



Your recipe for
health:

Just add **thermomix**

Welcome to nourishing no-fuss cooking



Welcome to the Thermomix® family!

I'm Bianca, CEO of Thermomix®, and I'm delighted to share this special eBook with you. Our mission here at Thermomix® hasn't changed since my mum Grace started the family business in 2001. We're here to change people's lives for the better. And a big part of that is helping you take good care of your health by making it easier to prepare healthy, nutritious and delicious meals at home.

In today's busy world, maintaining a healthy diet can be challenging for us all. And as a busy mum of three, I know weeknights are the hardest when you're pressed for time. Thermomix® takes care of it (and you) by making it easier to create wholesome meals, and even cater for allergies, intolerances and dietary needs, without compromising on quality or taste.

This eBook is your guide to unlocking all the wellbeing-boosting potential of Thermomix® that makes your journey to healthier eating so much easier. And you'll find some fascinating stats on pages 3 and 4 that show you just how well the Thermomix® takes better care of you.

We've also asked cooking-loving sporting legend Christian Petracca to share his game-changing tactics that will help you improve your eating habits and kick your wellbeing goals. Check out his six tips on page 5.

And for a meal plan that'll make healthy eating a breeze, turn to page 9. We've designed (and triple tested) it to help you prepare delicious, balanced meals that nourish your body and keep your tastebuds happy too.

Want to see the proof in the sweet nourishing pudding? Turn to page 12 where we give you a side-by-side comparison of Thermomix® cooking versus manual cooking.

You'll also find plenty of testimonials from Aussies who've experienced all the health-boosting potential of Thermomix® firsthand. Their stories demonstrate the real life everyday benefits of having a Thermomix® on your kitchen bench.

We can't wait for you to experience the life-changing magic of Thermomix® for yourself. We hope this eBook helps you discover new ways to eat healthily and embrace the convenience that Thermomix® offers.

Warm regards,

Bianca

Bianca Mazur



Wish it was easier to eat healthier? You're not alone.



1 in 2

don't have time
50% feel they don't
have enough time to
cook healthy meals
for dinner.



80%

are working on it
80% are trying to be more
conscious of what they eat.

74%

wish it was easier
74% of young families say they
would cook healthier meals if it
was easier.

1 in 3



turn to takeaway
Around 1 in 3 often get takeaway to
avoid the hassle of cooking dinner.

For 2 in 3

health is a priority
2 out of 3 households want
to be able to cook more
from scratch.



69%

want it all
69% wish they could spend less
time cooking but still enjoy healthy,
delicious meals.

68%

want to avoid the nasties
68% would like to be able to cook
more food from scratch to avoid
refined sugars and preservatives.



How does Thermomix® make healthy eating a breeze?

“

Since purchasing our Thermomix® we've been able to get healthy meals made from scratch on the table faster. My husband has learned how to cook to take the pressure off me sometimes and we've gone a step further and everything that goes in our kids lunchboxes for school is completed from scratch.

Kathryn A.
Thermomix® Customer

98%

say it's helped them eat healthier

A resounding 98% of Thermomix® customers surveyed said their Thermomix® has helped them eat healthier by cooking meals from scratch.



974

dairy-free recipes

We're close to reaching 1,000 dairy-free recipes on Cookidoo® in Australia and New Zealand.



- Meals can be tailored to specific dietary needs and preferences
- Helps avoid hidden additives, preservatives, and excess sodium found in processed foods
- Allows for complete control over ingredients, ensuring meals are safe for those with food allergies

1,403

gluten-free recipes

Gluten-free yourself with 1,403 gluten-free recipes (and counting) on Cookidoo® in Australia and New Zealand.



“

To be able to make healthier, preservative free, low processed food for my family and knowing what was in it has changed our life. My children love eating a wide variety of food.

Mandy J.
Thermomix® Customer

Christian Petracca on kicking your healthy-living goals



If you follow hotshot Aussie Rules midfielder and forward Christian Petracca on [his Instagram](#), you'll know he's just as dynamic playing off the field in his kitchen. Maybe it's his Italian heritage, but the Demons star loves to cook for himself and his fiancé (what a legend!) and share easy, healthy-eating hacks to help fuel your body too. We know you're itching to ask how a pro footballer finds time to cook from scratch at home, every day, even when the pressure's on. Here's how he stays on track.

Prioritise balanced nutrition

Vary your vegetable, protein and fat choices using the [Australian Dietary Guidelines](#) to build a broad nutrient profile into your diet that includes the five major food groups. An easy way to achieve this is to set aside an hour of your Sunday evening to plan your menu for the upcoming week using Cookidoo® – the official Thermomix® recipe platform – to search for recipes by ingredients. This proactive approach will help ensure your meals are balanced and nutrient rich.

