



HEART UK
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1003904
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Cook
with Love,
Eat
for Life



Cholesterol lowering with Benecol[®] products

Benecol[®] products with added plant stanol ester have been shown to lower cholesterol. Elevated cholesterol is a risk factor for coronary heart disease.

How can Benecol help to lower my cholesterol?

Benecol products contain plant stanol ester, which is shown to lower your blood cholesterol levels. Plant stanol ester works by partly blocking cholesterol absorption in the digestive tract.

The tasty products in the Benecol range contain plant stanol ester and are shown to lower your LDL cholesterol in 2-3 weeks*. What's more, the daily usage of Benecol as part of your meals also keeps your cholesterol at a lower level in the long term.

Benecol products are designed to be part of a balanced and varied diet and a healthy lifestyle. The cholesterol-lowering effect is at its best when most Benecol products are consumed as part of a meal.

The use of Benecol products adds to the effectiveness of lowering cholesterol even when using statin medication. Discuss the use of Benecol products with your doctor if you are on cholesterol-lowering medication.



**Only Benecol products contain
plant stanol ester.**





Red Lentil Dhal Soup with Indian Spiced Broccoli

SERVES: 4

PER SERVE

(486 g):
319 kcal
10 g fat
1.1 g sat fat
37 g carbs
7.3 g sugars
6 g fibre
17 g protein
1.3 g salt

Preheat your oven to 180°C/160°C Fan/Gas 4

2 tbsp vegetable oil
1 onion, finely chopped
1 garlic clove, crushed or grated
1 tsp grated fresh ginger
1 red chilli, deseeded and finely chopped
1 tsp ground turmeric
1 tsp garam masala
200 g red split lentils
1.3 L reduced salt vegetable stock
½ lemon, juiced
3 x 67.5 ml **Benecol Original Yogurt drinks**

FOR THE BROCCOLI:

150 g long-stemmed broccoli, cut into large pieces
1 tsp vegetable oil
1 tsp mustard seeds
1 tsp cumin seeds
1 tsp coriander seeds
1 tsp dried red chilli flakes

METHOD: Heat the vegetable oil in a pan over medium-high heat and add the onion. Cook the onion, stirring from time to time, for 5-8 minutes until it is soft. Add the garlic, ginger and red chilli, and cook for 1 minute before adding the turmeric and garam masala and cooking for another 30 seconds to release the aromas. Stir in the lentils. Pour in the stock, reduce the heat and gently simmer for 20 minutes until the lentils start to break down.

While the lentils cook, make the spicy broccoli. Place the broccoli in an oven proof dish, drizzle with vegetable oil and toss to combine. Sprinkle with the mustard seeds, cumin seeds, coriander seeds and chilli and bake in the oven for 15 minutes until the broccoli is cooked through and crispy on the edges.

Return to the lentil soup, add the Benecol Original Yogurt drinks, stir well, and bring back up to temperature, do not boil. Stir through the lemon juice.

To serve: divide the soup between 4 bowls and top with the broccoli and serve with wholemeal rolls.

THIS RECIPE INCLUDES 1.5 g PLANT STANOL ESTER PER SERVING**

**This recipe provides 1.5 g plant stanol esters per serving (¼ of the recipe – 486 g). Plant stanol ester has been shown to lower cholesterol in as little as 2-3 weeks. High cholesterol is a risk factor in the development of coronary heart disease. The beneficial effect has been shown with a daily intake of 1.5-3.0 g plant stanols, as part of a healthy diet and lifestyle.

- Low in saturated fat
- Source of fibre
- Per serve 6 g = 20% UK recommended daily intake



SERVES: 2

PER SERVE

(547 g):

486 kcal
13 g fat
2.1 g sat fat
63 g carbs
15 g sugars
13 g fibre
22 g protein
1 g salt

Puy Salad with a Delicious Honey & Mustard Dressing

FOR THE SALAD:

250 g cooked Puy lentils
150 g baby spinach
1 red or yellow pepper, deseeded and sliced into thin strips
½ a large cucumber, chopped
8 cherry tomatoes, halved
2 spring onions, sliced
large handful of fresh parsley or coriander, chopped

FOR THE HONEY AND MUSTARD DRESSING:

1 x 67.5 ml Benecol Original Yogurt drinks
1 teaspoons of honey
½ tbs Dijon mustard
1 garlic clove, crushed or grated
Freshly ground black pepper

To serve: 2 medium seeded rolls, each spread with 2 tsp of Benecol Light Spread

METHOD:

In a large bowl, combine all the ingredients.

For the dressing: in a small bowl, whisk together the Benecol Original Yogurt drink, Dijon mustard, and honey. Season well with freshly ground pepper to taste.

Drizzle the dressing over the salad, then toss gently to mix well.

