

PERFORMANCE NUTRITION COOK BOOK



WC Talent Pathway

Michael Naylor

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RULES OF FOOD SHOPPING

RULES RULES RULES

Follow the 8 rules below and you can't go wrong when going shopping

1. FRESH VS FROZEN

In terms of quality there is hardly any difference. If you are pushed for time or can't be bothered then frozen is a better option.

2. ORGANIC VS STANDARD

This is a tricky one. In terms of taste, Organic foods are oftentimes better. In terms of Nutrition quality – There is no scientific research to date to say that organic foods are healthier and more nutritious than their non-organic counterparts.

3. LIST LIST LIST

Never shop without a list. Prepare a quick list before leaving the house then stick to it! If you don't bring a list you will forget to buy the essentials and end up with what you feel like eating at the time!

4. NEVER GO SHOPPING WHEN HUNGRY

If you shop when you are hungry you will buy crap! You will buy what you are craving at the time plus you will buy more than you need and most of it will be unhealthy foods

5. DOUBTS

If in doubt about a particular food, read the label and nutrition info per serving. If it has lots of calories and fat per serving then don't buy it! If still in doubt, don't buy it!

6. LABELS

The ingredients list is always in order: greatest first and least last. So if the product starts out with sugar, fat or any other unhealthy ingredient the food is bad!

7. HYDROGENATED FAT

If you see this ingredient on the food it is BAD! Eating too much Hydrogenated fat can lead to heart disease and heart attacks! Stay away from it! It is commonly found in the following foods:

- Certain Cakes
- Certain biscuits
- Certain cereal bars
- Certain cereals
- Certain Chocolate bars
- Certain Ready Meals
- Certain Crisps

8. SPECIAL OFFERS

Don't get sucked in by BOGOF (Buy one get one free). Most of the special offers are on products that are cheap and unhealthy! Stick to your list!

RED: Stop, Think & Evaluate	AMBER: Caution – Choose With Care	GREEN: GO GO GO
<p>Packaged Foods</p> <ul style="list-style-type: none"> • Chocolate • Sweets • Cakes • Desserts • Crisps • Mayonnaise • Sausage Rolls • Pastries <p>Fridge Foods</p> <ul style="list-style-type: none"> • Full fat milk • Butter • Cream • Deserts • Full fat yoghurts <p>Meats</p> <ul style="list-style-type: none"> • Bacon • Sausages • Black Pudding <p>Frozen</p> <ul style="list-style-type: none"> • Pizzas • Ready Meals • Curries • Burgers <p>Special Offers</p> <ul style="list-style-type: none"> • Buy 1 Get 1 Free • 2 for 1 • 3 for the price of 2 	<p>Packaged Food</p> <ul style="list-style-type: none"> • Cereal Bars • Peanut Butter • Salad Cream • Jam • Pretzels • Popcorn <p>Ready Meals</p> <ul style="list-style-type: none"> • Curries • Pasta meals • Sandwiches <p>Cereals</p> <ul style="list-style-type: none"> • Frosties • Coco Pops • Sugar Puffs • Rice Crispies • Sugar coated cereals <p>Tinned</p> <ul style="list-style-type: none"> • Fruit • Vegetables • Meat • Fish in Oil <p>Fruit</p> <ul style="list-style-type: none"> • Coconut • Avocado <p>Drinks</p> <ul style="list-style-type: none"> • Pop • Diet Drinks • Milkshakes (watch out for full fat ones!) • Long-life fruit juice 	<p>Fresh Fruit</p> <ul style="list-style-type: none"> • Apples • Bananas • Peaches • Grapes • Bananas • Mangoes • Pears • Oranges • Berry Fruits • Kiwi <p>Vegetables (avoid tinned!)</p> <ul style="list-style-type: none"> • Peas • Broccoli • Cauliflower • Carrots • Suede • Corn • Asparagus • Spinach • Potatoes <p>Meat</p> <ul style="list-style-type: none"> • Lean mince • Chicken/Turkey Breast (without skin) • Lean Steaks <p>Fish</p> <ul style="list-style-type: none"> • Mackerel • Tuna steaks • Tined Tuna (in brine) • Salmon • Cod • Crab • Most sea food: Make sure it is Fresh!
RED: Stop, Think &	AMBER: Caution –	GREEN: GO GO GO

Evaluate	Choose With Care	
	<p>Reduced Fat</p> <ul style="list-style-type: none"> • Chocolate • Cakes • Biscuits • Desserts • Crisps <p>Meat</p> <ul style="list-style-type: none"> • Chicken/Turkey Thighs • Meat with skin • Deli cooked meats • Duck • Pork • Sandwich Meat • Gammon • Lamb <p>Other</p> <ul style="list-style-type: none"> • Chutneys • Sandwich filling • Pickled Jars (some contain too much salt) 	<p>Drinks</p> <ul style="list-style-type: none"> • Sparkling Water (sugar free) • Flavoured Water (sugar free) • Cordial/Squash (sugar free) • Soda • Fresh Fruit Juice <p>Packaged Food</p> <ul style="list-style-type: none"> • Basmati/Wild/Brown Rice • Pasta (wholemeal or standard) • Stuffed Pasta • Wholemeal Bread • Tortilla Wraps • Wholemeal Pita Bread • Ryvita • Sugar free jelly • Dried Fruit • Eggs • Risotto <p>Tinned</p> <ul style="list-style-type: none"> • Kidney beans • Lentils • Baked Beans • Chick Peas <p>Cereals</p> <ul style="list-style-type: none"> • All-Bran • Bran Flakes • Weetabix • Muesli • Shreddies • Cheerios • Porridge Oats • Crunchy Bran
RED: Stop, Think &	AMBER: Caution –	GREEN: GO GO GO

Evaluate	Choose With Care	
		<p>Oils</p> <ul style="list-style-type: none"> • Sunflower Oil • Olive Oil • Sesame Oil • Flaxseed Oil <p><i>Note: Don't use too much oil when cooking!</i></p> <p>Nuts</p> <ul style="list-style-type: none"> • Peanuts • Cashew Nuts • Sunflower Seeds • Brazil Nuts • Walnuts <p><i>Note: Don't eat more than a handful of nuts per day.</i></p> <p>Fridge Foods</p> <ul style="list-style-type: none"> • Skimmed Milk • Low fat yoghurts • Low fat Cottage Cheese <p>Other</p> <ul style="list-style-type: none"> • Pepper • Seasoning • Herbs & Spices • Marmite • Balsamic Vinegar • Branston Pickle • Olives

RECIPES

Suitable snacks

The recipes for snacks in this section are suitable for having in between meals or when travelling to away games.

