

# BREAKFAST RECIPE WINNERS

Breakfast Recipe Major Winner: Sarah Craven | Activated Seed & Vegetable Bread

Author	Suburb	Recipe	Bioglan SuperFoods Used
Sarah Craven	Wangaratta, VIC	Activated Seed & Vegetable Bread	Spirulina Powder Chia Seeds
Amanda Brocket	Fairlight, NSW	Chia Coconut Orange Porridge	Chia Seeds Coconut Water Powder
Heidi Moore	Terrey Hills, NSW	Bioglan Beetroot, Chia Rye Bread	Beetroot Powder Chia Seeds
Isobel Nicholls	South Yarra, VIC	Granola	Chia Seeds Coconut Oil
Kristy Celoni	Grays Point, NSW	Acai Berry Jam	Camu Powder Chia Seeds Beetroot Powder Acai+ Berry Powder
Leah Hudson	Glen Waverly, VIC	Coconut Flour Chia Bread	Chia Seeds Coconut Oil

# LUNCH RECIPE WINNERS

Lunch Recipe Major Winner: Kristy Celoni | Camu Thai Chicken Salad Cups (Laab Gai)

Author	Suburb	Recipe	Bioglan SuperFoods Used
Kristy Celoni	Grays Point, NSW	Camu Thai Chicken Salad Cups (Laab Gai)	Maca Powder Camu Powder Chia Seeds Coconut Oil
Amanda Brocket	Fairlight, NSW	Raw Cherry Tomato Savoury Tart	Chia Seeds Coconut Oil
Hanna Cooper	La Perouse, NSW	Chia Seed, Quinoa & Lime Crusted Tuna with Kale 'Tacos'	Chia Seeds Coconut Oil
Jenine Parkinson	Varsity Lakes, QLD	Super Beet Soup	Coconut Oil Beetroot Powder
Zoe Fitzpatrick	Balmoral, NSW	Chia Sweet Potato Rissoles with Beautiful Beetroot Cream & Zingy Kale Salad	Beetroot Powder Chia Seeds Coconut Oil

# DINNER RECIPE WINNERS

Dinner Recipe Major Winner: Tania Cusack | Asparagus & Lamb Salad w. Beetroot Dressing

Author	Suburb	Recipe	Bioglan SuperFoods Used
Tania Cusack	Brighton-Le-Sands, NSW	Grilled Asparagus & Lamb Salad with Beetroot & Chia Dressing	Beetroot Powder Chia Seeds
Elisa Chivers	Waverley, NSW	Chia Crusted Salmon with Green Herbs Salad & Acai Dressing	Chia Seeds Acai+ Berry Powder Coconut Oil
Heidi Moore	Terrey Hills, NSW	Beetroot Chia Relish	Beetroot Powder Chia Seeds
Keren Natalia	Zetland, NSW	Fragrant Superhero Fried Rice	Chia Seeds Coconut Oil
Martyna Angell	Sydney, NSW	Mixed Greens Soup with Chicken Meatballs	Spirulina Powder Coconut Oil
Melanie Lionello	Yallambie, VIC	Chilli Con Carne	Cacao Powder Coconut Oil
Saphira Tuffery	Windsor, VIC	Quinoa Crust Pizza with Beetroot Humous Sauce	Beetroot Powder Chia Seeds Coconut Oil
Sarah Apthorpe	Cromer, NSW	Chia Fibre Protein Pizza	Brown Rice Protein Powder Chia Seeds Fibre Boost Powder
Tricia Whitson	Dee Why, NSW	Chicken Quinoa	Fibre Boost Powder

# DESSERT RECIPE WINNERS

Dessert Recipe Major Winner: Sophie Fisher | Lemon Curd Tarts

Author	Suburb	Recipe	Bioglan SuperFoods Used
Sophie Fisher	Putney, NSW	Lemon Curd Tarts	Coconut Oil Chia Seeds
Alix Toynton	St. Ives, NSW	The Shrinking Hubby's Healthy Chocolate Custard	Cacao Powder
Ashlea Minicozzi	Moama, NSW	Raw Orange & Poppyseed Cheesecake	Coconut Oil
Jules Galloway	Bangalow, NSW	Coconut Chia-Misu	Chia Seeds
Victoria Yordonopolou	Rowville, VIC	Raw Coconut and Lime Cheesecake	Coconut Oil
Sally O'Neil	Sydney, NSW	Camu & Lemon Cheesecake	Camu Powder Coconut Oil
Louisa Lorado	Tapping, WA	SuperFood Chocolate Tart	Chia Seeds Coconut Oil Cacao Powder
Kristy Celoni	Grays Point, NSW	Superberry Choc Tarts	Acai+ Berry Powder Beetroot Powder Cacao Powder Chia Seeds Maca Powder Coconut Oil

