



# HEALTHY BITES

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## Healthy habits when working from home

Most of us could probably count the number of times we'd worked from home before 2020 on one hand. In this strange new world, working from home has suddenly become the new normal for many of us.

To help you adapt, we're sharing our team's top tips to help you stay healthy when working from home.

### 1. Create a commute

As appealing as it is to roll out of bed and fire up the laptop, creating a bit of mental and physical space between home and work is important. Without that daily commute, we have bit more time in the morning to do something enjoyable! Try one of these activities before starting work to create that distance:

- ▲ Go for a walk or ride
- ▲ Water your plants
- ▲ Listen to some music or a podcast
- ▲ Throw something in the slow cooker for tonight's tea
- ▲ Try an online yoga or workout video

### 2. Drink water

When you set up your workspace for the day, include a big bottle/ jug of water. There's no hard and fast rule for how much water you should drink to stay hydrated. If your wee is a pale straw colour, you're getting enough. If it's dark, drink more.

### 3. Pack your lunch (and snacks)

This one might sound a bit out of the (lunch) box, but factoring in lunch to your weekly meal plan, shopping and even weekend cook up will save you time, money, and increase your chances of tucking into something that's healthy during the working week. Getting lunch organised in the morning means:

- ▲ Enjoy eating lunch, without having to make it (or clean up after!)
- ▲ Save time in your work day, giving you extra time to use your lunch break for a quick walk or something else you enjoy;
- ▲ Avoid distractions (just a quick tidy up of the pantry while you're there is pretty tempting!)
- ▲ Stick to your meal plan and help you plan your weekly shop

### 4. Move it

With no colleagues, suits or sweat marks to worry about, one thing that's easier to do from home is regular stretching and mini exercise breaks. Stretching and moving around can help relieve any aches, and getting your heart rate up can boost your energy levels. You'll be patting yourself on the back at the end of the day for this one!

We hope you enjoy finding opportunities to make working from home really work for you!

# BANANA BERRY PIKELETS



**Prep:** 10 min

**Cook:** 20 min

**Serves:** 4

## Ingredients

- ▲ 2 ripe bananas
- ▲ 1 ½ cups wholemeal self-raising flour
- ▲ 1 tbs sugar
- ▲ 1 ¼ cups reduced-fat milk
- ▲ 1 tsp white vinegar
- ▲ 2 eggs, lightly beaten
- ▲ olive or canola oil spray
- ▲ 1 ¼ cups blueberries, fresh or frozen
- ▲ 1 ½ cups low-fat berry or vanilla yoghurt, to serve
- ▲ 2 cups strawberries or other berries, quartered, to serve

## Method

1. Mash the bananas with a fork in a large bowl.
2. Sift flour over bananas, adding the remaining husk in the sieve to the bowl.
3. Add sugar and stir to combine.
4. Add milk, vinegar and eggs to the bowl. Mix until combined.
5. Spray a large non-stick frypan with oil and place over medium heat.
6. Place 2 tablespoons of batter evenly spaced around the pan. Cook for 2 to 3 minutes or until small bubbles appear on surface. Top each pikelet with 6 blueberries then carefully turn over. Brown on reverse side for 1 minute or until cooked through.
7. Transfer to a plate and repeat with remaining batter.
8. Divide pikelets between 4 serving plates.
9. To serve, layer with spoonfuls of yoghurt and top with fresh fruit.



This Valentine's Day skip the hassle of finding the perfect restaurant – nothing says 'I love you' like a tasty home-cooked meal. Breakfast pancakes in bed, a spicy curry dinner date or a picnic hamper filled with healthy goodies will let that special someone know how much you care!