Banana Muffins

Ingredients

- 50g margarine
- 50g brown sugar
- 2 tbsp golden syrup
- 1 medium egg
- 225g flour
- 2 medium mashed bananas
- pinch salt
- 1 tsp baking powder
- 1 tsp vanilla essence
- 5 tbsp skimmed milk

Methods

1. Mix all ingredients in a large bowl
2. Spoon into 10 paper cases
3. Bake at 190°C/gas mark 5 for 20 minutes.

Makes 10 muffins

The bananas can be replaced with:

- Dates
- Apricots
- Prunes
- Apples
- Raisins
- Blueberries



Oatmeal Biscuits

Ingredients

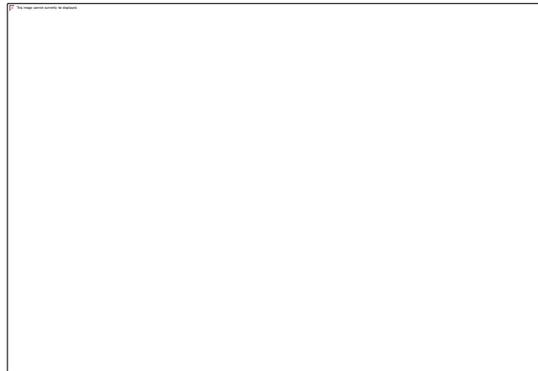
- 75g wholemeal flour
- 150g porridge oats
- 1 tsp vanilla essence
- 2 tbsp sunflower oil
- 30g brown sugar
- 2 tbsp golden syrup
- 50g chopped nuts/raisins or both
- 1 egg

Methods

1. Mix all ingredients in a bowl
2. Placed heaped tablespoonfuls on a non stick baking tray about 2 inches apart
3. Bake at 180°C/gas mark 4 for 10-15 minutes.

Makes 24

You can add 1-2 tbsp of jam or peanut butter for variation.



Muesli Bars

Ingredients

- 50g margarine
- 3 tbsp honey
- 75g muesli
- 75g flour
- 2 eggs
- 225g low fat natural yoghurt (or flavoured depending on taste)
- 225g low fat soft cheese (e.g. Philadelphia)
- 100g mixed dried fruit

Methods

1. Combine margarine and honey
2. Mix in yoghurt, soft cheese and eggs, followed by remaining ingredients
3. Spoon into non-stick baking tin
4. Bake for 20-25 minutes or until firm golden brown
5. Slice into 16 bars

For variation you can add crunched up ban flakes, fruit and fibre or other breakfast cereals.

Makes 16 bars



Granola Bars

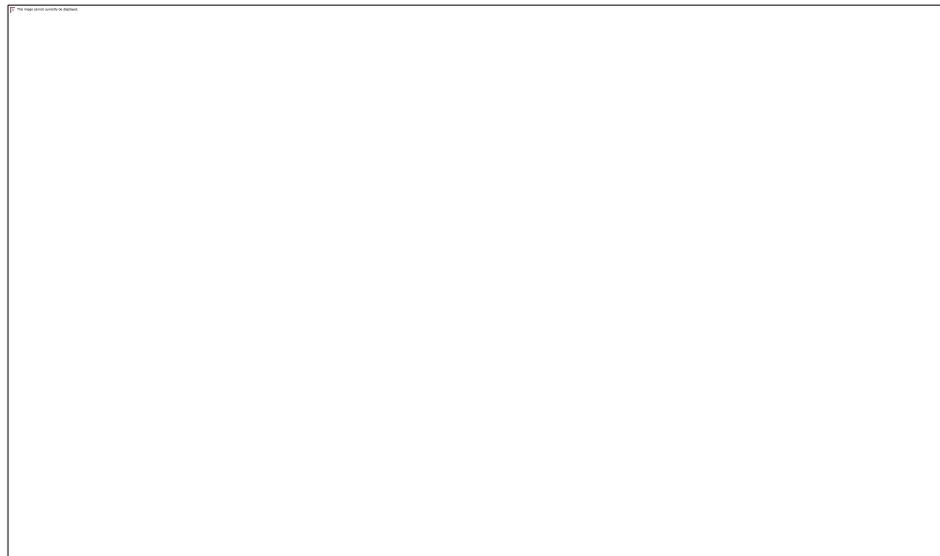
Ingredients

- 2 cups porridge oats
- 1.2 cup crushed walnuts
- 1/2 cup raisins
- 4 tbsp sunflower seeds
- 3-4 tbsp skimmed milk powder
- 2 tbsp honey
- pinch of salt
- 1/2 tsp vanilla extract
- 3-4 tbsp golden syrup

Methods

1. In a large mixing bowl combine the oats, walnuts, seeds, raisins, and milk powder.
2. Add the honey, syrup, vanilla and salt.
3. Stir until all the ingredients are thoroughly mixed
4. Coat a clean dry 8 by 8 inch baking tray with olive oil cooking spray then press the mixture into the bottom of the tray (approx. 1 inch thick)
5. Bake at 175°C for 10-15 minutes

8 servings



Peanut Butter Flapjacks

Ingredients

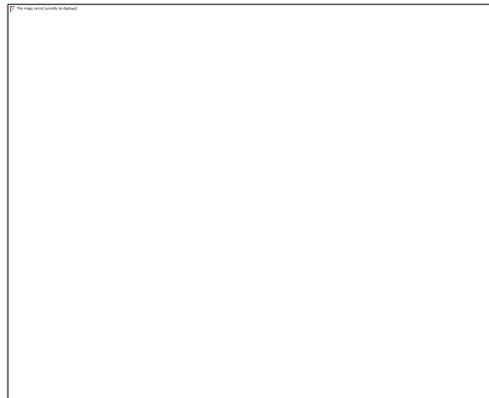
- 4-5 tbsp peanut butter
- 125g porridge oats
- 60g muesli
- 4 tbsp golden syrup
- 50g raisins
- 2 tbsp sugar
- 50g margarine

Methods

1. Mix all ingredients together in a bowl
2. Transfer to a non-stick baking tray
3. Bake at 180°C for 15-20 minutes
4. When cool cut into 12 squares

Makes 12 servings

For alternative options you can add fruit/dried fruit depending on taste.



