



The 5-Ingredient DASH Slow Cooker Recipe Book for Over-60s

**Low-Salt, Heart-Healthy Meals to Support Blood Pressure,
Sugar and Cholesterol for One or Two Adults**



Leonora Key

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This book is for informational purposes only. It is not intended as medical advice or a substitute for consultation with a qualified healthcare professional. Always consult your physician or a licensed medical professional before making changes to your diet or lifestyle.

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Note to the Reader

While this book offers gentle support for older adults over 60 seeking to improve circulation, manage blood pressure, and eat with ease, it is not a substitute for medical advice.

Please consult your doctor or a registered dietitian before making changes to your diet or lifestyle—especially if you have chronic conditions or take medications.

Your path to healthy ageing is personal. Let these meals be your daily companions—not your prescription.

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Introduction

You've lived enough life to know that food is more than fuel.
It's comfort, connection, and often—one of the most consistent forms of self-care.
And after 60, your body begins to speak more clearly than ever.

Perhaps your blood pressure creeps up without warning.
Perhaps your energy dips by midday.
Or maybe you're looking at your favourite salty snacks with new hesitation.

These aren't signs of decline.
They're signals for support.

And the good news? That support can be simple, steady—and delicious.

This cookbook was created for this season of life.
Not to change everything you eat, but to gently shift the how and why.
Not to overwhelm you with rules, but to guide you back to what works:
real food, five ingredients at a time, in a way that truly nourishes your heart, mind, and body.

Inside, you'll find:

- ◆ Low-sodium, heart-friendly meals that support circulation and reduce pressure on your kidneys
- ◆ **Simple 5-ingredient recipes**, designed for one or two portions—so nothing goes to waste
- ◆ Dishes that naturally balance blood sugar and support a healthy weight
- ◆ Comforting, one-pot meals that fit into your rhythm (and your slow cooker)

You won't need fancy ingredients or professional-level skills.
You won't be counting, tracking, or measuring your worth in macros.

What you will be doing is returning to a way of eating that feels kind, calm, and genuinely supportive of the body you're living in now.

Because eating well after 60 isn't about restriction.
It's about relief.

Relief from confusion. From excess. From stress in the kitchen.
And most of all—relief that your meals can still love you back, without making life harder.

This Book Is Part of the EatWell 50+ Series

Every book in this series was created with the same values in mind:

- ◆ Meals that are easy to prepare and even easier to enjoy
- ◆ Ingredients that meet the real needs of ageing bodies
- ◆ A tone of encouragement—not pressure
- ◆ Respect for your life experience, preferences, and pace

You'll find no crash diets here, no guilt, and no “anti-ageing” hype.
Just food that fits. Food that comforts.

And food that quietly supports the organs that work hardest for you—your heart, kidneys, brain, and blood vessels.

Whether you're looking to lower your blood pressure, reduce sodium, support circulation, or simply simplify your time in the kitchen—this book meets you there.

With fewer ingredients, less prep, and more peace of mind.

One easy, slow-cooked, **DASH-friendly** meal at a time.

So take a breath. Grab your slow cooker.

And let's bring nourishment home again—without rush, without pressure, and without confusion.

Just simple, healing food for the next vibrant chapter of your life.

What Is the DASH Diet—and Why It Matters After 60

What DASH Means

You've probably heard of the **DASH** diet before—perhaps from a doctor, a news article, or a well-meaning friend.

But let's slow things down for a moment. What is **DASH**, really?

DASH stands for **Dietary Approaches to Stop Hypertension**.

In simpler terms, it's a way of eating that helps gently lower your blood pressure—without extreme rules or complicated plans.

It's not about going hungry, counting every bite, or chasing the latest food trends. It's about nourishing your body with what it truly needs—especially at this stage of life.

The **DASH** way of eating focuses on:

- ◆ Fresh fruits and vegetables
- ◆ Whole grains and plant-based proteins
- ◆ Less sodium, less added sugar, and fewer processed foods
- ◆ More of what helps you feel steady, clear, and supported

And if you're wondering whether this is just another passing trend—the answer is no.

DASH has been recommended for years by people you already trust: doctors, heart health experts, and even the **NHS (National Health Service)**.

Why? Because it works. Gently. Consistently. And without turning every meal into a project.

That's it. No drama. No diet culture.

Just food that brings your body back into balance—**gently, calmly, and with care**.

If you've ever felt overwhelmed by strict plans or disheartened by unrealistic health advice, know this:

That's exactly where **DASH** quietly stands apart.

It's flexible. It's practical. And it's one of the most trusted, doctor-recommended ways to support your heart and blood pressure—**especially after 60**, when your body begins asking for a bit more support.

Why DASH Matters More After 60

After 60, your body changes—sometimes subtly, sometimes more noticeably. Foods you once ate without a second thought may now leave you feeling bloated, tired, or simply “off”.

Your blood pressure might spike after a salty takeaway.
Your energy may dip faster than before.

You might even feel like your body is quietly asking for something gentler, simpler, more supportive.

That’s where **DASH** becomes more than a diet—it becomes a form of care. Care that’s in tune with what your body actually needs now.

As we age, the systems that keep us steady—our circulation, kidneys, digestion, and metabolism—can all benefit from a bit of extra support.

DASH offers that support through real, nourishing food. It helps you:

- ◆ Reduce excess sodium, without sacrificing flavour
- ◆ Add more potassium-rich, blood pressure-friendly ingredients
- ◆ Ease the workload on your heart and kidneys
- ◆ Naturally stabilise blood sugar levels
- ◆ Feel full and nourished—without overdoing it

And because **DASH** promotes **balance**, not extremes, it fits beautifully into life after 60—especially if you’re no longer interested in strict plans or food guilt.

You don’t need to be perfect.

You just need to feel better.

And this way of eating helps you get there—**gently, calmly, one meal at a time.**

How the DASH Diet Helps with Heart Health, Blood Pressure, Sugar & More

The beauty of the **DASH** approach is that it doesn’t focus on just one issue. It’s not only for blood pressure, or only for heart health.

Instead, it gently supports the body as a whole—**because everything in your system is connected.**

Blood Pressure

Too much sodium can cause your body to retain water, increasing pressure in your blood vessels.

Over time, this puts extra strain on the heart and raises the risk of complications. By reducing salt and including more potassium-rich foods—like leafy greens, beans, and sweet potatoes—**DASH helps ease that pressure naturally**. And because it's not about strict restriction, you won't feel punished. You'll simply feel better.

Circulation & Heart Health

Healthy circulation means your heart doesn't have to work so hard to move blood through your body.

DASH meals—especially those rich in fibre, healthy fats, and plant-based protein—help keep arteries flexible and blood flowing steadily.

This can lead to **better energy, improved stamina, and even clearer thinking** throughout the day.

Blood Sugar

After 60, blood sugar levels can become harder to manage—even if you've never had concerns before.

The **DASH** diet helps stabilise blood sugar by focusing on whole, slow-digesting foods that don't cause sudden spikes.

You'll find meals built around oats, lentils, beans, and vegetables—**ingredients that offer steady energy without the crash**.

Weight & Digestion

DASH isn't a "weight loss diet"—but many people notice gentle, sustainable shifts. By cutting back on processed foods and adding more fibre and hydration it **supports digestion and helps you feel comfortably full**.

There's no calorie counting. No shame.

Just a return to food that nourishes, not numbs.

Whole-Body Support

As your body evolves, so do its needs.

DASH helps meet those needs in a way that's **flexible, forgiving, and grounded in real food**.

Whether you're supporting your heart, kidneys, energy, focus, or simply seeking peace in your daily meals—**DASH** makes space for it all.

Let it be your gentle foundation.

One meal at a time. One quiet shift at a time.

And always, always with care.

Why DASH Feels Simpler Than Most Diets

If you've tried other eating plans before—low-carb, low-fat, no-this, no-that—you're certainly not alone.

Many of us have been there.

Some approaches work for a while but feel hard to sustain.

Others are too strict, too complex, or simply don't fit with real life.

DASH is different.

It's not about perfection. And it's never about pressure.

It's about balance.

Instead of cutting out entire food groups, **DASH** gently shifts the focus:

more of the foods that help your body feel supported, less of the things that throw you off track.

You won't need to buy special products. You won't need to follow a rigid schedule. You'll simply return to straightforward, everyday meals—made with care and intention.

And after 60, that kind of ease matters. Because this isn't about chasing results.

It's about choosing what feels doable, comforting, and kind.

That's the beauty of **DASH**:

It works with your life—not against it.

And that's what makes it so powerful—especially now.

It doesn't ask more of you. It supports who you already are.

And perhaps the most reassuring part of **DASH** is this:

Why DASH Works So Well with Slow Cooking

There's something about slow cooking that just feels right after 60.

It's unhurried. Gentle. Forgiving. And it meets you exactly where you are—whether

you're full of energy or simply want to pop something on and get on with your day.

That's exactly why it pairs so beautifully with the DASH approach.

DASH is about nourishment, not rushing.

And slow cooking gives you the space to prepare food in a way that **honours both your body and your pace.**

Flavour Without Salt

One of the first things people often ask is, **"Will it taste bland without salt?"**

But here's the secret: **slow cooking builds flavour slowly**, drawing richness out of vegetables, beans, herbs, and spices.

Even a simple handful of garlic, carrots, and lentils becomes deeply comforting after a few hours on low heat.

Slow cooking makes low-sodium meals feel like a pleasure—not a punishment.

Whole Ingredients, Minimal Prep

DASH encourages real, unprocessed ingredients—and so does slow cooking.

There's no need for fancy techniques or hours of chopping.

You can pop in a few simple ingredients in the morning and return later to a warm, satisfying, heart-friendly meal.

No stress. No waste. No standing for ages at the hob.

Ideal for Cooking for One or Two

Cooking for yourself—or just one other person—can sometimes feel like more effort than it's worth.

Slow cookers help take the pressure off.

Many recipes in this book are designed for **smaller portions**, or offer **gentle leftovers** that reheat beautifully without losing texture or flavour.

You get all the comfort of home-cooked food, without the faff.

Soft on Digestion, Big on Comfort

For many people over 60, digestion becomes a bit more sensitive.

Slow-cooked meals tend to be softer, warmer, and easier on the system—**perfect for tender tummies and soothing routines.**

They feel good going down—and even better afterwards.

In short, **DASH** and slow cooking share the same values:

- ◆ Simple ingredients
- ◆ Balanced nourishment
- ◆ Deep comfort
- ◆ Ease, rhythm, and kindness

So plug in your slow cooker.

Take a breath.

And know that you're giving your body something truly nourishing—**without rushing, forcing, or second-guessing**.

How to Use This Book

This book was designed to feel like a **gentle guide**—not a strict programme.

There are no rules to memorise. No rigid timelines to follow.

Just nourishing meals, made simpler, slower, and more supportive.

Here's how to get the most from it—**at your own pace**.

Start Anywhere

You don't need to read the book cover to cover.

Feel free to flick through the recipes, mark what looks appealing, and begin wherever your appetite leads you.

Each recipe sits on a single page—**no page-flipping required**—and includes:

- ◆ A short ingredient list (usually 5 core items or fewer)
- ◆ Clear slow cooker instructions with time and temperature
- ◆ Nutritional highlights
- ◆ Optional swaps and tips for cooking for one or two
- ◆ A short note on how the recipe supports your health after 60

Cook What You Need, Not More

The meals are designed for **one or two portions**—but many provide gentle leftovers that store and reheat beautifully.

You'll find portion notes and suggestions throughout the book, so nothing is wasted—and nothing feels overwhelming.

Use the Smart Swaps

You'll notice **"Smart Swap"** tips on many pages.

These are simple ideas for adjusting a recipe to suit your preferences, pantry, or dietary needs—without complicating things.

Think:

- ◆ "Use tinned beans instead of dried"
- ◆ "Skip the salt and add garlic + lemon"
- ◆ "No spinach? Try kale or courgette"

These aren't rules—they're options.

Track What Feels Good—And What Nourishes You Most

This book was created to help you eat well with **calm, clarity, and confidence**. But no book can know your body better than you do.

If you'd like, you can download a free set of gentle printable tools to support your **DASH** journey—available via the link at the back of this book or directly at:

<http://bit.ly/44ubP9d>



Inside your bonus library, you'll find:

- ◆ A weekly Energy & Clarity journal (symptom tracker and meal log)
- ◆ Extra plant-based slow cooker recipes not included in the main book
- ◆ Printable charts: portion sizes, sodium swaps, and smart ingredient guides

These extras are completely optional—but they're here for you whenever you want to explore what works best for your body, your rhythm, and your kitchen.

Because the goal isn't to **do more**.

It's to **feel supported**—in your own time, and in your own way.

Take It Easy

This isn't about perfection. It's about rhythm.

Let this book live on your kitchen worktop, your coffee table, or your bookshelf.

Reach for it when you feel curious, tired, hungry, or simply in need of something comforting.

Cooking after 60 doesn't have to be complicated.

With a slow cooker, simple ingredients, and a bit of care, it can feel like a small act of peace—just for you.

Before You Cook: A Few Gentle Tips on DASH & Your Slow Cooker

You don't need to memorise a list of rules or give up everything you enjoy.

If you've read the introduction, you already understand what **DASH** is—a calm, steady way to support your blood pressure, circulation, and overall wellbeing through real food.

But before we get into the recipes, let's pause to cover two simple things that will help you feel more confident in the kitchen:

- ◆ What makes DASH easy to live with
- ◆ How to make your slow cooker your best cooking companion

DASH in Everyday Life: What Really Matters

You've seen the science—but what about day-to-day cooking?

Here's what to focus on in your kitchen:

◆ **Lower sodium** – not “no salt”, just less. We build flavour with garlic, herbs, lemon, vinegar, and long, slow simmering.

◆ **Fibre-rich foods** – beans, vegetables, oats, and whole grains help you feel full, steady, and supported.

◆ **Colourful plants** – the more colour, the greater the variety of nutrients (and joy).

◆ **Lean proteins** – like chicken, fish, legumes, and occasional tofu.

◆ **Simple meals** – no calorie counting, no guilt. Just food that truly loves you back.

Start with what you enjoy, and adjust gently. There's no need to “get it perfect”.

Your Slow Cooker: Easy, Comforting, and Made for You

Slow cooking is forgiving, low-effort, and ideal for small households.

You don't need to stand over the hob—your meal more or less cooks itself.

Here's how to make it even easier:

What Size Should I Use?

- ◆ **3 to 4 litres** → ideal for one or two people
- ◆ **5 to 6 litres** → good for batch cooking or softer leftovers

Which Setting Should I Choose?

- ◆ **Low (6–8 hours)** → for rich, tender, all-day meals
- ◆ **High (3–4 hours)** → for faster results
- ◆ Most models automatically switch to **Warm**—so your food stays ready until you are

Helpful Tips

- ◆ Don't lift the lid while cooking—it adds 30+ minutes to cooking time
- ◆ Place dense ingredients (like beans or carrots) at the bottom
- ◆ Add delicate ones (like spinach or peas) near the end
- ◆ Want more flavour? Use herbs, citrus, or a splash of vinegar or oil

Optional DASH Pantry Staples (Helpful to Keep on Hand)

- ◆ Low-sodium vegetable or chicken stock
- ◆ Tinned no-salt beans (e.g., black beans, kidney beans, cannellini)
- ◆ Brown rice, quinoa, barley
- ◆ Garlic, onions, frozen spinach, chopped tomatoes
- ◆ Olive oil, lemon juice, balsamic vinegar
- ◆ Dried herbs: thyme, oregano, rosemary
- ◆ Ground turmeric, black pepper, smoked paprika

No need to overthink it—just begin with what you already have.

Final Word Before You Begin

This isn't about getting everything “right”.

It's about building confidence, one calm, comforting meal at a time.

So, whether you're cooking for yourself, your partner, or simply looking for a more peaceful week—your slow cooker and these DASH-friendly meals are here to support you.

Let's begin. Gently. Nourishingly. One recipe at a time.



GENTLE BREAKFASTS & EASY STARTS



Time
2½ hours



Serves
2



Digestibility
Very gentle

Flavour Profile

Warm,
spiced,
mildly sweet

Apple-Cinnamon Steel-Cut Oats with Walnuts

Method

- Add the oats, chopped apple, almond milk (or water), and cinnamon to your slow cooker. Stir gently.
- Cover and cook on **LOW** for 5 hours or on **HIGH** for 2½ hours, until the oats are tender and creamy.
- Stir in the walnuts just before serving, or sprinkle on top for extra crunch.
- Serve warm, with an optional dusting of cinnamon.

Smart Swaps for 60+

- ◆ **No walnuts?** Try ground flaxseed or flaked almonds.
- ◆ **Avoiding oats?** Swap for quinoa or millet flakes.
- ◆ **Need more protein?** Top with a spoonful of plain Greek yoghurt.
- ◆ **Storage tip:** Keeps well in the fridge for up to 3 days. Reheat gently with a splash of liquid.

Nutritional Snapshot: Calories: 230; Protein: 6g; Carbohydrates: 30g; Fibre: 6g; Fat: 10g; Salt: <0.1g; Potassium: 300mg; Cholesterol: 0mg;

Ingredients

- 50g steel-cut oats (not quick-cook)
- 1 apple, chopped (peeled if preferred)
- 350ml unsweetened almond milk or water
- ½ tsp ground cinnamon
- 2 tbsp chopped walnuts (plus extra to serve, optional)

Make It Your Way

- ◆ Add a handful of raisins or chopped dates for extra natural sweetness.
- ◆ Use a ripe pear instead of an apple for a softer, more mellow finish.



Time
2 hours



Serves
2



Digestibility
Very gentle

Flavour Profile

Warm
&
Spiced

Pumpkin-Spice Buckwheat Porridge

Method

- Add all ingredients to your slow cooker. Stir well.
- Cook on **LOW** for 4 hours or **HIGH** for 2 hours, until the buckwheat is soft and the mixture is creamy.
- Stir before serving. Add a splash of warm milk to loosen, if desired.
- Serve warm with a sprinkle of cinnamon or chopped walnuts (optional).

Smart Swaps for 60+

◆ **No pumpkin spice?** Use ¼ tsp cinnamon + a pinch of nutmeg.

◆ **No flaxseed?** Try chia seeds or simply omit.

◆ **For extra protein**, swirl in a spoonful of plain Greek yoghurt before serving.

Smart Storage Tip

◆ Keeps well in the fridge for 2–3 days.

Nutritional Snapshot: Calories: 210; Protein: 6g; Carbohydrates: 28g; Fibre: 5g; Fat: 8g; Salt: <0.1g; Potassium: 390mg; Cholesterol: 0mg;

Ingredients

- **85 g** raw buckwheat groats, rinsed
- **300 ml** unsweetened almond milk or water
- **75 g** pumpkin purée (unsweetened)
- ½ tsp pumpkin spice (or cinnamon + nutmeg)
- **1 tsp** ground flaxseed (optional but recommended)

Make It Your Way

◆ Add chopped dates or diced pear for natural sweetness.

◆ Swap buckwheat for millet for a softer texture.

◆ Add ½ tsp vanilla extract for extra warmth.



Time
3½ hours



Serves
2



Digestibility
Very gentle

Flavour Profile

Naturally
Sweet &
Mildly Spiced

Pear & Cinnamon Millet with Raisins

Method

- Add all ingredients to your slow cooker. Stir gently.
- Cover and cook on **LOW** for 3½ hours or **HIGH** for 1½ to 2 hours, until the millet is soft and the pear is tender.
- Stir well before serving. Add a splash of warm milk if needed for texture.
- Top with a pinch of cinnamon or a few chopped walnuts (optional).

Smart Swaps for 60+

- ◆ **No millet?** Try quinoa or buckwheat.
- ◆ **No raisins?** Use chopped dried apricots — or skip for less sugar.
- ◆ **Need more protein?** Add a spoonful of unsweetened Greek yoghurt or almond butter on top.
- ◆ Reheat gently with a splash of milk or water.