# SMOOTHIE & SNACK WINNERS

Smoothie & Snack Major Winner: Aimee Crane | Best Raw Brownies

Author	Suburb	Recipe	Bioglan SuperFoods Used
Aimee Crane	Tarragindi, QLD	Best Raw Brownies	Cacao Powder Chia Seeds Coconut Oil
Brooke Marshall	Bacchus Marsh, VIC	Menopause Manager Malted Milkshake	Brown Rice Protein Powder Cacao Powder Chia Seeds Maca Powder Fibre Boost Powder
Carly Hicks	Banora Point, NSW	Cleansing Smoothie	Beetroot Powder Chia Seeds Coconut Water Maca Powder
Isobel Nicholls	South Yarra, VIC	Mini Chocolate Doughnuts	Chia Seeds Coconut Oil
Kimberley Smith	Randwick, NSW	Coconut & Raspberry Recovery Smoothie	Acai+ Berry Powder Beetroot Powder Brown Rice Protein Powder Chia Seeds Coconut Water
Kristy Celoni	Grays Point, NSW	Antioxidant Pops	Acai+ Berry Powder Camu Powder Coconut Water Powder
Kristy Celoni	Grays Point, NSW	Kale & Chia Chips	Coconut Oil Chia Seeds
Robyn Birkin	Kingsley, WA	Blueberry, Coconut & Almond Muffins	Chia Seeds Coconut Oil
Sarah Craven	Wangaratta, VIC	Superfood for Super Kid Balls	Cacao Powder Camu Powder Chia Seeds Coconut Oil Maca Powder Spirulina Powder
Stephanie Wearne	Black Rock, VIC	The Berry & Beet Smoothie	Beetroot Powder Acai+ Berry Powder Fibre Boost Powder Chia Seeds Coconut Water

# SOCIAL MEDIA WINNERS

Social Media Major Winner: Georgia Harding | [www.wellnourished.com.au](http://www.wellnourished.com.au)

Winner	Suburb	Addresses
Georgia Harding	Tallebudgera, QLD	<a href="http://www.wellnourished.com.au">www.wellnourished.com.au</a> <a href="https://www.instagram.com/wellnourished">instagram.com/wellnourished</a>
Alex Parker	Hunters Hill, NSW	<a href="https://www.instagram.com/thebitingtruth">www.instagram.com/thebitingtruth</a> <a href="https://www.facebook.com/thebitingtruth">www.facebook.com/thebitingtruth</a>
Jessica Kruger	Lower Mitchum, SA	<a href="http://www.thenaturalpantry.com.au">www.thenaturalpantry.com.au</a> <a href="https://www.instagram.com/thenaturalpantry">www.instagram.com/thenaturalpantry</a>
Saphira Tuffery	Windsor, VIC	<a href="http://www.versionclean.com">www.versionclean.com</a> <a href="https://www.instagram.com/v.cleanfoods">www.instagram.com/v.cleanfoods</a> <a href="https://www.facebook.com/versionclean">www.facebook.com/versionclean</a>
Alexx Stuart	Double Bay, NSW	<a href="http://www.alexstuart.com">www.alexstuart.com</a> <a href="https://www.instagram.com/alexx_stuart">www.instagram.com/alexx_stuart</a> <a href="https://www.facebook.com/alexstuart">www.facebook.com/alexstuart</a>
Carla & Emma Pappas	Chisolm, ACT	<a href="http://www.themerrymakersisters.com.au">www.themerrymakersisters.com.au</a> <a href="https://www.instagram.com/themerrymakersisters">www.instagram.com/themerrymakersisters</a>



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