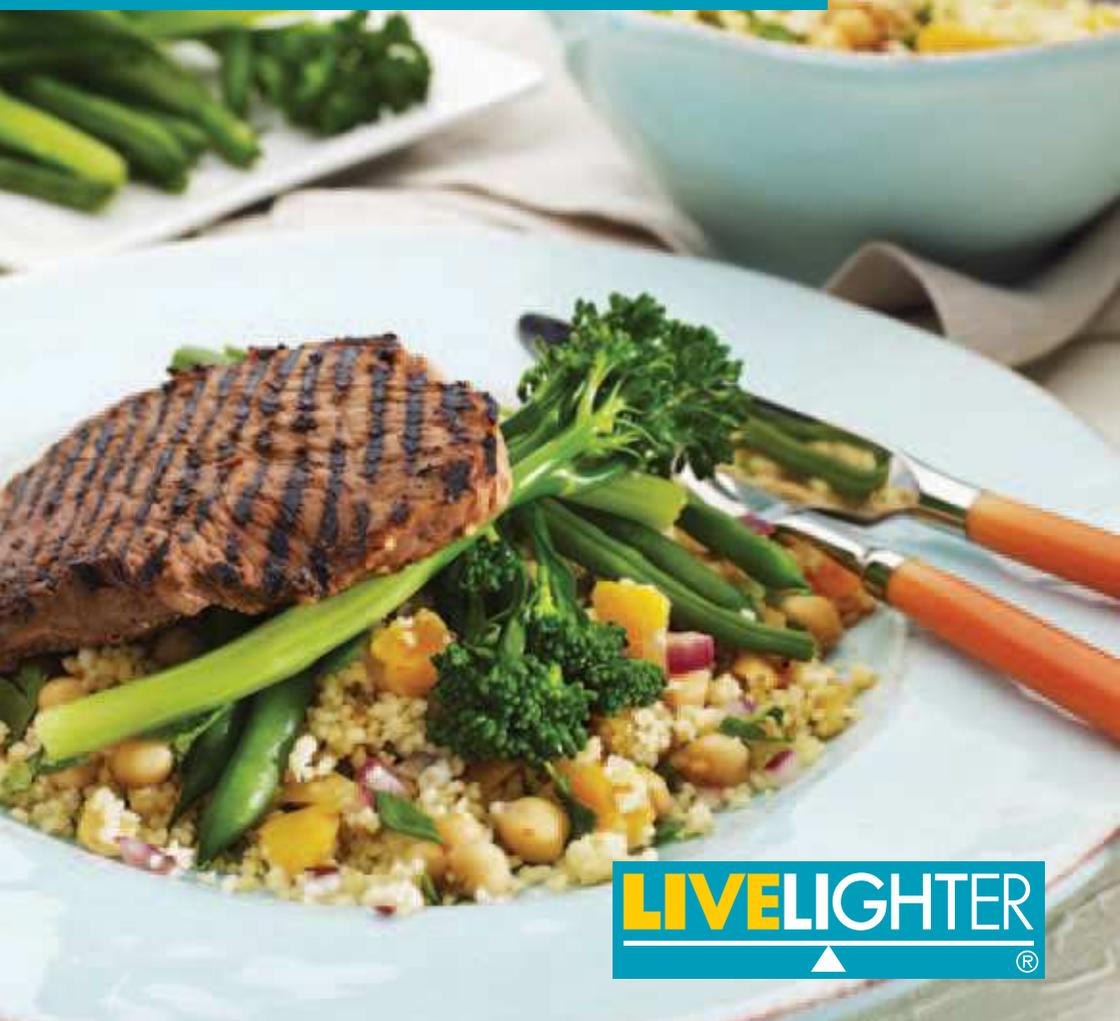


LIVELIGHTER

WINTER RECIPES



LIVELIGHTER
▲
®

Supported by



Government of Western Australia
Department of Health



To help you LiveLighter, we've created a range of delicious and healthy recipes.

For breakfast, lunch or dinner – or if you're looking for a healthy snack – our LiveLighter recipes are for you!

You can find even more recipes on our website. Just visit livelighter.com.au

What is a serve?