Nutritional Snapshot: Calories: 220; Protein: 6g; Carbohydrates: 30g; Fibre: 5g; Fat: 7g; Salt: 0.05g; Potassium: 360mg; Cholesterol: 0mg;

Ingredients

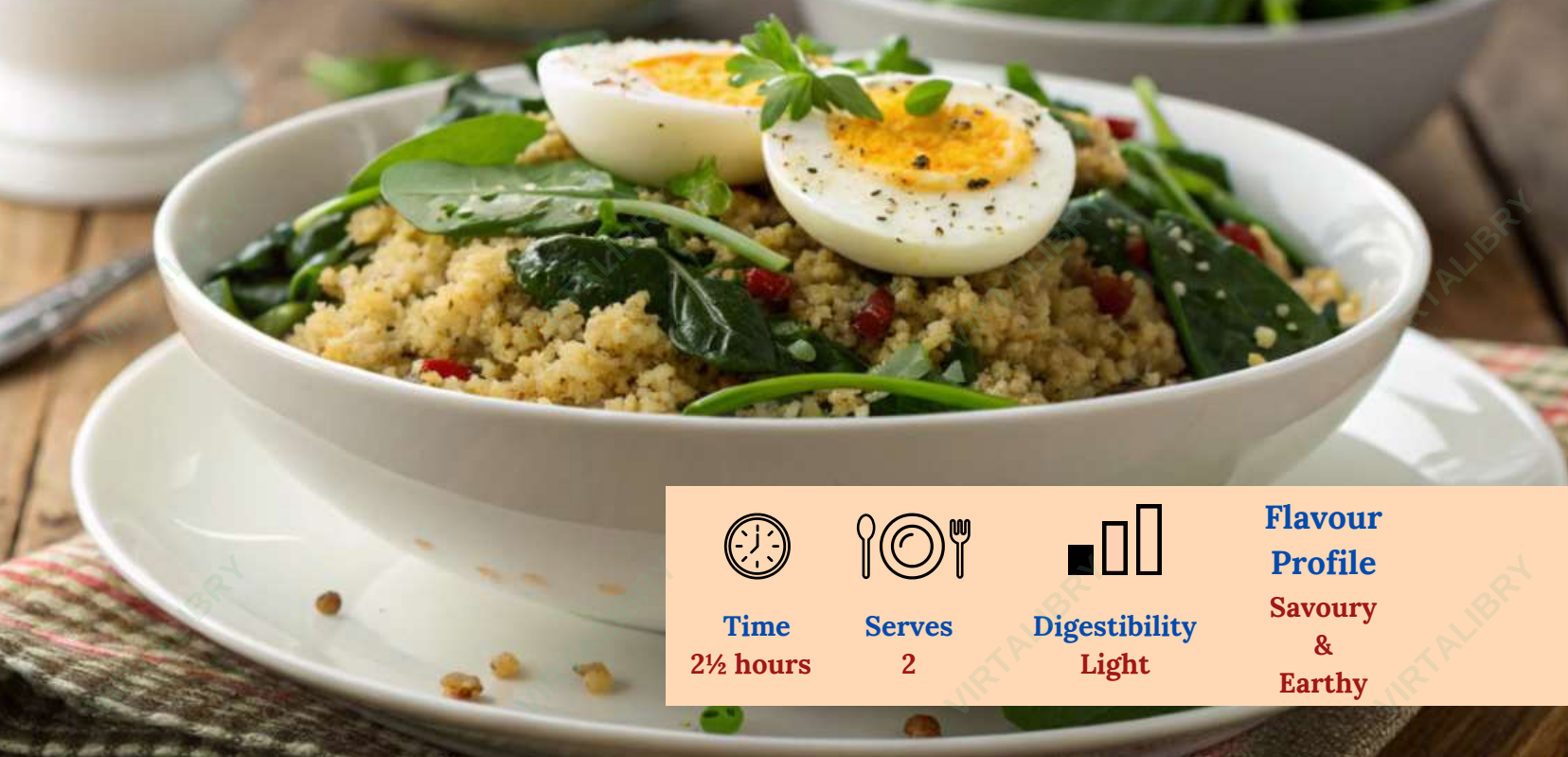
- 90 g dry millet, rinsed
- 300 ml unsweetened almond milk or water
- 1 ripe pear, chopped (peeled if preferred)
- ¼ tsp ground cinnamon
- 20 g raisins

Make It Your Way

- ◆ Add a drop of vanilla extract for a softer flavour.
- ◆ Swap pear for apple, if needed.
- ◆ Want extra creaminess? Use oat milk instead of water.

Smart Storage Tip

- ◆ Keeps well in the fridge for 2–3 days.



Time
2½ hours



Serves
2



Digestibility
Light

Flavour Profile
Savoury & Earthy

Savoury Spinach & Quinoa Breakfast Bowl

Method

- Add quinoa, stock, and turmeric to your slow cooker. Stir gently.
- Cook on **LOW** for 2½ hours or **HIGH** for 1½ hours, until the liquid is absorbed and the quinoa is fluffy.
- Stir in chopped spinach and olive oil while warm – the spinach will wilt gently.
- Serve warm as is, or top with a soft-boiled egg (optional; not included in base ingredients).

Smart Swaps for 60+

- ◆ **No spinach?** Use chopped kale or Swiss chard.
- ◆ **Avoiding oil?** Omit or replace with a squeeze of lemon juice.
- ◆ **Sensitive to turmeric?** Swap for cumin, coriander, or a pinch of black pepper.
- ◆ Quinoa is rich in magnesium and fibre – both support heart rhythm and blood pressure balance.

Nutritional Snapshot: Calories: 215; Protein: 7g; Carbohydrates: 26g; Fibre: 4g; Fat: 8g; Salt: 0.13g; Potassium: 470mg; Cholesterol: 0mg;

Ingredients

- 90 g quinoa, rinsed
- 350 ml low-sodium vegetable stock or water
- 30 g baby spinach, chopped
- ¼ tsp turmeric or ground cumin
- 1 tsp olive oil (optional)

Make It Your Way

- ◆ Top with a spoonful of plain Greek yoghurt.
- ◆ Stir in a few green peas or cooked lentils for extra substance.
- ◆ Sprinkle with fresh herbs (such as parsley or dill) for a refreshing twist.



Time
3½ hours



Serves
2



Digestibility
Light

Flavour Profile

Earthy & Savoury

Mushroom & Barley Morning Bowl

Method

- Add the barley, mushrooms, stock, and seasoning to your slow cooker. Stir gently.
- Cover and cook on **LOW** for 3½ hours or **HIGH** for 2 hours, until the barley is tender and the stock is mostly absorbed.
- Stir in olive oil just before serving for extra softness and flavour. Adjust seasoning if needed.
- Serve warm as a breakfast grain bowl or light midday meal.

Smart Swaps for 60+

◆ **No mushrooms?** Use courgette or chopped cauliflower.

◆ **Avoiding oil?** Use a splash of lemon juice — or simply skip.

◆ **Need more protein?** Top with a poached egg or a spoonful of cooked white beans.

Nutritional Snapshot: Calories: 230; Protein: 6g; Carbohydrates: 30g; Fibre: 5g; Fat: 7g; Salt: 0.14g; Potassium: 400mg; Cholesterol: 0mg;

Ingredients

- 100 g pearl barley, rinsed
- 350 ml low-sodium vegetable stock
- 70 g mushrooms, chopped (any variety)
- ¼ tsp garlic powder or onion powder
- 1 tsp olive oil (optional)

Make It Your Way

◆ Stir in a handful of spinach during the final 5 minutes.

◆ Add chopped parsley or a few pumpkin seeds before serving.

◆ Try farro instead of barley for a slightly different texture.



Time
2 hours



Serves
2



Digestibility
Very gentle

Flavour Profile

Mild
&
Savoury

Courgette & Egg White Frittata (Slow Cooker Style)

Method

- Lightly grease a small heat-safe baking dish or ramekin that fits into your slow cooker.
- In a mixing bowl, whisk together the egg whites, courgette, onion, and seasoning.
- Pour the mixture into the prepared dish and place it inside your slow cooker.
- Add 1 cup of water to the base of the cooker (this helps create steam).
- Cover and cook on **LOW** for around 2 hours, or until the centre is set.
- Allow to cool slightly before slicing. Serve warm.

Smart Swaps for 60+

◆ **No courgette?** Try chopped spinach or lightly steamed broccoli.

◆ **Want a richer flavour?** Add 1 tbsp grated low-sodium cheese (if you tolerate dairy).

Nutritional Snapshot: Calories: 90; Protein: 10g; Carbohydrates: 3g; Fibre: 1g; Fat: 3g; Salt: 0.10g; Potassium: 280mg; Cholesterol: 0mg;

Ingredients

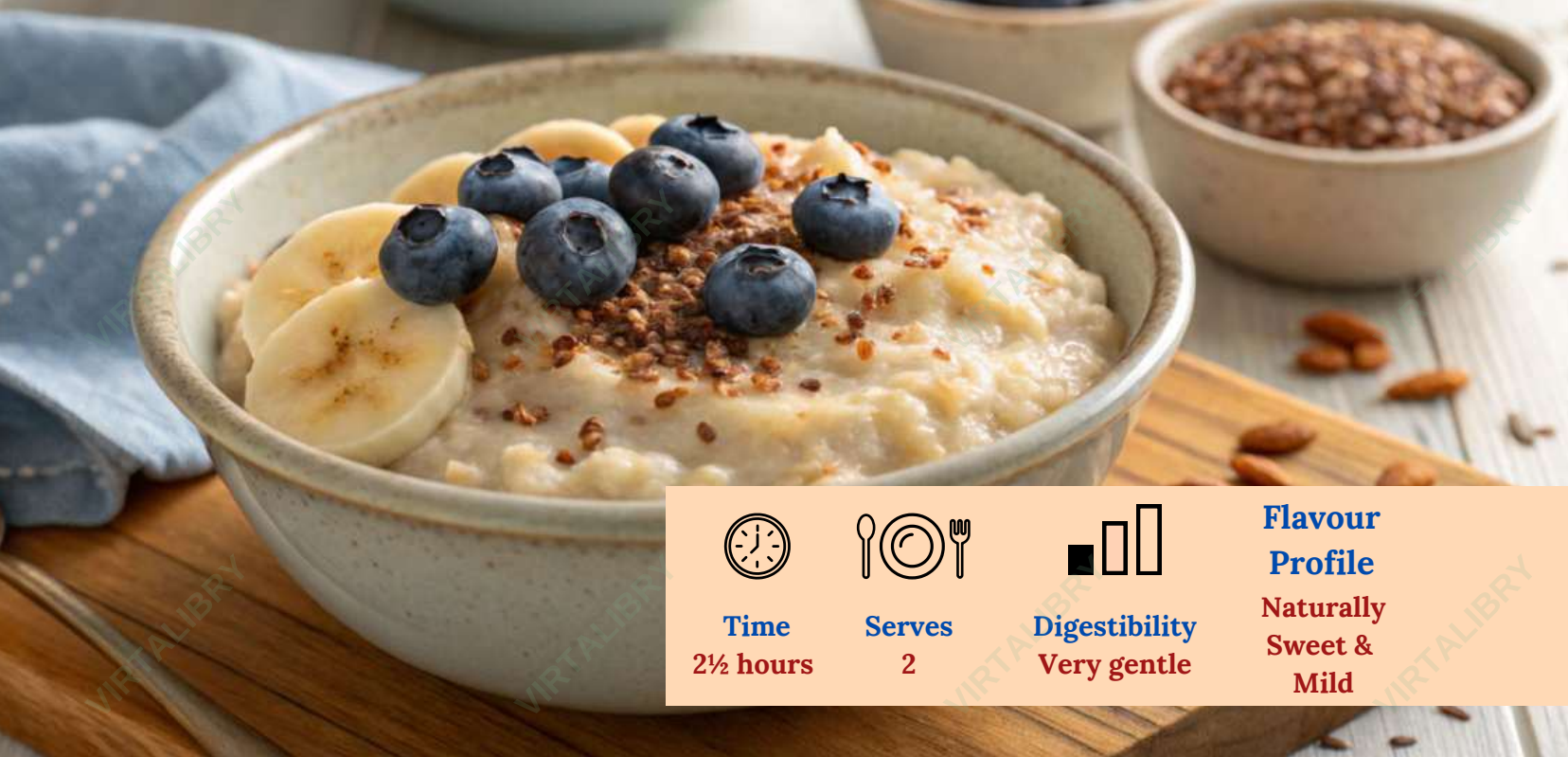
- 4 egg whites
- 60 g grated courgette, lightly squeezed to remove excess moisture
- 1 tbsp chopped onion or spring onion
- ¼ tsp dried basil or Italian seasoning
- Cooking spray or olive oil, for greasing

Make It Your Way

◆ Serve with sliced tomato or a spoonful of avocado.

◆ Add fresh herbs like dill or chives for extra brightness.

◆ Reheat gently for a ready-to-go breakfast tomorrow.



Time
2½ hours



Serves
2



Digestibility
Very gentle

Flavour Profile

Naturally
Sweet &
Mild

Creamy Banana Rice Porridge with Flaxseed

Method

- Lightly grease your slow cooker insert with olive oil or cooking spray.
- In the cooker, combine the rice, mashed banana, oat milk, flaxseed, and cinnamon. Stir gently.
- Cover and cook on **LOW** for 2½ hours, or until the mixture is warm, creamy, and gently thickened.
- Stir well before serving. Add vanilla or chopped walnuts if desired. Serve warm and enjoy.

Smart Swaps for 60+

◆ **No banana?** Try unsweetened applesauce or soft pear purée.

◆ **Need more protein?** Stir in a spoonful of plain Greek-style yoghurt (dairy-free if preferred) after cooking.

◆ **No flaxseed?** Use chia or hemp seeds — add just before serving.

Nutritional Snapshot: Calories: 240; Protein: 5g; Carbohydrates: 35g; Fibre: 5g; Fat: 7g; Salt: 0.05g; Potassium: 430mg; Cholesterol: 8g;

Ingredients

- 90 g cooked brown rice
- 1 ripe banana, mashed
- 80 ml unsweetened oat milk (or other plant-based milk)
- 1 tsp ground flaxseed
- ¼ tsp ground cinnamon

Optional: ¼ tsp vanilla extract or a few chopped walnuts for topping

Make It Your Way

◆ Top with blueberries or stewed warm apples.

◆ Sprinkle with a pinch of nutmeg or cardamom for a cosy twist.

◆ Add a little lemon zest for brightness and lift.



Time
3 hours
(Low only)



Serves
2



Digestibility
Gentle

Flavour Profile

Sweet
&
Earthy

Sweet Potato & Black Bean Skillet

Method

- Lightly grease the inside of your slow cooker insert with cooking spray or olive oil.
- In a small bowl, mix together the sweet potato, black beans, red pepper, onion, and seasoning.
- Transfer the mixture to the slow cooker and spread evenly.
- Cover and cook on **LOW** for 3 hours, or until the sweet potato is tender.
- Gently stir and serve warm.

Smart Swaps for 60+

◆ **No black beans?** Try kidney beans or cannellini beans (tinned, low-sodium, and rinsed).

◆ **Prefer more flavour?** Add a pinch of chilli flakes or a salt-free seasoning blend.

Nutritional Snapshot: Calories: 180; Protein: 6g; Carbohydrates: 28g; Fibre: 7g; Fat: 3g; Salt: 0.09g; Potassium: 450mg; Cholesterol: 0mg;

Ingredients

- 150 g peeled and diced sweet potato (approx. 1 cm cubes)
- 120 g tinned low-sodium black beans (rinsed and drained)
- 75 g chopped red pepper
- 1 tbsp finely chopped red onion
- ¼ tsp ground cumin or smoked paprika

Optional: 1 tsp olive oil for added richness

Make It Your Way

◆ Top with a poached egg for added protein.

◆ Add avocado slices or a few fresh herbs for brightness.



Time
2½ hours



Serves
2



Digestibility
Very gentle

Flavour Profile

Mildly
Sweet &
Nutty

Slow-Cooked Millet with Apricots & Almonds

Method

- Lightly grease the base of your slow cooker insert with a few drops of oil or cooking spray.
- Combine the millet, water or almond milk, apricots, and cinnamon in the cooker. Stir gently.
- Cover and cook on **LOW** for 2½ hours, or until the millet is tender and the liquid is absorbed.
- Stir well before serving. Top with almonds and optional sweetener, if desired.

Smart Swaps for 60+

◆ **No millet?** Use steel-cut oats or quinoa (adjust cooking time accordingly).

◆ **No almonds?** Try chopped walnuts or unsalted sunflower seeds.

◆ **Avoiding dairy?** Almond milk provides creaminess with no cholesterol.

◆ Keeps well in the fridge for up to 3 days.

Nutritional Snapshot: Calories: 170; Protein: 5g; Carbohydrates: 28g; Fibre: 4g; Fat: 5g; Salt: 0.04g; Potassium: 330mg; Cholesterol: 0mg;

Ingredients

- 45 g dry millet, rinsed well
- 240 ml water or unsweetened almond milk
- 2 tbsp chopped unsulphured dried apricots
- 1 tbsp sliced or slivered almonds (lightly toasted)
- ¼ tsp ground cinnamon

Optional: 1 tsp maple syrup or mashed banana for extra sweetness

Make It Your Way

◆ Add a few raisins or chopped dates for more fruitiness.



Time
2½ hours
(Low only)



Serves
2



Digestibility
Gentle

Flavour Profile

Earthy & Comforting

Savoury Pumpkin & White Bean Bowl

Method

- Lightly grease the inside of your slow cooker with cooking spray or a few drops of olive oil.
- Combine the pumpkin purée, white beans, stock, vegetables, and herbs in the slow cooker. Stir gently.
- Cover and cook on **LOW** for 2½ hours, or until everything is heated through and the vegetables are tender.
- Stir before serving. Optionally, drizzle with olive oil or add a touch of ground black pepper.

Smart Swaps for 60+

- ◆ **No white beans?** Use chickpeas or tinned lentils.
- ◆ **No pumpkin?** Try mashed sweet potato or butternut squash purée.
- ◆ **Need more texture?** Stir in cooked quinoa or brown rice just before serving.

Nutritional Snapshot: Calories: 160; Protein: 6g; Carbohydrates: 22g; Fibre: 6g; Fat: 4g; Salt: 0.09g; Potassium: 420mg; Cholesterol: 0mg;

Ingredients

- 120 g tinned pumpkin purée (unsweetened)
- 120 g tinned low-sodium white beans (rinsed and drained)
- 120 ml low-sodium vegetable stock or water
- 30 g chopped celery or courgette
- ¼ tsp dried thyme or rosemary

Optional: 1 tsp olive oil for added richness

Make It Your Way

- ◆ Top with chopped parsley or a dollop of plain Greek-style yoghurt.



Time
3 hours



Serves
2



Digestibility
Very gentle

Flavour Profile

Savoury
&
Earthy

Creamy Polenta with Mushrooms & Spinach

Method

- Lightly grease the bottom of your slow cooker with a few drops of olive oil or cooking spray.
- Add the polenta, water or stock, mushrooms, and seasoning. Stir gently to combine.
- Cover and cook on **LOW** for 3 hours, stirring once halfway through if possible.
- In the final 15 minutes, stir in the chopped spinach.
- Mix well before serving. Add olive oil or cheese if desired.

Smart Swaps for 60+

◆ **No mushrooms?** Try chopped courgette or lightly steamed cauliflower.

◆ **No spinach?** Use finely chopped kale or rocket (arugula) stirred in at the end.

◆ **Want more protein?** Stir in 2 tbsp cooked white beans or top with a poached egg.

Nutritional Snapshot: Calories: 170; Protein: 5g; Carbohydrates: 27g; Fibre: 3g; Fat: 4g; Salt: 0.09g; Potassium: 350mg; Cholesterol: 0mg;

Ingredients

- 40 g dry quick-cooking polenta
- 360 ml water or low-sodium vegetable stock
- 60 g sliced mushrooms (white or chestnut)
- 15 g baby spinach (roughly chopped)
- ¼ tsp garlic powder or dried thyme

Optional: 1 tsp olive oil or 1 tbsp grated low-sodium cheese

Make It Your Way

◆ Top with chopped fresh herbs such as parsley or basil for added brightness.

◆ Add a pinch of crushed chilli flakes for gentle heat.



SOUPS & STEW



Time
3 hours



Serves
2



Digestibility
Gentle

Flavour Profile

Mildly
Spiced &
Comforting

Sweet Potato & Red Lentil Curry Soup

Method

- Lightly oil the inside of your slow cooker insert or use cooking spray.
- Add the sweet potato, red lentils, stock, chopped veg, and spices to the cooker. Stir gently.
- Cover and cook on **LOW** for 3 hours, or until the lentils and sweet potato are tender.
- For a smoother texture, mash lightly with a spoon or blend partially (optional).
- Stir in olive oil or coconut milk just before serving.

Smart Swaps for 60+

◆ **No red lentils?** Use yellow split peas or tinned low-sodium white beans.

◆ **No curry powder?** Try a pinch of turmeric and ground cumin.

◆ **Need more protein?** Stir in chopped tofu or 1 tbsp hemp seeds before serving.

