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BASICS

recipe book



LIVELIGHTER®



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Cooking at home is a great way to save money, and can be really simple! The recipes in this booklet are quick to make and use common and cheap ingredients.

All the main meals serve 4-6 people. If you have more mouths to feed, extend the recipe by adding more vegetables and serve with wholemeal bread or a salad. Left-overs can be frozen in portions for up to 3 months, or kept in the fridge for 2 days.

Fresh fruit and vegetables can be swapped for canned or frozen. For more ideas on adapting recipes to ingredients you already have, see page 50.

You can find even more recipes at livelighter.com.au

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Apple Porridge

Servings: 4

Preparation time: 5 minutes | Cooking time: 8 minutes

Ingredients

- 2 cups rolled oats
- 4 cups water
- 1 large apple, cored and finely sliced
- low-fat milk, to serve

Method*Microwave*

1. Combine all ingredients in a microwave safe bowl with high sides.
2. Microwave on HIGH for 8 minutes, stopping and stirring every 2 minutes.

Stove top

1. Combine all ingredients in a small saucepan over medium heat.
2. Bring to a slow boil and then reduce the heat to low.
3. Cook porridge, stirring occasionally for 10 minutes or until thick.
4. Add milk to serve.



Pear Pancakes

Servings: 4

Preparation time: 5 minutes | Cooking time: 10 minutes

Ingredients

1 cup of self-raising flour
 1 cup of low-fat milk
 1 egg
 1 pear (or apple, or sliced banana, or ¼ cup drained canned diced fruit in juice)

Method

1. Put the flour, milk and egg in a mixing bowl and whisk until smooth.
2. Grate in the pear, and then stir through with a spoon.
3. Warm up a large non-stick pan over medium heat.
4. Add the batter, a spoonful at a time to the hot pan.
5. Watch the surface of the pancake. When bubbles form and the edges begin to look dry, gently lift one edge of the pancake to check for colour. Golden brown means ready to flip.
6. After flipping, continue cooking for a few more minutes until pancakes are cooked through.



Serving Suggestion:

Serve warm with a tablespoon of natural yoghurt.



Bircher Muesli

Servings: 4

Preparation time: 5 minutes + 2 hours standing

Ingredients

1 ½ cups low-fat natural yoghurt
 1 heaped cup rolled oats
 2 apples, grated
 ¼ teaspoon cinnamon
 juice of 2 oranges (or ½ cup 100% fruit juice)

Method

1. Combine all ingredients together in a bowl or plastic container.
2. Refrigerate until the liquid has been absorbed and oats are soft.

Tip:

Bircher muesli is best made the night before you want to eat it. It keeps well in the fridge for up to 4 days.



Breakfast Smoothie

Servings: 2

Preparation time: 3 minutes

Ingredients

2 cups low-fat milk
 ½ cup low-fat natural or vanilla yoghurt
 1 ripe banana, sliced
 1-2 tablespoons rolled oats

Method

1. Place all ingredients in a blender, mixing until smooth and well combined.
2. Serve immediately.

Variation:

Replace banana with ½ cup of drained canned fruit.



Eggs

Omelette

(Allow 2 eggs per person)

1. Break the eggs into a bowl. Add some pepper and whisk with a fork to break up the yolk.
2. Place a frying pan over medium heat. Add a teaspoon of margarine and tilt the pan slightly so the margarine melts and covers the pan.
3. When the margarine has melted, pour the eggs into the pan. Let the mixture set slightly.
4. Tilt pan gently to let egg mixture spread and fill spaces. Leave to set for 1 minute.
5. Place desired filling over half of the omelette.
6. Using a spatula, gently fold the omelette over the filling.
7. Tilt the pan, and slide the omelette onto a serving plate.

Omelette Fillings

- tomato, chopped
- canned mushrooms, sliced
- low-fat cheese, grated
- frozen corn, defrosted
- zucchini, grated
- capsicum, sliced

Boiled Eggs

(Allow 1 egg per person)

1. Gently place the egg in a saucepan. Pour cold water over the top until it is covered by about 1cm of water.
2. Place saucepan over high heat and watch until the water boils (you will see it rapidly bubble and steam rise).
3. As soon as the water boils, turn the heat down to a simmer (you will see only little bubbles form on the bottom and sides of pan).
4. Leave the egg to simmer for:
3 minutes if you like a really soft-boiled egg.
4 minutes for a white that is just set and a yolk that is creamy.
5 minutes for a white and yolk set but still soft.
7 minutes for hard boiled and cooked through.
5. Remove from the pan with a large spoon.

