



## **SWEETCORN DESSERTS AND BANANAS BEYOND BREAKFAST: THE 2026 HEALTH AND WELLNESS HACKS YOU NEED TO KNOW**

- Green Chef has partnered with food futurologist Dr Morgaine Gaye to reveal the health and wellness hacks for 2026
- Sweetcorn desserts, a banana revolution, and health-giving medicinal herbs are set to take the UK by storm
- Get a taste of these trends with Green Chef's black sesame and banana infused recipes, available to purchase at [www.greenchef.co.uk/recipes](http://www.greenchef.co.uk/recipes)

**JANUARY 2026, London:** Green Chef, the UK's leading health-focused recipe box, has today revealed its 2026 Health & Wellness Hacks - a future-gazing set of palate-friendly predictions created in partnership with international food futurologist Dr Morgaine Gaye.

2025 saw gut-healthy bowls, oat-milk favourites and plant-powered comfort foods dominate the foodie scene. Now, with the New Year fast approaching, Green Chef is using its culinary crystal ball to reveal the flavours and wellness trends set to define 2026.

Each trend is accompanied by nutritional insight by Lily Keeling – Green Chef UK's Senior Recipe Development Manager and Registered Nutritionist. With Lily's every day, health-first perspective and Morgaine's eye for what lies ahead, the two culinary maestros have partnered to predict what's hot in the worlds of food, flavour and wellbeing heading into the New Year.

### **1. Banana makes a big comeback**

- Morgaine predicts a nostalgic resurgence of the banana, with the comforting fruit set to move beyond smoothies and porridge. Expect banana puddings, drinks, pies, frozen treats and bakery innovations, inspired partly by the global buzz around Magnolia Bakery's Banana Pudding. Banana will pair with warm, soothing flavours like cinnamon, chocolate and coffee.

**Lily Keeling's nutritional insight:** "Bananas are rich in potassium and prebiotic fibre, supporting nerve function and gut health. Their natural sweetness and creamy consistency make them ideal for healthier desserts and drinks."

### **2. Sweetcorn steps into the spotlight**

No longer confined to savoury dishes, sweetcorn will become a hero of dessert innovation. Its subtle sweetness, nutty umami notes and sunny colour are set to inspire sweetcorn ice creams, custards, drinks and pies, balancing nostalgia with novelty.

**Lily Keeling’s nutritional insight:** “Sweetcorn is full of fibre and incorporating it into desserts is a clever way to boost nutritional value while adding creativity.”

### 3. Cardamom becomes the wellness spice of 2026

From chai to chocolate bars, cardamom’s warming, aromatic flavour is set to take 2026 by storm. Influenced by Scandinavian cardamom rolls, and the rise in Middle Eastern dessert flavours, the spice also boasts natural anti-inflammatory properties and is poised to take over health bars, drinks and sweet treats next year.

**Lily Keeling’s nutritional insight:** “Cardamom’s antioxidant and anti-inflammatory qualities make it well-suited for functional foods, offering both flavour and wellbeing benefits. Try our delicious [Chickpea Tikka Masala with Cardamom Turmeric Rice](#) to see if cardamom is for you.”

### 4. Tahini & black sesame go sweet

- Tahini and black sesame will dominate 2026’s sweet landscape. Expect black sesame ice creams, tahini coffees, and tahini-chocolate pairing. Providing stiff competition to the viral Dubai pistachio chocolate trend, the earthy, nutty profile of sesame is ready for mainstream indulgence.

**Lily Keeling’s nutritional insight:** “Both black sesame and tahini offer healthy fats and nutrient density, making them ideal for enriching sweet treats with more balanced nutrition. Get your fix with Green Chef’s [Sesame Halloumi and Flatbreads with Tahini Yoghurt Dressing](#).”

### 5. Emotions become flavour profiles

- Food and drink brands will increasingly market products by mood rather than flavour, tapping into rising anxiety and sleep concerns, especially among Gen Z consumers. Expect drinks named after emotional states such as ‘Calm’, ‘Happy Tears’ or ‘A Big Hug’, alongside mood-enhancing ingredients.

**Lily Keeling’s nutritional insight:** “This trend aligns with the growing understanding of the gut-brain axis, as consumers look for foods that support both physical and emotional wellbeing.”

### 6. Immunity takes over as the new added benefit

- Immunity-focused foods will become the next major functional category. Expect the shift from ‘added protein’ to ‘added immunity’ with micronutrients, trace minerals and adaptogens designed to support post-pandemic wellness.

**Lily Keeling’s nutritional insight:** “Ingredients such as zinc, Vitamins C & D, and pre/probiotics provide evidence-based ways to enhance immune function, a timely and relevant move for health-conscious consumers.”

## 7. Beef tallow returns to the kitchen

- Beef tallow, once a household staple, is making a culinary comeback. With its high smoke point and rich flavour, chefs will bring tallow back into pastries, chips and elevated savoury dishes, boosted by the carnivore diet trend and declining interest in meat substitutes.

**Lily Keeling's nutritional insight:** *"Beef tallow is great to use in cooking; it imparts a rich, deep savoury flavour that enhances the palatability of foods cooked with it and adds umami notes to a dish."*

## 8. Medicinal herbs enter everyday meals

- Ingredients previously limited to herbal remedies: dandelion greens, nettles, purslane and holy basil will become stars of pesto's, soups, salads and dressings. Their natural health-giving properties tap into the growing allure of eating for wellbeing.

**Lily Keeling's nutritional insight:** "These herbs are rich in vitamins A, C and K, making them powerful additions for boosting micronutrient intake."

As we look ahead to 2026, we're seeing a mix of familiar ingredients appearing in new ways, alongside spices and functional foods designed to support mood, immunity and overall wellbeing. These trends point to a year of innovation and fresh approaches to healthy eating.

Lily Keeling said, *"Who would have guessed sweetcorn ice cream would be on the menu for 2026? These trends are such a great reminder that healthy eating can be exciting and surprising. Next year is looking incredibly innovative, offering a fresh chance for people to explore new flavours and feel good doing it."*

Green Chef is the UK's leading health-focused recipe box, offering nutritionally balanced, chef-designed meals tailored to a wide range of lifestyles. With menus spanning keto, vegan, flexitarian, lower-carb and more; Green Chef makes it easy to eat well without compromising on flavour. Every recipe is crafted with premium ingredients and guided by expert nutrition. Green Chef helps consumers cook confidently, conveniently and healthily, every day. Find out more at [www.greenchef.co.uk](http://www.greenchef.co.uk).

**ENDS**

For press enquiries and interview availability, please contact [josh.habib@ready10.media](mailto:josh.habib@ready10.media)

Find Green Chef on Instagram: [@greenchef.uk](https://www.instagram.com/greenchef)

**About Green Chef**

Green Chef is a recipe box service offering customers a weekly choice of 8 meal preferences (Vegan, Vegetarian, Keto, Lower carb, Calorie conscious, High protein, Pescatarian and Flexitarian) for 2 or 4 people. Every week customers can choose from a variety of 32+ wholesome recipes carefully created in-house by our certified nutritionists.

Customers can plan their meals several weeks ahead by ordering through desktop or mobile app. The box is then delivered to their doorstep from Saturday to Wednesday. Ingredients for each meal are pre-portioned and ordered based on our customers' requests, limiting food waste to an absolute minimum of 0.2% in our own chain. Each meal is accompanied by a recipe card featuring an ingredient list, nutritional information and step-by-step instructions to enable customers to easily prepare tasty meals that fit their health goals. The service is subscription based with the option to pause or cancel at any time.