Nutritional Snapshot: Calories: 190; Protein: 9g; Carbohydrates: 28g; Fibre: 7g; Fat: 4g; Salt: 0.09g; Potassium: 480mg; Cholesterol: 0mg;

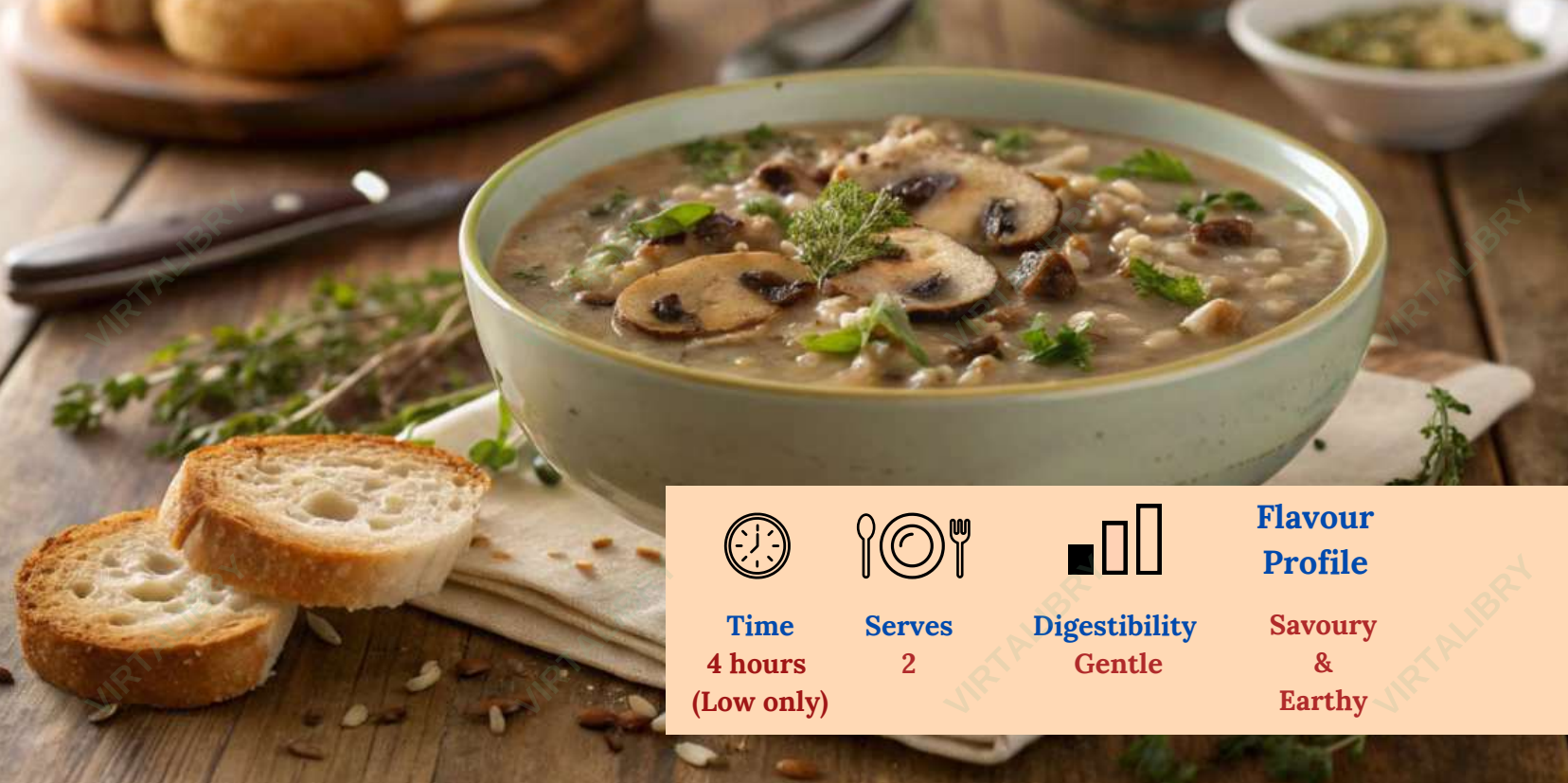
Ingredients

- 100 g peeled and diced sweet potato (approx. 1.5 cm cubes)
- 50 g dry red lentils, rinsed well
- 360 ml low-sodium vegetable stock or water
- 30 g chopped carrot or courgette
- ¼ tsp mild curry powder or turmeric

Optional: 1 tsp olive oil or 1 tbsp coconut milk for added creaminess

Make It Your Way

◆ Add a handful of spinach in the final 10 minutes of cooking.



Time
4 hours
(Low only)



Serves
2



Digestibility
Gentle

Flavour Profile

Savoury & Earthy

Mushroom & Wild Rice Soup

Method

- Lightly grease your slow cooker insert with olive oil or cooking spray.
- Add the wild rice, mushrooms, stock, vegetables, and seasoning. Stir gently.
- Cover and cook on **LOW** for 4 hours, or until the rice is tender and the soup is aromatic.
- Stir before serving. Add olive oil or yoghurt if using, for a creamier texture.

Smart Swaps for 60+

◆ **No wild rice?** Use brown rice or quinoa (adjust cooking time slightly).

◆ **No mushrooms?** Try chopped carrots or aubergine.

◆ **Want more protein?** Stir in cooked white beans or diced tofu near the end.

Nutritional Snapshot: Calories: 180; Protein: 6g; Carbohydrates: 27g; Fibre: 4g; Fat: 4g; Salt: 0.09g; Potassium: 390mg; Cholesterol: 0mg;

Ingredients

- 50 g uncooked wild rice, rinsed
- 100 g chopped mushrooms (chestnut or white)
- 360 ml low-sodium vegetable stock or water
- 30 g chopped celery or courgette
- ¼ tsp dried thyme or Italian seasoning

Optional: 1 tsp olive oil or 1 tbsp plain, unsweetened Greek-style yoghurt for creaminess

Make It Your Way

◆ Add a handful of baby spinach during the final 10 minutes of cooking.



Time
2½ hours



Serves
2



Digestibility
Very gentle

Flavour Profile

Mild
&
Comforting

Savoury Oat Soup with Carrots & Celery

Method

- Lightly grease your slow cooker insert with a few drops of olive oil or cooking spray.
- Add the oats, stock, vegetables, and seasoning. Stir gently.
- Cover and cook on **LOW** for 2½ hours, or until the vegetables are soft and the oats are creamy.
- Stir before serving. Add olive oil or nutritional yeast if using, for richness.

Smart Swaps for 60+

- ◆ **No rolled oats?** Use quick oats (reduce cooking time) or pre-cooked millet.
- ◆ **No carrots?** Try chopped courgette or butternut squash.
- ◆ **Watching salt?** Use water instead of stock and season generously with herbs.
- ◆ Keeps well in the fridge for 2–3 days

Nutritional Snapshot: Calories: 160; Protein: 5g; Carbohydrates: 23g; Fibre: 4g; Fat: 4g; Salt: 0.04g; Potassium: 350mg; Cholesterol: 0mg;

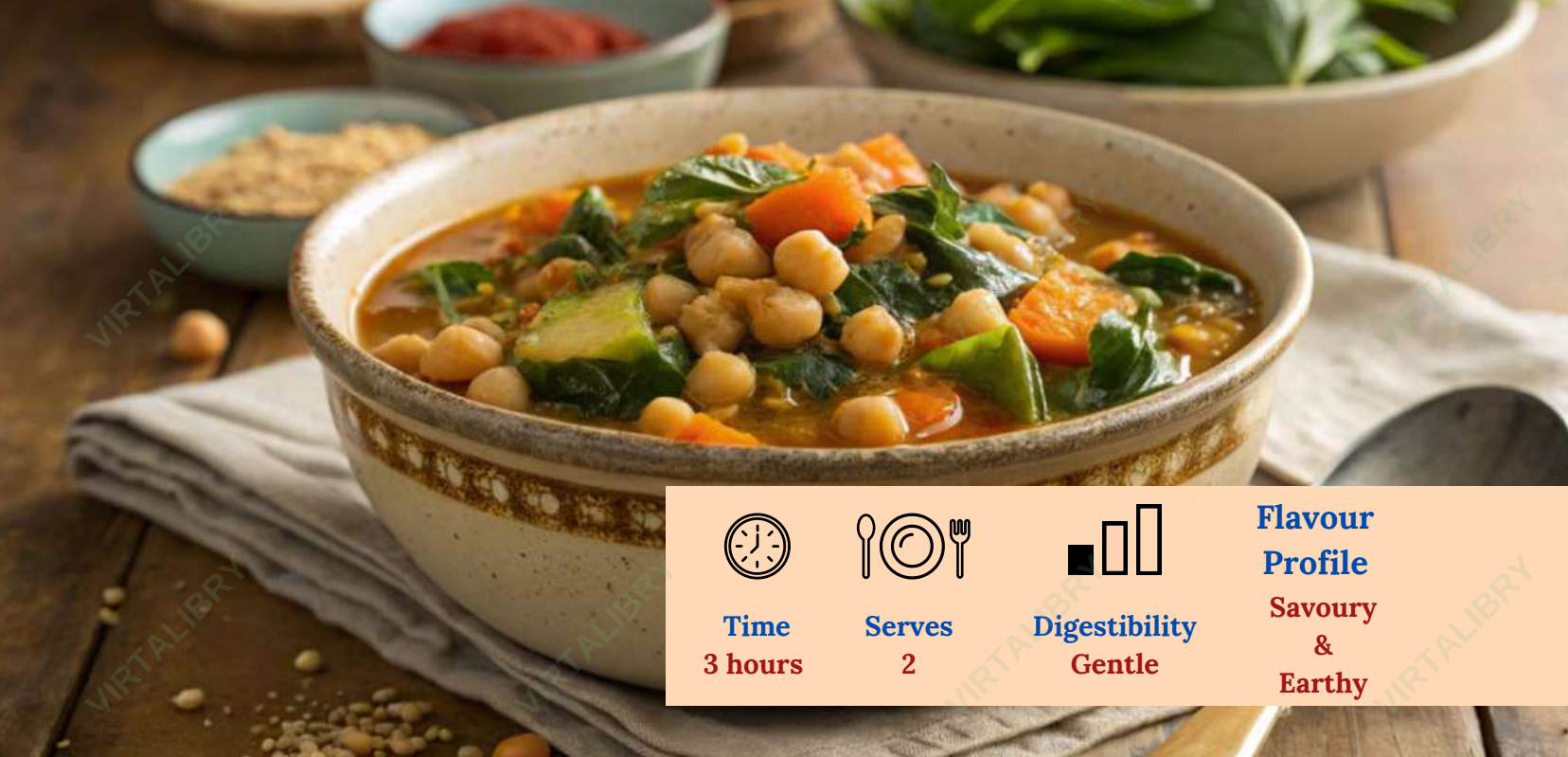
Ingredients

- 25 g rolled oats (unsweetened, plain)
- 360 ml low-sodium vegetable stock or water
- 30 g chopped carrot
- 30 g chopped celery
- ¼ tsp dried thyme or parsley

Optional: 1 tsp olive oil or 1 tbsp nutritional yeast for added richness

Make It Your Way

- ◆ Add a handful of spinach or finely chopped kale in the final 10 minutes.
- ◆ Top with a few pumpkin seeds or a sprinkle of fresh parsley.



Time
3 hours



Serves
2



Digestibility
Gentle

Flavour Profile

Savoury
&
Earthy

Slow-Cooked Chickpea & Spinach Stew

Method

- Lightly grease your slow cooker insert with olive oil or cooking spray.
- Add the chickpeas, spinach, vegetables, stock, and seasoning. Stir to combine.
- Cover and cook on **LOW** for 3 hours, or until the vegetables are soft and the flavours have melded.
- Stir gently. Add a drizzle of olive oil or a squeeze of lemon before serving, if desired.

Smart Swaps for 60+

- ◆ **No chickpeas?** Use white beans or cooked lentils.
- ◆ **No spinach?** Substitute with chopped kale or Swiss chard.
- ◆ **Want a richer finish?** Stir in 1 tbsp plain Greek-style yoghurt or unsweetened coconut milk before serving.
- ◆ Keeps well in the fridge for 3–4 days.

Nutritional Snapshot: Calories: 190; Protein: 7g; Carbohydrates: 26g; Fibre: 6g; Fat: 4g; Salt: 0.095g; Potassium: 460mg; Cholesterol: 0mg

Ingredients

- 85 g tinned low-sodium chickpeas (rinsed and drained)
- 30–40 g chopped fresh spinach (or 25 g frozen, thawed)
- 60 g chopped courgette or carrot
- 240 ml low-sodium vegetable stock or water
- ¼ tsp ground cumin or smoked paprika

Optional: 1 tsp olive oil or a squeeze of lemon juice, for serving

Make It Your Way

- ◆ Serve over cooked brown rice or quinoa for a heartier meal.



Time
3 hours



Serves
2



Digestibility
Gentle

Flavour Profile

Bright & Herby

Tomato & Cannellini Bean Soup with Herbs

Method

- Lightly grease your slow cooker insert with a few drops of olive oil or cooking spray.
- Add the chopped tomatoes, cannellini beans, stock, chopped veg, and herbs. Stir gently to combine.
- Cover and cook on **LOW** for 3 hours, or until the vegetables are tender and the flavours are well combined.
- Stir before serving. Drizzle with olive oil or top with chopped parsley, if desired.

Smart Swaps for 60+

◆ **No cannellini beans?** Use great northern beans or chickpeas.

◆ **No celery?** Try chopped carrot or red pepper.

◆ **Want more texture?** Add 2 tbsp cooked brown rice or barley before serving.

◆ Keeps well in the fridge for 3–4 days.

Nutritional Snapshot: Calories: 170; Protein: 7g; Carbohydrates: 25g; Fibre: 6g; Fat: 4g; Salt: 0.09g; Potassium: 440mg; Cholesterol: 0mg;

Ingredients

- 120 g tinned no-salt-added chopped tomatoes
- 85 g tinned low-sodium cannellini beans (rinsed and drained)
- 360 ml low-sodium vegetable stock or water
- 30 g chopped celery or courgette
- ¼ tsp dried Italian herbs (basil, oregano, thyme)

Optional: 1 tsp olive oil or 1 tbsp chopped fresh parsley, for serving

Make It Your Way

◆ Add a squeeze of fresh lemon juice for added brightness.



Courgette, Sweetcorn & Basil Chowder

Method

- Lightly grease your slow cooker insert with a few drops of olive oil or cooking spray.
- Add the courgette, sweetcorn, almond milk or stock, onion, and seasoning. Stir gently.
- Cover and cook on **LOW** for 3 hours, or until the vegetables are tender and the flavours have melded.
- For a creamier consistency, mash some of the courgette and corn with the back of a spoon before serving.
- Stir in olive oil or nutritional yeast if using. Garnish with fresh basil, if available.

Smart Swaps for 60+

◆ **No almond milk?** Use oat milk or diluted unsweetened coconut milk.

◆ Keeps well in the fridge for 2-3 days.

Nutritional Snapshot: Calories: 160; Protein: 4g; Carbohydrates: 24g; Fibre: 4g; Fat: 4g; Salt: 0.085g; Potassium: 410mg; Cholesterol: 0mg;

Ingredients

- 85 g chopped courgette
- 85 g frozen or fresh sweetcorn kernels (no added salt)
- 360 ml unsweetened almond milk or low-sodium vegetable stock
- 20 g finely chopped onion
- ¼ tsp garlic powder or dried basil (plus fresh basil to garnish, if available)

Optional: 1 tsp olive oil or 1 tbsp nutritional yeast, for added richness

Make It Your Way

◆ Add a few spinach leaves in the last 10 minutes.



Time
3 hours



Serves
2



Digestibility
Very gentle

Flavour Profile

Sweet
&
Herbal

Butternut Squash Soup with Apple & Thyme

Method

- Lightly grease your slow cooker insert with olive oil or cooking spray.
- Add the squash, apple, stock, onion, and thyme. Stir gently to combine.
- Cover and cook on **LOW** for 3 hours, or until the squash is soft and easily mashable.
- For a rustic finish, mash gently with a spoon. For a smoother soup, blend until creamy.
- Stir in the optional olive oil or almond milk for added richness before serving.

Smart Swaps for 60+

◆ **No butternut squash?** Use sweet potato or tinned pumpkin purée.

◆ **No thyme?** Try dried rosemary, sage, or a pinch of ground cinnamon.

◆ Keeps well in the fridge for 3–4 days.

Nutritional Snapshot: Calories: 150; Protein: 3g; Carbohydrates: 26g; Fibre: 5g; Fat: 4g; Salt: 0.09g; Potassium: 460mg; Cholesterol: 0mg;

Ingredients

- 150 g peeled and diced butternut squash (approx. 1 cm cubes)
- ½ medium apple, peeled and chopped
- 360 ml low-sodium vegetable stock or water
- 30 g chopped onion or celery
- ¼ tsp dried thyme

Optional: 1 tsp olive oil or 1 tbsp unsweetened almond milk, for added creaminess

Make It Your Way

◆ Pair with wholegrain toast or oatcakes for a more filling meal.



Time
3½ hours



Serves
2



Digestibility
Gentle

Flavour Profile
Earthy &
Slightly
Sweet

Slow Cooker Lentil & Sweet Potato Stew

Method

- Lightly grease the inside of your slow cooker with a few drops of olive oil or cooking spray.
- Add the lentils, sweet potato, chopped vegetables, stock, and seasoning. Stir gently to combine.
- Cover and cook on **LOW** for 3½ hours, or until the lentils and sweet potatoes are tender.
- Stir well before serving. Add olive oil or lemon if using, and serve warm.

Smart Swaps for 60+

◆ **No sweet potato?** Use butternut squash or extra carrots.

◆ **No lentils?** Use tinned low-sodium chickpeas (and reduce cook time to 2 hours).

◆ **Want more greens?** Stir in a handful of spinach during the final 10 minutes.

◆ Keeps well in the fridge for 3–4 days.

Nutritional Snapshot: Calories: 200; Protein: 9g; Carbohydrates: 30g; Fibre: 7g; Fat: 4g; Salt: 0.095g; Potassium: 480mg; Cholesterol: 0mg;

Ingredients

- 50 g dry brown or green lentils (rinsed)
- 75 g diced sweet potato (approx. 1 cm cubes)
- 30 g chopped carrot or courgette
- 360 ml low-sodium vegetable stock or water
- ¼ tsp ground cumin or sweet paprika

Optional: 1 tsp olive oil or a squeeze of lemon juice, for serving

Make It Your Way

◆ Add chopped parsley, coriander, or dill for a fresh, herbaceous note.



Time
4 hours
(Low only)



Serves
2



Digestibility
Gentle

Flavour Profile

Savoury & Wholesome

Hearty Vegetable Barley Soup

Method

- Lightly grease your slow cooker insert with olive oil or cooking spray.
- Add the barley, vegetables, stock, and seasoning. Stir to combine.
- Cover and cook on **LOW** for 4 hours, or until the barley is tender and the vegetables are soft.
- Stir gently before serving. Add olive oil or lemon juice, if using.

Smart Swaps for 60+

◆ **No barley?** Try quinoa, brown rice, or pre-cooked farro.

◆ **No courgette?** Use chopped green beans, cauliflower, or cabbage.

◆ **Want more protein?** Add 2 tbsp cooked white beans or lentils.

◆ Keeps well in the fridge for 3–4 days.

Nutritional Snapshot: Calories: 190; Protein: 6g; Carbohydrates: 30g; Fibre: 6g; Fat: 3g; Salt: 0.09g; Potassium: 420mg; Cholesterol: 0mg;

Ingredients

- 50 g pearl barley, rinsed
- 60 g chopped carrot
- 60 g chopped courgette or celery
- 360 ml low-sodium vegetable stock or water
- ¼ tsp dried thyme or Italian seasoning

Optional: 1 tsp olive oil or a squeeze of lemon juice, for brightness

Make It Your Way

◆ Stir in chopped spinach or finely shredded kale during the final 10 minutes.

◆ Add fresh herbs such as parsley or dill for a lighter, vibrant finish.



Time
3 hours
(Low only)



Serves
2



Digestibility
Very gentle

**FLAVOUR
PROFILE**

**Mild
&
Savoury**

Creamy Cauliflower & Garlic Soup

Method

- Lightly grease your slow cooker insert with cooking spray or a few drops of olive oil.
- Add the cauliflower, stock, garlic, and onion or leek to the cooker. Stir gently.
- Cover and cook on **LOW** for 3 hours, or until the cauliflower is very soft.
- Blend the soup until smooth using a stick blender or standard blender (carefully, in batches if needed).
- Stir in the optional almond milk or olive oil for a silky texture.

Smart Swaps for 60+

◆ **No cauliflower?** Try peeled courgette or a mix of root vegetables.

◆ **No garlic?** Use a pinch of ground cumin or dried thyme.

Nutritional Snapshot: Calories: 120; Protein: 4g; Carbohydrates: 14g; Fibre: 4g; Fat: 4g; Salt: 0.08g; Potassium: 370mg; Cholesterol: 0mg;

Ingredients

- 150 g cauliflower florets (fresh or frozen)
- 360 ml low-sodium vegetable stock or water
- 1 small garlic clove, minced (or ¼ tsp garlic powder)
- 25 g chopped onion or leek

Optional: 1 tsp olive oil or 1 tbsp unsweetened almond milk, for creaminess

Make It Your Way

◆ Add a dash of ground black pepper or a little lemon zest for brightness.

◆ Pair with wholegrain toast or oatcakes for a satisfying light meal.



Time
3 hours
(Low only)



Serves
2



Digestibility
Gentle

Flavour Profile

Savoury & Herbal

Cabbage & White Bean Soup with Dill

Method

- Lightly grease your slow cooker insert with cooking spray or olive oil.
- Add the cabbage, white beans, stock, vegetables, and dried dill. Stir gently to combine.
- Cover and cook on **LOW** for 3 hours, or until the cabbage is tender.
- Stir well before serving. Add olive oil or lemon juice if using, and garnish with fresh dill if available.

Smart Swaps for 60+

◆ **No white beans?** Use tinned chickpeas or cooked lentils.

◆ **No dill?** Substitute with parsley or thyme.

◆ **Want to make it heartier?** Add 2 tbsp cooked barley or brown rice.

◆ Serve with a slice of wholegrain toast for a satisfying light meal.

Nutritional Snapshot: Calories: 160; Protein: 6g; Carbohydrates: 24g; Fibre: 6g; Fat: 3g; Salt: 0.085g; Potassium: 430mg; Cholesterol: 0mg;

Ingredients

- 75 g chopped green cabbage
- 85 g tinned low-sodium white beans (rinsed and drained)
- 360 ml low-sodium vegetable stock or water
- 25 g chopped carrot or celery
- ¼ tsp dried dill (or 1 tsp fresh dill, added at the end)

Optional: 1 tsp olive oil or a splash of lemon juice, for serving

Make It Your Way

◆ Add a handful of spinach during the final 5 minutes for added greens.



Time
4 hours
(Low only)



Serves
2



Digestibility
Gentle

Flavour Profile

Savoury & Earthy

Green Split Pea Soup with Carrots

Method

- Lightly grease your slow cooker insert with olive oil or cooking spray.
- Add the split peas, vegetables, stock, and seasoning. Stir gently to combine.
- Cover and cook on **LOW** for 4 hours, or until the peas are tender and starting to break down.
- Stir well. For a creamier texture, blend partially if desired. Finish with olive oil or lemon juice just before serving.

Smart Swaps for 60+

◆ **No split peas?** Use red lentils (reduce cooking time to 2½ hours).

◆ **No carrots?** Use chopped sweet potato or butternut squash.

◆ **Want more greens?** Stir in spinach during the final 10 minutes.