Poached Eggs

(Allow 1 egg per person)

1. Add water to a frying pan until it is about 2.5cm deep.
2. Place the frying pan over high heat and bring the water to the boil. As soon as the water boils, reduce the heat to a simmer (you will only see little bubbles form on the bottom and sides of pan).
3. Carefully break the egg into the water. As soon as the egg hits the water, start a kitchen timer for 6 minutes, for soft eggs.
4. Gently remove the egg with a large spoon and let it drain on kitchen paper before serving.

Scrambled Eggs

(Allow 2 eggs per person)

1. Break the eggs into a bowl or mug. Add some pepper and whisk with a fork to break up the yolk.
2. Place a frying pan over medium heat. Add 1 teaspoon margarine and tilt the pan slightly so it melts and covers the pan.
3. Pour the eggs into the pan. Keep stirring the mixture with a wooden spoon to mix up the egg as it cooks.
4. When more than half of the mixture is lumpy and cooked, but there is still some liquid in the pan, turn off the heat and keep stirring. The pan will still be hot enough to cook the eggs perfectly.

French Toast

(Allow 1 egg and 2 slices wholemeal bread per person)

1. Beat egg, $\frac{1}{4}$ cup milk and $\frac{1}{4}$ teaspoon cinnamon together in a bowl.
2. Heat non-stick pan over medium heat. Spray pan with oil.
3. Dip bread in egg mixture until well coated.
4. Place coated bread in pan and cook for 3 minutes on one side.
5. Flip and cook for one more minute until egg is cooked.
6. While toast is cooking, thaw frozen berries in microwave (about 30 seconds on high).
7. Serve berries on top of French toast.



Toast Toppers

Servings: 1

Mexican Twist Toast

Ingredients

- 2 slices wholemeal bread, toasted
- 2 tablespoons tomato salsa
- 2 tablespoons no-added-salt refried beans or no-added-salt baked beans
- ½ cup low-fat grated cheese

Method

1. Spread toast with salsa, then cover with the beans.
2. Top with cheese and grill for 1 minute or until cheese has melted.

Strawberry Toast

Ingredients

- 2 slices wholemeal bread, toasted
- 2 tablespoons reduced-fat cream cheese
- 1 cup strawberries or bananas, thinly sliced

Method

1. Spread toast with cream cheese and top with slices of strawberry.

Grilled Tomato and Mushroom Toast

Ingredients

- 2 slices wholemeal bread, toasted
- 1 tomato, sliced
- 50g canned mushrooms, drained
- sprinkle of pepper

Method

1. Grill slices of tomato and mushroom until soft.
2. Layer tomato and mushroom on toast and then sprinkle with pepper.

Peppered Tuna and Tomato Toast

Ingredients

- 2 slices wholemeal bread, toasted
- 1 tomato, sliced
- 185g tuna in spring water, drained
- sprinkle of pepper

Method

1. Lay the slices of tomato on the toast.
2. Top with tuna, sprinkle with pepper.

Boiled Egg, Grilled Tomato and Cheese Toast

Ingredients

- 2 slices wholemeal bread, toasted
- ½ cup low-fat cottage cheese
- 1 boiled egg, sliced
- 1 tomato, sliced

Method

1. Grill the tomato until soft.
2. Spread the toast with cottage cheese and top with slices of egg and tomato.



Pizza Base

Servings: 4

Preparation time: 5 minutes | Cooking time: 15 minutes

Ingredients

1 cup self-raising flour
1 cup of Greek or natural yoghurt
cooking oil spray

Pizza Toppers

Tropical

- pineapple pieces
- low-fat grated cheese
- no-added-salt tomato paste
- diced tomato
- sliced mushrooms

Vegetarian

- thinly sliced onion
- sliced capsicum
- champignons (mushrooms) sliced
- spinach leaves
- low-fat grated cheese

Method

1. Preheat oven to 200°C (180°C fan forced).
2. In a bowl, combine the flour and half of the yoghurt. Mix together, adding a little more yoghurt at a time until you get a soft dough. If it gets too sticky, add more flour.
3. Turn out onto a floured board. Knead for 5-8 minutes.
4. Roll into a pizza shape and place on a lightly oiled oven tray.
5. Prick the dough all over with a fork.
6. Cook pizza dough in oven for 8-10 minutes.
7. Remove cooked dough from oven and add your selection of toppings.
8. Return pizza to oven and cook for an additional 10 minutes or until toppings are cooked through.





