water

### Method

1. Line a 20cm springform pan with baking paper.
2. Mix base ingredients until well combined. Press into prepared pan and refrigerate.
3. Whisk together coconut milk, yoghurt, lemon juice and zest.
4. In a small bowl, combine gelatine and boiling water, stirring briskly until gelatine has dissolved.
5. While beating, slowly pour gelatine mixture into coconut/yoghurt mixture. Continue beating for 1 minute.
6. Pour mixture over base and return to refrigerator for approximately 2 hours or until set. Garnish with extra lemon zest to serve.

**NUTRITION INFO:** FAT: 13.4G SATURATED FAT: 12.2G  
CARBOHYDRATE: 22.8G PROTEIN: 3.4G SUGAR: 16.7G FIBRE: 1.9G



## Gluten- & Dairy-Free Chocolate Cake

■ SERVES 12 ■ CALORIES PER SERVE: 271 (1018KJ)

### Ingredients

- 1 tbsp instant coffee powder
- 2 tbsp boiling water
- ¼ cup honey
- 2 cups almond meal
- 2 tsp gluten-free baking powder
- ⅓ cup cacao powder, plus extra to serve
- 2 eggs
- ½ cup olive oil or rice bran oil
- 1 tsp vanilla extract
- ½ tbsp cacao nibs, to serve (optional)

### Method

1. Preheat oven to 180°C. Grease a 20cm cake tin.
2. Combine coffee, boiling water and honey.
3. Place dry ingredients in a large bowl and whisk to combine.
4. In a separate bowl, beat eggs until thick and creamy.
5. Add eggs, oil, vanilla and coffee mixture to dry ingredients and mix well.
6. Pour batter into prepared tin and bake on a high rack in the oven for 25-30 minutes, until top is just firm to touch.
7. Allow to cool in tin for 10 minutes before turning out onto a wire rack to cool completely.
8. Dust with cacao powder and sprinkle with cacao nibs to serve.

**NUTRITION INFO:** FAT: 20G SATURATED FAT: 2.6G  
CARBOHYDRATE: 10.6G PROTEIN: 6.2G SUGAR: 6.6G FIBRE: 2.5G



## Red Velvet Layer Cake

■ SERVES 8 ■ CALORIES PER SERVE: 306 (1281KJ)

### Ingredients

- 1 cup full-cream milk
  - 1 tbsp lemon juice
  - 1 cup self-raising wholemeal flour
  - ½ cup almond meal
  - 2 tsp baking powder
  - Pinch salt
  - ⅓ cup cacao powder
  - 2 eggs
  - ⅓ cup pure maple syrup
  - 2 tbsp rice bran oil or melted coconut oil
  - 2 tsp vanilla extract
  - 2 tsp natural red food colouring
- Frosting
- 125g reduced-fat ricotta
  - 125g reduced-fat cream cheese
  - 1-2 tbsp pure maple syrup, to taste
  - 1 tsp vanilla extract
  - 4 drops natural red food colouring (optional)

### Method

1. Preheat oven to 180°C. Grease and line a deep 20cm round cake tin.
2. Combine milk and lemon juice and set aside to curdle.
3. Whisk together dry ingredients in a large bowl.
4. Beat eggs until thick and creamy. Add eggs and all wet ingredients to the dry ingredients and mix gently until well combined. Pour batter into cake tin and bake for 30-40 minutes, or until a skewer in the centre comes out clean.
5. Allow to cool in tin for 5 minutes, then turn out onto a wire rack to cool completely. Carefully slice cake horizontally into three layers.
6. To make frosting, beat together all ingredients until smooth and creamy. Spread one quarter of the mixture on each of the two bottom layers, then spread remaining half of mixture on the top of the cake.

### Serving suggestion:

Decorate with fresh berries, pomegranate or shaved dark chocolate.