Meals

Chicken with Rice

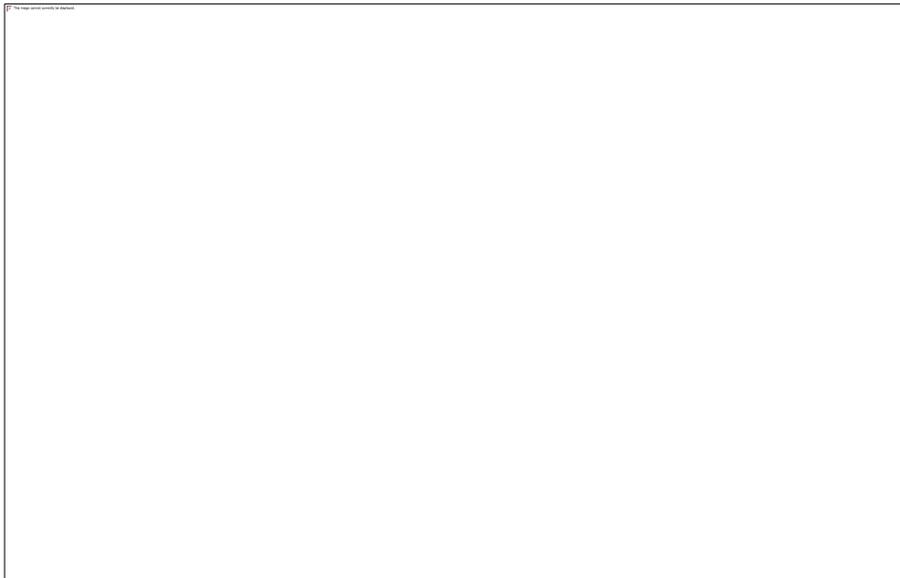
Ingredients

- 2 tsp olive oil
- 2 skinless medium chicken breasts
- 175g brown or basmati rice
- 1 medium onion chopped
- 3 chopped garlic cloves
- 1-2 tsp paprika powder to taste
- 1 tbsp tomato puree
- 3 tbsp tap water
- 1 tbsp ground pepper
- 2 cups mixed vegetables

Methods

1. Cook the chicken on both sides under a hot grill for 15 minutes
2. Boil rice to instructions
3. Meanwhile, heat oil in a non-stick pan and brown the garlic and onions
4. Add pepper and paprika powder and cook for a further 2 minutes
5. Cut the chicken into chunks and add to pan with tomato puree and water
6. Cover and cook for a further 5-10 mins.
7. Serve with rice and mixed steamed vegetables

Serves 2



Tandoori Grilled Chicken

Ingredients

- 228g carton of natural low fat yoghurt
- 1 Tbsp lemon juice
- 2 tsp paprika
- 2 garlic cloves minced
- ½ tsp ground ginger
- ½ tsp cumin
- ½ tsp cayenne pepper
- ½ tsp cinnamon
- 4 boneless, skinless chicken breast halves.

Methods

In a small bowl, mix together the yogurt, lemon juice, paprika, garlic, ginger, cumin, cayenne pepper & cinnamon. Place the chicken breasts in a shallow glass pan & pour the marinade over the pieces, turning to coat thoroughly. Cover tightly & refrigerate for 1–8 hours, turning occasionally. Place the chicken on a preheated grill & grill for 5-7 minutes. Discard any unused marinade.

Serves 4



Mediterranean Beef and Vegetable Grill

Ingredients

- 455g hindquarter flank steak
- 1 small courgette cut into 1 inch cubes
- 1 small tomato cut into 8 pieces
- ¼ onion cut into ¼ inch pieces
- 1 green pepper cut into ¼ inch pieces
- 1 Tbsp balsamic vinegar
- 1 tsp black pepper coarsely ground
- 1 tsp garlic granules
- 8 x 10 inch wooden skewers.

Methods

Partially freeze the steak for about 30 minutes. Remove any visible fat and cut the beef into very thin slices across the grain of the meat. Thread the steak through 4 of the skewers in an accordion fashion. Set aside. Thread the vegetables through the remaining 4 skewers, alternating vegetables on each. In a small bowl, mix together the vinegar, pepper and garlic granules. Place the beef skewers on a pre heated grill horizontally & grill for 4 minutes. Add the vegetable skewers and sprinkle all the skewers with the vinegar, pepper & garlic granules mixture. Grill for an additional 3–4 minutes.

Serves 4



Broccoli Beef Stir Fry

Ingredients

- 150g lean beef strips
- 2 cups broccoli flower clusters
- 1 large sliced carrot
- 1 large onion chopped into 1 inch squares
- 4 cloves garlic, chopped
- 1 tbsp olive oil
- 1 tbsp peanut oil
- 1 tbsp soy sauce
- pinch of salt

Methods

1. Marinate the beef strips with the chopped garlic, soy sauce and oil. For best results the beef should be marinated 24 hours before cooking.
2. Heat the olive oil in a stir fry pan and add the garlic and onions - fry for 5 minutes
3. Add the beef strips and cook as desired
4. Add the broccoli, carrot and salt and stir-fry for 5-10 minutes.
5. Drizzle some soy sauce over the top before serving
6. This dish can be served with either noodles or rice.

Serves 2



Bermuda Chicken

Prep: 10 min

Cook: 15 min

Ingredients

- 1-1/2 lbs. boneless skinless chicken breast halves
- 2 Tbs. olive oil
- 1 shallot, minced (or red onion)
- 1 cup dry breadcrumbs
- 3 Tbs. parsley, chopped
- 1/4 tsp. thyme, or 3/4 tsp. fresh, minced
- 1/8 tsp. rosemary, crumbled, or 1/2 tsp. fresh, minced
- 1 egg yolk

Methods

Place chicken breasts between two sheets of wax paper and pound lightly with a mallet or other heavy flat object to flatten to 1/4 inch thick. Heat 1 tsp. oil in a heavy small skillet over medium low heat. Sauté shallot 1-2 minutes, or until softened.

Transfer shallot to a bowl and set aside. Add next 4 ingredients and salt and pepper to taste to bowl with shallot. Add 1/2 tsp. oil and egg yolk and lightly toss. Heat remaining oil in a heavy nonstick skillet over medium high heat. Sauté chicken 3 minutes per side.