Nutritional Snapshot: Calories: 150; Protein: 3g; Carbohydrates: 26g; Fibre: 5g; Fat: 4g; Salt: 0.09g; Potassium: 490mg; Cholesterol: 0mg;

Ingredients

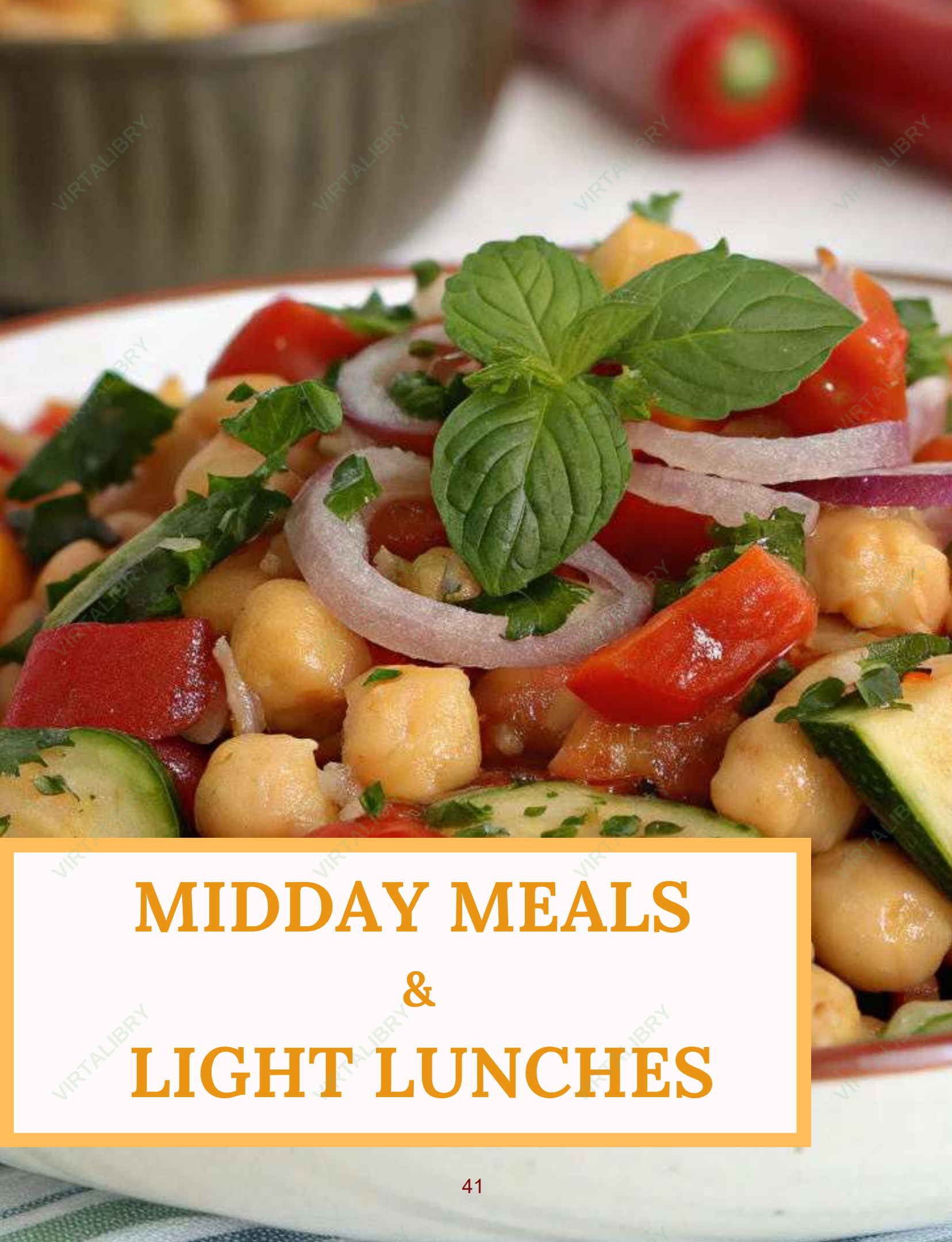
- 50 g dry green split peas (rinsed)
- 60 g chopped carrot
- 360 ml low-sodium vegetable stock or water
- 25 g chopped celery or courgette
- ¼ tsp dried thyme or ground cumin

Optional: 1 tsp olive oil or a splash of lemon juice, for serving

Make It Your Way

◆ Top with fresh herbs like parsley or dill.

◆ Sprinkle with ground flaxseed for extra fibre and healthy fats.



MIDDAY MEALS & LIGHT LUNCHES



Time
3½ hours
(Low only)



Serves
2



Digestibility
Gentle

Flavour Profile

Mildly
Spiced &
Earthy

Cabbage & Carrot Curry with Lentils

Method

- Lightly grease your slow cooker insert with cooking spray or olive oil.
- Add the cabbage, carrots, red lentils, liquid, and spice. Stir gently to combine.
- Cover and cook on **LOW** for 3½ hours, or until the lentils are soft and the vegetables are tender.
- Stir well. Add the coconut milk or olive oil if using, and serve warm.

Smart Swaps for 60+

- ◆ **No red lentils?** Use yellow lentils or tinned chickpeas (reduce cook time).
- ◆ **No cabbage?** Try chopped spinach, kale, or pak choi (add during the final 30 minutes).
- ◆ **Watching carbohydrates?** Use fewer carrots and increase the cabbage.
- ◆ Keeps well in the fridge for 3–4 days.

Nutritional Snapshot: Calories: 190; Protein: 9g; Carbohydrates: 27g; Fibre: 7g; Fat: 4g; Salt: 0.085g; Potassium: 460mg; Cholesterol: 0mg;

Ingredients

- 90 g chopped green cabbage
- 60 g chopped carrot
- 50 g dry red lentils (rinsed)
- 360 ml water or low-sodium vegetable stock
- ¼ tsp mild curry powder or ground turmeric

Optional: 1 tsp olive oil or 1 tbsps unsweetened coconut milk, for creaminess

Make It Your Way

- ◆ Top with fresh coriander or parsley.
- ◆ Add a squeeze of lemon or lime just before serving.



Warm Farro Salad with Mushrooms & Broccoli

Method

- Lightly grease your slow cooker with a few drops of olive oil or cooking spray.
- Add the farro, mushrooms, stock, and seasoning. Stir gently to combine.
- Cover and cook on **LOW** for 3 hours.
- In the final 30 minutes, stir in the broccoli florets.
- Before serving, fluff gently with a fork and add olive oil or lemon juice, if using. Serve warm.

Smart Swaps for 60+

- ◆ **No farro?** Try barley, brown rice, or cooked quinoa.
- ◆ **No broccoli?** Use chopped courgette, green beans, or spinach (add near the end).
- ◆ **Want more protein?** Stir in 2 tbsp cooked lentils or diced tofu.
- ◆ Keeps well in the fridge for 3–4 days.

Nutritional Snapshot: Calories: 200; Protein: 6g; Carbohydrates: 30g; Fibre: 5g; Fat: 4g; Salt: 0.09g; Potassium: 440mg; Cholesterol: 0mg;

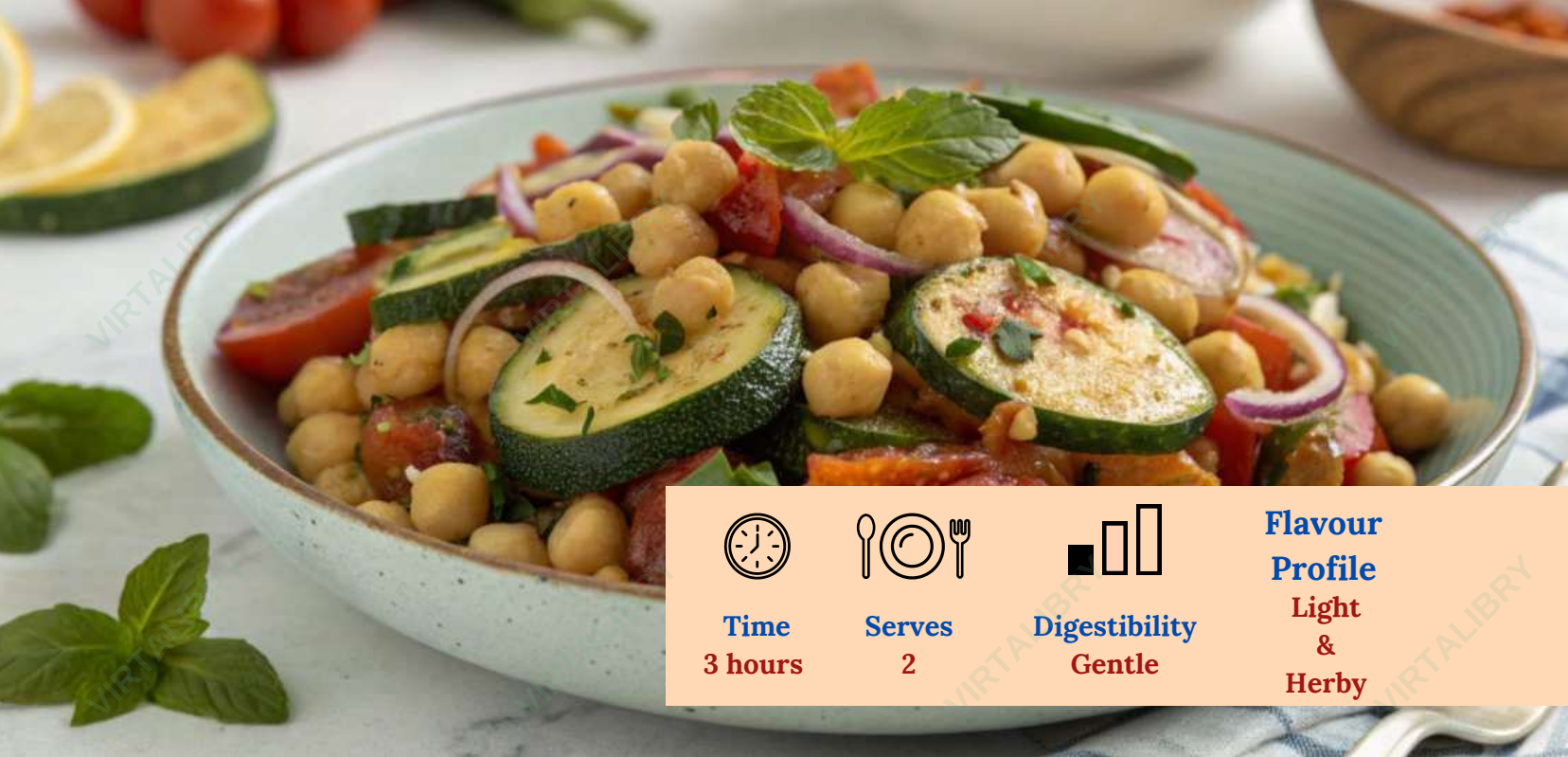
Ingredients

- 45 g dry farro (rinsed)
- 100 g chopped mushrooms
- 75 g small broccoli florets
- 360 ml low-sodium vegetable stock or water
- ¼ tsp dried thyme or rosemary

Optional: 1 tsp olive oil or a squeeze of lemon juice, for serving

Make It Your Way

- ◆ Sprinkle with chopped parsley or dill for added freshness.
- ◆ Top with a spoonful of unsweetened Greek-style yoghurt (if dairy-tolerant).



Mediterranean Chickpea & Courgette Bowl

Method

- Lightly grease your slow cooker insert with cooking spray or olive oil.
- Add the chickpeas, courgette, tomato, onion or pepper, and herbs. Stir gently to combine.
- Cover and cook on **LOW** for 3 hours, or until the vegetables are tender and the flavours have blended.
- Stir well before serving. Drizzle with olive oil or lemon juice if desired.

Smart Swaps for 60+

- ◆ **No chickpeas?** Use cooked white beans or lentils.
- ◆ **No courgette?** Try chopped aubergine or red pepper.
- ◆ **Want more substance?** Serve over brown rice, farro, or quinoa.
- ◆ Keeps well in the fridge for 3–4 days.

Nutritional Snapshot: Calories: 180; Protein: 7g; Carbohydrates: 24g; Fibre: 6g; Fat: 4g; Salt: 0.085g; Potassium: 430mg; Cholesterol: 0mg;

Ingredients

- 90 g tinned low-sodium chickpeas (rinsed and drained)
- 75 g chopped courgette
- 75 g chopped tomato (fresh or no-salt-added tinned)
- 1 tbsp finely chopped onion or red pepper
- ¼ tsp dried oregano or Italian seasoning

Optional: 1 tsp olive oil or a squeeze of lemon juice, for serving

Make It Your Way

- ◆ Add freshly chopped parsley, basil, or mint for a refreshing finish.



Time
3 hours



Serves
2



Digestibility
Gentle

Flavour Profile

Mildly Savoury
& Vegetable-Forward

Slow-Cooked Tofu & Vegetable Stir-Fry

Method

- Lightly grease your slow cooker insert with olive oil or cooking spray.
- Add the tofu and vegetables. Drizzle with tamari and sprinkle over the seasoning. Stir gently to combine.
- Cover and cook on **LOW** for 3 hours, or until the vegetables are tender and the tofu is warmed through.
- Before serving, stir in the optional olive or sesame oil for added richness.

Smart Swaps for 60+

◆ **No tofu?** Use tinned low-sodium chickpeas or cubes of cooked tempeh.

◆ **No tamari?** Try lemon juice with a pinch of garlic powder.

◆ Keeps well in the fridge for 2–3 days.

Nutritional Snapshot: Calories: 190; Protein: 10g; Carbohydrates: 16g; Fibre: 4g; Fat: 8g; Salt: 0.18g; Potassium: 430mg; Cholesterol: 0mg;

Ingredients

- 110 g extra-firm tofu, cut into small cubes
- 75 g chopped courgette or red/yellow pepper
- 75 g chopped broccoli florets or green beans
- 35 g chopped carrot
- 1 tbsp low-sodium tamari or coconut aminos
- ¼ tsp ground ginger or garlic powder

Optional: 1 tsp olive oil or a few drops of sesame oil, for serving

Make It Your Way

◆ Add a handful of baby spinach or finely shredded cabbage during the final 15 minutes for extra greens.



Time
3½ hours
(Low only)



Serves
2



Digestibility
Very gentle

Flavour Profile

Savoury
&
Herby

Aubergine & White Bean Ragout

Method

- Lightly grease your slow cooker insert with olive oil or cooking spray.
- Add the aubergine, white beans, tomatoes, courgette or red pepper, and herbs. Stir gently.
- Cover and cook on **LOW** for 3½ hours, or until the vegetables are soft and the flavours have melded.
- Stir well before serving. Add olive oil or fresh basil just before serving, if desired.

Smart Swaps for 60+

- ◆ **No white beans?** Use chickpeas or cooked lentils.
- ◆ **No aubergine?** Substitute with chopped mushrooms or peeled courgette.
- ◆ **Want more bulk?** Serve over quinoa, farro, or brown rice.
- ◆ Keeps well in the fridge for 3–4 days. Reheat gently before serving.

Nutritional Snapshot: Calories: 180; Protein: 7g; Carbohydrates: 25g; Fibre: 6g; Fat: 4g; Salt: 0.085g; Potassium: 440mg; Cholesterol: 0mg;

Ingredients

- 130 g diced aubergine (peeled if preferred)
- 120 g tinned low-sodium white beans, rinsed and drained
- 120 g no-salt-added chopped tomatoes (tinned or fresh)
- 40 g chopped courgette or red pepper
- ¼ tsp dried oregano or rosemary

Optional: 1 tsp olive oil or a few fresh basil leaves, for garnish

Make It Your Way

- ◆ Add a pinch of crushed chilli flakes or smoked paprika for gentle warmth.



Time
3 hours
(Low only)



Serves
2



Digestibility
Gentle

Flavour Profile

Earthy
& Mildly
Herby

Sweet Potato & Greens Skillet

Method

- Lightly grease your slow cooker insert, or use a small heatproof ceramic bowl inside the insert.
- Add the sweet potato, onion, greens, seasoning, and liquid. Stir gently to combine.
- Cover and cook on **LOW** for 3 hours, or until the sweet potato is tender and the greens are wilted.
- Stir well before serving. Add olive oil or lemon juice if using.

Smart Swaps for 60+

◆ **No sweet potato?** Use butternut squash or diced carrot.

◆ **No leafy greens?** Try shredded cabbage or chopped courgette.

◆ **Need more protein?** Add a poached egg or a spoonful of white beans before serving.

◆ Keeps well in the fridge for up to 3 days.

Nutritional Snapshot: Calories: 150; Protein: 3g; Carbohydrates: 24g; Fibre: 5g; Fat: 5g; Salt: 0.045g; Potassium: 480mg; Cholesterol: 0mg;

Ingredients

- 1 small sweet potato, peeled and diced (approx. 130 g)
- 30 g chopped leafy greens (such as spinach, kale, or chard)
- 40 g finely chopped onion
- ¼ tsp dried thyme or Italian seasoning
- 2 tbsp water or low-sodium vegetable stock

Optional: 1 tsp olive oil or a squeeze of lemon juice, for serving

Make It Your Way

◆ Top with avocado slices or a spoonful of plain Greek-style yoghurt.



Time
3½ hours



Serves
2



Digestibility
Gentle

Flavour Profile

Savoury
&
Herby

Slow Cooker Ratatouille with Thyme

Method

- Lightly grease your slow cooker insert with olive oil or cooking spray.
- Add all vegetables and thyme to the slow cooker. Stir gently to combine.
- Cover and cook on **LOW** for 3½ hours, or until the vegetables are soft and full of flavour.
- Stir before serving. Add olive oil or fresh basil just before serving, if desired.

Smart Swaps for 60+

◆ **No aubergine?** Use mushrooms or extra courgette.

◆ **No thyme?** Try oregano, rosemary, or mixed Italian seasoning.

◆ **Want more protein?** Add ½ cup white beans or cooked lentils during the last 30 minutes.

◆ Keeps well in the fridge for 3–4 days.

Nutritional Snapshot: Calories: 150; Protein: 4g; Carbohydrates: 20g; Fibre: 5g; Fat: 5g; Salt: 0.07g; Potassium: 440mg; Cholesterol: 0mg;

Ingredients

- 80 g chopped aubergine (peeled if preferred)
- 80 g chopped courgette
- 40 g chopped pepper (any colour)
- 60 g no-salt-added chopped tomatoes (tinned or fresh)
- 15 g finely chopped onion
- ¼ tsp dried thyme

Optional: 1 tsp olive oil or 1 tbsp chopped fresh basil, for serving

Make It Your Way

◆ Serve with cooked quinoa, brown rice, or wholegrain pasta for a complete meal.



Time
3½ hours



Serves
2



Digestibility
Gentle

Flavour Profile
Herby
& Mildly
Sweet

Stuffed Peppers with Quinoa & Herbs

Method

- Lightly grease your slow cooker insert with olive oil or cooking spray.
- In a bowl, combine the quinoa, vegetables, tomatoes, and herbs.
- Spoon the mixture into each pepper half and place them cut-side up in the slow cooker.
- Add 2 tbsp water or stock to the bottom of the cooker to prevent drying out.
- Cover and cook on **LOW** for 3½ hours, or until the peppers are soft and the filling is hot.
- Garnish with olive oil or chopped parsley, if using.

Smart Swaps for 60+

- ◆ **No quinoa?** Use brown rice, millet, or pearl barley.
- ◆ **No courgette?** Try mushrooms, celery, or chopped spinach.
- ◆ Keeps well in the fridge for up to 3 days.

Nutritional Snapshot: Calories: 190; Protein: 6g; Carbohydrates: 26g; Fibre: 6g; Fat: 5g; Salt: 0.08g; Potassium: 460mg; Cholesterol: 0mg;

Ingredients

- 2 medium peppers, halved and deseeded
- 85 g cooked quinoa
- 40 g chopped courgette or carrot
- 30 g no-salt-added chopped tomatoes
- ¼ tsp dried oregano or mixed Italian herbs

Optional: 1 tsp olive oil or 1 tbsp chopped fresh parsley, for serving.

Make It Your Way

- ◆ Sprinkle with ground flaxseed or hemp seeds before serving for added nutrients.



Time
3 hours
(Low only)



Serves
2



Digestibility
Very gentle

Flavour Profile

Mildly
Sweet &
Comforting

Cauliflower & Pea Coconut Stew

Method

- Lightly grease your slow cooker insert with a few drops of olive oil or cooking spray.
- Add the cauliflower, peas, coconut milk, stock, and turmeric or curry powder. Stir gently to combine.
- Cover and cook on **LOW** for 3 hours, or until the cauliflower is tender and the stew is creamy.
- Stir well before serving. Garnish with olive oil or fresh coriander if desired.

Smart Swaps for 60+

- ◆ **No peas?** Use chopped green beans or spinach.
- ◆ **No coconut milk?** Try unsweetened oat milk plus 1 tsp olive oil for richness.
- ◆ **Want more protein?** Add soft tofu cubes or stir in 2 tbsp cooked lentils.
- ◆ Keeps well in the fridge for up to 3 days. Stir thoroughly when reheating.

Nutritional Snapshot: Calories: 180; Protein: 5g; Carbohydrates: 18g; Fibre: 5g; Fat: 9g; Salt: 0.085g; Potassium: 430mg; Cholesterol: 0mg;

Ingredients

- 100 g cauliflower florets (fresh or frozen)
- 75 g frozen peas (no added salt)
- 120 ml light unsweetened coconut milk
- 120 ml low-sodium vegetable stock or water
- ¼ tsp ground turmeric or mild curry powder

Optional: 1 tsp olive oil or chopped fresh coriander, for garnish

Make It Your Way

- ◆ Add a squeeze of lime for extra brightness.
- ◆ Serve over quinoa or brown rice to make it more filling.



