

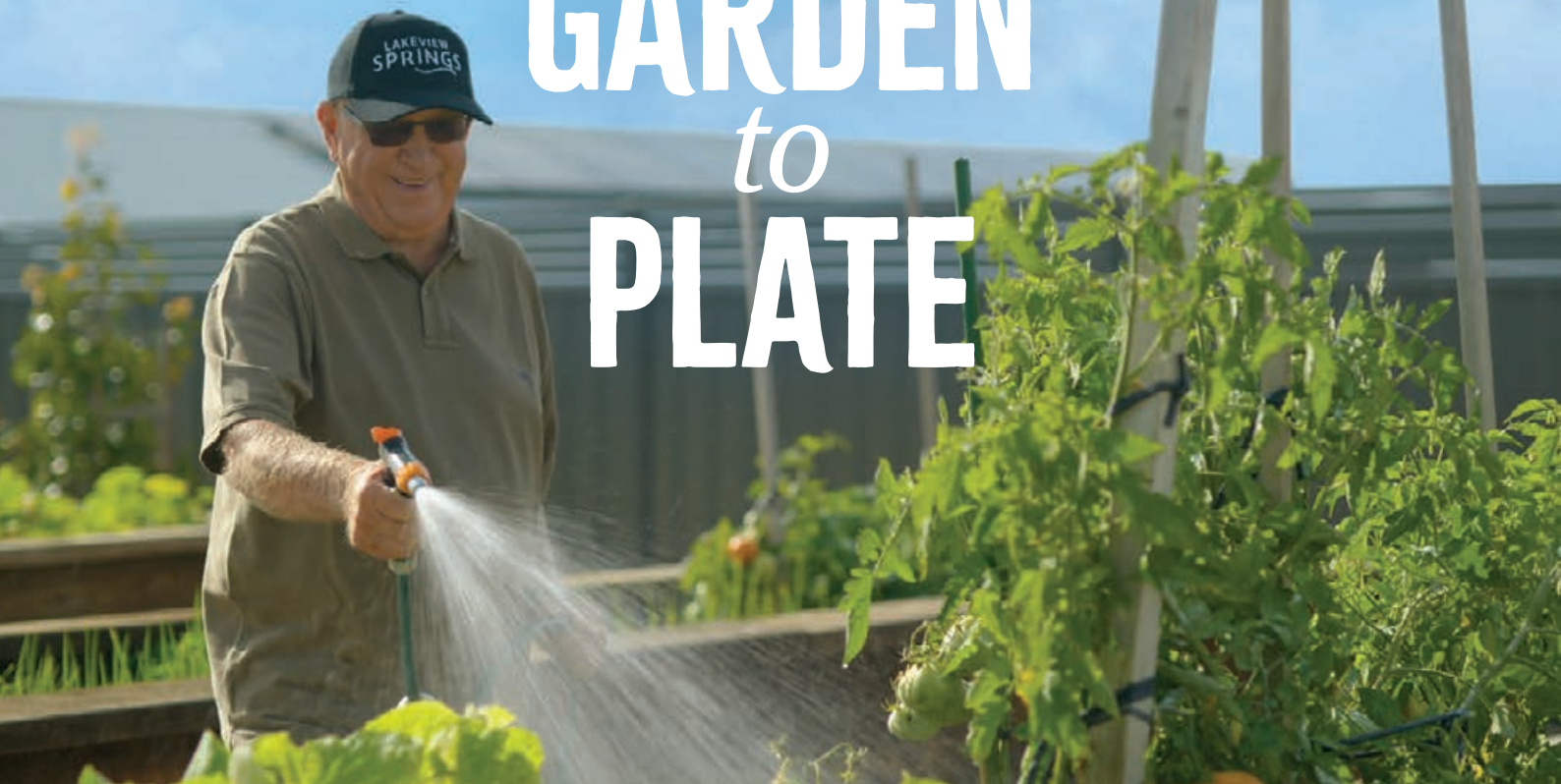
Life in balance  
Hervey Bay



LAKEVIEW  
SPRINGS  
Lifestyle Resort

lakeview springs  
**BALANCED  
COOKBOOK**  
edition 1

*from*  
**COMMUNITY  
GARDEN**  
*to*  
**PLATE**



Images of resident watering the Community Garden and produce harvested.

lakeview springs

# A LIFE OF BALANCE

*At Lakeview Springs, life is about balance—finding joy in every space and savoring the moments that make each day fulfilling. This cookbook isn't just a collection of recipes; it's a celebration of the spaces that inspire connection and the dishes that bring those spaces to life.*

From comforting meals enjoyed at home to vibrant platters perfect for gatherings at the Lakehouse, every recipe reflects the character of its setting. Imagine smoothies packed with brain-boosting goodness after a creative session in the Arts and Culture room, fresh salads crafted from ingredients picked straight from the community garden—bringing the journey from garden to plate closer than ever—or energizing snacks enjoyed after a productive day in the workshop.