Turn on broiler. Place chicken breasts on a platter. Press a portion of crumb mixture onto one side of each chicken breast until breadcrumb mixture is 1/4 inch thick. Place chicken on broiler pan, crumb side up, and broil 1 minute, or until golden. Serve crumb side up.

Per serving:

- calories 373
- fat 11.6g, 29% calories from fat
- cholesterol 152mg
- protein 43.6g
- carbohydrates 20.6g
- fibre 0.8g
- sugar 0.8g
- sodium 354mg



Beef Stroganoff

Ingredients

- 250g sirloin beef cut into 1 inch cubes
- 1 large onion chopped
- 1 tsp olive oil
- 3 cups sliced mushrooms
- 1 carrot sliced
- 4 cloves garlic chopped
- 1 beef oxo cube
- 1 cup low fat plain yoghurt
- 1/2 cup low fat mozzarella cheese
- Salt and pepper to taste

Methods

1. Heat 1 tsp of olive oil in a stir fry pan and brown the garlic and onions
2. Brown the beef for 5-8 minutes on medium heat
3. Add the mushrooms and carrots and continue stir frying for an additional 5-7 minutes.
4. Add the oxo cube, salt and pepper and bring to low boil
5. Add the yoghurt 1 tbsp at a time, stirring constantly
6. Cover and simmer for 15 minutes on medium low heat
7. Remove lid and add the cheese and stir until thoroughly blended
8. This dish can be served with basmati or wild rice and grilled peppers.

Serves 2



Parmesan Turkey Breasts, Vegetables and Garlic Bread

Ingredients

- 1-1/2 lbs. turkey breast fillets
- 1/3 cup seasoned breadcrumbs
- 2 Tbs. grated Parmesan cheese
- 1 Tbs. virgin olive oil
- 1/2 cup onion, chopped
- 1 clove garlic, minced
- 1/2 lb. zucchini, cut into 1/2 inch slices
- 1/2 lb. small yellow squash, cut into 1/2 inch slices
- 1 red bell pepper, seeded and cut into 1 inch pieces
- 2 Tbs. Italian dressing
- 4 slices French bread, 1/2 inch thick, toasted and hot
- 1 clove garlic, halved
- 1 Tbs. plus 1 tsp. olive oil

Methods

1. Place turkey fillets between two sheets of waxed paper and pound lightly with a mallet or other heavy flat object to flatten to 1/2 inch thickness.
2. Combine breadcrumbs, Parmesan and salt and pepper to taste in a shallow pie pan.
3. Dredge turkey in breadcrumbs, pressing lightly to adhere. Heat oil in a heavy non-stick skillet over medium high heat.
4. Sauté turkey 3-4 minutes per side or until golden.
5. Transfer to a platter, set aside and keep warm. Sauté onions and garlic 3-4 minutes or until softened. Serve onions over turkey.
6. Place vegetables in a steamer basket over boiling water. Cover pan and steam 5 minutes or until almost tender. Transfer to a serving bowl, add dressing and toss.
7. Lightly rub one side of hot toast with cut side of garlic clove.
8. Drizzle with oil and season with salt and pepper to taste. Serve warm with turkey and vegetables.

Serves 4



Baked Potatoes with Sour Cream and Refried Beans

Ingredients

- baking potatoes, scrubbed
- 1/2 cup low fat sour cream
- 3 Tbs. olive oil
- 1-1/2 cups onion, chopped
- 1/2 cup green bell pepper, seeded and minced
- 1/4 tsp. black pepper
- 1/4 tsp. coriander
- 3 cloves garlic, minced
- 2 tsp. ground cumin
- 3 cups canned pinto beans

Methods

1. Preheat oven to 170°C
2. Bake potatoes 45 minutes, or until tender.
3. Serve potatoes topped with a dollop of sour cream and seasoned with salt and pepper to taste.
4. While potato is cooking, heat oil in a heavy skillet over medium high heat.
5. Sauté onions, green pepper and spices 4-5 minutes until onion is softened.
6. Stir in beans.
7. Cover, remove from heat and allow to heat through.
8. Put back on heat, stir and add sea salt to taste. Adjust seasonings and serve with potato

Serves 4



Roast Beef Sandwiches with Pickles

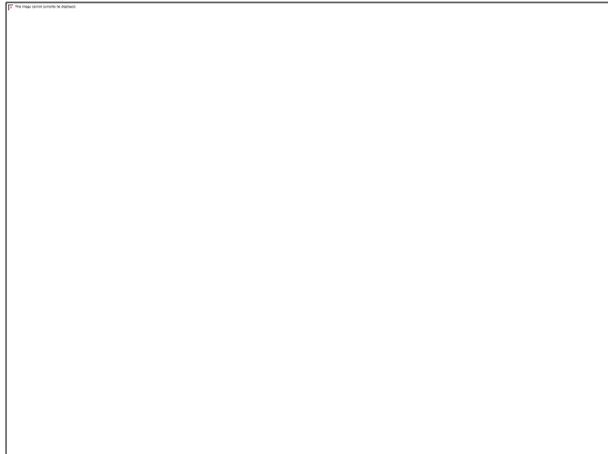
Ingredients

- 8 slices rye bread
- 1/4 cup prepared horseradish
- 3/4 lb. cooked roast beef, thinly sliced
- 1/2 cup ketchup or barbecue sauce
- lettuce leaves
- 4 dill pickle wedges

Methods

1. Spread horseradish over one side of each slice of bread.
2. Divide sliced roast beef between half the bread slices and top with ketchup, lettuce and remaining bread slices.
3. Cut in half diagonally and serve with dill pickle.