Time
2½ hours
(Low only)



Serves
2



Digestibility
Gentle

Flavour Profile

Sweet
&
Savoury

Sweetcorn & Black Bean Bowl

Method

- Lightly grease your slow cooker insert with a few drops of olive oil or cooking spray.
- Add the black beans, corn, pepper, onion (if using), and seasoning. Stir gently to combine.
- Cover and cook on **LOW** for 2½ hours, or until the vegetables are tender and the flavours are well blended.
- Stir before serving. Finish with olive oil or lime juice, if desired.

Smart Swaps for 60+

- ◆ **No black beans?** Try pinto beans or white beans.
- ◆ **No corn?** Use chopped carrots or peas.
- ◆ **Want more fullness?** Serve over cooked brown rice, quinoa, or baked sweet potato.
- ◆ Keeps well in the fridge for 3–4 days. Reheat gently or enjoy chilled as a salad.

Nutritional Snapshot: Calories: 180; Protein: 7g; Carbohydrates: 26g; Fibre: 6g; Fat: 4g; Salt: 0.09g; Potassium: 440mg; Cholesterol: 0mg;

Ingredients

- 85 g tinned low-sodium black beans, rinsed and drained
- 85 g frozen or fresh sweetcorn kernels (no added salt)
- 40 g chopped red pepper or courgette
- 1 tbsp chopped onion (optional)
- ¼ tsp ground cumin or smoked paprika

Optional: 1 tsp olive oil or a squeeze of lime juice, for serving

Make It Your Way

- ◆ Add chopped avocado or a spoonful of plain Greek-style yoghurt for creaminess.



Time
3½ hours



Serves
2



Digestibility
Gentle

Flavour Profile

Earthy
& Mildly
Sweet

Stuffed Acorn Squash with Farro & Herbs

Method

- Lightly grease your slow cooker insert with cooking spray or olive oil.
- In a small bowl, mix the cooked farro, vegetables, tomatoes (or carrots), and herbs.
- Spoon the filling into each acorn squash half.
- Place the filled squash halves into the slow cooker. Add ¼ cup water to the base.
- Cover and cook on **LOW** for 3½ hours, or until the squash is fork-tender.
- Serve warm with olive oil or chopped parsley, if using.

Smart Swaps for 60+

◆ **No farro?** Use cooked brown rice, quinoa, or pearl barley.

◆ **No squash?** Try using large peppers or courgette boats instead.

Nutritional Snapshot: Calories: 200; Protein: 6g; Carbohydrates: 33g; Fibre: 6g; Fat: 4g; Salt: 0.08g; Potassium: 470mg; Cholesterol: 0mg;

Ingredients

- 1 small acorn squash, halved and deseeded
- 85g cooked farro
- 40g chopped courgette or mushrooms
- 1 tbsp no-salt-added chopped tomatoes or grated carrot
- ¼ tsp dried thyme or rosemary

Optional: 1 tsp olive oil or 1 tbsp chopped fresh parsley for serving

Make It Your Way

◆ Add chopped walnuts or pumpkin seeds for a bit of crunch.



Time
2½ hours



Serves
2



Digestibility
Very gentle

Flavour Profile

Sweet
&
Citrusy

Beetroot & Carrot Warm Salad with Orange

Method

- Lightly grease your slow cooker insert with a few drops of olive oil or cooking spray.
- Add the beetroot, carrots, cinnamon or thyme, and orange zest. Stir gently to combine.
- Add 2 tbsp water to help gently steam the vegetables.
- Cover and cook on **LOW** for 2½ hours, or until the vegetables are fork-tender.
- Let cool slightly. Toss with orange juice and olive oil or chopped walnuts, if using.
- Serve warm or at room temperature.

Smart Swaps for 60+

◆ **No beetroot?** Use diced butternut squash or sweet potato.

◆ **No orange?** Try lemon juice or a splash of apple cider vinegar.

Nutritional Snapshot: Calories: 160; Protein: 3g; Carbohydrates: 22g; Fibre: 5g; Fat: 5g; Salt: 0.07g; Potassium: 460mg; Cholesterol: 0mg;

Ingredients

- 85g peeled and chopped beetroot (1.5cm pieces)
- 65g chopped carrot
- ¼ tsp ground cinnamon or fresh thyme
- Zest of ½ an orange
- 1 tbsp fresh orange juice (added after cooking)

Optional: 1 tsp olive oil or 1 tbsp chopped walnuts for serving

Make It Your Way

◆ Top with chopped parsley or fresh mint.

◆ Serve overcooked quinoa or leafy greens for a more filling meal.



Time
3 hours
(Low only)



Serves
2



Digestibility
Gentle

Flavour Profile

Savoury & Herby

Tuscan White Bean & Tomato Bowl

Method

- Lightly grease your slow cooker insert or a small ceramic dish with olive oil or cooking spray.
- Add the beans, tomatoes, onion, seasoning, and water. Stir gently to combine.
- Cover and cook on **LOW** for 3 hours, or until the beans are very tender and the flavours are well blended.
- Serve warm, topped with olive oil or fresh herbs, if desired.

Smart Swaps for 60+

◆ **No white beans?** Use tinned chickpeas or cooked lentils.

◆ **No tomatoes?** Try chopped courgette or red pepper.

◆ **Want more bulk?** Stir in cooked quinoa or farro just before serving.

Nutritional Snapshot: Calories: 160; Protein: 8g; Carbohydrates: 24g; Fibre: 6g; Fat: 4g; Salt: 0.06g; Potassium: 480mg; Cholesterol: 0mg;

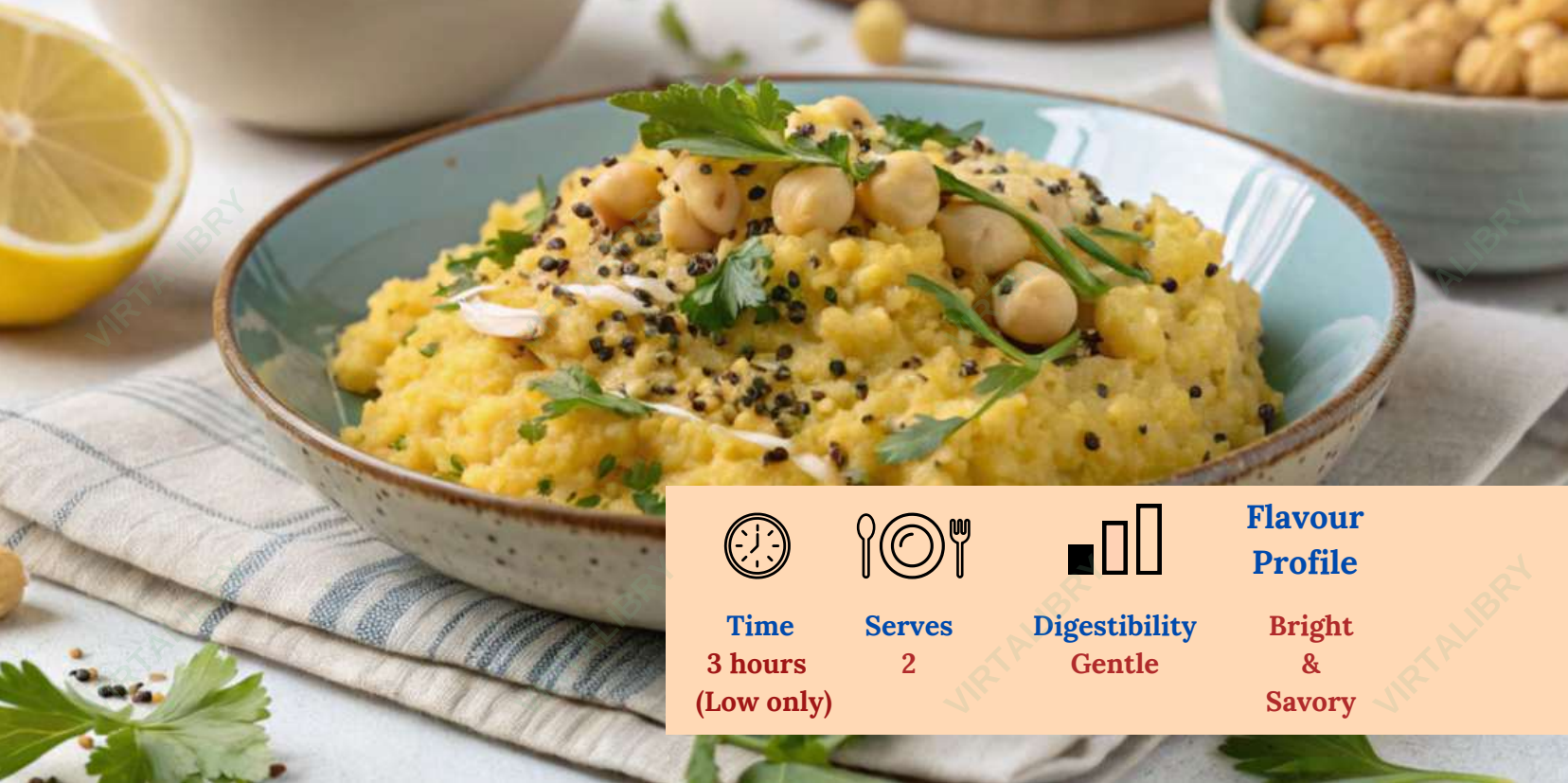
Ingredients

- 120g tinned no-salt-added cannellini (or great northern) beans, rinsed
- 120g no-salt-added chopped tomatoes
- 1 tbsp finely chopped onion
- ¼ tsp dried oregano or Italian seasoning
- 1 tbsp water or low-sodium vegetable stock

Optional: 1 tsp olive oil or chopped fresh basil for serving

Make It Your Way

◆ Top with chopped parsley, fresh basil, or a little lemon zest for a fresh finish.



Time
3 hours
(Low only)



Serves
2



Digestibility
Gentle

Flavour Profile

Bright & Savory

Lemony Chickpea & Quinoa Mash

Method

- Lightly grease your slow cooker insert or use a small heat-safe bowl inside.
- Combine the mashed chickpeas, quinoa, lemon juice, garlic, and water or stock. Stir gently.
- Cover and cook on **LOW** for 3 hours, or until creamy and warmed through.
- Stir well before serving. Add olive oil or parsley if desired.

Smart Swaps for 60+

◆ **No quinoa?** Use brown rice, millet, or mashed sweet potato.

◆ **No chickpeas?** Substitute with white beans or lentils.

◆ **Want a smoother texture?** Blend half of the mixture before serving.

◆ Keeps well in the fridge for up to 3 days.

Nutritional Snapshot: Calories: 210; Protein: 9g; Carbohydrates: 27g; Fibre: 6g; Fat: 7g; Salt: 0.07g; Potassium: 430mg; Cholesterol: 0mg;

Ingredients

- 90g cooked quinoa
- 90g tinned low-sodium chickpeas, rinsed and mashed
- 1 tbsp fresh lemon juice
- ¼ tsp garlic powder or 1 small garlic clove, finely minced
- 1–2 tbsp water or low-sodium vegetable stock

Optional: 1 tsp olive oil or chopped fresh parsley for serving

Make It Your Way

◆ Top with steamed greens or roasted vegetables.

◆ Sprinkle with ground flaxseed or sesame seeds for added nutrition.



COMFORTING DINNERS



Moroccan-Spiced Chickpeas & Carrots

Method

- Lightly grease your slow cooker insert with olive oil or cooking spray.
- Add the chickpeas, carrots, tomatoes (if using), and spices. Stir gently to coat.
- If not using tomatoes, add 1–2 tbsp water to prevent sticking.
- Cover and cook on **LOW** for 3 hours, or until the carrots are tender and flavours are well blended.
- Stir before serving. Top with olive oil or fresh parsley, if desired.

Smart Swaps for 60+

- ◆ **No chickpeas?** Use lentils or cooked white beans.
- ◆ **No carrots?** Try sweet potato or diced butternut squash.
- ◆ **Want more bulk?** Serve over quinoa, couscous, or brown rice.

Nutritional Snapshot: Calories: 180; Protein: 6g; Carbohydrates: 25g; Fibre: 6g; Fat: 4g; Salt: 0.085g; Potassium: 430mg; Cholesterol: 0mg;

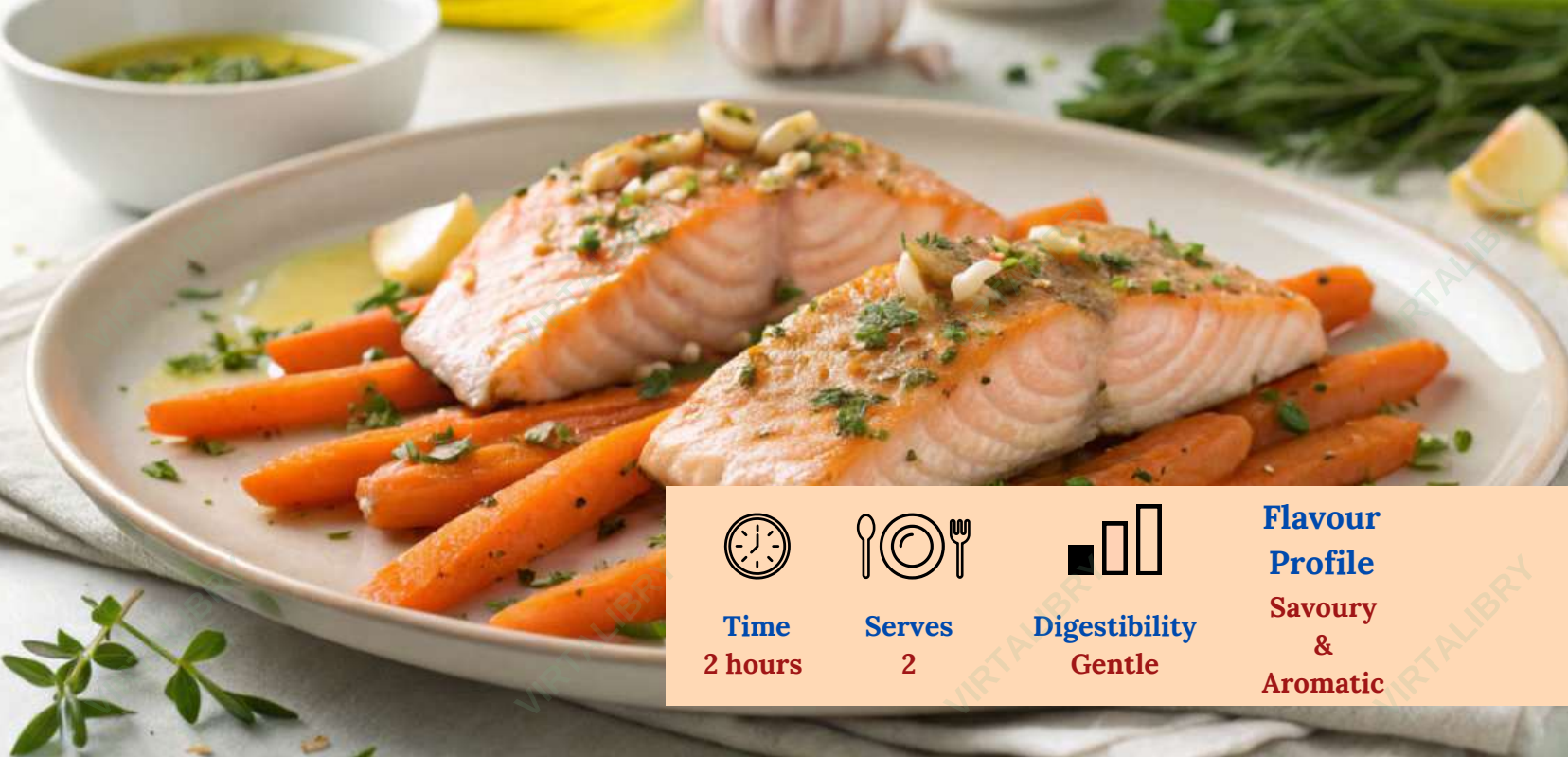
Ingredients

- 90g tinned low-sodium chickpeas, rinsed and drained
- 60g chopped carrot
- 60g no-salt-added chopped tomatoes (optional, for added moisture)
- ¼ tsp ground cumin
- ⅛ tsp ground cinnamon or smoked paprika

Optional: 1 tsp olive oil or chopped fresh parsley for serving

Make It Your Way

- ◆ Add chopped dried apricots or raisins for a gentle sweet twist.



Time
2 hours



Serves
2



Digestibility
Gentle

Flavour Profile

Savoury
&
Aromatic

Ginger-Garlic Salmon with Baby Carrots

Method

- Lightly grease the bottom of your slow cooker insert with olive oil or cooking spray.
- Arrange the baby carrots in an even layer at the bottom.
- Place the salmon fillets on top.
- Sprinkle over the garlic and ginger, then drizzle with broth or water to prevent drying out.
- Cover and cook on **LOW** for 2 hours, or until the salmon flakes easily and the carrots are tender.
- Serve warm, finished with lemon juice or olive oil if desired.

Smart Swaps for 60+

- ◆ **No salmon?** Use skinless cod or trout.
- ◆ **No carrots?** Try chopped courgette, green beans, or thinly sliced sweet potato.
- ◆ Keeps up to 2 days in the fridge.

Nutritional Snapshot: Calories: 240; Protein: 23g; Carbohydrates: 8g; Fibre: 2g; Fat: 13g; Salt: 0.09g; Potassium: 540mg; Cholesterol: 50mg;

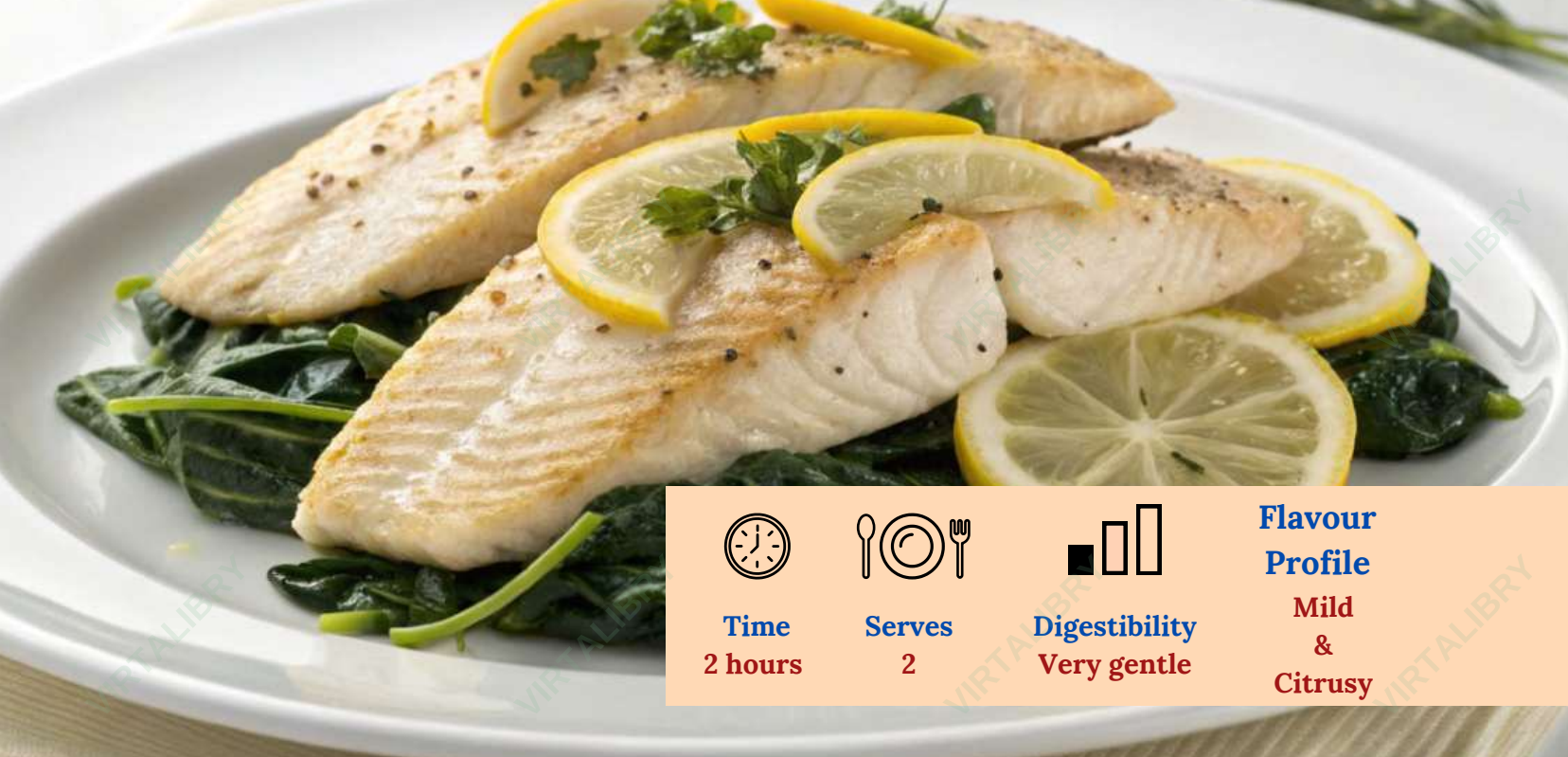
Ingredients

- 2 small skinless salmon fillets (85–115g each)
- 100g baby carrots
- 1 tsp freshly grated ginger (or ¼ tsp ground ginger)
- 1 small garlic clove, finely minced (or ¼ tsp garlic powder)
- 1 tbsp low-sodium vegetable stock or water

Optional: 1 tsp olive oil or a squeeze of lemon juice for serving

Make It Your Way

- ◆ Serve with cooked quinoa, brown rice, or steamed greens.