Whether it's treats shared in the cinema and theatre or welcoming meals inspired by the atmosphere of the gatehouse, every dish tells a story of the spaces that make Lakeview Springs unique.

Because here, every recipe has a place, and every place has its recipe.

*New homes are currently for sale and the main lakehouse facilities are currently being built and scheduled for completion in late 2025 early 2026.*

## REGISTER YOUR INTEREST

[lakeviewsprings.com.au](https://lakeviewsprings.com.au) and keep up to date with the latest construction updates.



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# SOCIAL

A thriving social life brings joy and a sense of belonging. At Lakeview Springs, our community is designed for meaningful interactions. There will be a vibrant calendar of events, from relaxed BBQs by the lake to dancing at the clubhouse, there will be something for everyone. The future self-catering kitchen and café, wine room and communal areas will create natural opportunities to meet like-minded people.

Beyond our gates, the community will be able to organise outings to Hervey Bay's finest spots, providing the perfect environment to foster friendships and create lasting memories.



*Artist's Impression of the future Lakehouse as viewed from the putting green at Lakeview Springs.*





## PARTY NUTS

*Both a noun and an adjective!*

*Makes a bowl for 8–12 guests*

### INGREDIENTS

Cooking spray  
(choose your favourite)

1 cup walnut halves, untoasted

1 cup pecan halves, untoasted

1 cup dry roasted almonds, unsalted

1 cup dry roasted cashews, unsalted

1 tsp salt

½ tsp freshly ground black pepper

¼ tsp ground cumin

¼ tsp cayenne pepper

½ cup white sugar

¼ cup water

1 tbsp butter

### DIRECTIONS

1. Preheat the oven to 175°C – preferably not fan forced. Line a baking sheet with aluminium foil and lightly coat with cooking spray.
2. Combine walnuts, pecans, almonds, and cashews in a large bowl. Add salt, black pepper, cumin, and cayenne; toss to coat.
3. Heat sugar, water, and butter in a small saucepan over medium heat. Cook until butter is melted, and sugar is dissolved, about 1 minute.
4. Slowly pour butter mixture over nuts and stir to coat.
5. Transfer nuts to the prepared baking sheet and spread into a single layer.
6. Bake nuts in the preheated oven for 10 minutes – watch closely. Stir nuts to coat with warm syrup; spread out in a single layer. Return to the oven and bake until nuts are sticky and roasted, about 6 more minutes. Allow to cool before serving – if you can wait that long! Prepare to be very popular!

**Top Tip** – *Maybe triple the recipe and hide some!*

# PROSCIUTTO, POLENTA & SAGE MINI MUFFINS

*Makes 24 mini  
appetizer-sized portions*

## INGREDIENTS

- 170g instant polenta
- 75g all-purpose flour
- 1 tsp baking powder
- ¼ tsp baking soda  
(bicarbonate of soda)
- 2 tbsps sage leaves, chopped
- Sea salt
- Black pepper
- 360g sour cream
- 2 eggs
- 12 sage leaves, cut in half
- 12 slices prosciutto, cut in half

## DIRECTIONS

1. Preheat oven to 180°C.
2. Place the polenta, flour, baking powder, baking soda, chopped sage, salt, pepper, cream and eggs in a bowl and mix well to combine. Don't overmix! I do the night before as it gives the polenta time to infuse with other ingredients and saves time when you're entertaining!
3. Place half sage leaves in the bases of 24 mini muffin tin that is lightly greased. Line each tin with prosciutto and fill with polenta mixture. Bake for 15–20 minutes or until cooked.
4. Turn out to serve.



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# ARTS & CULTURE

You will be able to enrich your life with the vibrancy of arts and culture at Lakeview Springs. Our future purpose-built rooms will be able to host creative workshops, from pottery to painting, while our cinema- theatre will allow you to enjoy film screenings or live performances. The community will be able to organise a calendar of endless inspiration, with organised outings to museums, concerts, and galleries keeping the experience fresh.

Elevate your next gathering for culture and arts with one of these two recipes.