Rainbow Pasta Salad

Servings: 4

Preparation time: 15 minutes | Cooking time: 15 minutes

Ingredients

2 cups pasta (200g)
420g can no-added-salt corn kernels, drained
420g can no-added-salt four bean mix, drained
2 tomatoes, diced
1 green capsicum, seeded and cut into 2-3cm pieces
½ cup flat leaf parsley, finely chopped
½ cup basil leaves, roughly torn

Dressing:

2 tablespoons Dijon mustard
½ tablespoon honey
1 tablespoon white vinegar or lemon juice
½ tablespoon water

Method

1. Add pasta to boiling water and cook until just tender, about 10 minutes.
2. Drain well and rinse with cold water to cool.
3. Add pasta to a large serving bowl with drained beans and remaining salad ingredients.
4. In a small jug, mix together dressing ingredients and pour over salad.
5. Toss until well combined.

Variation:

Replace fresh herbs with 1 teaspoon dried parsley and 1 teaspoon dried basil.



Vegetable Soup

Servings: 6

Preparation time: 15 minutes | Cooking time: 50 minutes

Ingredients

1 tablespoon olive oil
1 onion, diced
2 stalks celery, thinly sliced
2 teaspoons dried Italian herbs
3 cups reduced-salt vegetable stock
1 can no-added-salt diced tomatoes, with juice
1 tablespoon tomato paste
3 cups water
5 cups mixed fresh or frozen vegetables, such as carrots, corn, green beans, peas or zucchini
pepper

Method

1. Heat oil in a large pot over medium heat.
2. Add onions, celery, and Italian herbs.
3. Cook, stirring frequently, for 5 to 8 minutes.
4. Add stock, tomatoes with juice, tomato paste and 3 cups of water to pot; bring mixture to a boil.
5. Reduce heat to a simmer and cook, uncovered, for 20 minutes.
6. Add vegetables to pot, and return to a simmer.
7. Cook, uncovered, for 20 to 25 minutes or until vegetables are tender. If using frozen vegetables, cook for 5 minutes.
8. Season with pepper to taste.

Cooking note:

To make stock, you can use reduced-salt stock powder or cubes (see instructions for the amount) dissolved in 3 cups of boiling water.



Potato Frittata

Servings: 6

Preparation time: 10 minutes | Cooking time: 25 minutes

Ingredients

4 potatoes, sliced
8 eggs
¼ cup low-fat milk
1 cup low-fat grated cheese
pepper
cooking oil spray
2 onions, thinly sliced
1 garlic clove, crushed, or 1 teaspoon of minced garlic (from a jar)

Method

1. Preheat oven to 200°C (180°C fan forced).
2. Cook the potato slices in the microwave on high for 5 minutes, or boil until just tender.
3. Beat eggs and milk in a large bowl.
4. Add cheese and pepper.
5. Spray an oven-proof frying pan with oil.
6. Cook onion and garlic. Cook over low heat, stirring for 5-6 minutes until soft.
7. Remove and add to the egg mixture, along with potato.
8. Wipe pan clean, spray with oil and return to low heat.
9. Pour frittata mixture into pan. Gently pull away the set mixture from sides of the pan using a blunt knife, allowing uncooked egg to run to edges.
10. When edge is cooked (about 2-3 minutes), transfer pan to the oven and bake for 15 minutes until set.
11. Turn out and cool.

Serving suggestion:

Serve frittata with garden salad.



Easy Quiche

Servings: 6

Preparation time: 5 minutes | Cooking time: 35 minutes

Ingredients

cooking oil spray
4 slices stale or lightly toasted wholemeal bread
250g frozen spinach
1 brown onion, halved, thinly sliced
400g canned mushrooms, drained
2 tomatoes, sliced
6 eggs
1½ cups low-fat milk
1 cup low-fat cheese, grated
1 teaspoon paprika or chilli powder
pepper

Method

1. Preheat oven to 200°C (180°C fan forced).
2. Spray baking dish with oil.
3. Cut bread into halves.
4. Spread bread over base of the baking dish.
5. Place spinach in microwave for 2 minutes or until defrosted.
6. Top bread with spinach, onion, mushrooms and tomatoes.
7. Beat the eggs, milk, cheese, paprika, and pepper.
8. Pour egg mixture over the bread and vegetables.
9. Bake for 30-35 minutes or until cooked through.
10. Serve warm.

Variation:

Substitute vegetables as you please. Peas, corn or carrots work well. Replace brown onion with chopped leek or spring onions.