Time
2 hours



Serves
2



Digestibility
Very gentle

Flavour Profile

Mild
&
Citrusy

Slow-Cooked Tilapia with Spinach & Lemon

Method

- Lightly grease the bottom of your slow cooker insert with olive oil or cooking spray.
- Layer the spinach across the bottom of the insert.
- Place the tilapia fillets on top.
- Drizzle with lemon juice, sprinkle over zest if using, and pour in water or stock for moisture.
- Cover and cook on **LOW** for 2 hours, or until the fish flakes easily and the spinach is wilted.
- Serve warm, topped with olive oil or fresh herbs if desired.

Smart Swaps for 60+

- ◆ **No tilapia?** Use cod, haddock, or trout.
- ◆ **No spinach?** Substitute with finely chopped chard, well-cooked kale, or grated courgette.
- ◆ **Want a bolder flavour?** Add a pinch of garlic powder or dried thyme before cooking.

Nutritional Snapshot: Calories: 210; Protein: 24g; Carbohydrates: 4g; Fibre: 1g; Fat: 10g; Salt: 0.08g; Potassium: 510mg; Cholesterol: 55mg;

Ingredients

- 2 small tilapia fillets (85–115g each)
- 30g fresh baby spinach (or 15g frozen, thawed and drained)
- 1 tbsp fresh lemon juice
- 1 tsp finely grated lemon zest (optional)
- 1 tbsp water or low-sodium vegetable stock

Optional: 1 tsp olive oil or chopped fresh herbs (e.g. parsley, dill) for serving

Make It Your Way

- ◆ Serve over brown rice, cooked quinoa, or mashed cauliflower.



Time
3 hours



Serves
2



Digestibility
Gentle

Flavour Profile

Fresh & Herby

Lemon Herb Chicken with Green Beans

Method

- Lightly grease your slow cooker insert with olive oil or cooking spray.
- Place the chicken breasts in the centre of the cooker and arrange the green beans around them.
- Drizzle with lemon juice, sprinkle over herbs, and add water or stock to keep the dish moist.
- Cover and cook on **LOW** for 3 hours, or until the chicken is fully cooked and the green beans are tender.
- Serve warm, drizzled with olive oil or lemon zest if desired.

Smart Swaps for 60+

◆ **No chicken breast?** Use skinless chicken thighs or turkey fillets.

◆ **No green beans?** Try chopped courgette, broccoli florets, or trimmed asparagus.

Nutritional Snapshot: Calories: 220; Protein: 25g; Carbohydrates: 5; Fibre: 2g; Fat: 10g; Salt: 0.09g; Potassium: 480mg; Cholesterol: 60mg;

Ingredients

- 2 small skinless boneless chicken breasts (85–115g each)
- 100g trimmed green beans (fresh or frozen)
- 1 tbsp fresh lemon juice
- ½ tsp dried Italian herbs or thyme
- 1 tbsp water or low-sodium stock

Optional: 1 tsp olive oil or a pinch of lemon zest for serving

Make It Your Way

◆ Serve alongside wholegrain toast, brown rice, or mashed sweet potato.



Time
3½ hours
(Low only)



Serves
2



Digestibility
Gentle

Flavour Profile

Mildly
Savoury &
Sweet

Turkey & Sweet Potato Skillet Stew

Method

- Lightly grease your slow cooker insert with olive oil or cooking spray.
- Add the minced turkey, breaking it up gently with a spoon.
- Add the vegetables, stock, and seasoning. Stir to combine.
- Cover and cook on **LOW** for 3½ hours, or until the turkey is cooked through and the vegetables are tender.
- Stir well before serving. Add olive oil or chopped parsley, if using.

Smart Swaps for 60+

◆ **No turkey?** Use lean minced chicken or cooked lentils.

◆ **No sweet potato?** Substitute with butternut squash or carrot cubes.

Nutritional Snapshot: Calories: 240; Protein: 22g; Carbohydrates: 18g; Fibre: 4g; Fat: 10g; Salt: 0.09g; Potassium: 460mg; Cholesterol: 55mg;

Ingredients

- 120g lean minced turkey (at least 93% lean)
- 75g diced sweet potato (approx. 1.25cm cubes)
- 40g chopped courgette or red/yellow pepper
- 40g chopped onion or celery
- 240ml low-sodium vegetable stock or water
- ¼ tsp dried sage or thyme

Optional: 1 tsp olive oil or chopped fresh parsley for serving

Make It Your Way

◆ Serve with brown rice or a slice of wholegrain toast.



Time
2½ hours



Serves
2



Digestibility
Gentle

Flavour Profile

Mildly
Spiced &
Creamy

Coconut-Curry Prawns with Peas & Rice

Method

- Lightly grease your slow cooker insert with olive oil or cooking spray.
- Add the cooked rice, peas, coconut milk, and curry powder. Stir gently.
- Place the prawns on top of the mixture.
- Cover and cook on **LOW** for 2½ hours, or until the prawns are pink and firm, and the mixture is hot and creamy.
- Stir gently. Add lime juice or a drizzle of olive oil just before serving, if desired.

Smart Swaps for 60+

◆ **No prawns?** Use diced cod or tofu (add tofu at the beginning).

◆ **No rice?** Use cooked quinoa or millet.

◆ **Need more fibre?** Add chopped spinach or cauliflower rice during the last 30 minutes.

Nutritional Snapshot: Calories: 250; Protein: 18g; Carbohydrates: 22g; Fibre: 4g; Fat: 10g; Salt: 0.105g; Potassium: 4400mg; Cholesterol: 110mg;

Ingredients

- 90g cooked brown rice
- 75g frozen peas (no added salt)
- 6–8 medium prawns, peeled and deveined (approx. 100–120g total)
- 60ml light, unsweetened coconut milk
- ¼ tsp mild curry powder or turmeric

Optional: 1 tsp olive oil or a squeeze of lime juice for serving

Make It Your Way

◆ Top with freshly chopped coriander or parsley.

◆ Add a pinch of cinnamon or cumin for Moroccan-inspired warmth.



Time
4 hours
(Low only)



Serves
2



Digestibility
Gentle

Flavour Profile

Deep
&
Savoury

Slow Cooker Beef & Mushroom Stew

Method

- Lightly grease your slow cooker insert with olive oil or cooking spray.
- Add the beef, mushrooms, carrot or celery, stock, and seasoning. Stir gently to combine.
- Cover and cook on **LOW** for 4 hours, or until the beef is tender and the vegetables are soft.
- Stir before serving. Top with olive oil or parsley, if desired.

Smart Swaps for 60+

◆ **No beef?** Use lean turkey mince, chicken thigh, or cooked lentils.

◆ **No mushrooms?** Try chopped aubergine or courgette.

◆ **Want more fibre?** Stir in 2 tbsp cooked barley or quinoa during the final 30 minutes.

◆ Keeps well in the fridge for 3–4 days.

Nutritional Snapshot: Calories: 240; Protein: 22g; Carbohydrates: 10g; Fibre: 3g; Fat: 12g; Salt: 0.10g; Potassium: 460mg; Cholesterol: 55mg;

Ingredients

- 115g lean stewing beef, cut into small cubes
- 100g sliced mushrooms
- 60g chopped carrot or celery
- 240ml low-sodium beef or vegetable stock
- ¼ tsp dried thyme or rosemary

Optional: 1 tsp olive oil or 1 tbsp chopped fresh parsley for serving

Make It Your Way

◆ Serve with mashed sweet potato, brown rice, or steamed greens.

◆ Add a dash of paprika or garlic powder for extra depth of flavour.



Time
4 hours



Serves
2



Digestibility
Gentle

Flavour Profile

Savoury
&
Earthy

Rosemary Chicken with Root Vegetables

Method

- Lightly grease your slow cooker insert with cooking spray or olive oil.
- Place the chicken at the bottom of the cooker. Add the vegetables, rosemary, and stock.
- Cover and cook on **LOW** for 4 hours, or until the chicken is fully cooked and the vegetables are fork-tender.
- Stir gently. Finish with olive oil or a splash of lemon juice if desired.

Smart Swaps for 60+

◆ **No sweet potato?** Use white potato, turnip, or diced butternut squash.

◆ **No rosemary?** Substitute with dried thyme or Italian seasoning.

◆ **Need more fibre?** Add chopped kale during the final 30 minutes of cooking.

Nutritional Snapshot: Calories: 250; Protein: 24g; Carbohydrates: 18g; Fibre: 4g; Fat: 10g; Salt: 0.095g; Potassium: 470mg; Cholesterol: 60mg;

Ingredients

- 2 small boneless, skinless chicken thighs or breasts (85–115g each)
- 60g chopped carrot
- 60g diced sweet potato or parsnip
- 30g chopped onion or celery
- 1 tsp chopped fresh rosemary (or ¼ tsp dried)
- 240ml low-sodium chicken stock or water

Optional: 1 tsp olive oil or a squeeze of lemon juice for serving

Make It Your Way

◆ Serve with brown rice or a side of cooked leafy greens for more fibre.



Time
2½ hours



Serves
2



Digestibility
Very gentle

Flavour Profile

Savoury
&
Bright

Slow-Cooked Cod with Tomatoes & Olives

Method

- Lightly grease the slow cooker insert with olive oil or cooking spray.
- Spread the chopped tomatoes, onion or pepper, olives, and herbs evenly on the base.
- Place the cod fillets on top and spoon a little of the tomato mixture over each fillet.
- Cover and cook on **LOW** for 2½ hours, or until the cod flakes easily with a fork.
- Serve warm, drizzled with olive oil or a squeeze of lemon juice if desired.

Smart Swaps for 60+

- ◆ **No cod?** Use tilapia, haddock, or halibut.
- ◆ **No olives?** Try chopped capers or omit for a lower-sodium option.
- ◆ **Want more substance?** Serve with cooked quinoa, couscous, or brown rice.

Nutritional Snapshot: Calories: 210; Protein: 23g; Carbohydrates: 6g; Fibre: 2g; Fat: 10g; Salt: 0.12g; Potassium: 470mg; Cholesterol: 55mg;

Ingredients

- 2 small skinless cod fillets (85–115g each)
- 120ml no-salt-added chopped tomatoes (tinned or fresh)
- 1 tbsp chopped pitted black or green olives
- 1 tbsp finely chopped onion or red/yellow pepper
- ¼ tsp dried oregano or thyme

Optional: 1 tsp olive oil or a squeeze of fresh lemon juice for serving

Make It Your Way

- ◆ Top with chopped parsley or fresh basil.



Stuffed Courgette Boats with Minced Turkey

Method

- Lightly grease your slow cooker insert with olive oil or cooking spray.
- In a small bowl, combine the minced turkey, onion, tomatoes, and herbs.
- Spoon the filling into each courgette half.
- Place the stuffed courgettes in the slow cooker. Add 2 tbsp of water to the base to prevent sticking.
- Cover and cook on **LOW** for 3 hours, or until the courgettes are tender and the turkey is fully cooked.
- Top with olive oil or cheese if using. Serve warm.

Smart Swaps for 60+

- ◆ **No turkey?** Use minced chicken or cooked lentils.
- ◆ **No courgette?** Try halved peppers or thick slices of aubergine.

Nutritional Snapshot: Calories: 220; Protein: 21g; Carbohydrates: 6g; Fibre: 2g; Fat: 12g; Salt: 0.085g; Potassium: 460mg; Cholesterol: 55mg;

Ingredients

- 1 medium courgette, halved lengthways and scooped out
- 100g lean minced turkey (at least 93% lean)
- 1 tbsp finely chopped onion or red/yellow pepper
- 2 tbsp no-salt-added chopped tomatoes
- ¼ tsp dried basil or Italian herbs

Optional: 1 tsp olive oil or 1 tbsp grated reduced-salt cheese (if dairy-tolerant)

Make It Your Way

- ◆ Garnish with chopped parsley, chives, or dill.



Time
3½ hours



Serves
2



Digestibility
Gentle

Flavour Profile
Savoury
&
Herby

Herbed Chicken Thighs with Mushrooms

Method

- Lightly grease your slow cooker insert with olive oil or cooking spray.
- Place the chicken thighs at the bottom. Layer mushrooms, onion, and herbs on top.
- Pour over the broth or water.
- Cover and cook on **LOW** for 3½ hours, or until the chicken is tender and mushrooms are soft.
- Stir gently. Garnish with olive oil or parsley, if desired, before serving.

Smart Swaps for 60+

◆ **No mushrooms?** Use chopped courgette or aubergine.

◆ **No chicken thighs?** Try turkey fillets or cod fillets for a lighter dish.

◆ **Want more substance?** Serve alongside mashed root veg or a wholegrain like barley.

Nutritional Snapshot: Calories: 230; Protein: 24g; Carbohydrates: 5g; Fibre: 2g; Fat: 12g; Salt: 0.09g; Potassium: 440mg; Cholesterol: 70mg;

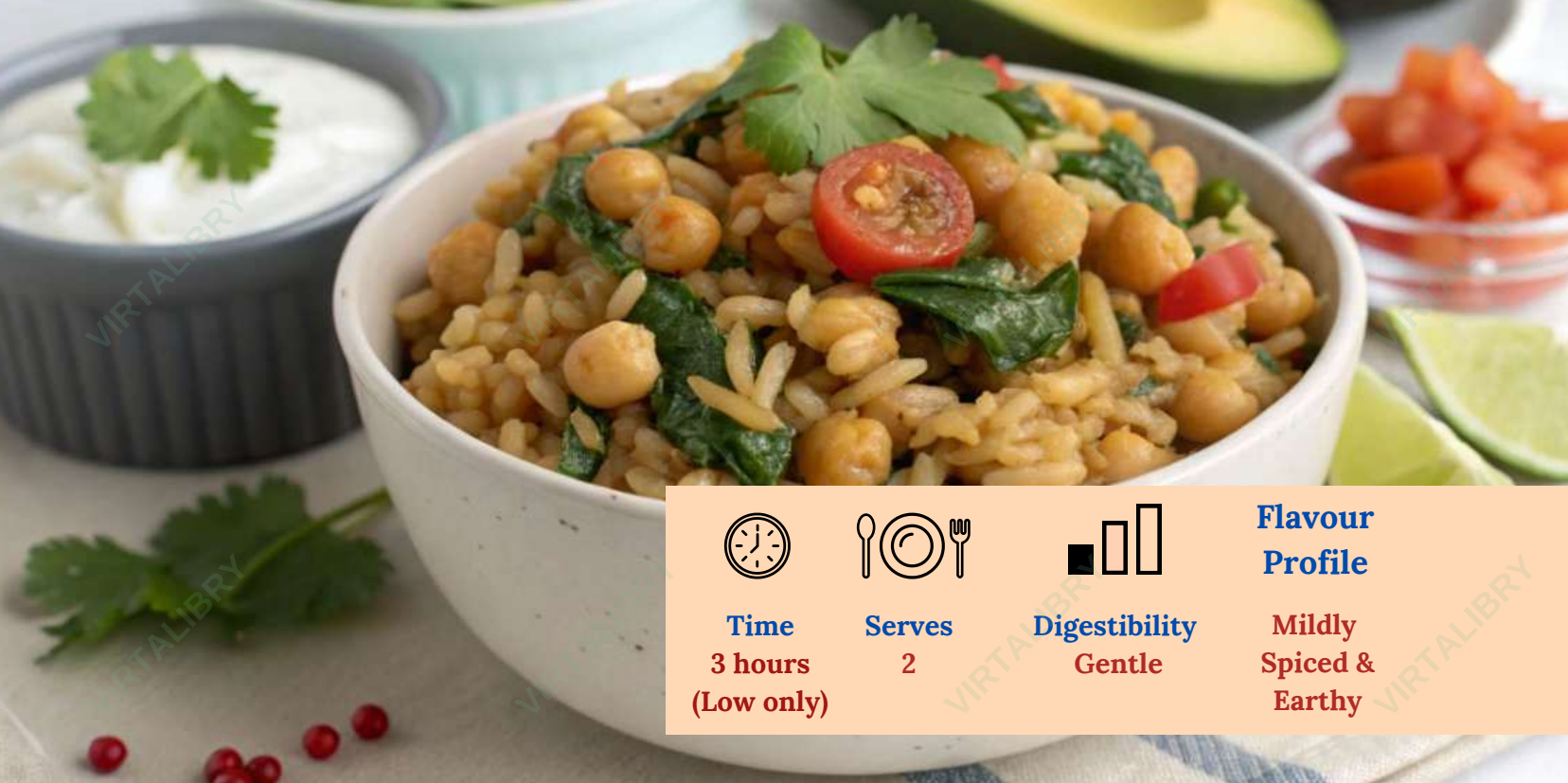
Ingredients

- 2 small boneless, skinless chicken thighs (about 85g each)
- 100g sliced mushrooms (white or chestnut)
- 1 tbsp finely chopped onion or leek
- ¼ tsp dried thyme or rosemary
- 1 tbsp reduced-salt chicken stock or water

Optional: 1 tsp olive oil or chopped fresh parsley for serving

Make It Your Way

◆ Add a spoonful of plain Greek-style yoghurt or sliced avocado (if well-tolerated).



Time
3 hours
(Low only)



Serves
2



Digestibility
Gentle

Flavour Profile

Mildly
Spiced &
Earthy

Spiced Chickpea & Spinach Rice

Method

- Lightly grease your slow cooker insert with olive oil or cooking spray.
- Add the chickpeas, cooked rice, spinach, tomatoes (if using), and spices. Stir gently to combine.
- Add 1–2 tbsp of water to maintain moisture during cooking.
- Cover and cook on **LOW** for 3 hours, or until hot and infused with flavour.
- Stir gently before serving. Drizzle with olive oil or lemon juice, if desired.

Smart Swaps for 60+

- ◆ **No chickpeas?** Use cooked lentils or white beans.
- ◆ **No spinach?** Substitute with kale or chopped courgette.
- ◆ **Want more protein?** Stir in cubes of soft tofu or a chopped boiled egg (if well tolerated).

Nutritional Snapshot: Calories: 230; Protein: 8g; Carbohydrates: 30g; Fibre: 6g; Fat: 7g; Salt: 0.09g; Potassium: 460mg; Cholesterol: 0mg;

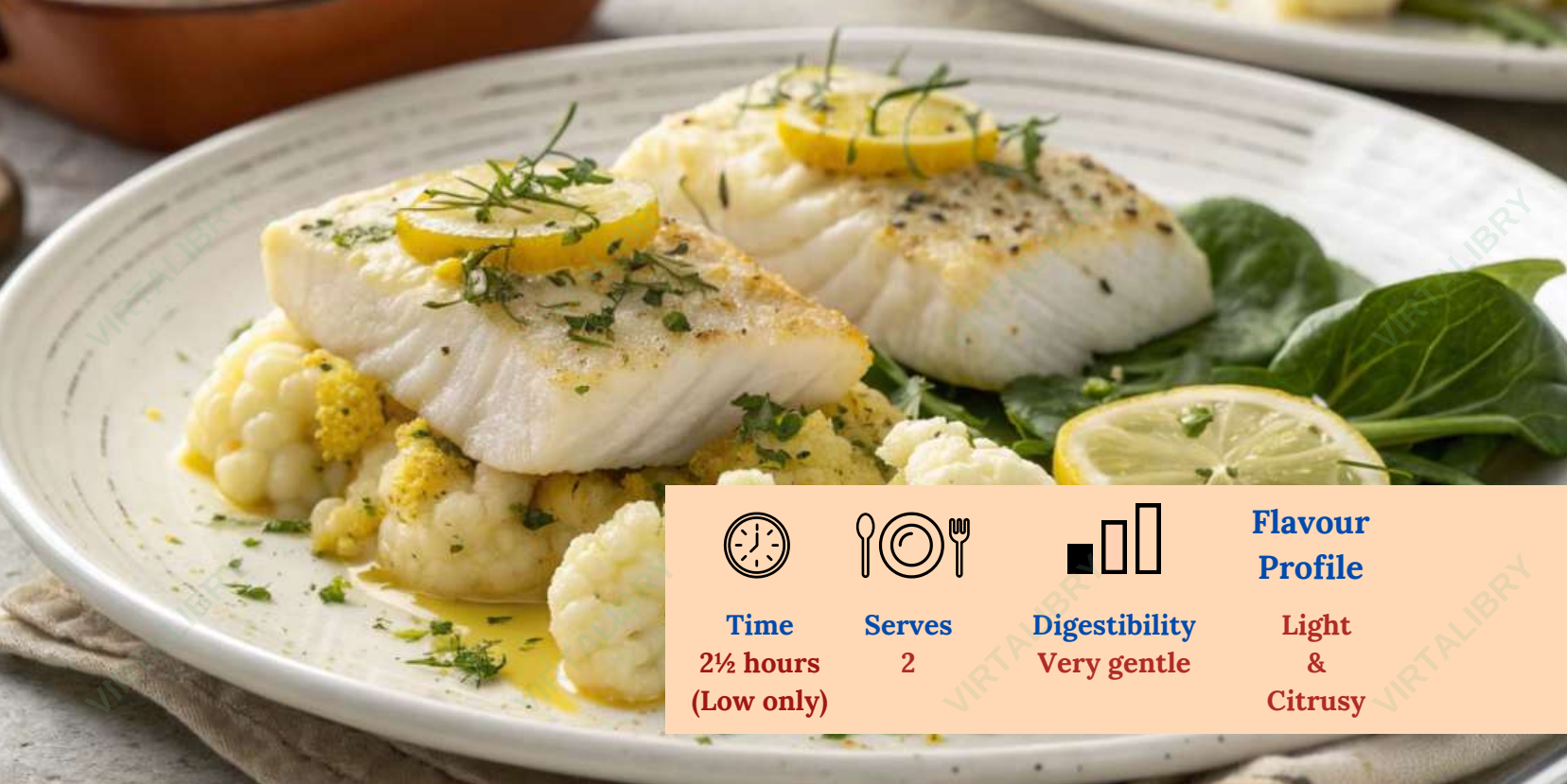
Ingredients

- 90g tinned low-sodium chickpeas, rinsed and drained
- 90g cooked brown rice
- 75g chopped spinach (fresh or frozen)
- ¼ tsp ground cumin or mild curry powder
- 2 tbsp no-salt-added chopped tomatoes (optional, for moisture)

Optional: 1 tsp olive oil or a squeeze of lemon juice, for serving

Make It Your Way

- ◆ Serve with a dollop of plain Greek-style yoghurt or a few avocado slices on the side.