**NUTRITION INFO:** FAT: 19.5G SATURATED FAT: 6.6G  
CARBOHYDRATE: 29.7G PROTEIN: 9.5G SUGAR: 13.5G FIBRE: 3.7G



# Choc-Hazelnut Mousse Cake

**FREE FROM GLUTEN, DAIRY & EGG**

■ SERVES 12 ■ CALORIES PER SERVE: 357 (1495KJ)

## Ingredients

### Base

- 4 tbsp extra virgin coconut oil, melted
- 2 tbsp cacao powder
- 8 tbsp desiccated coconut
- 4 tbsp rice malt syrup or maple syrup

### Topping

- 300g hazelnuts, soaked in water for 8 hours
- 1/3 cup pure maple syrup (or other natural sweetener)
- 4 tbsp almond milk (or regular milk, if not dairy free)
- Pinch salt
- 1 tsp vanilla extract
- 4 tbsp extra virgin coconut oil
- 1/3 cup cacao powder

## Method

1. Line a 20cm springform cake tin.
2. To make base, mix coconut oil, cacao, coconut and syrup until thoroughly combined. Press into dish and refrigerate to set.
3. Drain and rinse soaked hazelnuts. Place in food processor and blitz until finely ground. Add maple syrup, vanilla, salt and milk. Process until soft and creamy.
4. In a saucepan over a low heat, melt coconut oil and cacao. Add to hazelnut mixture and combine.
5. Spoon mixture over cake base, smooth top and refrigerate.

## Serving suggestion:

Decorate with fresh berries and chopped hazelnuts.

**NUTRITION INFO:** FAT: 28.1G SATURATED FAT: 11.2G  
CARBOHYDRATE: 20.8G PROTEIN: 4.8G SUGAR: 12.4G FIBRE: 3.8G



# Healthy Triple Chocolate Cheesecake

■ SERVES 12 ■ CALORIES PER SERVE: 200 (839KJ)

## Ingredients

### Base

- ½ cup coconut flour
- ¼ cup cacao powder
- ¼ cup pure maple syrup
- 2 tbsp boiling water
- 2 tbsp olive oil or coconut oil (melted)

### Filling

- 250g reduced-fat cream cheese
- 250g reduced-fat ricotta
- 150g dark chocolate
- 10g dark chocolate, chopped, to serve

## Method

1. Line a deep 20cm springform cake tin with baking paper.
2. Combine all base ingredients and mix thoroughly. Press into prepared tin and refrigerate until firm.
3. Combine cream cheese and ricotta, and beat until smooth and creamy. Separate mixture into 2 bowls.
4. Melt 50g of the dark chocolate, add to one half of the cream cheese mixture and beat to combine. Spread over base.
5. Melt remaining 100g of dark chocolate, add to second half of the cream cheese mixture and beat to combine. Spread over top of cheesecake.
6. Refrigerate until set. Sprinkle with chopped chocolate to serve.

**NUTRITION INFO:** FAT: 12.3G SATURATED FAT: 7.6G  
CARBOHYDRATE: 14.8G PROTEIN: 6.1G SUGAR: 9.9G FIBRE: 2G



## Moist Apple, Ginger & Walnut Cake

■ SERVES 10 ■ CALORIES PER SERVE: 239 (1003 KJ)

### Ingredients

- 2 tbsp chia seeds
- 120ml water
- 1 ¼ cups self-raising wholemeal flour
- ¾ cup almond meal
- 1 tsp baking powder
- 1 tsp ground ginger
- 3 tbsp rapadura or coconut sugar
- 400g can pie apple
- ¼ cup olive oil or coconut oil
- ¼ cup natural yoghurt
- ½ cup raw walnuts
- 1 tsp honey