Serves 4



Spaghetti with Ricotta

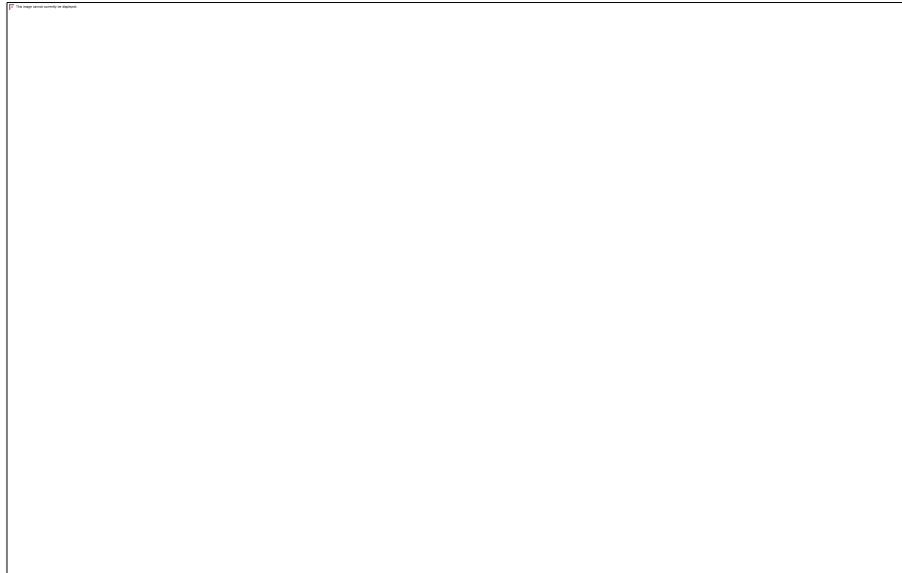
Ingredients

- 3/4 lb. spaghetti
- 1 cup part-skim ricotta cheese
- 1 clove garlic, minced
- 1/4 tsp. basil, or 2 tsp. fresh, chopped
- 1/8 tsp. salt (optional)
- 2 Tbs. grated Parmesan cheese

Methods

1. Cook pasta in boiling water until al dente.
2. Drain pasta, reserving 2 Tbs. cooking liquid.
3. Combine ricotta, garlic and basil in a heavy saucepan over medium low heat.
4. Cook 4 minutes or until mixture is hot.
5. Season with salt and pepper to taste.
6. Stir ricotta mixture into pasta and add reserved cooking liquid. Serve with Parmesan.

Serves 4



Cranberry Pork Chops and New Potatoes with Dill

Ingredients

- 3/4 tsp. margarine (e.g. flora light)
- 3/4 tsp. olive oil
- boneless pork loin chops, 1/2 inch thick
- 2/3 cup onion, chopped
- 3-1/2 Tbs. carrots, peeled and chopped
- 2/3 cup plus 3 Tbs. chicken stock
- 1 Tbs. plus 1 tsp. sugar
- 1 Tbs. plus 1 tsp. red wine vinegar
- 1/3 cup cranberries
- 3/4 tsp. fresh dill, chopped
- 1 Tbs. plus 1 tsp. oil
- 1 Tbs. fresh lemon juice
- 3/4 lb. new potatoes, skins left on, thinly sliced

Methods

1. Heat margarine and oil in a heavy non-stick skillet over medium high heat.
2. Brown chops 1 minute per side. Set aside.
3. Sauté onions and carrots 5-7 minutes until brown and tender.
4. Return chops to pan and add stock. Cover, reduce heat to low and simmer 10-12 minutes, until pork is cooked throughout.
5. Remove chops and keep warm. Add remaining ingredients. Cook 4-5 minutes until cranberries pop.
6. Return chops to skillet and cook until pork is heated throughout. Serve sauce over chops.
7. Preheat oven to 450°F. Combine first 3 ingredients in a bowl (Do this while simmering pork)
8. Toss in potatoes and season with salt and pepper to taste.
9. Transfer to a well oiled casserole pan and roast about 25 minutes, turning occasionally until golden. Serve immediately.

Serves 4



Baked Cod and Pasta with Black Beans and Broccoli

Ingredients

- 1-1/2 lbs. cod fillets, or other whitefish
- 1/4 tsp. lemon pepper
- 1-1/2 tsp. olive oil
- 2 cloves garlic, minced
- 2/3 cup vegetable or chicken stock
- 1 lb. canned black beans, rinsed and drained
- 1/8 tsp. chilli pepper flakes
- 2 Tbs. pesto pasta dressing
- 3-4 cups small shell pasta
- 3/4 lb. broccoli florets
- 2 Tbs. grated Parmesan cheese

Methods

1. Preheat oven to 375°F. Arrange fillets in a baking dish. Drizzle with oil and season with salt and lemon pepper to taste.
2. Bake 10-12 minutes or until fish is cooked throughout.
3. Heat oil in a heavy non-stick skillet over medium high heat. Sauté garlic 1 minute. Stir in stock, beans and chilli pepper flakes.
4. Simmer 5 minutes or until sauce begins to thicken. Stir in pesto and set aside.
5. While sauce is cooking, cook pasta in boiling salted water 7 minutes or until almost tender.
6. Add broccoli and cook another 4-5 minutes or until broccoli is almost tender and pasta is al dente.
7. Drain thoroughly. Transfer pasta and broccoli to sauce and toss until coated.
8. Season with salt and pepper to taste. Serve with Parmesan.

Serves 4



Seven Layer Salad

Ingredients

- 1/4 head iceberg lettuce, washed
- 1/2 cup bottled real bacon pieces
- 1/2 medium green bell pepper, seeded and chopped
- 1/2 small onion, chopped
- 150g frozen peas, thawed
- 2 celery ribs, chopped
- 1 carrot, peeled and shredded
- 1/2 cup shredded cheddar cheese
- 3/4 cup mayonnaise type salad dressing
- 2 Tbs. sugar
- 1/2 cup croutons

Methods

1. Prepare day before serving. Arrange lettuce in the bottom of a deep baking dish or plastic container with a cover.
2. Sprinkle with bacon pieces.
3. Layer with remaining vegetables and sprinkle with cheese.
4. Combine salad dressing and sugar in a bowl. Spread over top of salad so it is air tight.
5. Cover and refrigerate until serving time.
6. Just before serving, toss and add croutons, if desired.

Serves 4



DESSERTS

Rice Pudding

Ingredients

- 1 cup dry basmati rice, rinsed and drained
- 3/4 pint skimmed milk
- 1/2 cup dry skim milk powder
- 3-5 tbsp brown sugar (depending on taste)
- pinch of salt
- 2 tbsp cinnamon

Methods

1. Bring the basmati rice to a boil in the milk, cover and simmer on low heat for 15 minutes
2. Remove from heat and fluff with a fork
3. Add the skimmed milk powder (and sugar as desired) and pinch of salt, cinnamon and stir
4. Cover and after cooled and store in fridge
5. You can add jam, honey or raisins as desired.

