



**'Losing 70 kilos has added years to my life. My greatest achievement has been to take control of my family's health and turn all our lives around. Walking into that very first WW workshop saved me. It's as simple as that.'**  
- ANNA

**Exclusive to the WW family, 6 free recipes from my new book**



# To my WW family

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I never dreamed I'd be writing this letter one day. But here I am – and I am here because of you. I am absolutely thrilled to share my first cookbook with my community.

From the start of my WW wellness journey, I documented my food intake, my activity and my recipes to keep myself accountable. And I must have been doing something right, because many of you began following my progress and loving the recipes I shared. The word spread that my recipes were tasty, easy and healthy – real, everyday food prepared for and eaten with family, with no need to miss out on foods we loved.

So now I have collected all my favourite recipes into a cookbook, with hopefully all of your favourites in there too, plus brand-new ones for you to enjoy as well. All up, there are 120 recipes to help make your life easier and mealtimes more delicious, all using everyday pantry staples and ingredients that don't break the budget.

But my book is not just about the recipes. It's my story – a story of an everyday mum who got her life back. I share how I lost half my body weight with WW and how I have created and maintained a healthy lifestyle.

Writing this book took me back to the start of my journey, and brought back all the milestones, the small victories and battles – and there were some major challenges along the way – but the clear message I give to you all is to NEVER GIVE UP ON YOURSELF. I hope my book will help inspire, motivate and guide you on your own wellness journey and show that you, too, can achieve the same success.

I want to say a big thank you to the team at WW and Pan Mac for helping to make this book happen. But most of all, this book is my thank you to you, the WW community that I love so much, for the constant support and love you showed me when times got tough along the way. I now want to keep paying that forward.

I hope you all enjoy reading and cooking from my book as much as I have enjoyed writing it for you.

**ANNA**

# Homemade potato waffle

Serves 1 prep 10 min cook 5 min

9 7 4 SmartPoints value per serve



Just like a big ol' hash brown in waffle form ... yes, please. Super filling and super easy, savoury waffles have become a favourite all-in-one-dish in our house. At the photoshoot, I served them a couple of extras – a dollop of light sour cream and a sprinkle of chives (see tips) – and they were amazing!

**200 g reduced-carb potato**  
(see tips)

**1 egg, lightly beaten**

**1 egg white, lightly beaten**

**20 g grated mozzarella cheese**

**20 g diced honey leg ham**

**½ cup (10 g) baby spinach leaves**

**¼ red onion, diced**

**½ teaspoon mixed herbs**

**1** Grate potato and place in a clean kitchen cloth. Squeeze out excess moisture. Combine potato, egg, egg white, mozzarella, ham, spinach, onion and herbs in a medium bowl. Season with salt and pepper.

**2** Preheat waffle maker on high heat. Once hot, lightly spray with oil and add batter to make one waffle. Cook for 5 minutes or until golden and cooked through. Serve with sour cream and chives, if you like (see tips).

## Anna's tips

\* Find low-carb potatoes in the fresh produce section of the supermarket in packets.

\* You can check the SmartPoints of the light sour cream using your WW app.



# Cinnamon French toast with caramelised banana

serves 2 prep 5 min cook 5 min

7 5 5 SmartPoints value per serve



To my mind, anything with cinnamon is going to taste good, but with classic French toast it's truly incredible. Caramelised bananas are lovely and sweet, but not over-indulgent – if you have never tried them, you should!

## 2 eggs

1 teaspoon ground cinnamon,  
plus extra to serve

1 tablespoon sugar-free  
maple syrup

1 teaspoon reduced-fat oil spread

4 x 35 g slices wholemeal  
sourdough bread

1 banana, halved lengthways  
berries, to serve

1 Whisk the eggs, cinnamon and maple syrup in a medium bowl until combined.

2 Heat spread in a large non-stick frying pan over medium-high heat. Working one at a time, dip bread into egg mixture until well soaked. Cook for 1-2 minutes each side or until golden. Transfer toast to serving plates.

3 Add banana to pan and cook for 1 minute each side or until caramelised. Serve French toast with the caramelised banana and berries and an extra sprinkle of cinnamon.



## Lunch

# Crunchy slaw with chicken & sesame peanut dressing

serves 4 prep 15 min cook 10 min

5 2 2 SmartPoints value per serve



The crunchy texture of this salad with the tangy dressing is just spot on. Throw in some chicken for protein and this, my friends, makes a truly delicious lunch.

**560 g small skinless chicken breasts (grilled, poached or steamed), shredded**  
**½ wombok (Chinese cabbage), shredded**

**½ red cabbage, shredded**  
**2 carrots, cut into matchsticks**  
**2 pink lady apples, cut into matchsticks**  
**1 small red onion, thinly sliced**  
**½ cup shredded mint**  
**1 cup (45 g) frozen podded edamame, thawed**  
**1 teaspoon black sesame seeds (see tip)**

### Dressing

**1 tablespoon natural smooth peanut butter**  
**1 tablespoon soy sauce**  
**2 teaspoons rice wine vinegar**  
**2 teaspoons light sweet chilli sauce**  
**2 teaspoons sesame oil**  
**½ teaspoon finely grated ginger**

- 1** To make dressing, whisk all ingredients in a small bowl until well combined.
- 2** Combine chicken, wombok, cabbage, carrot, apple, onion, mint and edamame in a large bowl. Add dressing and gently toss to combine. Serve sprinkled with black sesame seeds.