Time
2½ hours
(Low only)



Serves
2



Digestibility
Very gentle

Flavour Profile

Light
&
Citrusy

Lemony Baked Cod with Cauliflower

Method

- Lightly grease the base of your slow cooker insert with olive oil or cooking spray.
- Layer the cauliflower florets at the bottom. Place the cod fillets on top.
- Drizzle with lemon juice, then sprinkle with herbs and lemon zest.
- Add 2 tbsp water or low-sodium stock for added moisture.
- Cover and cook on **LOW** for 2½ hours, or until the cod flakes easily and the cauliflower is tender.
- Serve warm with a drizzle of olive oil or a sprinkle of parsley, if desired.

Smart Swaps for 60+

- ◆ **No cod?** Use tilapia, haddock, or halibut.
- ◆ **No cauliflower?** Try broccoli, courgette, or green beans.

Nutritional Snapshot: Calories: 200; Protein: 22g; Carbohydrates: 6g; Fibre: 2g; Fat: 9g; Salt: 0.085g; Potassium: 470mg; Cholesterol: 55mg;

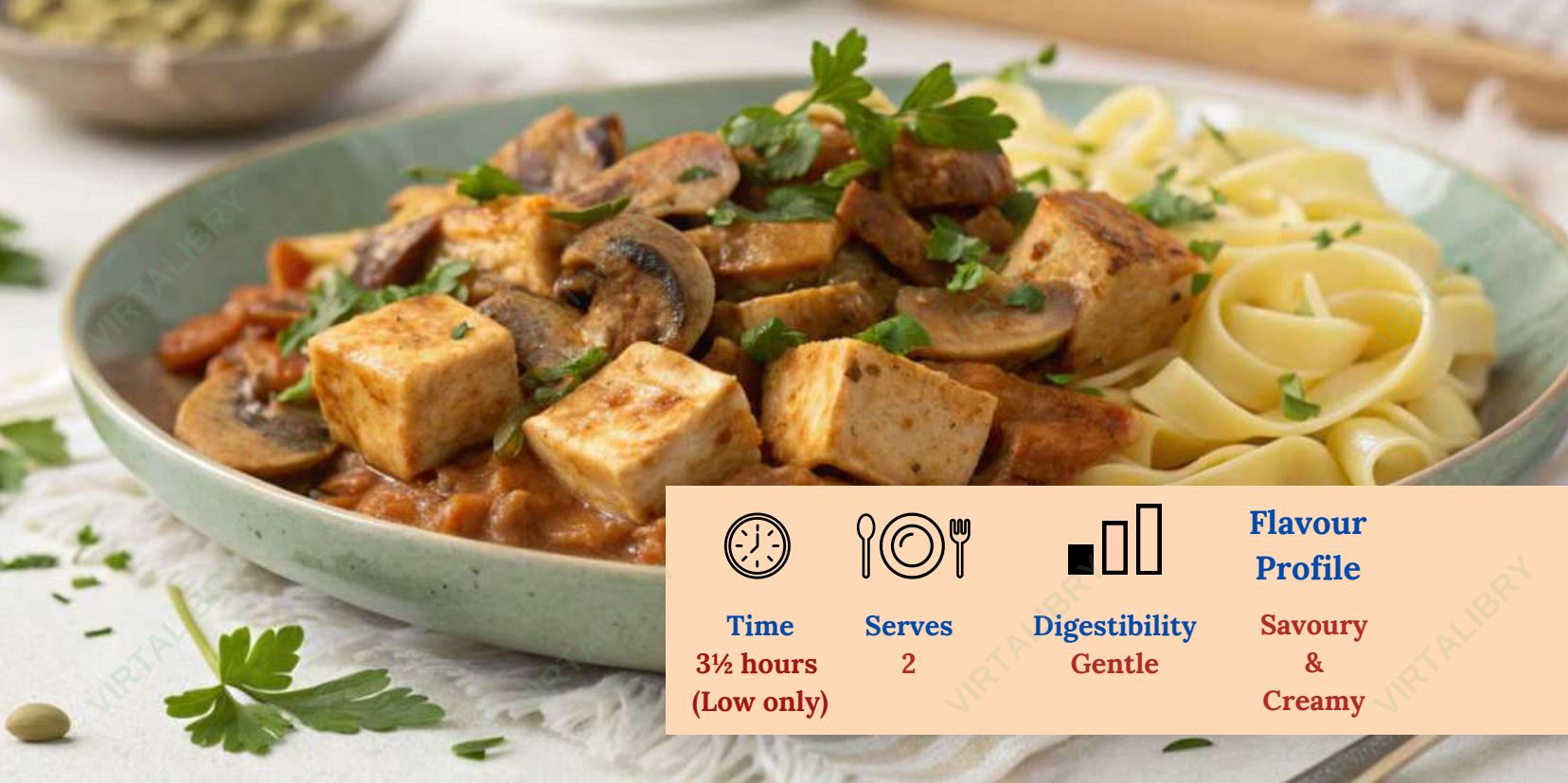
Ingredients

- 2 small skinless cod fillets (85–115g each)
- 150g cauliflower florets (fresh or frozen)
- 1 tablespoon fresh lemon juice
- ½ teaspoon finely grated lemon zest (optional)
- ¼ teaspoon dried thyme or dill

Optional: 1 teaspoon olive oil or chopped fresh parsley for serving

Make It Your Way

- ◆ Top with chopped dill or fresh chives.
- ◆ Add sliced olives or capers for a Mediterranean flair.



Time
3½ hours
(Low only)



Serves
2



Digestibility
Gentle

Flavour Profile

Savoury & Creamy

Slow-Cooked Tofu Stroganoff

Method

- Lightly grease your slow cooker insert with cooking spray or olive oil.
- Add the tofu, mushrooms, onion, paprika (or thyme), and plant milk. Stir gently to combine.
- Cover and cook on **LOW** for 3½ hours, or until the mushrooms are soft and the tofu is tender.
- Just before serving, stir in the yoghurt or coconut milk to add creaminess.
- Serve warm with parsley or a drizzle of olive oil if desired.

Smart Swaps for 60+

- ◆ **No tofu?** Use white beans or cooked lentils.
- ◆ **No mushrooms?** Try chopped courgette or aubergine.
- ◆ **Need more fibre?** Add chopped spinach during the final 15 minutes.

Nutritional Snapshot: Calories: 220; Protein: 11g; Carbohydrates: 10g; Fibre: 3g; Fat: 14g; Salt: 0.09g; Potassium: 420mg; Cholesterol: 0mg;

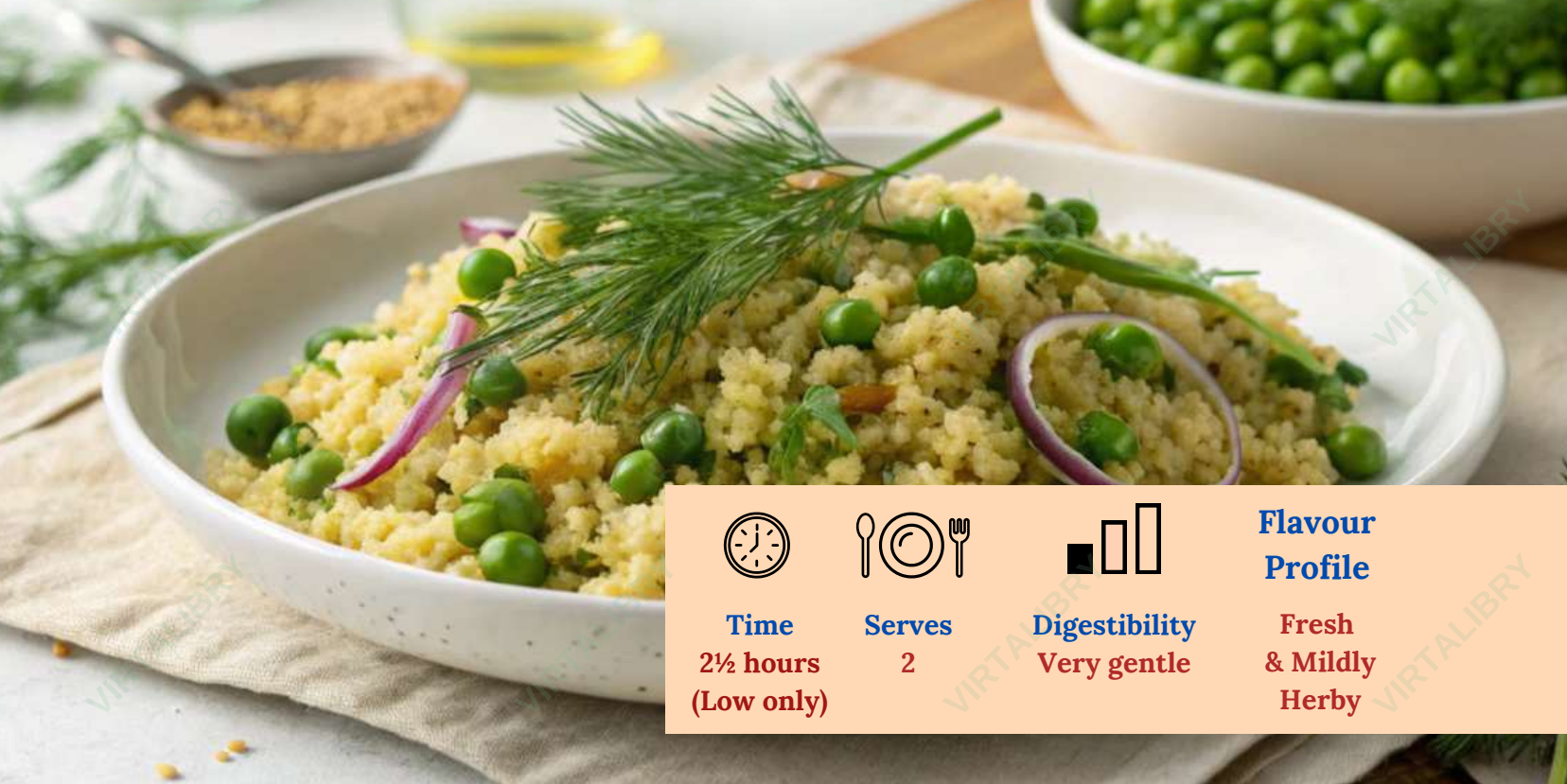
Ingredients

- 100g extra-firm tofu, pressed and cubed
- 75g sliced mushrooms (white or chestnut)
- 40g chopped onion
- 60ml unsweetened plant-based milk (such as oat, almond, or soy)
- 1 tablespoon plain, unsweetened plant-based yoghurt or light coconut milk
- ¼ teaspoon paprika or dried thyme

Optional: 1 teaspoon olive oil or chopped parsley for serving



SIDES & SWEET FINISHES



Time
2½ hours
(Low only)



Serves
2



Digestibility
Very gentle

Flavour Profile

Fresh
& Mildly
Herby

Quinoa Pilaf with Peas & Dill

Method

- Lightly grease your slow cooker insert with olive oil or cooking spray.
- Add the quinoa, peas, dill, onion, and water or stock. Stir gently.
- Cover and cook on **LOW** for 2½ hours, or until peas are tender and flavours have blended.
- Fluff with a fork before serving. Finish with lemon juice or olive oil if desired.

Smart Swaps for 60+

- ◆ **No quinoa?** Use cooked brown rice or millet
- ◆ **No peas?** Try chopped green beans or courgettes
- ◆ **Want more protein?** Stir in white beans or crumbled tofu before serving
- ◆ Add fresh parsley or mint for extra brightness
- ◆ Serve as a side dish with grilled fish or steamed veggies

Nutritional Snapshot: Calories: 210; Protein: 8g; Carbohydrates: 24g; Fibre: 5g; Fat: 9g; Salt: 0.08g; Potassium: 440mg; Cholesterol: 0mg;

Ingredients

- 90g cooked quinoa
- 70g frozen peas (no salt added)
- 1 tablespoon chopped fresh dill (or ¼ teaspoon dried)
- 1 tablespoon finely chopped onion or spring onion
- 1–2 tablespoons water or low-sodium vegetable stock

Optional: 1 teaspoon olive oil or a squeeze of fresh lemon juice for serving

Make It Your Way

- ◆ Sprinkle with ground flaxseed or chopped walnuts for heart-healthy fats



Time
3 hours



Serves
2



Digestibility
Very gentle

Flavour Profile

Sweet
&
Earthy

Butternut Squash Mash with Olive Oil

Method

- Lightly grease the slow cooker insert or place ingredients in a small, heatproof bowl inside the cooker.
- Add the cubed squash and water or stock. Cover.
- Cook on **LOW** for 3 hours, or until squash is tender and easy to mash.
- Mash with a fork or potato masher to your preferred consistency.
- Stir in olive oil and optional spices. Serve warm.

Smart Swaps for 60+

◆ **No butternut squash?** Use sweet potato or pumpkin

◆ **No olive oil?** Swap for avocado oil or a small knob of unsalted butter (if tolerated)

◆ **Want more fibre?** Add 1 tbsp ground flaxseed or mix in steamed cauliflower

Nutritional Snapshot: Calories: 140; Protein: 2g; Carbohydrates: 22g; Fibre: 4g; Fat: 5g; Salt: 0.04g; Potassium: 520mg; Cholesterol: 0mg;

Ingredients

- 225g peeled, cubed butternut squash
- 1–2 tablespoons water or low-sodium vegetable stock
- 1 teaspoon olive oil (plus more to taste)

Optional: A pinch of cinnamon or nutmeg for extra warmth

Make It Your Way

◆ Add chopped fresh sage or thyme for a herby finish

◆ Blend with a splash of plant milk for a smoother texture

◆ Serve with lean protein or a spoonful of plain Greek-style yoghurt



Time
2½ hours



Serves
2



Digestibility
Very gentle

Flavour Profile

Warm &
Naturally
Sweet

Stewed Pears with Cinnamon & Ginger

Method

- Lightly grease your slow cooker insert with olive oil or cooking spray (optional)
- Add sliced pears, cinnamon, ginger, and water. Stir gently to coat the fruit evenly
- Cover and cook on **LOW** for 2½ hours, or until the pears are tender and lightly caramelised
- Serve warm with a dash of lemon juice or a sprinkle of walnuts, if desired

Smart Swaps for 60+

- ◆ **No pears?** Use apples or sliced peaches
- ◆ **No ginger?** Try a pinch of nutmeg or a splash of vanilla extract
- ◆ **Need more protein?** Add a spoonful of plain Greek-style yoghurt (if well tolerated)
- ◆ Keeps well in the fridge for up to 3 days. Enjoy warm or chilled as a light dessert or breakfast topping.

Nutritional Snapshot: Calories: 110; Protein: 1g; Carbohydrates: 24g; Fibre: 4g; Fat: 2g; Salt: 0.005g; Potassium: 210mg; Cholesterol: 0mg;

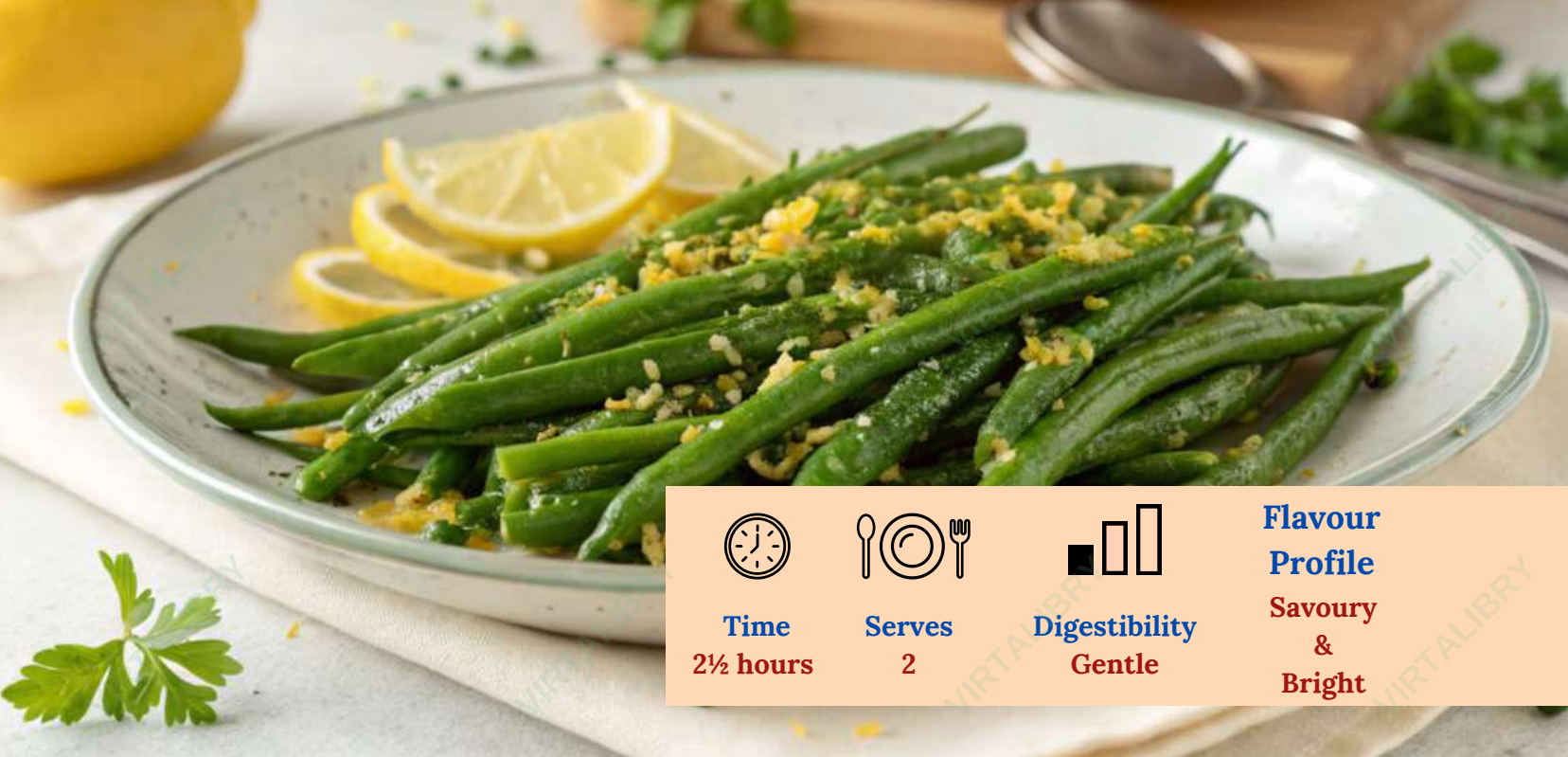
Ingredients

- 2 ripe pears, peeled, cored, and sliced
- ¼ teaspoon ground cinnamon
- ⅛ teaspoon ground ginger (or ½ teaspoon freshly grated ginger)
- 2 tablespoons water

Optional: ½ teaspoon lemon juice or 1 teaspoon chopped walnuts for topping

Make It Your Way

- ◆ Add a few raisins or chopped dates for added sweetness
- ◆ Serve over warm porridge or chia pudding
- ◆ Sprinkle with ground flaxseed for a fibre boost



Time
2½ hours



Serves
2



Digestibility
Gentle

Flavour Profile
Savoury & Bright

Garlicky Green Beans with Lemon Zest

Method

- Lightly grease your slow cooker insert with olive oil or cooking spray
- Add green beans, garlic, lemon zest, and water or stock. Stir gently to coat
- Cover and cook on **LOW** for 2½ hours, or until the beans are tender but still hold their shape
- Serve warm with a drizzle of olive oil or a squeeze of lemon juice if desired

Smart Swaps for 60+

- ◆ **No green beans?** Use chopped courgette, asparagus, or broccoli florets
- ◆ **No lemon zest?** Try orange zest or a pinch of dried basil
- ◆ **Want extra fibre?** Add a spoonful of steamed lentils before serving
- ◆ Keeps well in the fridge for up to 3 days

Nutritional Snapshot: Calories: 80; Protein: 2g; Carbohydrates: 9g; Fibre: 4g; Fat: 4g; Salt: 0.03g; Potassium: 270mg; Cholesterol: 0mg;

Ingredients

- 150g green beans, fresh or frozen (trimmed)
- 1 small garlic clove, minced (or ¼ teaspoon garlic powder)
- ½ teaspoon finely grated lemon zest
- 1 tablespoon water or low-sodium vegetable stock

Optional: 1 teaspoon olive oil or a squeeze of fresh lemon for serving

Make It Your Way

- ◆ Garnish with chopped parsley or toasted sunflower seeds
- ◆ Serve with baked fish, tofu, or wholegrain pilaf



Time
3 hours
(Low only)



Serves
2



Digestibility
Gentle

Flavour Profile

Earthy & Tangy

Balsamic Beets with Thyme

Method

- Lightly grease your slow cooker insert with olive oil or cooking spray
- Add the beetroot, water, thyme, and balsamic vinegar. Stir gently to coat
- Cover and cook on **LOW** for 3 hours, or until beets are tender when pierced with a fork
- Stir again and serve warm. Top with olive oil or chopped walnuts if desired

Smart Swaps for 60+

- ◆ **No beetroot?** Try carrots or butternut squash
- ◆ **No thyme?** Use rosemary or fresh dill
- ◆ **Want more protein?** Sprinkle with hemp seeds, chopped almonds, or a spoonful of lentils
- ◆ Beetroot supports nitric oxide production, which may help improve circulation and gently lower blood pressure — especially helpful for adults over 60

Nutritional Snapshot: Calories: 90; Protein: 2g; Carbohydrates: 12g; Fibre: 4g; Fat: 4g; Salt: 0.04g; Potassium: 350mg; Cholesterol: 0mg;

Ingredients

- 225g raw beetroot, peeled and cubed (about 2cm pieces)
- 1 teaspoon balsamic vinegar
- ¼ teaspoon dried thyme (or ½ teaspoon fresh)
- 2 tablespoons water

Optional: 1 teaspoon olive oil or chopped walnuts for serving

Make It Your Way

- ◆ Add a touch of orange zest or a few slices of shallot for brightness
- ◆ Serve over leafy greens or cooked quinoa for a balanced meal



Time
3 hours
(Low only)



Serves
2



Digestibility
Very gentle

Flavour Profile

Mildly
Sweet
& Creamy

Coconut Rice Pudding with Berries

Method

- Lightly grease the slow cooker insert or place ingredients in a small ceramic bowl inside the cooker
- Add rice, coconut milk, water, and cinnamon. Stir gently to combine
- Cover and cook on **LOW** for 3 hours, or until thickened and creamy
- Stir in the berries during the last 15 minutes
- Serve warm or chilled, topped with vanilla or flaxseed if desired

Smart Swaps for 60+

◆ **No berries?** Use chopped pear, apple, or unsweetened dried fruit

◆ **No coconut milk?** Swap for oat, almond, or soya milk

◆ Keeps well in the fridge for up to 3 days

Nutritional Snapshot: Calories: 190; Protein: 3g; Carbohydrates: 26g; Fibre: 3g; Fat: 8g; Salt: 0.03g; Potassium: 220mg; Cholesterol: 0mg;

Ingredients

- 90g cooked brown or white rice
- 120ml light, unsweetened coconut milk
- 60ml water or unsweetened plant-based milk (e.g., oat or almond)
- ¼ teaspoon ground cinnamon (optional)
- 40g fresh or thawed frozen berries (e.g., blueberries or raspberries)

Optional: ½ teaspoon vanilla extract or 1 teaspoon ground flaxseed for topping

◆ Sprinkle with nutmeg or lemon zest for extra warmth.



