



Our team are here to help you feel your best

Mission Nutrition are a team of qualified and experienced dietitians and nutritionists who have the knowledge and skills to help you get results so you look and feel your best. There is so much conflicting information out there when it comes to nutrition. We will cut through the confusion and find solutions that are right for you.

Our approach:

- Evidence-based, personalised, realistic advice that gets results
- Holistic support that addresses nutrition, sleep, movement + mental wellbeing
- Behaviour change focus, rather than templated one-size-fits-all meal plans
- Empowering you to make changes that can last

How can we help?

- | | | |
|----------------------------|----------------------------|-----------------------------|
| ✓ Gut health | ✓ Disordered eating | ✓ Perimenopause/menopause |
| ✓ IBS and IBD | ✓ Emotional/binge eating | ✓ Endometriosis & PCOS |
| ✓ Coeliac Disease | ✓ Mindful/Intuitive eating | ✓ Fertility |
| ✓ Food allergy/intolerance | ✓ Weight management | ✓ Pregnancy/Breastfeeding |
| ✓ Pre & Type 2 Diabetes | ✓ Sports nutrition | ✓ Children/family nutrition |
| ✓ Cholesterol | ✓ Immunity support | ✓ Vegetarian |
| ✓ Blood pressure | ✓ Autoimmune conditions | ✓ Plant-based diets |

As an AIA Vitality member, each policy year you are entitled to:

An Initial Consultation

- 45 minute video or phone consultation for \$45
- Earn 1000 Vitality Points for completing an initial consultation
- Earn 500 bonus points for completing a food diary before your initial consult

Follow Up Appointments

- 2 x 15 minute or 1 x 30 minute follow-up(s) for free
- Earn 500 Vitality points for each 15 minute follow-up appointment or 1000 Vitality points for a 30 minute follow-up appointment





Mission **Nutrition**
Dietitians & Nutritionists



APRICOT BLISS BITES

INGREDIENTS

(makes approx. 12 bliss balls/bites)

- 1 ½ cups dried apricots
- 1 ¾ cups of unsalted nuts -
I used a combination of
almonds and cashews
- ¾ cup desiccated coconut
- 1-2 tsp lemon zest
- 2 tbsp lemon juice
- Optional: 1-2 tbsp maple syrup

DIRECTIONS

1. In a food processor, blend the nuts until they resemble coarse breadcrumbs. This may take a good few minutes.
2. Add the dried apricots, coconut, lemon zest and juice, pulse to combine until the apricots have been finely chopped.
3. Remove a spoon full of the mixture and see if you can easily roll it into a ball and it sticks together. If it falls apart, you will need to add a tablespoon of water (or maple syrup), blitz again, then test again.
4. Keep adding water or syrup until it is the desired consistency.
5. Press firmly into a lined baking tray or roll into balls, then chill for a couple of hours.

Optional: Decorate with a drizzle of melted dark chocolate!