Baked Potatoes

Servings: 4

Preparation time: 5 minutes | Cooking time: 55 minutes

Ingredients

4 potatoes, washed

Method

1. Preheat oven to 200°C (180°C fan forced).
2. Place potatoes in an ovenproof dish and cook for 50 minutes, or until tender.
3. Make 2 cuts in an 'X' shape, across the top of each potato.
4. Carefully open out halfway to the base, flattening slightly to hold open.
5. Fill with desired filling.
6. Cook in oven for 8–10 minutes until warm.

Optional fillings

- Low-fat grated cheese and chopped tomato
- No-added-salt baked beans
- Can tuna in spring water drained with drained no-added-salt canned corn kernels



Tuna Salad Sandwich

Servings: 4

Preparation time: 8 minutes

Ingredients

425g can tuna in spring water, drained
 2 sticks celery, diced
 2 tablespoons low-fat mayonnaise or low-fat natural yoghurt
 8 slices wholegrain bread
 4 lettuce leaves
 pepper

Method

1. Place tuna in a medium sized bowl and break up the large pieces with a fork.
2. Stir the celery through the tuna. Add the mayonnaise and mix well to combine.
3. Spread the tuna mixture evenly over the 4 slices of bread.
4. Season with pepper. Top with a lettuce leaf and another slice of bread.
5. Cut the sandwich in half, or quarters.



Curried Egg Sandwich

Servings: 4

Preparation time: 10 minutes

Ingredients

4 hard boiled eggs, peeled
4 teaspoons low-fat natural yoghurt
¼ tablespoon curry powder
pepper
4 lettuce leaves, shredded
8 slices wholegrain bread

Method

1. Mash eggs, yoghurt and curry powder until combined.
2. Spread the egg mixture evenly over the 4 slices of bread.
3. Season with pepper.
4. Top each with a lettuce leaf and another slice of bread.
5. Cut the sandwich in half, or quarters.



Garden Salad with Dressing

Servings: 4

Preparation time: 8 minutes

Ingredients

1 cucumber, sliced
8 iceberg lettuce leaves, shredded
2 tomatoes, sliced
1 small capsicum, thinly sliced

Dressing

2 tablespoons lemon or lime juice
2 tablespoons sweet chilli sauce

Method

1. Combine all salad ingredients.
2. To make the dressing, combine lemon or lime juice and sweet chilli sauce in a cup.
3. Pour over salad and toss well before serving.



Baked Tomato Rice

Servings: 4

Preparation: 5 minutes | Cooking time: 50 minutes

Ingredients

- 2 reduced-salt vegetable stock cubes
- 3 cups water
- 1 onion, chopped
- 425g can no-added-salt diced tomatoes
- 1½ cups brown rice (uncooked)
- 440g can corn kernels, drained
- ½ cup frozen peas
- 185g can tuna in spring water, drained
- ½ teaspoon curry powder

Method

1. Preheat oven to 200°C (180°C fan forced).
2. Dissolve the stock cube in the water.
3. Mix all ingredients in a medium baking dish.
4. Cover and bake for 45 minutes or until rice is tender and liquid has been absorbed.
5. Serve warm.

Variation:

If using white rice, reduce water to 2 cups and bake for 35 minutes or until rice is tender and liquid has been absorbed.



Potato and Lentil Dahl

Servings: 4

Preparation time: 5 minutes | Cooking time: 35 minutes

Ingredients

- 1 tablespoon olive oil
- 1 brown onion, halved, finely chopped
- 4 potatoes, cut into cubes
- 1 teaspoon ground cumin
- 1 teaspoon ground coriander
- 1 cup water
- 440g can no-added-salt diced tomatoes
- 400g can brown lentils, rinsed and drained

Method

1. Heat the oil in a saucepan over medium heat.
2. Add the onion and potato. Cook, stirring, for 5 minutes until the onion is soft.
3. Add spices and cook, stirring, for 1 minute or until you can smell the spices.
4. Add the water and tomatoes.
5. Turn up the heat and bring to the boil.
6. Reduce heat to medium and simmer, stirring occasionally, for 20 minutes or until liquid reduces by half.
7. Add the lentils to the potato mixture.
8. Cook for 5 minutes or until heated through.

Variation:

Substitute ground cumin and coriander for 1 tablespoon of curry powder.



Creamy Pasta

Servings: 4

Preparation time: 5 minutes | Cooking time: 15 minutes

Ingredients

1 cup pasta (about 125g)
1 tablespoon flour
1½ cups low-fat milk
185g can tuna in spring water, drained
1 cup frozen peas
small handful of basil, roughly chopped (optional)
½ cup low-fat cheese, grated
pepper

Method

1. Bring a saucepan full of water to the boil over medium heat.
2. Add pasta, cover, and cook for 12 minutes or until soft.
3. Drain the pasta, discarding the water. Return pasta to the pan.
4. Add the flour and mix to coat the pasta.
5. Add the milk and bring to the boil.
6. Reduce the heat and cook, stirring, until sauce thickens.
7. Add the tuna, peas and basil. Cook for a further 2 minutes.
8. Add the cheese and cook until cheese has melted.
9. Season with pepper.
10. Serve warm.