Time
2½ hours



Serves
2



Digestibility
Very gentle

Flavour Profile

Warm &
Sweetly
Spiced

Slow-Cooked Apples with Raisins & Clove

Method

- Lightly grease your slow cooker insert with olive oil or cooking spray
- Add apples, raisins, cloves, cinnamon (if using), and water. Stir gently to combine
- Cover and cook on **LOW** for 2½ hours, or until the apples are soft, golden, and fragrant
- Serve warm with a touch of lemon juice or chopped walnuts if desired

Smart Swaps for 60+

◆ **No raisins?** Use chopped dried apricots — or skip entirely for less sugar

◆ **No clove?** Swap for a pinch of nutmeg or a drop of vanilla extract

◆ **Need protein?** Add a spoonful of unsweetened Greek or soya yoghurt on the side

◆ Keeps well in the fridge for up to 3 days

Nutritional Snapshot: Calories: 120; Protein: 1g; Carbohydrates: 27g; Fibre: 4g; Fat: 1g; Salt: 0.05g; Potassium: 260mg; Cholesterol: 0mg;

Ingredients

- 2 medium apples, peeled, cored, and sliced
- 2 tablespoons unsweetened raisins
- ⅛ teaspoon ground cloves (or 1 whole clove — remove before serving)
- ¼ teaspoon ground cinnamon (optional)
- 2 tablespoons water

Optional: ½ teaspoon lemon juice or chopped walnuts for topping

Make It Your Way

◆ Sprinkle with ground flaxseed for extra fibre

◆ Serve over warm porridge, rice pudding, or chia pudding



Time
3 hours
(Low only)



Serves
2



Digestibility
Very gentle

Flavour Profile

Sweet
&
Spiced

Cinnamon Pumpkin Purée

Method

- Lightly grease the slow cooker insert or place ingredients in a small heat-safe bowl inside the cooker
- Add pumpkin cubes, cinnamon, and water (or milk). Stir gently
- Cover and cook on **LOW** for 3 hours, or until pumpkin is soft
- Mash with a fork or blend until smooth. Stir in nutmeg or vanilla if using
- Serve warm as a gentle side, snack, or breakfast base

Smart Swaps for 60+

◆ **No fresh pumpkin?** Use ¾ cup canned unsweetened pumpkin purée; skip water and reduce cook time to 1 hour

◆ **No cinnamon?** Try cardamom or ginger

Nutritional Snapshot: Calories: 100; Protein: 2g; Carbohydrates: 18g; Fibre: 4g; Fat: 3g; Salt: 0.01g; Potassium: 420mg; Cholesterol: 0mg;

Ingredients

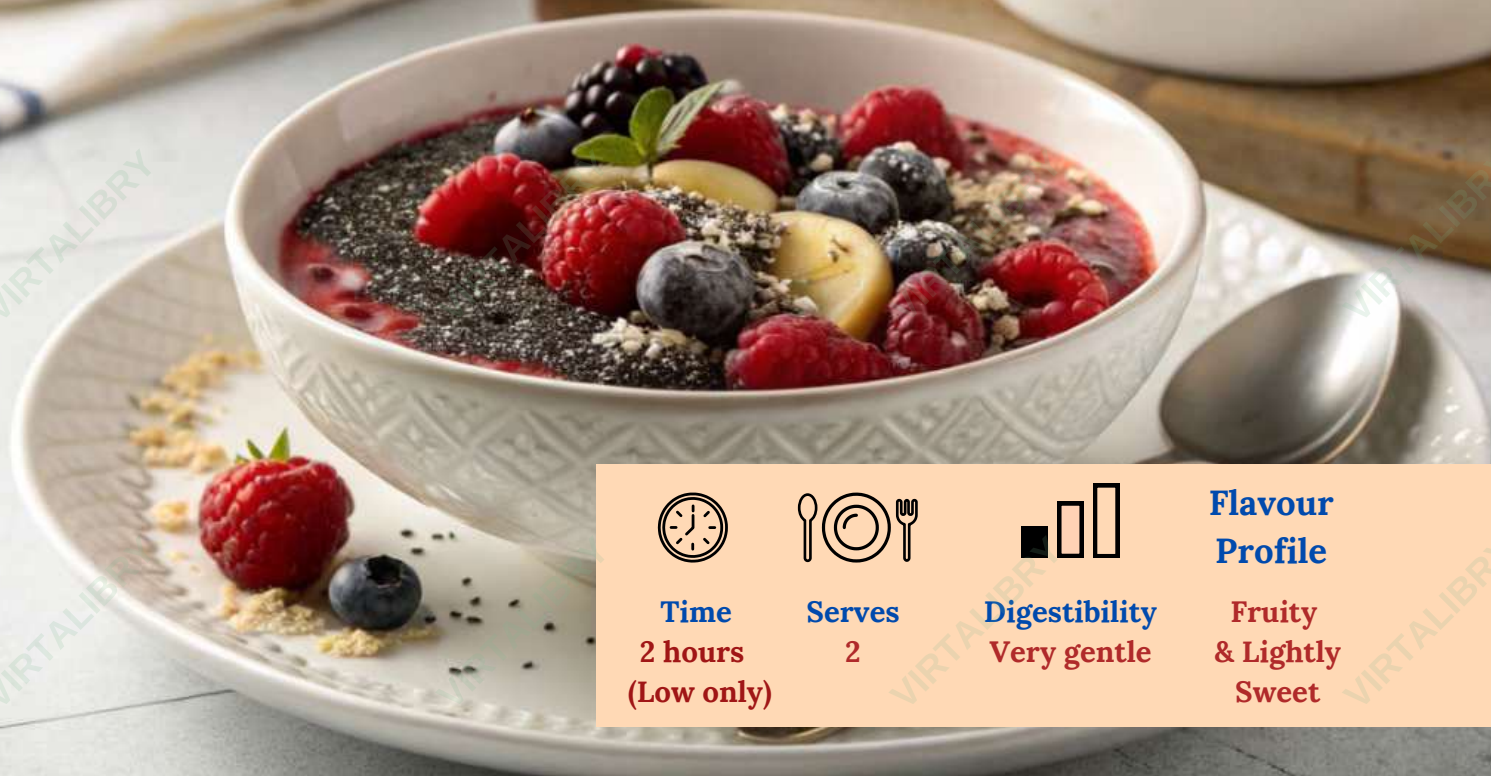
- 225g cubed fresh pumpkin
- ¼ teaspoon ground cinnamon
- 2 tablespoons water or unsweetened plant-based milk (e.g., oat or almond)

Optional: a pinch of nutmeg or ½ teaspoon vanilla extract

Make It Your Way

◆ Top with crushed walnuts, ground flaxseed, or sunflower seeds

◆ Serve with roast chicken, lentils, or on a slice of wholegrain toast



Time
2 hours
(Low only)



Serves
2



Digestibility
Very gentle

Flavour Profile

Fruity
& Lightly
Sweet

Warm Berries with Chia & Vanilla

Method

- Lightly grease your slow cooker insert or place ingredients in a small heat-safe bowl
- Add berries, chia seeds, vanilla, and water (if using fresh berries). Stir gently
- Cover and cook on **LOW** for 2 hours, or until berries are soft and saucy
- Uncover and let sit for 5–10 minutes to thicken slightly
- Serve warm on its own, or spooned over breakfast favourites

Smart Swaps for 60+

◆ **No chia seeds?** Use ground flaxseed — or omit and simmer a bit longer

◆ **No berries?** Use chopped apples, plums, or peaches

◆ Keeps up to 3 days in the fridge

Nutritional Snapshot: Calories: 90; Protein: 2g; Carbohydrates: 15g; Fibre: 5g; Fat: 3g; Salt: 0.05g; Potassium: 160mg; Cholesterol: 0mg;

Ingredients

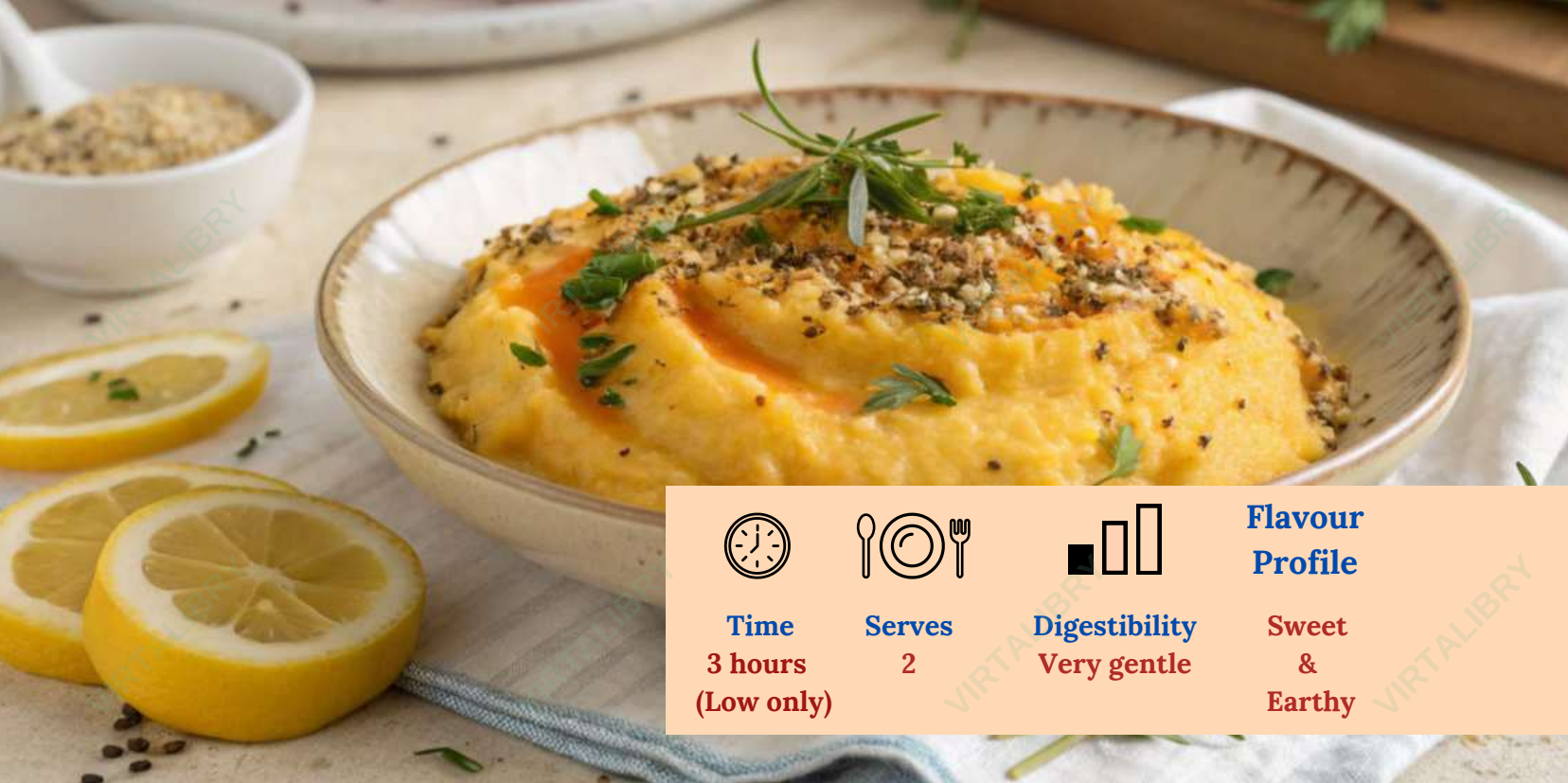
- 150g mixed berries (fresh or frozen, unsweetened)
- 1 teaspoon chia seeds
- ½ teaspoon vanilla extract
- 1–2 tablespoons water (only if using fresh berries)

Optional: ½ teaspoon lemon juice or a pinch of ground cinnamon

Make It Your Way

◆ Add a spoonful of plain Greek-style yoghurt (if tolerated)

◆ Sprinkle with toasted oats, chopped nuts, or sunflower seeds for crunch.



Time
3 hours
(Low only)



Serves
2



Digestibility
Very gentle

Flavour Profile

Sweet
&
Earthy

Simple Parsnip & Carrot Mash

Method

- Lightly grease your slow cooker insert or use a small heat-safe bowl inside
- Add carrots, parsnips, water or stock, and any optional seasoning
- Cover and cook on **LOW** for 3 hours, until vegetables are very soft
- Mash gently with a fork or potato masher
- Stir in olive oil if using, and serve warm as a side or light main

Smart Swaps for 60+

- ◆ **No parsnips?** Use sweet potato or cauliflower
- ◆ **No carrots?** Try butternut squash or golden beetroot
- ◆ **Need more protein?** Stir in white bean purée or silken tofu
- ◆ Keeps for 3–4 days in the fridge

Nutritional Snapshot: Calories: 110; Protein: 2g; Carbohydrates: 21g; Fibre: 5g; Fat: 3g; Salt: 0.025g; Potassium: 450mg; Cholesterol: 0mg;

Ingredients

- 120g peeled, chopped carrots
- 120g peeled, chopped parsnips
- 2 tablespoons water or low-sodium vegetable stock
- 1 teaspoon olive oil (optional)

Optional: a pinch of ground ginger or ¼ teaspoon dried thyme for subtle warmth

Make It Your Way

- ◆ Add a dash of fresh lemon juice or chopped herbs
- ◆ Pair with baked fish, roast turkey, or lentil patties

A Note of Thanks

Thank you for welcoming this book into your home — and perhaps into the quiet rhythm of your everyday meals.

It means a great deal that you've spent time here, exploring not just recipes, but ways to care for yourself with intention, ease, and heart. Especially after 60, nourishment becomes less about numbers — and more about honouring your body's wisdom, your years of experience, and the quiet strength that comes with choosing what truly supports you.

This **DASH** slow cooker cookbook wasn't written to be strict or complicated. It was written to feel manageable — and meaningful.

If even one dish helped you feel more balanced, more clear-headed, or simply more at peace in your kitchen, then this book has done what it came to do.

The meals you've tried are more than just low-sodium or five-ingredient creations.

They are quiet acts of self-respect.

Simple, one-pot choices that gently care for your blood pressure, your energy, and your daily rhythms — without demanding perfection.

My hope is that this book meets you where you are — not asking you to start over, but helping you move forward with steadiness and softness.

Let these pages stay close:

- ◆ *On the kitchen counter.*
- ◆ *In your shopping bag.*
- ◆ *Beside you, when energy is low but the wish to nourish remains.*

Most of all:

Keep cooking in a way that feels kind.

Keep resting when your body asks for it.

And keep savouring this remarkable season — slowly, gently, and with care.

With sincere gratitude,

Leonora Key

About the Author

Hello, I'm Leonora Key — and I believe that nourishing yourself well after 60 isn't about strict rules or chasing youth.

It's about listening inward.

It's about rhythm.

It's about choosing food that gives more than it takes.

For me, food has always been a source of comfort, clarity, and care — especially during life's transitions. Whether energy dips, memory wanders, or sleep becomes elusive, I've seen how simple meals can gently restore what we thought we'd lost.

I didn't learn this in culinary school.

I learned it in a quiet kitchen — filled with herbs, steam, and the steady presence of my mum, who taught me that healing often begins with something warm on the hob.

That's why I created the **EatWell 50+ series** — a growing collection of cookbooks designed to nourish not just the body, but also the mind and spirit in the second half of life.

This particular book — **The 5-Ingredient DASH Slow Cooker Cookbook for One or Two Over 60s** — brings together two of my favourite tools for everyday wellbeing:

- ◆ The gentle power of DASH eating, and
- ◆ The ease and reliability of slow cooking.

If this book has brought you steadiness, peace, or even one small shift in how you care for yourself — I am truly honoured.

You are the reason I write.

Would you like to explore more gentle tools for ageing with clarity and care?

Visit my author page to discover other titles in the EatWell 50+ series:

<https://www.amazon.com/author/key.leonora-book>



Thank you for letting me be part of your kitchen — and your story.

There is so much more to enjoy.

In your own time.

In your own way.

With heartfelt gratitude,

Leonora Key

"For everything I know about love and nourishment — thank you, Mum."

Conclusion

You're Not Starting Over — You're Moving Forward with Care

If you've read this far — thank you.

You've worked your way through over 60 slow-cooked recipes. You've honoured your time, your wellbeing, and your intention to care for yourself — gently and with purpose.

This book wasn't about starting from scratch or reinventing the wheel.

It was about remembering:

You already hold wisdom. You already know what calm feels like. You already deserve food that supports you — not food that adds pressure.

If even one recipe brought ease to your day or steadiness to your energy, then this book has done its quiet work.

And if it reminded you that nourishment can be simple, soulful and slow — I hope it stays close by your side.

You don't need to change everything at once.

You don't need perfect weeks or strict meal planners.

You just need a few reliable recipes. A few calm evenings. A few wins that truly feel like you.

Tuck a few favourites into your weekly routine — especially those that freeze well.

Repeat the same dish with joy, not guilt.

And when energy is low or motivation dips, return to your slow cooker. Let it hold the rhythm for you.

You're not alone on this journey.

The **EatWell 50+ series** is here to support you — through each new season, every gentle shift, and every moment you choose kindness over pressure.

To support you beyond these pages, I've created the Longevity Bonus Library — a calm, printable resource designed to keep you nourished, focused, and inspired — at your own pace.

Download it here:

<http://bit.ly/44ubP9d>

Inside, you'll find:

- ◆ Extra plant-based slow cooker recipes
- ◆ A printable Energy & Clarity journal
- ◆ Smart swaps, conversion charts, and portion-planning templates

Already downloaded yours? Lovely — you're on your way.



You don't have to do things perfectly.

You just have to keep showing up — gently, intentionally, and with care.

If this book has found a place in your kitchen, your reflections — even brief — in an Amazon review can help others find their way to it.

Thank you for taking a moment to share your experience. It truly means a great deal.

I'm truly honoured to be a part of your kitchen and your story.

Thank you for trusting me with your time, your meals, and your health.

With warmth and steady encouragement,

Leonora

Gentle Ingredient Substitutions for Everyday Cooking

For your convenience, here's a quick reference list of ingredients swaps used throughout this book.

If you don't have...	Use instead...
Courgette	Aubergine, squash, or celery
Farro	Pearl barley or brown rice
Quinoa	Bulgur wheat or millet
Wild rice	Brown rice or a mix of brown + red rice
Cannellini beans	Butter beans or chickpeas
Red lentils	Yellow split peas or green lentils
Tofu (extra-firm)	Tempeh or white beans
Dairy-free yoghurt (plain)	Light coconut milk or oat crème fraîche
Raisins	Chopped dates, dried cranberries
Olive oil	Rapeseed oil or avocado oil
Lemon zest	Orange zest or a splash of lemon juice
Onion	Shallots, spring onion, or leek