Focus on progress, not perfection

Striving for perfection in nutrition often leads to an all-or-nothing mindset, causing eating habits to swing between extremes. Instead, recognise that there is no such thing as a perfect diet and focus on establishing realistic and sustainable habits. Some achievable goals include adding an extra serving of veggies to your lunch or dinner, or making some quick and nourishing snacks to take to work. Try making these [Peanut butter natural energy balls](#) available on Cookidoo®.

Stay hydrated

Sip water throughout the day to maintain energy levels, aid digestion and regulate bowel movements. Carry a reusable water bottle with you throughout the day to make it easier to stay hydrated. According to the [Australian Dietary Guidelines](#), women aged 19 to 70 should aim for 8 cups of water daily, while men in the same age range should aim for 10 cups.

Get quality sleep

Strive for 7 to 9 hours of sleep each night. Quality sleep is essential for recovery, mental sharpness and overall wellbeing. Create a restful environment and establish a consistent sleep routine.

Manage stress

Practice stress relief techniques such as meditation, deep breathing or yoga. Additionally, engaging in regular physical activity – whether it's going for a walk outside, kicking the footy with mates or hitting the gym – can be a powerful tool to combat stress and boost overall resilience.

Foster meaningful connections

Having strong social connections has been linked to lower stress levels, improved mental health and greater longevity. So making time for social activities, and building and maintaining meaningful relationships, is an important part of your weekly wellbeing plan. Seek a supportive network within your community, whether through sports teams, hobby groups or volunteering opportunities. For me, spending time with my teammates fosters camaraderie, support, and a sense of belonging.





Hit your health goals with Thermomix®:

From managing food allergies to embracing vegan living.

Article by Bianca Mazur, Thermomix® CEO and Dietitian.

At Thermomix®, we believe your kitchen shouldn't feel like a bootcamp. We're here to make your cooking journey to better health and wellbeing simpler, tastier and even enjoyable. Whether you're managing food allergies or diabetes, following a low-carb lifestyle or embracing vegan or vegetarianism, taking control of your diet is so much easier with a Thermomix® and the support of our amazing community empowering you to cook from scratch.



Eat gluten-free, allergen-free and stress-free for less

Managing food allergies and intolerances with a gluten-free or elimination diet can be hugely challenging, time-consuming and expensive. But Thermomix® makes it easy to take complete control of what goes onto your grocery bill and into your food. You can eliminate all your worries about hidden ingredients and cross-contamination and save money by saying goodbye to store-bought and hello to easy homemade goodness.

With Thermomix® Chop Mode, you can mill and mix your own gluten-free flour blends from scratch in seconds. Add Dough Mode too, and you've got an expert pair of kneading hands to make fresh, soft, pillowy, crusty breads. And the biggest savings of all can be made by skipping the snack aisle and making your own nut-free granola bars, dairy-free desserts and more. Your Thermomix® Consultant can also show you how to customise recipes on the Cookidoo® platform to fit your dietary needs.

Manage your diabetes. Master your meals.

For those living with diabetes, Thermomix® puts delicious and even exciting variety back on the menu. And, crucially, it brings ease to cooking with nutritious, fresh, unprocessed, wholefood ingredients that keep your blood sugar levels and salt intake in check and your tastes fully satisfied.

Our dedicated *Cooking for Diabetes* cookbook is packed with recipe inspiration that's carefully balanced and tailored to your health needs with all the convenience of hands-free guided cooking.

Make low-carb living deliciously doable

It's hard to stay on track with a low-carb diet when you have high cravings for all the favourite foods you've had to forgo. And it's easy to stray to packet foods and takeaway on a busy weeknight. But it doesn't have to be that way. Starting your Thermomix® journey sets you on an easier path to low-carb living with time-saving, hands-free guided cooking, quick dinner ideas and all the flavours you love to help you stick with it. Thermomix® makes it easy to create low-carb versions of all the

comfort foods, desserts, breads and baked treats you've been missing. Plus, you've also got plenty of tasty recipe inspo at the touch of a screen with Cookidoo® and our dedicated *Low Carb* cookbook to help mix things up and keep it interesting.