Spaghetti Bolognaise

Servings: 4

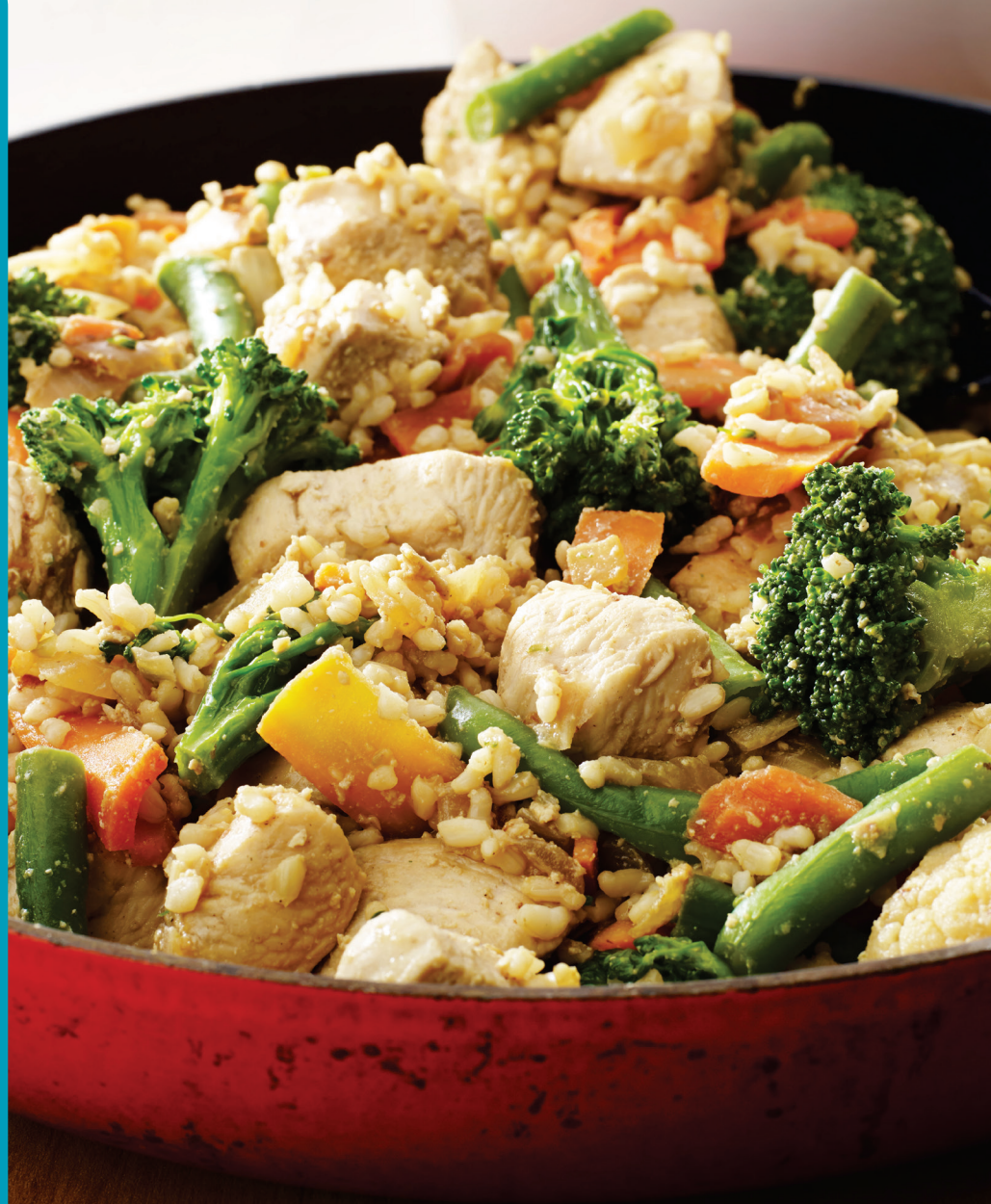
Preparation time: 5 minutes | Cooking time: 15 minutes