*Artist's Impression of the arts room at the future Lakehouse.*







## INVISIBLE APPLE CAKE

*This cake will bring a little drama to your next morning or afternoon coffee/tea. And, if you like apples, you'll love this Invisible Cake that is ALL apples held together by the lightest of batters.*

*Makes 8–10 slices*

### INGREDIENTS

5–6 apples, peeled and sliced by mandolin  
 2 eggs  
 50g caster sugar  
 30g melted butter  
 100ml milk  
 1 tsp vanilla  
 75g flour  
 ½ tsp baking powder  
 Pinch of salt  
 Cinnamon and sugar

### DIRECTIONS

1. Mix eggs and sugar then add butter vanilla and milk. Add in flour, baking powder and salt.
2. Line loaf pan and grease. Pour a little batter in bottom and then layer your apple slices. Pour the rest of batter in gently.
3. Bake 180°C for 45 minutes – cover halfway through with foil if needed.
4. Sprinkle cinnamon and sugar on top when warm. Cool completely and the refrigerate for an hour.
5. Serve with side of whipped cream or vanilla ice cream (optional). Bliss!



#### OPTIONAL CINNAMON GLAZE

- 1 cup icing sugar
- 1 tsp cinnamon
- ¼ tsp salt
- 4 tbsps heavy cream (or milk)
- 4 tsp Dutch cocoa

In a small bowl, whisk together dry ingredients and gradually add cream until no lumps.

Drizzle over bars.

## CAFÉ AU LAIT SLICE

*After a day enjoying arts and culture this is a great way to celebrate with a familiar rich flavour of coffee laced with cream and the shiny texture of an uptown dessert.*

*Makes 20–24 slices*

#### INGREDIENTS

- 3 eggs
- 1 ½ cups sugar
- 2 tsps vanilla extract
- ¾ cup butter, melted
- 2 cups flour
- ½ tsp salt
- 2 tbsps espresso powder
- ¼ cup heavy cream (whole milk is fine)
- Dark chocolate chips
- Walnuts chopped (optional)

#### DIRECTIONS

1. Preheat the oven to 180°C. Lightly grease a 35 x 24cm (or similar) pan. Set aside. Place the eggs in a large bowl.
2. Beat until light and thick. Add the sugar and beat until glossy and thick. Stir in the melted butter, vanilla extract, flour and salt. Set aside 1 ½ cups of batter.
3. Add the cream and espresso powder to the remaining batter.
4. Spread the coffee batter into the prepared pan.
5. Top with the remaining white batter and drag knife to create swirls and marbled effect.
6. Top with chocolate chips and walnuts (if using). Bake for 30 minutes. Remove from the oven and cool before cutting.



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# ACTIVE

Living an active lifestyle is essential to maintaining both physical and mental balance. Whether you are solo adventuring on the future landscaped trails for walking, running, or joining a team to enjoy tennis, lawn bowls, or a dip in the future indoor or outdoor pool, you need to fuel the temple that is your body.

Staying active, healthy, and connected is improved with great food.



*Artist's Impression of the yoga room.*



**LAWN  
BOWLS**  
*4 Life*





## BREAKFAST OF CHAMPIONS MINI FRITTATAS

*It is the most important meal of the day and essential to have a good breakfast a full hour before exercising.*

Serves 4

### EGG NUTRITION FACTS

An egg-cellent source of high-quality protein, which is essential for building and repairing our muscles, organs, skin, hair, nails, and other body tissues.

Packed with vitamins A, D, E, B12, iron, selenium, and choline.

The fat content in eggs can even help our bodies better absorb any fat-soluble nutrients found in the vegetables in this recipe.

### INGREDIENTS

4 large eggs  
5 mushrooms, sliced  
½ red and/or yellow capsicum, diced  
1 handful of baby spinach, sliced  
1 handful of cherry tomatoes  
½ cup feta, crumbled  
¼ tsp dried dill  
Salt and pepper, to taste  
½ cup parmesan cheese, grated  
Cooking spray  
(I like avocado oil spray)

### DIRECTIONS

1. Preheat oven to 180°C and spray muffin tin with cooking spray.
2. In large bowl gently whisk eggs and add vegetables, dill, feta, salt and pepper.
3. Distribute into muffin holes and place cherry tomato (sliced in half) in each then sprinkle with Gruyere.
4. Pop them in the oven for 15–20 minutes, keeping an eye on them to prevent any burning.
5. Egg muffins will puff at this point, but will deflate once cooled.
6. After 15–20 minutes, remove the egg muffins from the oven and allow to cool. Cooling them will make it much easier to remove from the muffin tins!
7. Scoop out the individual muffins. Enjoy immediately, or transfer to an airtight container for storage in fridge or freezer.