Taste plant-based perfection for vegan and vegetarian diets

Embracing a vegan or vegetarian diet doesn't have to be a choice between pasta and salad on repeat, or pre-packaged store-bought foods that are high on cost and low on nutrition. With access to 600+ vegan recipes and 2000+ vegetarian recipes on Cookidoo®, you'll never run out of wholesome, balanced meal ideas or plant-powered energy with a Thermomix® on your kitchen bench.

You'll quickly whip up a hearty soup or curry on a weeknight, or a showstopper dessert for weekend entertaining. And you'll easily cut a big chunk off your grocery bill by making your own nutrition-packed, preservative-free nut butters, plant-based milks, vegan cheeses, veggie burgers and meat substitutes from scratch with ease.

Ready to transform your kitchen and your health?

Discover the power of Thermomix® today.



Health meal plan



Enjoy delicious, balanced meals that are easy to prepare, making healthy eating simple and enjoyable, even on the busiest days. Most of the recipes are gluten-free or have easy swaps to make them so.




Weekend prep ahead




Make your [High-protein natural yoghurt](#) or [Coconut yoghurt](#) and set it to ferment Saturday night while you sleep. Place into the fridge to set Sunday morning.

Make [Grain-free granola](#)

Make [That's a wrap](#). You'll make 12 wraps and can use these for your Curried chicken salad wraps for lunch and Tacos on Tuesday night.

Make filling for [Curried chicken salad wraps](#). You'll have enough for 6-8 wraps.

	Breakfast	Lunch	Dinner
Mon	Grain-free granola with High-protein natural yoghurt or Coconut yoghurt	Curried chicken salad wraps	All in one creamy vegetable pasta <i>Creamy pasta isn't usually seen as 'healthy' but this one is packed full of vegetables, fibre, healthy fats and protein. You can swap for gluten free spaghetti if you prefer.</i>
Tues	 Pumpkin pie porridge <i>You can swap soaked buckwheat groats for oats in this recipe to make it gluten free.</i>	All in one creamy vegetable pasta (leftovers)	Tacos with vegetables and beans <i>Replace tacos with grain free wraps made Sunday.</i>
Wed	Grain-free granola with High-protein natural yoghurt or Coconut yoghurt	 Curried chicken salad wraps (leftovers)	Sam Wood's Baked salmon with broccoli pesto
Thur	Pumpkin pie porridge	No potato salad	 Shredded chicken satay pad Thai

	Breakfast	Lunch	Dinner
Fri	Anti-inflammatory pineapple and turmeric smoothie	No potato salad (leftovers)	 Smoky Mexican bean soup
Sat	 Blueberry acai bowl	Spinach and mushroom quiche <i>Click here to watch a video of this recipe on our YouTube channel.</i>	Indian kofta curry with broccoli rice
Sun	Green egg whites and ham omelette	Spinach and mushroom quiche (leftovers)	 Slow cook Sunday Silverbeet dahl
Snacks (optional)	Magic muffins		

How we wrote our meal plan

This meal plan has been designed for 4 people and includes lots of variety to show the types of meals you can create with Thermomix®. Where possible we've included recipes that give the option to adjust portion sizes up or down. You can also tweak this meal plan to suit your lifestyle. E.g. if you're cooking for 2, in most cases, you can skip making an additional recipe for lunch and eat leftovers. This might also work if you have smaller children who take a lunchbox to school.

Create your meal plan and shopping list in a few clicks on Cookidoo®

All of these recipes are available on our recipe platform Cookidoo®. Here you can add these to your weekly meal plan and generate a shopping list. Cookidoo® also has a seamless integration with Woolworths online shopping.



I can substitute ingredients to make healthier choices for me and my family. It has enabled me to have more variety in my diet as I can see what is in the food I am making.

Sandy B.

Thermomix® Customer



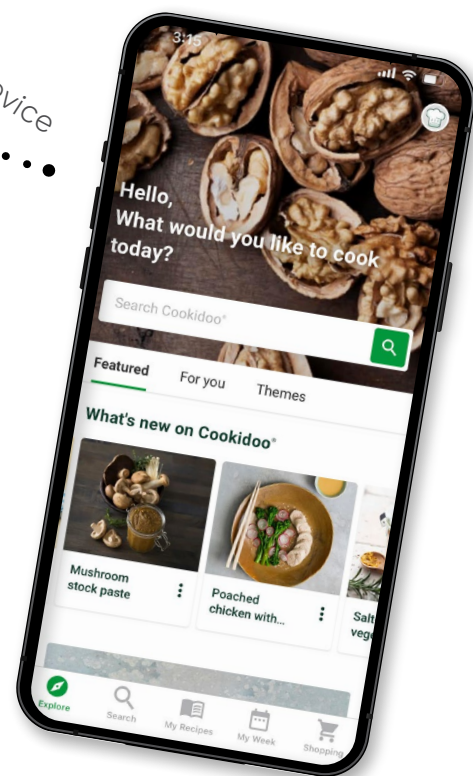
Connected device

A world of recipes inside your Thermomix® TM6

You can enjoy deliciousness at your fingertips
with our exclusive recipe platform, Cookidoo®

Enjoy:

- Thousands of step-by-step recipes on your screen
- Nutritional meal planning
- Easy recipes with no additives or preservatives
- Easily filter recipes by allergens



Australia, get 30 days free!