Ingredients

400g spaghetti, broken
cooking oil spray
1 onion, finely diced
2 cloves garlic, crushed
500g lean beef mince
2 stalks celery, finely diced
2 carrots, grated
2 x 400g cans no-added-salt diced tomatoes
½ cup low-fat grated cheese
mixed green salad, to serve

Method

1. Place spaghetti in a pot of boiling water on stove. Cook for 10 minutes.
2. Spray a frying pan with oil.
3. Gently cook onion and garlic until soft.
4. Spray frying pan with a little more oil and brown mince, breaking up with a wooden spoon.
5. Add in celery and carrot, reducing heat to medium, stirring constantly, for 3-5 minutes.
6. Once vegetables have cooked through add tomatoes to pan.
7. Stir over high heat for 5 minutes.
8. Once spaghetti is cooked, drain the water and serve onto a plate or bowl.
9. Top spaghetti with a scoop of the bolognaise sauce.
10. Sprinkle with cheese and serve with a green salad.



Fried Rice

Servings: 6

Preparation time: 5 minutes | Cooking time: 35 minutes

Ingredients

1 cup brown rice (uncooked)
6-8 cups of water
1 tablespoon olive oil
1 onion, thinly sliced
500g skinned boneless chicken breast, cubed
1 egg, lightly beaten
500g packet frozen mixed vegetables
2 tablespoons reduced-salt soy sauce
2 tablespoons sweet chilli sauce
2 tablespoons water, extra

Method

1. Bring the water and rice to boil in a saucepan.
2. When the water has come to a boil, cover the pan and reduce the heat.
3. Boil gently for 20-30 minutes, stirring occasionally.
4. Once rice is cooked, drain and set aside.
5. Heat olive oil in a frying pan or wok.
6. Add onion to pan and cook until soft.
7. Stir in chicken and fry for 5 minutes, then set aside.
8. Add egg and scramble until cooked.
9. Stir in rice and fry for 2 minutes.
10. Add in vegetables, cooking until heated through.
11. Stir in chicken, soy sauce and water.
12. Stir together until mixed well.
13. Serve warm.



Beef Stew

Servings: 6

Preparation time: 5 minutes | Cooking time: 1 hours 15 minutes

Ingredients

1 cup brown rice
 6-8 cups water
 1 tablespoon olive oil
 500g boneless beef steak, cut into small pieces
 2 onions, thinly sliced
 3 cloves garlic, minced
 ¼ cup flour
 1 cup water, extra
 3 cups salt-reduced beef stock
 1 teaspoon ground coriander
 1 teaspoon dried thyme
 1 teaspoon dried rosemary
 500g frozen vegetables (potatoes, carrots, peas)

Method

1. Bring water and rice to boil in a saucepan.
2. When the water has come to a boil, cover the pan and reduce the heat.
3. Boil gently for 20-30 minutes, stirring occasionally.
4. Once rice is cooked, drain and set aside.
5. On medium to high heat, add the olive oil to a large pot.
6. Add the beef and cook until browned. Remove the beef and set aside.
7. Add the onions and garlic, cook for about 5 minutes, until softened.
8. Reduce heat to medium, add the flour and cook for 2 minutes stirring often.
9. Add water, scraping any brown bits stuck to the bottom of the pan. The flour will start to thicken the water as it comes to a simmer.
10. Simmer water for 2 minutes, and then add the stock, coriander, thyme, rosemary, and beef.
11. Bring back to a gentle simmer, cover and cook on very low heat for about 1 hour.
12. Add frozen vegetables and simmer, covered for another 15 minutes or until the meat and vegetables are tender.
13. Serve warm on top of rice.

Variation:

Replace frozen vegetables with 500g of fresh vegetables, simmer for 30 minutes or until meat and vegetables are tender.

Chicken Schnitzel

Servings: 4

Preparation time: 15 minutes | Cooking time: 10 minutes

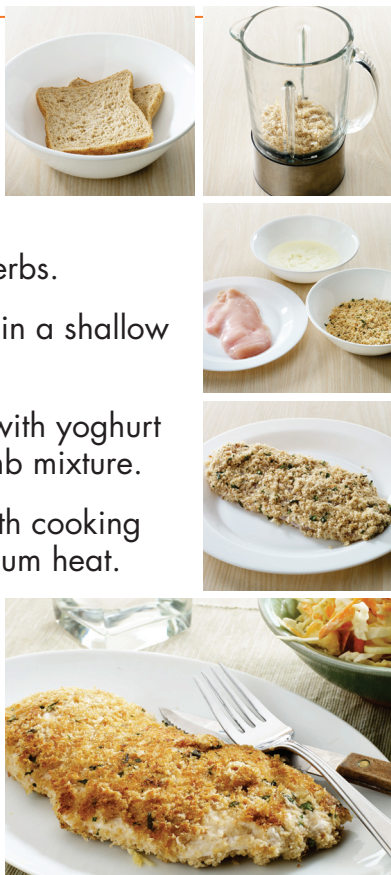
Ingredients

- 2 slices wholemeal bread
- 1 teaspoon thyme (or other dried herbs)
- $\frac{1}{3}$ cup low-fat natural yoghurt (or 2 egg whites, whisked)
- $\frac{1}{4}$ cup water
- 2 chicken breasts, sliced in half long-ways
- cooking oil spray