Serve the salad immediately with the Benecol Light Spread seeded rolls.



THIS RECIPE INCLUDES 1.7 g PLANT STANOL ESTER PER SERVING**

**This recipe provides 1.7 g plant stanol esters per serving (half the recipe - 547 g). Plant stanol ester has been shown to lower cholesterol in as little as 2-3 weeks. High cholesterol is a risk factor in the development of coronary heart disease. The beneficial effect has been shown with a daily intake of 1.5-3.0 g plant stanols, as part of a healthy diet and lifestyle.

- Low in saturated fat
- Source of fibre
- Per serve 13 g = 43% UK recommended daily intake



Courgette, Onion and Feta Pie

SERVES: 6

PER SERVE

(367 g):

374 kcal
14 g fat
3.2 g sat fat
44 g carbs
20 g sugars
5.1 g fibre
15 g protein
0.88 g salt

Pre-heat oven to 180°C/160°C Fan/Gas 4

3	medium courgettes
1	tbsp vegetable oil
2	medium red onion, sliced
2	yellow peppers, deseeded and finely sliced
1	garlic clove, crushed or grated
1 x 67.5 ml	Benecol Original Yogurt drinks
75 g	reduced fat feta cheese, crumbled
2	eggs, lightly beaten
60 g	Benecol Olive spread , melted and slightly cooled
1 tbsp	chopped fresh mint
1 tbsp	chopped fresh dill
6	sheets filo pastry
	Freshly ground black pepper

Enjoy with
1 Benecol Yogurt Pot
PER SERVE
as a dessert.

METHOD:

If the filo pastry is frozen, thaw in the fridge the night before.

Prepare the courgettes. Coarsely grate the courgettes, enclose in a clean cloth over the sink or a bowl, squeeze out as much of the water as you can. Remove and place in a fresh clean cloth and repeat the process.

Prepare the filling. In pan over medium to high heat, heat the oil and add the onions and peppers and cook for 5-8 minutes until the onion slices are soft and translucent. Add the garlic and continue cooking for another minute. Take off the heat.

Place the squeezed courgettes into a clean bowl and add the onion and pepper mix, the Benecol Original Yogurt drinks, reduced fat feta, eggs, fresh herbs, dill, and 2 tablespoons of cooled melted Benecol spread. Season well with freshly ground black pepper and mix all the ingredients until well combined.

Assemble. Grease the base and sides of a loose bottomed 28 cm/11 inch round cake tin. Line the tin with the first sheet of filo pastry, and using a pastry brush, brush the inside of the filo sheet well with the Benecol spread. Repeat the process until you have used up 5 filo sheets. Add the courgette filling and spread it out evenly.

Place the final filo sheet over the top, grease with the Benecol spread and pull any filo pastry hanging over the edges of the tin into the centre of the pie. Grease the top well using any remaining spread.

Prick the pie a few times with a knife and bake for approximately 30-45 minutes until the pie is golden brown in colour. Allow to cool slightly before cutting into 6 wedges.

THIS RECIPE INCLUDES 3 g PLANT STANOL ESTER PER SERVING**

**This recipe provides 3.03 g plant stanol esters per serving (1/6 of the recipe - 367 g). Plant stanol ester has been shown to lower cholesterol in as little as 2-3 weeks. High cholesterol is a risk factor in the development of coronary heart disease. The beneficial effect has been shown with a daily intake of 1.5-3.0 g plant stanols, as part of a healthy diet and lifestyle. Nutrition claims that can be made for this recipe:

- At least 2 of your 5-a-day
- Low in saturated fat



SERVES: 1

PER SERVE

(316 g):

254 kcal
6.9 g fat
1.9 g sat fat
33 g carbs
29 g sugars*
5.7 g fibre
12 g protein
0.35 g salt

Feel-good Golden Smoothie

115 g pot Benecol Fruit Yogurt of your choice
(choose from strawberry, cherry, raspberry or peach)

100 ml skimmed milk or fortified plant-based drink

1 tbsp chia seeds

1 small banana

1 tbsp cocoa powder

A pinch of grated fresh ginger

METHOD:

Combine the ingredients into a blender and blend until smooth.



THIS RECIPE INCLUDES 2 g PLANT STANOL ESTER PER SERVING**

*over half the sugars naturally present in the banana

**This recipe provides 2 g plant stanol esters per serving (all of the recipe - 316 g). Plant stanol ester has been shown to lower cholesterol in as little as 2-3 weeks. High cholesterol is a risk factor in the development of coronary heart disease. The beneficial effect has been shown with a daily intake of 1.5-3.0 g plant stanols, as part of a healthy diet and lifestyle.