### Anna's tip

You can find black sesame seeds in Asian grocery stores.



## Dinner

# Slow-cooker Italian pork stew

serves 4 prep 15 min cook 2 hour 20 min

5 3 3 SmartPoints value per serve



I love my slow-cooker, especially when the cooler weather arrives. It saves me so much time and effort when I make stews like this one. I don't have to hover over the stove all evening, plus the slow-cooking really draws out all the wonderful flavours. This cut of pork is quite lean, so it only takes a couple of hours from start to finish.

**850 g lean pork fillet,  
diced into 4 cm pieces**  
**1 large onion, chopped**  
**3 large carrots, chopped**  
**2 celery sticks, chopped**  
**½ cup (125 ml) white wine**  
**1 rosemary sprig**  
**¼ cup chopped flat-leaf parsley**  
**¼ cup chopped basil,  
plus extra leaves to serve**  
**2 teaspoons dried oregano**  
**2 bay leaves**  
**3 garlic cloves, grated**  
**400 g can diced tomatoes**  
**2 tablespoons tomato paste**  
**400 g can butter beans,  
drained and rinsed**  
**steamed green beans, to serve**

- 1 Place pork, onion, carrot, celery, wine, rosemary, parsley, basil, oregano, bay leaves, garlic, tomato and tomato paste in a 4.5 litre (18-cup) capacity slow-cooker. Cook covered on high for 2 hours. Add butter beans and cook for 15–20 minutes.
- 2 Serve with extra basil scattered over the top and a side of steamed green beans.



# Bacon, cheese & corn filo tarts

serves 6 prep 15 min cook 30 min

10 3 3 SmartPoints value per serve



There's something special about filo pastry – I think it can turn a simple dish into a magical one. My mother raves about these and says they're the best tarts she's ever eaten. She likes the fact that they are so light and yet filled with cheesy goodness. Give them a go!

**6 sheets filo pastry**

**12 eggs**

**4 corn cobs, kernels removed**

**2 small leeks, thinly sliced**

**2 tablespoons chopped herbs**

**(such as parsley, basil or thyme), plus extra to garnish**

**100 g short-cut bacon, fat trimmed, diced**

**1 bunch asparagus**

**½ cup (60 g) grated reduced-fat cheddar cheese**

**1 tablespoon finely grated parmesan cheese**

- 1** Preheat oven to 180°C. Lightly spray two 11 cm x 34 cm fluted tart tins with removable bases with oil. Line each tin with 3 sheets of filo, spraying lightly between each layer.
- 2** Whisk eggs in a large bowl until well combined. Add corn, herbs and bacon and stir to combine. Season with salt and pepper. Divide mixture evenly between prepared pastry cases. Top one tart with asparagus and the other with leek. Sprinkle both with cheddar and parmesan.
- 3** Bake for 25–30 minutes or until golden and set. Set tins aside on a wire rack for 5 minutes to cool slightly. Remove sides of tins and cut each tart into six slices.
- 4** Serve sprinkled with extra herbs.



# Apple & rhubarb tea cake

serves 16 prep 15 min cook 45 min

6 6 6 SmartPoints value per serve



This gorgeous show-stopping cake has such a light, moist texture, it is just a delight to serve and enjoy at any time. The crunch of the demerara sugar on top makes it extra special, so be sure to not skip that ingredient.

**225 g self-raising flour**  
**1 teaspoon baking powder**  
**1 teaspoon ground cinnamon**  
**½ teaspoon salt**  
**½ cup (110 g) golden or white  
 caster sugar**  
**1 tablespoon finely grated  
 orange zest**  
**2 teaspoons finely grated  
 lemon zest**  
**1 egg, lightly beaten**  
**1 cup (250 ml) pure cream**  
**1 teaspoon vanilla essence**  
**225 g pink lady apple, peeled  
 and chopped**  
**225 g rhubarb, chopped**  
**1 tablespoon demerara sugar**

- 1 Preheat oven to 180°C. Lightly spray a 25 cm round springform tin with oil and line base and side with baking paper.
- 2 Reserve 1 tablespoon flour. Sift remaining flour, baking powder, cinnamon and salt into a large bowl. Stir through caster sugar, orange and lemon zest. Whisk egg, cream and vanilla in a jug until well combined.
- 3 Reserve 1 tablespoon each of apple and rhubarb. Add half the cream mixture to flour mixture and gently fold to combine. Stir in half the remaining apple and rhubarb, then fold in remaining cream mixture, apple and rhubarb. Combine reserved flour, apple and rhubarb in a small bowl.
- 4 Pour batter into prepared tin and smooth surface with a spatula. Scatter top with reserved apple and rhubarb mixture and sprinkle with demerara sugar. Bake for 40–45 minutes or until a skewer inserted into the centre comes out clean. Set cake aside in tin to cool for 10 minutes before turning out onto a wire rack to cool.