Method

1. Add the bread to a food processor or blender to make breadcrumbs. Alternatively, use a grater.
2. Combine the breadcrumbs in a shallow bowl with the herbs.
3. Combine yoghurt and water in a shallow bowl and stir to mix well.
4. Coat each piece of chicken with yoghurt mixture, then with breadcrumb mixture.
5. Lightly spray a frying pan with cooking oil and place on low to medium heat.
6. Cook the schnitzels for 5 minutes or until golden. Flip over.
7. Cook for 5 minutes or until cooked through.

Serving suggestion:
Serve schnitzel with coleslaw.



Coleslaw

Servings: 4

Preparation time: 10 minutes

Ingredients

- $\frac{1}{2}$ cabbage, finely sliced
- 1 carrot, grated
- 1 apple, grated

Dressing

- $\frac{1}{3}$ cup low-fat natural yoghurt
- 2 teaspoons Dijon mustard
- 1 teaspoon lemon juice or vinegar

Method

1. In a small bowl, combine yoghurt, mustard and lemon juice and mix well.
2. Combine the remaining ingredients in a large bowl.
3. Stir through the yoghurt and mustard dressing.



Potato and Pea Curry

Servings: 6

Preparation time: 5 minutes | Cooking time: 35 minutes

Ingredients

cooking oil spray
 2 brown onions, halved, thinly sliced
 ½ tablespoon curry powder
 4 potatoes, cut into cubes
 400g can no-added-salt diced tomatoes
 ½ cup reduced-salt vegetable stock
 270ml can flavoured evaporated milk or low-fat coconut milk
 500g frozen cauliflower
 2 cups (300g) frozen peas
 3 cups cooked brown rice (1 cup uncooked), to serve

Method

1. Spray a large saucepan with oil and place on medium-low heat.
2. Add onions and cook, uncovered, stirring occasionally, for 5 minutes, or until onions are soft golden brown.
3. Add curry powder and cook, stirring for 1 minute.
4. Add potatoes to the pan. Stir to coat in spice mix.
5. Add tomatoes and stock.
6. Cover and cook for 20 minutes.
7. Add evaporated milk and frozen cauliflower and simmer, uncovered, over medium heat for 10 minutes.
8. Add peas and cook, uncovered, for a further 5 minutes, or until all vegetables are tender.
9. Serve with cooked rice.

Variation:

Substitute frozen cauliflower with ½ a head of fresh cauliflower. Add fresh cauliflower to the pan with potatoes in step 4.



Apple Crumble

Servings: 4

Preparation time: 10 minutes | Cooking time: 20 minutes

Ingredients

- 2 apples, cored and thinly sliced
- 50g margarine
- ¼ cup firmly packed brown sugar (or regular sugar)
- 1 teaspoon cinnamon
- ¼ cup plain flour
- 1 cup rolled oats

Method

1. Preheat oven to 200°C (180°C fan forced).
2. Place the apple pieces in a small baking dish.
3. Cook apples on HIGH in microwave for 5 minutes or until soft.
4. In small bowl, combine the remaining ingredients.
5. Mix with fingertips until it resembles an even crumb texture.
6. Top the apple with the crumb mixture and bake in the oven for 20 minutes or until the crumble is golden brown.



Pineapple Sorbet

Servings: 4

Preparation time: Overnight | Cooking time: 5 minutes

Ingredients

- 440g can crushed pineapple in natural juice, frozen

Method

1. Roughly chop frozen pineapple and place in the bowl of a food processor or blender.
2. Process until pineapple becomes granular.
3. Scrape down sides of bowl with a spatula and process again.
4. Repeat 4-5 times until pineapple is a smooth, thick and creamy texture.
5. Spoon into bowls and serve immediately.