## MAGNESIUM POWER JUICE

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*This post work-out juice is magnesium rich – which helps in the formation of bones and teeth, regulation of blood pressure and blood sugar levels help in muscle recovery, and nerve regulation and helps in the formation of various proteins and DNA. It also helps in mood regulation and plays a major role in various metabolic activities in the body.*

---

Serves 2

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### METHOD

Juice together the following:

- 1 pineapple, chopped
- 6–8 kale leaves
- 2 stalks celery
- ½ lemon, rind cut off
- 1 cucumber
- 1 inch ginger root, outer skin cut off



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# NATURE

Nature heals and rejuvenates, offering us the perfect backdrop for balanced living. Lakeview Springs will boast landscaped gardens, walking trails, and serene lakeside spots for peaceful moments in the great outdoors. Embracing the nature around you extends to the regional and seasonal offerings of the Hervey Bay area.

These two recipes using regional produce, including herbs from the community garden enables you to dish up tasty plates in your kitchen.



*Artist's Impression of the front entrance.*







## NATURE – EMBRACING SEASONAL AND REGIONAL FOODS



### HERVEY BAY BREAM

*Fresh seafood is in abundance and sea bream are a specialty of the area. They are also a healthy option, being low in calories and rich in B vitamins. A medium-sized portion will give you the recommended daily number of vitamins and minerals to enhance the immune system and protect against heart disease and cancer.*

*Serves 2  
as a main  
meal or  
3–4 as  
part of a  
share meal*

#### INGREDIENTS

- 1 whole sea bream (500g), scaled and gutted
- Olive oil (for drizzling)
- Salt and freshly ground pepper
- 1 tsp butter
- 2 fresh flat-leaf parsley sprigs
- 2 fresh tarragon sprigs
- Lemon slices

#### DIRECTIONS

1. Remove the fish from the fridge about 10–15 minutes before cooking. Rinse and pat the fish dry with a paper towel.
2. Preheat your grill plate (or grill pan) to medium-high heat and lightly brush with high-heat cooking oil. It is hot enough, when it starts to lightly smoke.
3. Meanwhile, with a sharp knife, lightly score the fish two or three times on each side by making diagonal cuts just into the flesh. Drizzle both sides of the fish with olive oil and season with salt and pepper. Tuck the parsley and tarragon sprigs in cavity of the fish, along with the butter and 2 slices of lemon.
4. Place the fish on the grill plate and cook until seared a deep golden brown on the bottom, about 5 minutes.  
**Important:** resist the urge to move the fish as it cooks until the skin has browned and crisped otherwise it will stick!
5. Rotate the fish 90 degrees to create crosshatch grill marks. Continue to cook for 3–4 more minutes, until the skin is thoroughly browned.
6. Gently flip the fish to cook on the other side. Cook for 5 minutes, until it easily releases from the grill. Rotate the fish 90 degrees to create crosshatch grill marks and cook 3–4 minutes until skin is thoroughly browned.
7. To check doneness, you can look in the belly of the fish near the spine. If the flesh is cooked and the juices are bubbling, the fish is done. If the fish is still pink, then reduce the heat of the grill and cook another 2–3 minutes. (alternatively, you can check doneness if it flakes at the thickest part when probed).
8. Transfer the fish to a serving plate. Remove from the grill and serve with the potatoes and steamed vegetables for a wonderfully tasty and healthy dinner. Enjoy!



# QUEEN GARNET PLUM CAKE

*Makes 8–10 slices*

## INGREDIENTS

1 ½ cups all-purpose flour, spooned into measuring cup and levelled-off  
1 ½ tsps baking powder  
1 tsp cinnamon  
¼ tsp nutmeg  
⅛ tsp cardamom  
½ tsp salt  
8 tbsps (½ cup) unsalted butter, softened, plus more for greasing the pan  
1 cup + 2 tbsps castor sugar, divided  
1 tbsps of grated orange zest  
1 large egg  
1 tsp vanilla extract  
½ cup milk  
500g plums, pitted and quartered