- 2 of your 5-a-day
- Low in fat
- Low in saturated fat



SERVES: 4

PER SERVE

(416 g):

325 kcal
21 g fat*
3.3 g sat fat
22 g carbs
17 g sugars
9.1 g fibre
6.9 g protein
0.33 g salt

Mediterranean Stuffed Peppers

Preheat your oven to 180°C/160°C Fan/Gas 4

- 4** red peppers, tops cut off and seeds removed
- 1 tbsp** vegetable oil
- 1** onion, finely chopped
- 2** cloves of garlic, crushed or grated
- 1** courgette, finely diced
- 1** small aubergine, finely diced
- 200 g** can green lentils (or half a large), drained and rinsed
- 400 g** can chopped tomatoes
- 1 tsp** dried oregano
- 90 g** **Benecol Olive Spread**, softened

Fresh parsley for garnish

DRESSING:

- 1 x 67.5 ml** **Benecol Original Yogurt Drink**
- ½ clove** garlic, crushed or grated
- 1 tbsp** finely chopped fresh mint
- 1** spring onion, white part finely chopped
- 1½ tbsp** extra virgin olive oil
- ~1 tbsp** lemon (½), juice only

METHOD: Heat the oil in a large pan over medium heat. Add the onion and sauté until the onion becomes translucent. Add the courgette and aubergine to the pan, and cook until they begin to soften. Add the garlic and cook for another minute. Take off the heat.

Stir in the lentils, chopped tomatoes, oregano, and Benecol spread until everything is well combined. Season with freshly ground black pepper.

Stuff each pepper with the vegetable mixture, then place the stuffed peppers in a roasting dish. Cover with foil and bake for 35-40 minutes, or until the peppers are tender.

Make the dressing: place all ingredients in either a personal blender or food processor and blend until well smooth and creamy. Refrigerate until needed.

Serve the stuffed peppers hot, drizzled with the dressing and garnished with fresh parsley.

THIS RECIPE INCLUDES 2 g PLANT STANOL ESTER PER SERVING**

* majority of fats are unsaturated

**This recipe provides 2.1 g plant stanol esters per serving (¼ of the recipe - 416 g). Plant stanol ester has been shown to lower cholesterol in as little as 2-3 weeks. High cholesterol is a risk factor in the development of coronary heart disease. The beneficial effect has been shown with a daily intake of 1.5-3.0 g plant stanols, as part of a healthy diet and lifestyle.

- Low in saturated fat
- Source of fibre

SERVES: 6

PER SERVE

(334 g):

463 kcal
21 g fat*
3.7 g sat fat
44 g carbs
7.4 g sugars
6 g fibre
21 g protein
0.3 g salt

Creamy Salmon and Potato Bake

Pre-heat the oven to 140°C/120°C Fan/Gas 3

1 kg potatoes, roughly chopped
45 g **Benecol buttery spread**
25 g lower fat cheddar cheese, grated

FOR THE FILLING:

1 tbsp vegetable oil
1 large onion, finely chopped
1 large carrot, finely chopped
1 large leek, sliced
250 g baby spinach, roughly chopped
3 salmon fillets (~360 g), cut into cubes

FOR THE BECHAMEL SAUCE:

2 tbsp vegetable oil
3 tbsp plain flour
3 x 67.5 ml **Benecol Original Yogurt drink**
50 ml skimmed milk or fortified plant-based drink of your choice
1 tsp garlic powder
Black pepper

METHOD: Bring a large pan of water to the boil, add the potato chunks and cook for 10-15 minutes until tender. Drain and return to the pan, add a tbsp of Benecol spread and mash. Set aside.

Heat the oil in a non-stick pan and gently fry the red onion, carrot and leek for ~8 minutes, until the vegetables are soft and the onions translucent. Remove the heat and stir through the chopped spinach leaves.

Tip the vegetables into an oven proof dish and set aside.

In the same pan you used to cook the vegetables, gently heat 3 tbsp of vegetable oil, add the flour, stir and cook gently for a few minutes until well combined and turning golden. Reduce the heat to very low and pour in the Benecol original yogurt drink and whisk to form a smooth bechamel sauce which will start to thicken, cook gently for a few minutes and then add the milk and a generous twist of black pepper and the garlic powder. Whisk and set aside to cook slightly.

Add the diced salmon to the oven proof dish with the vegetables and toss to combine. Pour over the slightly cooled bechamel sauce and mix well.

Top with the mashed potato and use a fork to flatten into an even layer on top, then use the tines of the fork to scrape little furrows along the top of the mashed potato. Place in the oven and bake for 30 minutes, until bubbling and starting to golden. Take out of oven.

Preheat a grill on high. Sprinkle the top of the pie with the reduced fat cheddar and using oven gloves, carefully place the dish under the hot grill until the cheese is bubbling and golden. Keep your eye on it so it does not burn.