Click [here](#) to start your Cookidoo® trial.

thermomix
VORWERK


Mushroom brown rice risotto


With Thermomix®

Ingredients

20 g dried porcini mushrooms	2 garlic cloves	3 sprigs fresh thyme, leaves only, plus extra to garnish
500 g boiling water, to soak	100 g fresh oyster mushrooms, thinly sliced	Ground black pepper, to taste
260 g doongara brown rice, soaked for 15 minutes and drained	200 g fresh Swiss brown mushrooms, thinly sliced	1 tsp lemon juice, to serve
15 g extra virgin olive oil	200 g water	50 g pecorino cheese, grated
270 g leek, trimmed, white part only, cut into pieces	2 tsp vegetable stock paste	

 Active time
10 min

 Total time
1 hr 15 min

 Difficulty
Easy

 Quantity
4 Portions

Hands-free
risotto without the
pots and pans

Useful Items

2 bowls

Kitchen Equipment

Thermomix®

Preparation

1. Place dried porcini mushrooms and boiling water into a bowl. Set aside to soak for 15 minutes.
2. Place oil, leek, and garlic into a mixing bowl, then chop **2 sec/speed 6**. Scrape down the sides of the mixing bowl with a spatula, then sauté **3 min/120°C/speed 1**.
3. Add oyster and Swiss brown mushrooms, then sauté **3 min/120°C/speed 1**, without measuring cup.
4. Add 200 g of water, stock paste, thyme, drained rice, porcini with soaking liquid, stir thoroughly with a spatula, scraping the base of the mixing bowl to loosen the rice, then cook **50 min/100°C/speed 1**. Season with pepper and stir in lemon juice.
5. Divide risotto evenly among bowls, sprinkle with pecorino and extra thyme sprigs, then serve immediately.

Mushroom brown rice risotto

Without Thermomix®

Ingredients

20 g dried porcini mushrooms	2 garlic cloves	3 sprigs fresh thyme, leaves only, plus extra to garnish
500 g boiling water, to soak	100 g fresh oyster mushrooms, thinly sliced	Ground black pepper, to taste
260 g doongara brown rice, soaked for 15 minutes and drained	200 g fresh Swiss brown mushrooms, thinly sliced	1 tsp lemon juice, to serve
15 g extra virgin olive oil	200 g water	50 g pecorino cheese, grated
270 g leek, trimmed, white part only, cut into pieces	2 tsp vegetable stock paste	



Active time
1 hr 20 min



Total time
1 hr 20 min



Difficulty
Easy



Quantity
4 Portions

Click [here](#) to see the with and without Thermomix® comparison video

Useful Items

2 bowls
Wooden spoon
Sieve

Kitchen Equipment

2 small saucepans
Medium saucepan
Stove
Scales

Preparation

1. Place porcini mushrooms and water into a small saucepan and bring to a simmer. Remove from heat and set aside to soak for 15 minutes.
2. Drain broth into a clean small saucepan. Set aside mushrooms. Return broth to heat; simmer, covered, over low heat.
3. Meanwhile, place a medium saucepan over medium heat and add oil. Add leek and garlic and sauté for 3 minutes, **stirring regularly**.
4. Add oyster and Swiss brown mushrooms, then cook for another 3 minutes, **stirring regularly**.
5. Add stock paste, thyme, drained rice, and porcini mushrooms to the saucepan and stir to combine.
6. Add 1 cup of hot broth mixture to the pan. **Cook, stirring occasionally, over low heat, until broth is absorbed. Continue adding broth mixture, in 1 cup batches, stirring until absorbed between additions.** Total cooking time should be approximately 50 minutes or until rice is tender.
7. Season with pepper and stir in lemon juice.
8. Divide risotto evenly among bowls, sprinkle with pecorino and extra thyme sprigs, then serve immediately.



Ready to get started? Contact me today!



Click [here](#) to join our community for all the latest inspiration and offers from Thermomix®.