## DIRECTIONS

1. Preheat oven to 175°C and set an oven rack in the middle position. Grease a 20cm springform pan. (Alternatively, the cake may be made in a 20cm cake pan or pie pan and served directly from the pan.)
2. In a large bowl, whisk together the flour, baking powder, cinnamon, nutmeg, cardamom, and salt.
3. In the bowl of an electric mixer fitted with the paddle attachment or beaters, cream the butter and 1 cup of the sugar until pale and fluffy, about 3 minutes. Add the egg and vanilla and beat on low speed until well combined. Gradually add the flour mixture, alternating with the milk, and beat on low speed until smooth. (Note: the batter will be quite thick.)
4. Transfer the batter to the prepared pan and smooth the top with an offset spatula. Arrange the plums on top, skin side up, in a circular pattern so that they mostly cover the batter. Sprinkle orange zest and the remaining 2 tbsps of sugar over the plums.
5. Bake for 60 to 70 minutes, until golden on top and set in the centre.

## ABOUT QUEEN GARNET PLUMS

Queen Garnet plums are in season every year from February until April. They are a variety of Blood plum and with a longer hanging time on tree it has increased antioxidant content. The Queen Garnet is a Non-GMO, Plant Breeders Rights protected cultivar of plum. As a natural source of anthocyanins including Cyanadin-3-Glucoside, Quercetin and Rutin, more than 10 years of independent research has highlighted its exceptional properties. Researched-backed health benefits have indicated that it may support heart health, reduce oxidative stress, reduce systematic inflammation, and stimulate a healthy immune response (FSANZ notified). The fruit typically has a deliciously sweet flavour profile with a slight tang from the skin.



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# BRAIN HEALTH

A healthy mind is key to a fulfilling life, and Lakeview Springs is designed to stimulate intellectual growth. Engage in game nights, trivia, book clubs, and photography workshops within the future library and meeting rooms. Whether you're playing virtual golf or attending educational talks, the opportunities to challenge and nourish your brain are endless. Venture beyond the community with organised trips to lectures or lock up and travel to experience a new adventure.

Foods high in omega-3 fatty acids, such as fatty fish and walnuts, and antioxidants, including berries, broccoli, and pumpkin seeds, help support healthy brain function.

Here are two recipes to boost your brain!



*Artist's Impression of the virtual golf room.*





## GRILLED SALMON WITH MANGO SALAD

*Serves 2 as a main meal or 4 as a shared meal*

### INGREDIENTS

2 skinless salmon fillets  
(our favourite omega-3 essential!)

3 tbsps olive oil (plus more for grill)

2 tsps lime zest

4 tbsps fresh lime juice

3 cloves of garlic, crushed

Salt and freshly ground black pepper

1 ½ cups coconut water

1 ¼ cups canned coconut milk

1 ½ cups jasmine rice, rinsed and drained

½ tsp salt

1 large mango (peeled and diced)

¾ cup red capsicum, chopped (½ large)

¼ cup fresh coriander, chopped

⅓ cup red onion, chopped, rinsed and drained

1 large avocado, peeled and diced

1 tbsps olive oil

1 tbsps coconut water

Salt and pepper

### DIRECTIONS

#### Salmon:

1. Place salmon in baking dish, cover and allow to marinate in refrigerator 15–30 minutes, then flip salmon to opposite side and allow to marinate 15–30 minutes longer. Preheat a grill over medium-high heat during last 10 minutes of marinating.
2. Brush grill grates with oil. Place salmon on grill and grill about 3 minutes per side or until just cooked through (turn carefully as the salmon will be fragile).

#### Coconut rice:

3. While salmon is marinating prepare coconut rice. In a medium saucepan bring coconut water, coconut milk, rice and salt to a full boil.
4. Cover and simmer until liquid has been absorbed (there may be just a little bit of excess liquid in centre which you can drain off), about 20 minutes. Fluff with a fork, then let rest 5 minutes.

#### Mango salad:

5. While the salmon is grilling prepare salsa. In a medium bowl toss together mango, capsicum, cilantro, red onion, avocado, lime juice, olive oil and coconut water. Season with salt and pepper to taste.
6. Serve salmon warm over coconut rice with mango salad on top.

# BRAIN POWER SMOOTHIE

*Protein is king for the active body, so this smoothie gives you all the essentials.*

Serves 1–2

## METHOD

Blend the following together in a blender or bullet:

- 2 tbsps almond butter
- 1 tbsp chia seeds
- 1 tbsp LSA
- 1 tbsp cacao powder\*
- 1 tbsp honey (organic is best!)
- Handful fresh spinach
- 1 cup frozen blueberries
- Coconut water  
(or your favourite milk)

## \*CACAO NUTRITION FACTS

Cacao is also a rich source of essential minerals that play a vital role in maintaining optimal brain function. Among the most significant minerals found in cacao are:

**Magnesium:** Often referred to as nature's tranquiliser, magnesium is crucial for memory function and helps regulate neurotransmitter activity in the brain. It plays a key role in calming the nervous system, making it particularly effective in reducing anxiety and stress.