THIS RECIPE INCLUDES 1.5 g PLANT STANOL ESTER PER SERVING**

*source of omega-3 fats

**This recipe provides 1.5 g plant stanol esters per serving (1/6 of the recipe – 334 g). Plant stanol ester has been shown to lower cholesterol in as little as 2-3 weeks. High cholesterol is a risk factor in the development of coronary heart disease. The beneficial effect has been shown with a daily intake of 1.5-3.0 g plant stanols, as part of a healthy diet and lifestyle.

• One of your 5-a-day • Low in saturated fat





SERVES: 1

**PER SERVE
(304 g):**
441 kcal
15 g fat
1.9 g sat fat
52 g carbs
31 g sugars*
13 g fibre
15 g protein
0.21 g salt

Overnight Oats

Perfect for busy mornings

30 g	Jumbo oats
1 x 115 g pot	Benecol Yogurt of your choice (choose from strawberry, cherry, raspberry or peach)
30 ml	Skimmed milk or fortified plant-based drink of your choice
1 tbsp (30 g)	Dried apricots, roughly chopped
80 g	Fresh or frozen (if not in season) mixed berries
1 tsp	Chia and sesame seeds – or any seeds of your choice

To serve: a large spoonful (15 g) almonds, roughly chopped

METHOD:

The night before, combine all the ingredients, except the peanuts, well. Place in an airtight container and let it all gel together in the fridge overnight.

In the morning, remove from the fridge and if needed add another splash of milk or plant-based drink to loosen. Top with the small handful of peanuts and enjoy.



THIS RECIPE INCLUDES 2 g PLANT STANOL ESTER PER SERVING**

* majority of sugars coming from the fruit and naturally occurring in the yogurt and milk

**This recipe provides 2 g plant stanol esters per serving (all the recipe – 304 g). Plant stanol ester has been shown to lower cholesterol in as little as 2-3 weeks. High cholesterol is a risk factor in the development of coronary heart disease. The beneficial effect has been shown with a daily intake of 1.5-3.0 g plant stanols, as part of a healthy diet and lifestyle.

- 2 of your 5-a-day
- Source of fibre
- Low in saturated fat
- Per serve 13 g = 43% UK recommended daily intake



SERVES: 4

**PER SERVE
(199 g):**
330 kcal
14 g fat
1.7 g sat fat
37 g carbs
27 g sugars*
6.8 g fibre
9.4 g protein
0.13 g salt

A Crunchy Parfait

to satisfy a sweet tooth

Pre-heat oven to 140°C/120°C Fan/Gas 1

FOR THE GRANOLA:

you will only require HALF of the granola for this recipe

6 large dates (pitted)
2 tbsp peanut butter, no added salt or sugar
1 tbsp honey
2 tbsp regular vegetable (rapeseed) oil
1 tsp vanilla extract
100 g rolled (porridge) oats
½ tsp ground cinnamon
90 g whole almonds (with skin), roughly chopped
1 tbsp sunflower seeds
1 tbsp flaxseeds

To serve:

2 x 115 g Benecol Fruit Yogurt pots
2 small bananas, sliced
250 g berries or mixed season fruit in bite-size pieces

METHOD:

Prepare the granola: Line a baking sheet with baking parchment.

Place the pitted dates, peanut butter, honey, oil, and vanilla extract in a blender or a food processor. Blend until the mixture is smooth and creamy.

Pour the date mixture into a large bowl and add the oats, cinnamon, almonds, and seeds. Mix everything well ensuring the oats and nuts are well coated with the date mixture.

Tip the granola mixture onto the lined baking sheet, gently spread out evenly. Place in the pre-heated oven and bake for approximately 20 minutes or until lightly golden brown and toasted on top. Remove from the oven and allow to cool to room temperature. Once cooled, crumble with your fingers into small chunks. Divide the granola mixture in half, placing one half into an airtight container to use for another day: you can use it to sprinkle over your usual breakfast cereal or over fruit salad.

Assemble the parfait: alternate even layers of Benecol Fruit Yogurt, half the granola mix, sliced bananas, and fresh berries in 4 glass dishes.

THIS RECIPE INCLUDES 1 g PLANT STANOL ESTER PER SERVING**

*81% of the sugar is naturally present in the fresh berries and bananas

**This recipe provides 1 g plant stanol esters per serving (¼ of the recipe – 199 g). Plant stanol ester has been shown to lower cholesterol in as little as 2-3 weeks. High cholesterol is a risk factor in the development of coronary heart disease. The beneficial effect has been shown with a daily intake of 1.5-3.0 g plant stanols, as part of a healthy diet and lifestyle.

- 1 of your 5-a-day
- Low in saturated fat
- Source of fibre
- 6.8 g per serve = 23% UK recommended daily intake