Serves 3



Low Fat Heavenly Cake

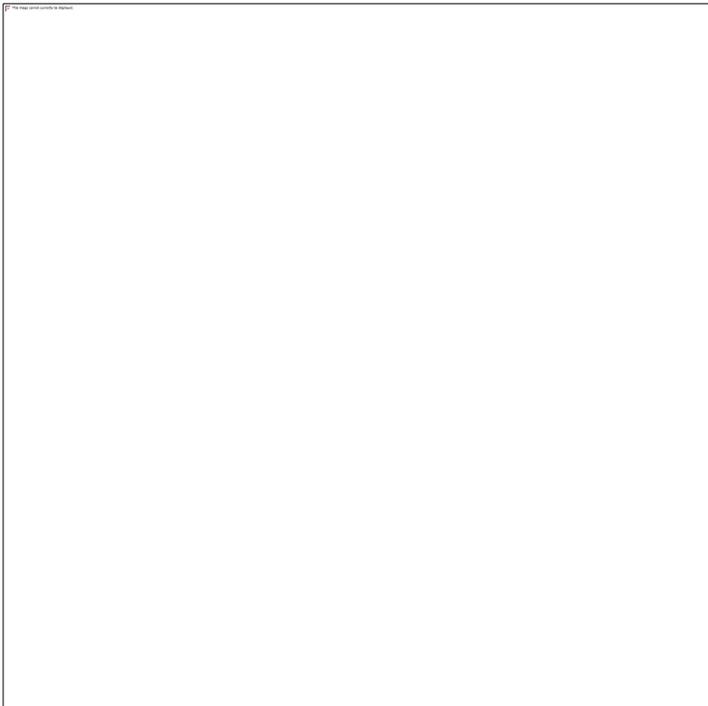
Ingredients

- 1 cup sugar
- 1 egg
- 1/2 tsp. vanilla extract
- 1-1/4 cups unsweetened crushed pineapple, with juice, pureed
- 1 cup all purpose flour
- 1 tsp. baking soda
- 1/2 cup walnuts, finely ground

Methods

1. Preheat oven to 350°F. Butter and flour one 9 inch baking pan and set aside.
2. Combine eggs, sugar, and vanilla in a deep mixing bowl. Beat with electric mixer on high speed until light in texture.
3. Add pineapple and mix thoroughly.
4. Add flour, baking soda, and ground walnuts and mix until combined. Do not over mix.
5. Pour into prepared baking pan.
6. Bake 30 minutes, or until tester comes out clean when inserted in centre.
7. Cool and serve

Serves 8



Low Fat Cherry Chocolate Pie

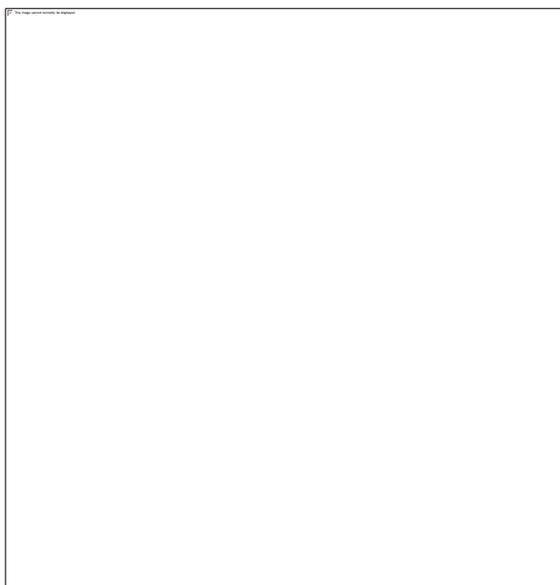
Ingredients

- 1 cup cake mix
- 1/4 cup cocoa
- 1/4 cup unsalted margarine (e.g. flora light), softened
- 2 Tbs. sugar
- 3 Tbs. boiling water
- 200g fat-free cream cheese, softened
- 1/2 cup powdered sugar
- 1 tsp. vanilla extract
- 1 cup light frozen dessert topping
- 1-1/4 lbs. cherry light pie filling
- 1 Tbs. chocolate fudge topping

Methods

1. Prepare chocolate pie shell: Preheat oven to 180°C. Combine first 4 ingredients in a bowl. Add boiling water. Stir vigorously until a very soft dough forms.
2. Press dough firmly with floured fingers in an ungreased 9 inch pie plate, bringing dough onto rim of plate.
3. Bake 8-10 minutes, until set. Cool.
4. Combine cream cheese, powdered sugar and vanilla in a bowl and mix until well blended.
5. Fold in dessert topping. Spoon into pie shell and spread with pie filling. Drizzle with topping. Refrigerate at least 8 hours, until set.