### Method

1. Preheat oven to 180°C. Grease and line a 20cm round cake tin.
2. Place water and chia seeds in a cup and stir well. Set aside for a few minutes, until mixture becomes gelatinous.
3. Place all dry ingredients in a large bowl and whisk to combine.
4. Finely mash half of the pie apple. Roughly dice remaining apple. Combine apple with oil, yoghurt and chia mixture. Add to dry ingredients and mix thoroughly.
5. Roughly chop walnuts, setting aside 4 nuts for garnish, and stir through batter. Pour mixture into prepared tin and bake for 50-60 minutes until firm to touch and a skewer placed into the centre comes out clean. Leave oven on.
6. Allow cake to cool in tin for 10 minutes, then turn out onto a wire rack to cool completely.
7. Line a baking tray with baking paper. Roughly chop remaining walnuts, coat in honey and place on tray. Bake for 5-7 minutes until lightly roasted but not burnt. Remove from oven and chop again if clumpy. Sprinkle walnut mixture over cake to serve.

**NUTRITION INFO:** FAT: 15.2G SATURATED FAT: 1.9G  
CARBOHYDRATE: 18.7G PROTEIN: 6.5G SUGAR: 9.5G FIBRE: 3.8G



## Sponge with Apricot Jam & Cream

■ SERVES 8 ■ CALORIES PER SERVE: 250 (1049KJ)

### Ingredients

- 6 eggs, separated
- ½ cup coconut sugar
- ¼ cup Natvia
- ¾ cup self-raising flour
- ¼ cup cornflour
- ½ tsp baking powder
- 2 tbsp almond milk, warmed
- 1 tsp vanilla essence

### Filling

- ½ cup chopped dried apricots
- 2 tsp fresh lemon juice
- 1 tbsp rice malt syrup or honey
- 2 tbsp chia seeds
- 400ml can coconut cream, refrigerated overnight
- 1 tsp coconut sugar, to serve.

### Method

1. To make chia jam, place dried apricots, lemon juice, syrup and 1 cup of water in a small saucepan and stir over a low heat until the apricots have softened. Puree or mash until just a few small lumps remain. Add chia seeds in 4 stages, stirring thoroughly so they don't clump together. Pour jam into a jar or container and refrigerate for at least 1 ½ hours, until thickened.
2. Preheat oven to 170°C. Grease and line a deep 20cm round cake tin.
3. In a large bowl, whisk eggwhites until soft peaks form. Gradually add Natvia and coconut sugar and continue whipping until mixture is thick and glossy. Add egg yolks, one at a time, then vanilla essence and milk, mixing until smooth. In a separate bowl, sift self-raising flour, cornflour and baking powder. Gently fold dry ingredients into egg mixture until well combined and glossy. Pour into prepared tin and bake for 30-35 minutes, until top is firm to touch and a skewer in the centre comes out clean.
4. Turn cake out of tin onto a wire rack and cover with a tea towel to cool completely. Slice in half horizontally. Spread half of the jam over bottom layer. Open can of coconut cream and scoop out thick cream on top (maximum half the can). Place in the bowl of an electric mixer and beat for 1-2 minutes to whip up the cream. Spread half the cream over jam and place top layer back on cake. Spread remaining jam, then remaining cream over top of cake. Sprinkle with coconut sugar to serve.

**NUTRITION INFO:** FAT: 6G SATURATED FAT: 2.2G  
CARBOHYDRATE: 32G PROTEIN: 7.6G SUGAR: 19.8G FIBRE: 3.3G



## Low-Fat Raspberry Yoghurt Cake

■ SERVES 8 ■ CALORIES PER SERVE: 211 (884KJ)

### Ingredients

- 2 cups wholemeal self-raising flour
- ½ tsp baking powder
- ⅓ cup rapadura or coconut sugar
- 2 eggs, whisked
- ½ cup milk
- 1 cup Greek natural yoghurt
- 1 tsp vanilla extract
- ½ cup raspberries (fresh or frozen)

### Frosting

- 1 cup Greek natural yoghurt
- ½ cup raspberries (fresh or frozen)
- 1 tbs pure maple syrup