**Calcium:** While most people associate calcium with bone health, it also plays a critical role in nerve cell conduction. Calcium helps brain cells communicate with one another, ensuring that electrical signals move smoothly through the brain, which is essential for clear thinking and memory.

**Potassium:** This mineral supports cognitive function by increasing thinking ability and concentration. It helps maintain proper fluid balance in brain cells, ensuring that neurons can fire off messages effectively.

**Iron:** Cacao is a rich plant-based source of iron, which is vital for carrying oxygen to the brain through the blood's haemoglobin. Adequate oxygen supply is essential for cognitive clarity and optimal brain performance.

**Copper and Zinc:** These two minerals are critical for brain development and maintenance. Zinc plays a role in regulating communication between neurons, while copper helps brain cells generate energy needed for cognitive tasks.





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# HOME

At Lakeview Springs, home is more than a place—it's the centre of a balanced, connected life. With spacious open plan living designed to host family and friends, your home becomes a gathering spot for loved ones.

Try these comfort food recipes to enjoy in your cosy nest.



*Artist's Impression of the main living area.*







## FEEL AWESOME CHICKEN SOUP

*Don't wait for a cold to make this amazing soup, by "Feel Awesome" it just means good food with heaps of gorgeous fresh lemon and ginger. This delicious and EASY low-carb, keto-friendly soup is simple and healthy!*

Serves 4–6

### INGREDIENTS

- 1–2 tbsps olive oil
- 1 large onion, diced (or sub 2 fat shallots, or 2 leeks)
- 1 cup celery, chopped
- 2 tbsps fresh ginger, chopped
- 6–8 garlic cloves, rough chopped
- 4 cups chicken broth or stock
- 2 cup water
- 1 tsp salt
- 2 bay leaves
- ¼ tsp white pepper (or use black pepper)
- 680g chicken thighs, boneless, skinless (or use breasts – if very large, cut in half)
- lemon juice, to taste
- pinch chili flakes
- Coriander or Italian parsley\*

### DIRECTIONS

1. This flavourful soup starts with sautéing onion, garlic and ginger until tender, fragrant and golden. Sometimes I'll add celery and carrots, sometimes not. I like to add a lot of garlic, feel free to cut back if you want.
2. Add the chicken stock (or broth) and whole chicken thighs (or chicken breasts). Bring to a simmer and cover, cooking until the thighs are cooked through, about 20 minutes. Bone-in will take longer.
3. Simmer covered for 20 minutes, depending on size of the chicken pieces.
4. Use two forks and pull apart the chicken. You can do this in the pot or use a cutting board if using bone-in chicken. Return the chicken (discarding bones and skin) to the pot and bring to a simmer for 3 minutes. Taste and adjust the broth. Squeeze with lemon to taste.

**Top Tip** – Add pasta cooked separately and add to servings of soup. This prevents soggy noodles in your soup!

### \*PARSLEY NUTRITION FACTS

Parsley is an amazing source of iron – Parsley contains 6.1 mg of iron per 100 grams. It also supports the absorption of iron by intestinal cells. You can consume parsley fresh, dried, or in tincture form. Juicing 5 cups of parsley a day would give you 100 percent of the recommended daily intake of iron.



# HOMEMADE BAKED MAC & CHEESE

Serves 4–6

## INGREDIENTS

250g macaroni (elbow pasta)  
1 tbsp (15g) unsalted butter (or 2 tsp oil)  
2/3 cup panko breadcrumbs  
2 tbsps (30g) unsalted butter, melted  
1/4 tsp salt  
4 tbsp (60g) unsalted butter  
1/3 cup flour, plain/all purpose  
3 cups milk, warmed (low or full fat)  
2 cups freshly shredded cheese,  
gruyere best (followed by cheddar  
and Colby)  
1 cup freshly shredded mozzarella  
cheese, or more other cheese of choice  
3/4 tsp salt  
1 tsp dijon mustard  
1 handful of spinach optional