Serves 10



Fancy Fruit Salad

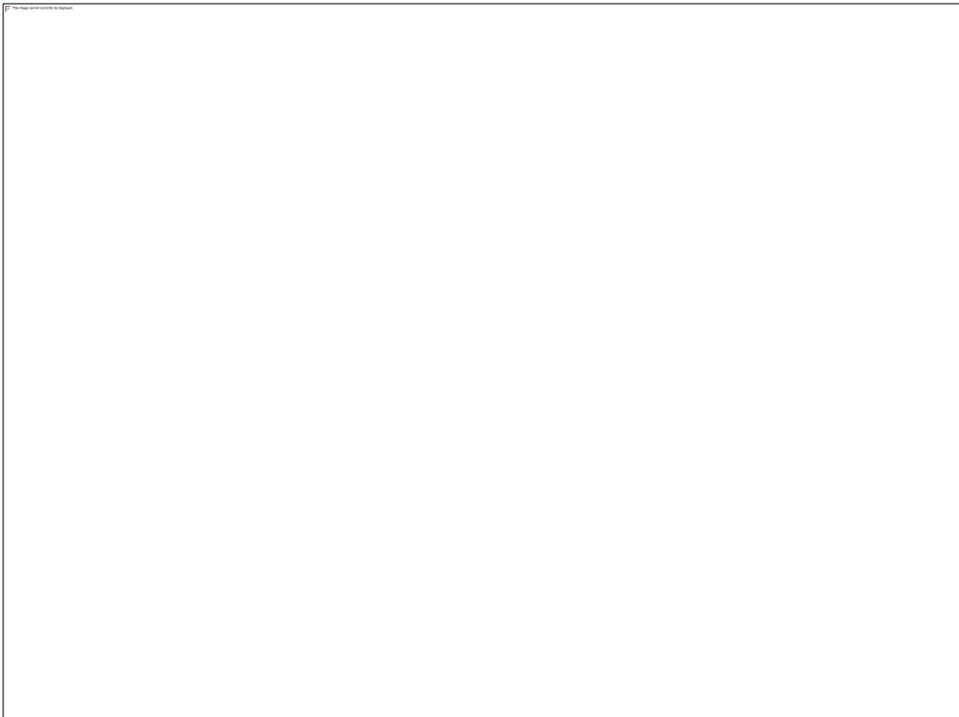
Ingredients

- 200g pineapple chunks, drained
- 60g pitted dates
- 1-1/4 medium carrots, thinly sliced
- 3/4 orange, peeled and sliced
- 3/4 banana, peeled and sliced
- 1 Tbs. plus 2 tsp. honey
- 2-1/2 tsp. white wine vinegar
- 2-1/2 tsp. lime juice
- 1-1/4 tsp. vegetable oil
- 3/4 tsp. lime zest

Methods

1. Combine first 5 ingredients in a large bowl.
2. Combine remaining ingredients in a jar with a tight-fitting lid.
3. Shake vigorously and pour over fruit.
4. Chill until ready to serve.

Serves 4



Low Fat Banana Split Shortcakes

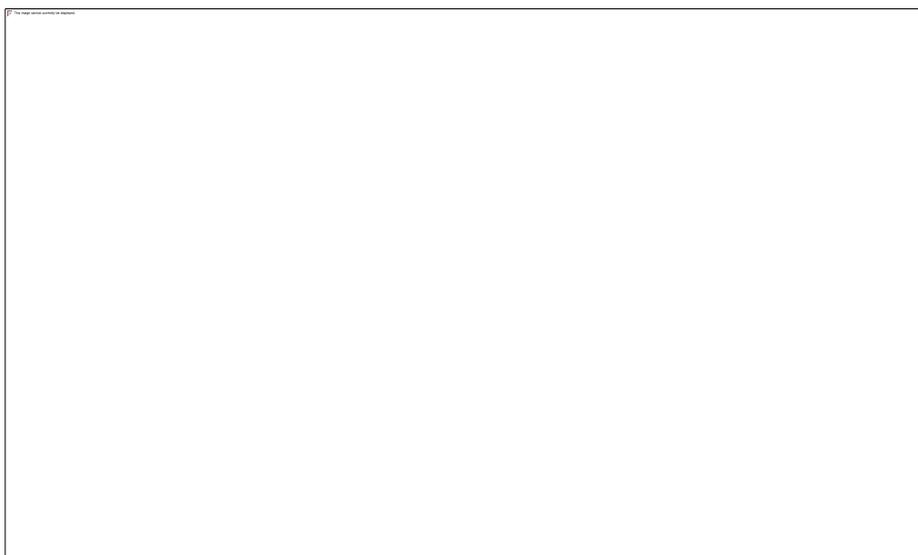
Ingredients

- 3 cups strawberries, sliced
- 1/4 cup plus 3 Tbs. sugar
- 2-1/3 cups buttermilk baking mix
- 1/2 cup half and half
- 3 Tbs. margarine (e.g. flora light)
- 3/4 cup light frozen dessert topping
- 2 cups vanilla low fat ice cream
- 2 medium bananas, sliced
- 1/3 cup chocolate fudge topping, warm

Methods

1. Combine strawberries and 1/4 cup sugar in a bowl. Let stand 1 hour.
2. Preheat oven to 170°C. Combine baking mix, half and half, margarine and 3 Tbs. sugar until a soft dough forms.
3. Gently smooth dough into a ball on a cloth covered surface well floured with baking mix. Knead 8-10 times. Pat or roll dough to 1/2 inch thick.
4. Cut with a floured 3 inch cutter.
5. Bake 10-12 minutes on an grease proof paper until golden brown.
6. Split shortcakes while warm. Place bottom halves on dessert plates.
7. Top with ice cream, half the strawberries and bananas. Replace tops.
8. Spoon remaining strawberries and bananas on top. Top with whipped topping. Drizzle fudge topping over shortcakes.

Serves 6



Apple Crumble

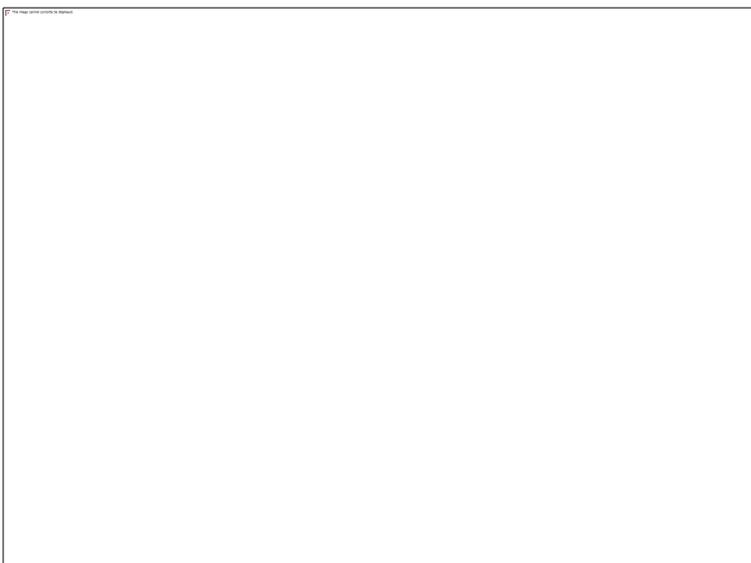
Ingredients

- 3-1/2 cups apples, pared and finely chopped
- 1-1/4 cups brown sugar, packed
- 2 cups buttermilk baking mix
- 2 tsp. ground cinnamon
- 1/2 cup unsalted margarine, softened
- 1-1/2 cups quick cooking oats

Methods

1. Preheat oven to 180°C. Prepare apple filling: Combine apples, 1/2 cup brown sugar, 2 Tbs. baking mix, and cinnamon in a saucepan.
2. Cook 8-10 minutes over low heat, stirring occasionally, until thickened. Cool slightly.
3. Combine 3/4 cup brown sugar and butter in a bowl. Stir in 2 cups baking mix and oats until crumbly.
4. Press half of crumb mixture in a greased 13x9 inch pan.
5. Top with apple filling. Sprinkle with remaining crumb mixture. Press lightly.
6. Bake about 25 minutes, or until golden brown.
7. Serve warm or cool and, if desired, with low fat ice cream.