### Method

1. Preheat oven to 180°C. Grease and line a 20cm round cake tin.
2. Place dry ingredients in a large bowl and whisk to combine.
3. Add eggs, milk, yoghurt and vanilla and stir thoroughly.
4. Add raspberries and fold through mixture. (If using frozen raspberries, microwave for 30 seconds to defrost slightly.)
5. Pour mixture into prepared tin and bake for 40-45 minutes, until firm to touch and a skewer placed into the centre comes out clean. Remove from tin and allow to cool on a wire rack.
6. To thicken yoghurt, place 2 clean Chux wipes (or a square of muslin or cheesecloth) on top of 12 sheets of paper towel. Place yoghurt in the centre, pull sides of Chux wipe up to enclose yoghurt. Twist the top. Wrap paper towel around the Chux wipe and gently squeeze to remove excess moisture, until all of the paper towel is damp. Scrape thickened yoghurt into a small mixing bowl. Add raspberries and maple syrup, mixing well.
7. Spread frosting over the cooled cake, then serve immediately.

**NUTRITION INFO:** FAT: 4.7G SATURATED FAT: 2G  
CARBOHYDRATE: 37G PROTEIN: 8.5G SUGAR: 14.1G FIBRE: 4.7G



## Classic Chocolate Cake

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■ SERVES 10 ■ CALORIES PER SERVE: 234 (979KJ)

### Ingredients

- 3 eggs (room temperature), separated
- ½ cup coconut sugar
- 1 ½ cups plain wholemeal flour
- 2 tsp cream of tartar
- 1 tsp baking soda
- ⅓ cup cacao powder
- ⅔ cups boiling water
- 2 tbsp coconut oil, melted

### Frosting

- 1 cup pitted dates
- 1 tbsp cacao powder
- 1 tbsp milk

### Method

1. Preheat oven to 180°C. Grease and line a 20cm cake tin.
2. Beat eggwhites until stiff. Slowly add sugar and yolks, beating, until smooth and creamy.
3. Sift flour, cream of tartar and baking soda into a bowl and whisk for 20 seconds. Gently stir into egg mixture.
4. Combine cacao, boiling water and melted coconut oil. Slowly beat chocolate mixture into cake batter until well combined. Pour mixture into prepared tin and bake for 25 minutes or until a skewer inserted in the centre comes out clean. Allow to cool in the tin for 5 minutes before turning out onto a wire rack.
5. To make frosting, cover dates with boiling water and soak for 20 minutes, then drain. Blitz dates in a food processor until smooth. Stir through cacao and milk. Spread frosting on cooled cake.

**NUTRITION INFO:** FAT: 4.9G SATURATED FAT: 3G  
CARBOHYDRATE: 30.5G PROTEIN: 4.1G SUGAR: 19.4G FIBRE: 2.8G



## Choc-Banana Loaf with Chocolate Cream Frosting

■ SERVES 12 ■ CALORIES PER SERVE: 318 (1331KJ)

### Ingredients

- ½ cup honey
- 7 tbsp pure butter or coconut oil
- 3 medium-sized ripe bananas
- 2 cups wholemeal self-raising flour
- 1 ½ tsp baking soda
- ⅓ cup cacao powder
- ½ cup chopped walnuts
- 1 tsp cinnamon
- ¼ cup milk
- 2 eggs (room temperature), beaten

### Frosting

- 400ml coconut cream, chilled overnight
- 2 tbsp cacao powder
- 2 tbsp pure maple syrup

### Method

1. Preheat oven to 170°C. Grease and line a loaf tin.
2. In a small saucepan over a low heat, melt honey and butter (or coconut oil). Set aside to cool slightly.
3. Mash bananas and set aside.
4. Place flour, baking soda, cacao, walnuts and cinnamon in a large bowl and whisk thoroughly. Make a well in the centre. Add milk and bananas to honey mixture and stir to combine. Pour into dry ingredients and mix well. Add eggs and mix thoroughly.
5. Pour into prepared tin and bake for 40 minutes or until a skewer inserted in the centre comes out clean. Allow to cool in tin for a few minutes before turning out onto a wire rack.
6. To make frosting, scoop out the thick coconut cream from the top of the can (leave the thinner liquid in the bottom). Whisk cream with cacao and maple syrup until smooth. Spread over loaf to serve.