## DIRECTIONS

- 1. Cook pasta:** Bring a large pot of water to the boil. Add macaroni and cook per packet directions **minus** 1 minute.
  - 2. Toss in butter:** Drain, return pasta to pot, add butter and toss until melted. Set aside to cool while making the sauce.
  - 3. Mix together topping and set aside.**
  - 4. Preheat oven to 180°C .**
  - 5. Make roux:** In a large saucepan or in an ovenproof skillet (I use my 26cm Lodge cast iron skillet), melt butter over medium heat. Add flour and cook, stirring constantly, for 1 minute.
  - 6. Add milk:** Add about 1 cup of the milk and mix to dissolve the paste into the milk. Then add remaining milk and mix until lump free (use whisk if required).
  - 7. Add Seasonings:** Mix in salt and mustard.
  - 8. Thicken sauce:** Cook, stirring/whisking regularly, for 5–8 minutes until thickened to a cream consistency. When the Sauce coats the back of a wooden spoon, you should be able to draw a path with your finger.
  - 9. Add cheese:** Remove from stove, add cheese (and handful of spinach if using) and stir – cheese doesn't need to melt.
  - 10. Check salt:** Adjust salt to taste.
  - 11. Assemble:** Pour Sauce into pot with Macaroni. Stir quickly, then pour back into the skillet or a baking dish. Sprinkle with breadcrumb topping.
  - 12. Bake:** for 25 minutes or until top is light golden. Don't bake too long otherwise you'll bake away the Sauce!
  - 13. Serve:** Serve immediately! I serve with a big green salad. YUM
- Top tip:** Grate your own cheese, it makes all the difference. Store bought includes anti-caking agents that can make your sauce a bit grainy or powdery.

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# SOUL

Nurturing the soul is essential to a balanced life. Lakeview Springs will offer serene environments for personal reflection, from Zen-like lakeside spots to peaceful green open areas. The possible onsite rotating calendar of meditation or Tai Chi sessions may help provide spiritual nourishment. It's all about creating spaces that foster peace, growth, and fulfillment in your everyday life.

Here are two dishes to make you feel good and nourished on the inside.



*Artist's Impression of the lake overlooking the Lakehouse.*





# ROASTED PUMPKIN SOUP

*This recipe is so easy! Just bake all the vegetables and combine with other ingredients for instant goodness.*

Serves 4–6

### INGREDIENTS

- 1 butternut pumpkin, halved lengthways
- 2 red onions, halved
- 4 tbsps olive oil
- Salt and pepper
- 1 head garlic
- 1 litre bone broth stock
- 250g cottage cheese
- ½ cup toasted pepita seeds

### DIRECTIONS

1. Preheat an oven to 220°C.
2. Place the pumpkin and onions, cut side up onto a baking tray, drizzle with 2 tbsps of olive oil, season with salt & pepper then flip over, cut side down. Cut 1cm from the top of the head of garlic, wrap in foil and place onto the tray.
3. Roast for 35–40 minutes, removing the garlic earlier, after 25–30 minutes when it is softened. The pumpkin and onions should be soft and caramelised.
4. Scoop the cooked pumpkin and onions into the blender, no skin or seeds and squeeze in the roast garlic.
5. Add bone broth stock (protein power!), half of the cottage cheese (more protein) and blend to a smooth, thick soup. Adjust the seasoning to taste.
6. Serve the soup hot, topped with the cottage cheese, roasted pepita seeds, chilli drizzled and herbs.

# NOURISHING SALAD

*A fabulous salad that is gorgeous and yummy – roasted chickpeas and beet root tossed in with thinly shredded kale and brussel sprouts plus pepitas, pomegranate seeds and haloumi! The amazing dressing pulls it all together - Delish!*

*Serves 2–4 as a main meal or 6 as a side dish*

## INGREDIENTS

- 1 can of chickpeas, drained
- 1 fresh beet, diced
- 1 cup pumpkin, diced
- 2 tbsps olive oil
- 1 tbsp smoked paprika
- 1 tbsp garlic powder
- 180g halloumi
- 1 head kale, slice white part off (french kale is nice)
- 500g Brussell sprouts

## Dressing:

- 2 cloves garlic, minced
- 1 lemon, juiced
- 1 tbsp dijon mustard
- 2 tbsps white or rice wine vinegar
- 2 tbsps olive oil
- Pinch sea salt
- Pinch red pepper flakes

## DIRECTIONS

1. Combine drained can of chickpeas, diced beet and pumpkin with olive oil, smoked paprika and garlic powder – roast at 180°C for 30 minutes.
2. Meanwhile, grill haloumi and dice.
3. Shred head of kale and thinly slice Brussel sprouts.
4. Combine all ingredients with dressing.