Apricot Custard Bake

Servings: 6

Preparation time: 10 minutes | Cooking time: 30 minutes

Ingredients

- 1 tablespoon margarine
- ¼ cup plain flour
- 1½ tablespoon sugar
- 2 eggs
- 1 cup low-fat milk
- ½ teaspoon vanilla essence
- 825g canned apricots in natural juice, drained well
- 1 teaspoon ground cinnamon

Method

1. Preheat oven to 200°C (180°C fan forced).
2. Grease a shallow ovenproof dish with margarine.
3. Put flour, sugar, eggs, milk and vanilla in a bowl and mix well.
4. Place apricots, cut side down into dish.
5. Pour egg mixture on top and sprinkle with cinnamon.
6. Bake for 30 minutes or until custard is set.
7. Stand for 5 minutes before serving.



Fruit Salad and Yoghurt

Servings: 6

Preparation time: 5 minutes

Ingredients

- 410g peach slices in juice, undrained
- 225g pineapple chunks in juice, undrained
- 250g strawberries, stemmed and quartered
- 1 banana, sliced
- 1 bunch grapes
- 500g low-fat yoghurt

Method

1. Combine all fruit in a large bowl.
2. Serve with yoghurt.



Rice Pudding

Servings: 4

Preparation time: 5 minutes | Cooking time: 30 minutes

Ingredients

2½ cups low-fat milk
1 tablespoon sugar
¼ teaspoon cinnamon
⅓ cup (70g) white rice
¼ cup sultanas
1 apple, grated (optional)

Method

1. Place the milk, sugar and cinnamon in a large saucepan over medium heat; bring to the boil while stirring.
2. Add remaining ingredients and reduce heat to low.
3. Simmer gently for 30 minutes, stirring occasionally, until the liquid is absorbed and the rice is just cooked.



Banana Cake

Servings: 8

Preparation time: 5 minutes | Cooking time: 60 minutes

Ingredients

cooking oil spray	2 cups self-raising flour
½ cup margarine	3 ripe bananas, mashed
½ cup of sugar	2 apples, grated
2 eggs	½ cup low-fat milk

Method

1. Preheat oven to 180°C (160°C fan forced).
2. Spray a cake pan with oil.
3. Beat the margarine and sugar with a whisk until creamy.
4. With a whisk beat in one egg at a time until they are mixed in well.
5. Sift the flour into the mixture and stir gently.
6. Add bananas, apples and milk to the mixture and stir until just combined.
7. Pour the mixture into the greased pan and bake for 50-60 minutes or until just golden and a skewer inserted into the middle comes out clean.

Kitchen Hints

If you don't have...

a ...	then use a ...
garlic crusher	knife to finely dice
grater	peeler or knife to chop very finely
frying pan	a large saucepan
measuring cup	a small coffee mug - use the same mug to measure everything in the recipe
oven mitt	dry folded tea towel or hand towel
saucepan lid	cover with foil, a dinner plate or roasting pan
strainer	lid or plate over the pot with a small gap to pour the water out (watch out for the steam!)
whisk	fork

If you don't have...

any ...	then use ...
brown sugar	white sugar
caster sugar	white sugar
cinnamon	1/4 the amount of allspice or nutmeg
cream	evaporated milk or milk with a little flour mixed in, plain yoghurt
fresh herbs	dried herbs (1 bunch fresh = 1 teaspoon dried)
honey	1 1/4 cup sugar dissolved in 1/4 cup hot water
lemon juice	vinegar
margarine	vegetable oil, plain yoghurt (for baking)
mayonnaise	plain yogurt with 1/2 teaspoon mustard or lemon juice mixed in
olive oil	vegetable oil
red wine	beef stock or water
salt	pepper, dried herbs, spices
sour cream	plain yoghurt
stock	water seasoned with pepper and dried herbs
white wine	apple juice, chicken stock or water

Temperature

The oven temperature in each recipe is in °C. To change to Fahrenheit use this table.

Celsius °C	Fahrenheit °F
160	325
180	375
200	400
240	475
250	500

Conversion Chart

Measurements in this book use the standard metric cup and spoon sets approved by the Standards Association of Australia.

A basic metric cup set consists of 1 cup, 1/2 cup, 1/3 cup and 1/4 cup sizes.

Measurement		Volume
1/2 teaspoon	=	2.5mL
1 teaspoon	=	5mL
1 tablespoon	=	20mL
1/4 cup	=	60mL
1/3 cup	=	80mL
1/2 cup	=	125mL
1 cup	=	250mL

Abbreviations

mL	=	millilitre(s)
g	=	gram(s)

Microwave

Microwave cooking times may vary depending on the wattage of your microwave. Follow the manufacturer's directions.

Notes:

[illegible]

Acknowledgement

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