**NUTRITION INFO:** FAT: 10.3G SATURATED FAT: 5.5G  
CARBOHYDRATE: 37.2G PROTEIN: 5.9G SUGAR: 17.5G FIBRE: 4.5G



No.1 IN

# WEIGHT LOSS FOR MUMS

JOIN OUR HEALTHY MUMMY COMMUNITY WITH TENS OF THOUSANDS OF MUMS FOR DAILY SUPPORT



TASHEENA HAS LOST 44KG



TAWHAI HAS LOST 46KG

» Mums lose an average of 4-6kg\* every month on our achievable plans

## EMPOWERING MUMS TO LIVE HEALTHIER

Visit our website to learn about the interactive and customisable 28 Day Weight Loss Challenge.

- Challenge hub
- Access to over 2000 recipes
- Do-at-home daily exercises (with no expensive equipment)
- Online support from tens of thousands of other mums
- Breastfeeding safe



BREASTFEEDING FRIENDLY SMOOTHIES

VISIT [LOSEBABYWEIGHT.COM.AU](http://LOSEBABYWEIGHT.COM.AU) TO FIND OUT MORE

Join our community here  [facebook.com/losebabyweight.com.au](https://facebook.com/losebabyweight.com.au)

\*Based on over 100,000 mums recording their results on our website in 2014 & 2015

We hope you've enjoyed reading and using **The Healthy Mummy - Top 10 Guilt-Free Cakes Cookbook!**

If you would like to purchase any of our products and plans, or want access to more health information and recipes, please visit our website, [www.healthymummy.com](http://www.healthymummy.com).

If you have any questions regarding anything in this book or any of our plans, you can email us at [support@thehealthymummy.com](mailto:support@thehealthymummy.com) and we'll do our best to answer your query.

Good luck on your healthy lifestyle journey!

Rhian

& The Healthy Mummy team x

# ABOUT THE HEALTHY MUMMY SMOOTHIES

QUICK, EASY AND DELICIOUS – THE PERFECT MEAL REPLACEMENT FOR BUSY MUMS

**BREASTFEEDING FRIENDLY**

THE HEALTHY MUMMY SMOOTHIE IS A DELICIOUS AND NUTRITIOUS MEAL REPLACEMENT PRODUCT, DESIGNED ESPECIALLY FOR MUMS.

Unlike other shakes or smoothie products, which can contain artificial ingredients and fillers or just be a protein powder, The Healthy Mummy Smoothie is packed with a **potent combination of 24 vitamins and minerals, protein, carbohydrates, fibre and healthy fats**, providing a nutrient hit for busy mums. The smoothie is also breastfeeding friendly and contains fenugreek.



- NO CAFFEINE
- NO ACCELERANTS
- GLUTEN & DAIRY FREE
- 96% SUGAR FREE

- 100% FRUCTOSE FREE
- HIGH IN FIBRE
- NO ARTIFICIAL INGREDIENTS
- BREASTFEEDING FRIENDLY

## WHAT BREASTFEEDING MUMS SAY ABOUT THE SMOOTHIES



ANDREA LOST 30KGS IN 12 MONTHS

"After finding The Healthy Mummy when my baby was three weeks old, I started on The Healthy Mummy Smoothies and they were my saviour! I went from only eating dinner to finally having filling and nutritious breakfasts and lunches that I could have on the go and with my hands full. The smoothies also made a fantastic difference to my supply, which was a massive help when bub was feeding continually. With the help of The Healthy Mummy program and smoothies, I was able to lose 30kg in 12 months, while feeding my bub."

ANDREA DIXON

"The Healthy Mummy Smoothies have been a complete lifesaver for me. With a toddler and a newborn, it's so hard to look after yourself, even to make yourself breakfast in the morning. The smoothies are delicious and keep me full for ages. I've lost 8.5kg in the last seven months!"