**Top Tip** – Massage kale with olive oil and lemon juice and let sit for 1 hour to reduce bitterness of kale.





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# CONNECTION

Connection is the heart of a balanced life, and at Lakeview Springs, it will be easy to stay close to family and friends. With inviting spaces like the future Lakehouse lounge, outdoor BBQ areas, and ample seating, gatherings are always special. Whether onsite or off, we cultivate opportunities for deep, fulfilling relationships.

Here are the top two dishes to bring to feed a crowd.



*Artist's Impression of the firepit overlooking the Lakehouse.*







# HERBED GOAT CHEESE SANDWICHES

*Who says it must be hard to serve delicious, elevated food for a crowd?*

*Makes 24 full-sized sandwiches or 72 smaller portions*

## INGREDIENTS

### For the spread: (makes 2.5 cups)

- 225g cream cheese, at room temperature
- 300g mild goat cheese, at room temperature
- 1 ½ tsps garlic (2 cloves), minced
- ½ tsp fresh thyme leaves, minced
- 3 tbsps fresh parsley, minced
- 5–6 tbsps milk, half-and-half or heavy cream
- ¾ tsp kosher salt
- ½ tsp freshly ground black pepper

### For the sandwiches:

- 2 loaves good 7-grain, rye or sourdough bread, thinly sliced (or really make it special with a loaf with fig or walnuts)
- 1 Lebanese cucumber, not peeled

## DIRECTIONS

### For the spread:

1. Place the cream cheese, goat cheese, garlic, thyme, parsley, 5 tbsps milk, salt and pepper in the bowl of an electric mixer fitted with the paddle attachment.
2. Beat on medium speed until well mixed. Add an additional tablespoon of milk if the spread is very thick.

### To make the sandwiches:

3. Spread each slice of bread with the goat cheese spread. Slice the cucumber into thin rounds and arrange on half of the bread slices. Top with the remaining bread.
4. Press slightly, trim off the crusts and cut the sandwiches into halves, thirds or triangles.

**Top Tip** – *Make these sandwiches in the morning, then cover with damp paper towels and plastic wrap and refrigerate. Cut just before serving.*



## ASIAN CHICKEN SALAD

Serves 12

### INGREDIENTS

4 split chicken breasts (bone-in, skin-on)  
Good olive oil  
Kosher salt  
Black pepper (freshly ground)  
500g asparagus, ends removed and cut in thirds diagonally  
1 red or yellow capsicum, cored and seeded  
2 green onions, white and green parts, sliced diagonally  
1 tbsp white sesame seeds, toasted

### Dressing

½ cup vegetable oil  
¼ cup good apple cider vinegar  
3 tbsps soy sauce  
1 ½ tbsps dark sesame oil  
½ tbsp honey  
1 clove garlic, minced  
½ tsp fresh ginger, peeled and grated  
2 tbsps sesame seeds (black or white – or combo)  
¼ cup smooth peanut butter  
2 tsps kosher salt  
½ tsp black pepper (freshly ground)

### DIRECTIONS

1. Preheat the oven to 175°C.
2. Place the chicken breasts on a sheet pan and rub with the skin with olive oil. Sprinkle liberally with salt and pepper. Roast for 35–40 minutes, until the chicken is just cooked. Set aside until cool enough to handle. Remove the meat from the bones, discard the skin, and shred the chicken in large bite-sized pieces.
3. Blanch the asparagus in a pot of boiling salted water for 3–5 minutes until crisp-tender. Plunge into ice water to stop the cooking. Drain. Cut the capsicum in strips about the size of the asparagus pieces. Combine the cut chicken, asparagus, and peppers in a large bowl.
4. Whisk together all the ingredients for the dressing and pour over the chicken and vegetables. Add the green onions and sesame seeds and season to taste. Serve cold or at room temperature.





# EVERY RECIPE HAS A PLACE, AND EVERY PLACE HAS ITS RECIPE.

Every recipe in this book is inspired by the ethos of Lakeview Springs: a life of balanced living. Designed around the eight elements of balance—Social, Arts and Culture, Active, Nature, Brain Health, Home, Soul, and Connection—this philosophy extends to the heart of any balanced life: a wholesome, nourishing diet.

The recipes have been lovingly crafted by Jennifer Sailer, a passionate home cook and former owner of Sugar Mama Cupcakes, who has recently brought her talents to the competitive food scene, including the prestigious World Food Championships.







*Life in balance*  
Hervey Bay

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