

# 6 HEALTHY RECIPES FOR YOU TO TRY!

Courtesy of Kristen Papathanasiou  
Accredited Practising Dietitian  
Accredited Sports Dietitian  
Approved Eating Disorder Practitioner

1



HOMEMADE GRANOLA

2



PEANUT BUTTER SNACK BARS

3



VIETNAMESE NOODLE SALAD

4



VEGGIE TACOS WITH CORN & CAULI

5



HEALTHY "LOWER" CARB PASTA

6



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