ALISHA LYMAR

"I can't imagine how I would have survived when my third baby was born without my Healthy Mummy Smoothies. They boosted my milk supply, making breastfeeding easier. I never missed a meal because I always found a quick minute to whip up my smoothie. They were a total lifesaver!"

MEGAN VANDERWAAL

## WHAT BREASTFEEDING MUMS SAY ABOUT THE SMOOTHIES



CAT HAS LOST 30KGS

"I struggled with my milk supply with my first baby and only managed a week or two of breastfeeding.

I started using The Healthy Mummy plans when she was about eight months old. By the time I had my second baby, I had been using The Healthy Mummy Smoothies for a few years, along with the meal plans. I successfully and exclusively breastfed him for seven months before returning to work.

I know my breastfeeding success was due to using the smoothies to maintain my supply. They were full and nutritious meals I could make in under five minutes, ensuring I was eating enough of the good stuff to meet bub's needs.

Having a meal you can make in five minutes and one-handed makes life with a newborn so much easier. I have lost more than 30kgs safely using The Healthy Mummy Smoothies and meal plans."

CAT CHRIST

"After struggling to meet the feeding demands of my firstborn, I was ecstatic to be able to feed our second child to 19 months, while losing weight with The Healthy Mummy Smoothies.

I'm now feeding our third baby, and six months in, I have lost almost 20kg and I have never felt so confident with my supply thanks to my daily Healthy Mummy Smoothies."

BELINDA BELLIS

## THE HEALTHY MUMMY SMOOTHIES STAND OUT FROM THE CROWD!



| PER 100G                                  | THE HEALTHY MUMMY | SLIM RIGHT | OPTIFAST   | TONY FERGUSON | FAT BLASTER | RAPID LOSS | BIGGEST LOSER | HERBALIFE | CELEBRITY SLIM |
|---|-------------------|------------|------------|---------------|-------------|------------|---------------|-----------|----------------|
| Energy (kj)                               | 1450              | 1470       | 1566       | 1538          | 1566        | 1504       | 1583          | 1511      | 1672           |
| Protein (g)                               | <b>54.9</b>       | 16         | 30         | 34            | 19.3        | 19         | 36            | 32        | 48             |
| Carbs (g)                                 | <b>9.3</b>        | 57         | 39         | 43            | 58          | 51         | 44            | 53.5      | 27.5           |
| Sugar (g)                                 | <b>1.6</b>        | 46         | 32         | 32            | 52.8        | 46         | 40            | 32        | 22.5           |
| Fibre (g)                                 | <b>26.7</b>       | 16         | not listed | 7             | 9           | 7          | 4             | 8.2       | 6.2            |
| Fat (g)                                   | 6.9               | 2          | 5.5        | 4             | 5.3         | 5          | 4             | 3.5       | 9.1            |
| No of vitamins & minerals                 | 24                | 16         | 24         | 24            | 25          | 24         | 25            | 19        | 25             |
| Sodium (mg)                               | 711               | 245        | 480        | 360           | 468         | 382        | 382           | 428       | 342            |
| Cost per serve (based on RRP in Jan 2016) | \$2.74            | \$1.52     | \$3.49     | \$3.49        | \$1.38      | \$2.21     | \$3.66        | \$3.48    | \$2.99         |
| Serving size                              | 25g               | 35g        | 54g        | 55g           | 33g         | 41g        | 55g           | 28g       | 40g            |
| Sugar (per serve)                         | 0.4g              | 16g        | 18g        | 18g           | 17g         | 19g        | 22g           | 9g        | 13g            |
| Sodium (per serve)                        | 177.7mg           | 86mg       | 220mg      | 200mg         | 155mg       | 160mg      | 210mg         | 120mg     | 160mg          |



LOW IN CARBS

HIGH IN PROTEIN

LOW IN SUGAR

HIGH IN FIBRE

# why we love the healthy mummy smoothies



**JACKIE  
LOST 22KGS**

"I had two smoothies a day for a while and, oh my gosh, do I LOVE them! I found that the smoothies actually kept me full and gave me a whole bunch of energy!"