Serves 6



Milkshakes and Smoothies

Chocolate Peanut Butter Shake

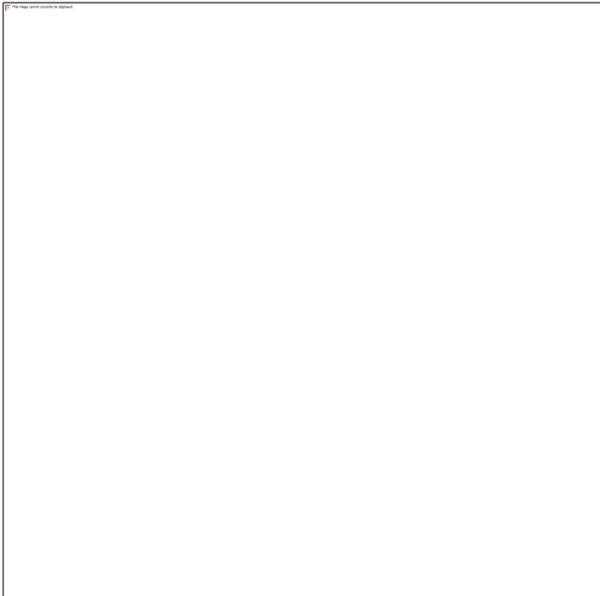
Ingredients

- 1/2 pint skimmed milk
- 1/2 cup low fat natural cottage cheese
- Handful of ice cubes
- 1-2 tsp honey

Methods

1. Add all the ingredients to a blender and process on medium to high for 30 seconds, until smooth and creamy.

Serves 1



Almond Coconut Shake

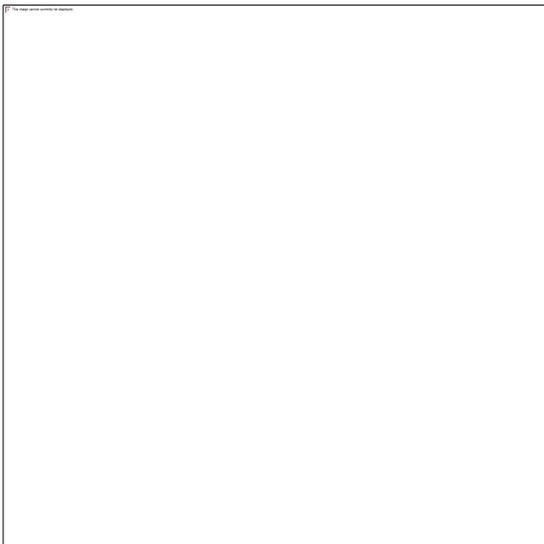
Ingredients

- 2 tbsp chocolate Nesquik
- 2 tbsp skimmed milk powder
- 1/2 pint skimmed milk
- 6 almonds
- 1 tbsp grated coconut
- 1/2 tsp almond extract
- handful of ice

Methods

1. Combine all of the ingredients except the almonds in a blender and process on medium-high for 45 seconds.
2. Add the almonds and process on low-medium, just until they are chopped.

Serves 1



Mixed Berry Shake

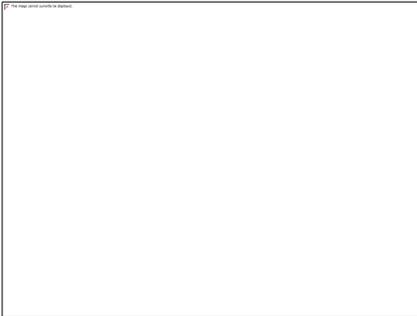
Ingredients

- 1 cup frozen strawberries
- 1.2 cup frozen blueberries
- 1/2 cup frozen raspberries
- 1/2 cup low-fat plain yoghurt
- 2 tbsp skimmed milk powder
- 1 tbsp honey
- handful of ice

Methods

Combine all the ingredients in a blender and blend on medium-high for 30-45 seconds. Additional Sweetener or sugar can be added according to taste.

Serves 1



Strawberry Banana Shake

Ingredients

- 1 medium banana
- 1 cup strawberries
- 1 cup skimmed milk
- 2 tbsp skimmed milk
- handful of ice cubes
- 1 tsp sweetener or sugar to taste

Methods

Combine all ingredients in a blender and process on medium-high for 30-45 seconds.

More ice can be added for a thicker shake.

Serves 1



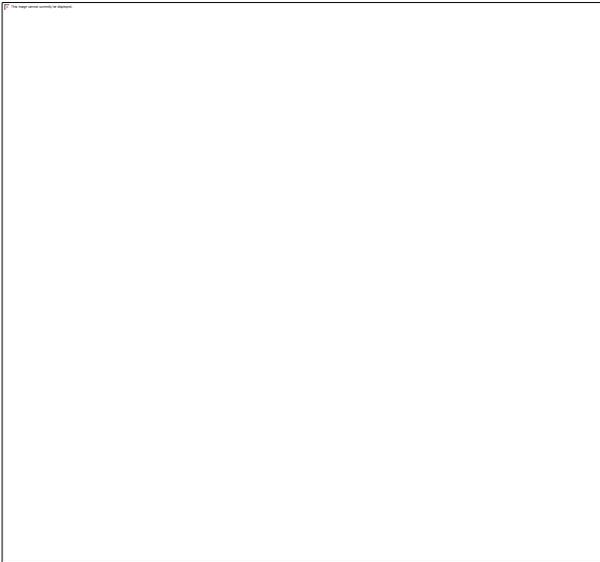
Apple and Cinnamon Shake

Ingredients

- 2 tbsp skimmed milk powder
- 1 cup apple sauce
- 1 tsp cinnamon
- 1tbsp honey
- handful of ice cubes

Methods

Combine all of the ingredients in a blender and process on medium-high for 30 45 seconds.



Hazelnut Coffee Smoothie

Ingredients

- 2 cups fresh roasted hazelnut flavoured coffee beans, cooled
- 1 cup skimmed milk
- 2 tsp. sugar
- ice cubes
- ground hazelnuts

Methods

1. Combine first 4 ingredients in blender.
2. Blend until smooth.
3. Top with frothy milk and chopped hazelnuts

Serves 2