**Jackie**



**TASHEENA  
LOST 44KGS**

"I find the smoothies give me a boost of energy, they are filling, quick, convenient and delicious to make. I love how the recipes are endless and I never get bored."

**Tasheena**



**JODIE  
LOST 36KGS**

"Smoothies are a huge hit in our house. The Carrot Combo and Berry Choc smoothies were winners with the kids as well as with me. I found these two recipes very filling and the flavour combos were very more-ish!"

**Jodie**



**ERIN LOST  
43.7KGS**

"I still have the smoothies (especially now they are 96% sugar free!) for breakfast and the occasional lunch. I'm 10.5kg off my goal weight and finally comfortably back in my engagement and wedding rings for the first time in five years!"

**Erin**

## WHAT THE EXPERTS SAY...



**SALLEE DWYER**  
Registered midwife/RN  
& director of Midwife  
to Mum

"I have purchased a variety of weight-loss shakes in the past and, generally, I am not a fan. I purchased the

program with the smoothies, wanting to give myself the best opportunity to lose the weight. I was pleasantly surprised at how delicious the smoothies are. They contain a multitude of ingredients and they were a great breakfast or afternoon snack when I needed a boost. The shakes are helpful for mums who are on the go and breastfeeding, and they complement a balanced diet."



**KATHLEEN ALLEAUME**  
Nutritionist, author and  
mum of 2

"The smoothie is an excellent meal replacement and a perfect weight-loss solution when

partnered with a well-balanced eating plan and physical activity. The GI (glycemic index) of the smoothie is low, meaning the carbohydrates (our primary source of fuel) release slowly, blood sugar levels remain stable and hunger pangs at bay. Best of all they taste fantastic! The smoothie is perfect with antioxidant-rich fruit for a snack, or to include as your breakfast or lunch."

# “We are the biggest mums only healthy living & weight-loss community”

The Healthy Mummy brand was created by mum of two Rhian Allen in 2010, when a pregnant Rhian saw a need for a healthy solution for mums to regain their health, energy and body confidence after having children. Five years later, The Healthy Mummy is used by hundreds of thousands of mums and is a trusted approach to safe and healthy weight loss and healthy living. Collectively our mums have lost more than 2 million kilos!\*



## WHAT DO WE OFFER?

**THE HEALTHY MUMMY SMOOTHIES** A healthy meal replacement without any nasties, ideal for busy mums when there is no time to cook! Plus they are breastfeeding friendly and contain 24 vitamins and minerals.

**THE 28 DAY WEIGHT LOSS CHALLENGE** An interactive monthly challenge with 100 brand new recipes each month, fully customisable menus and shopping lists – plus it’s family friendly. Also includes full exercise plans, all made for busy mums.

**THE 28 DAY WEIGHT LOSS CHALLENGE APP**  
Exclusively for challenge members! Available on Android & Apple.

**THE POST-PREGNANCY EXERCISE DVD**  
The number one postnatal exercise DVD, with leading Australian physiotherapist Lisa Westlake.

**MORE THAN 22 FAMILY-FRIENDLY RECIPE BOOKS**  
Including our Top 50 Chocolate Recipes, Healthy Kids Cookbook, Meals in 15 Minutes or Less, and the Vegetarian Cookbook.

**A HUGE SUPPORT GROUP OF MUMS** Private Facebook group with more than 50,000 like-minded mums for daily support, encouragement and inspiration. See our private support group here: [www.facebook.com/groups/losebabyweight](http://www.facebook.com/groups/losebabyweight)

YOU CAN DO ONE OR ALL. THE CHOICE IS YOURS!

## HEALTHY WEIGHT LOSS FOR MUMS

Mums lose an average of 4-6kg\* every month on our achievable plans

\*Based on more than 100,000 mums recording their results on our website in 2014 & 2015



TASHEENA HAS LOST 44KG



TAWHAI HAS LOST 46KG

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