Fruit



1 medium piece
(e.g. apple)

2 small pieces
(e.g. apricots)

1 cup chopped
or canned fruit

Vegetable



1/2 cup cooked
vegetable or cooked
legume

1/2 medium
potato

1 cup salad
vegetables

Breakfast

PERFECT PORRIDGE

Ingredients

- ▲ 2/3 cup rolled oats
- ▲ 1 cup low-fat milk
- ▲ 1/3 cup water
- ▲ 1 apple, core removed and grated, skin left on
- ▲ 1 teaspoon finely grated orange rind
- ▲ 2 tablespoons sultanas
- ▲ Pinch of ground cinnamon

Method

Place all ingredients into a large microwave-safe bowl and mix well. Cook in the microwave on high (100% power) for 3 minutes. Stir, then cook on high for a further 2 minutes. Set aside for a few minutes. Sprinkle with extra cinnamon, to taste.

Preparation time: 5 minutes

Cooking time: 5 minutes

Serves: 2

Variations

Replace apple with frozen berries or banana. Vary the dried fruit to include chopped apricots, figs or dates.



HOMESTYLE BAKED BEANS

Ingredients

- ▲ Olive or Canola oil spray
- ▲ 1 medium onion, peeled and diced
- ▲ 2 cloves garlic, peeled and crushed
- ▲ 1 tablespoon no-added-salt tomato paste
- ▲ 1 teaspoon smoked paprika
- ▲ 400g can no-added-salt diced tomatoes
- ▲ 1 tablespoon salt-reduced tomato sauce
- ▲ 1 tablespoon Worcestershire sauce
- ▲ 420g can no-added-salt cannellini beans, rinsed and drained
- ▲ 3 tablespoons finely chopped parsley
- ▲ Freshly ground or cracked black pepper, to taste
- ▲ 4 slices thick wholegrain bread, toasted

Preparation time: 5 minutes

Cooking time: 20 minutes

Serves: 4

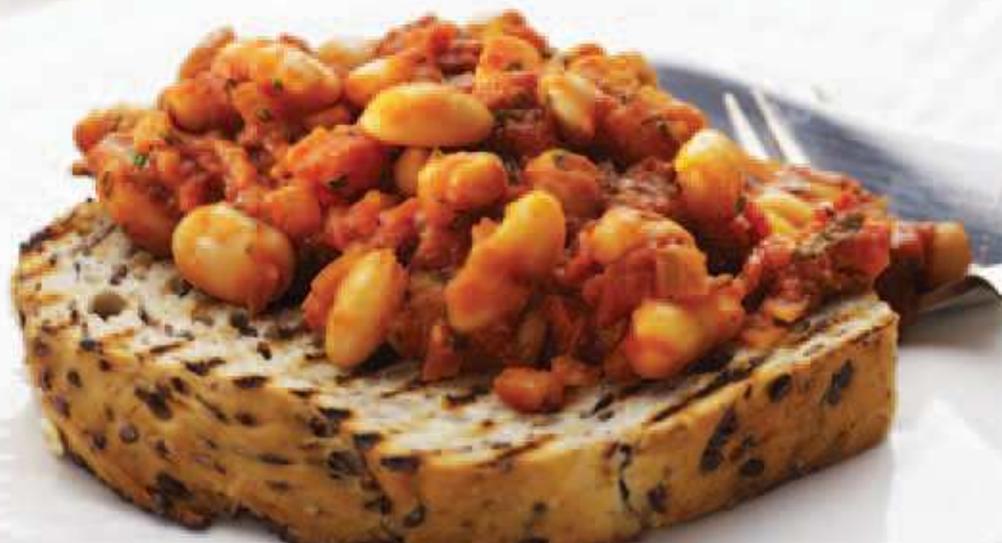
Method

Spray oil in a medium saucepan and cook onion and garlic over medium heat until softened. Add the tomato paste and smoked paprika. Stir through and cook for 1 minute. Add the can of tomatoes, including juice, tomato sauce and Worcestershire sauce. Mix well and bring to the boil. Reduce the heat and simmer uncovered for 10 minutes until slightly thickened. Add in the cannellini beans and stir until heated through. Remove from heat, mix in the parsley, pepper and serve on toast.

Variation

Add 1 thinly sliced fresh long red chilli to the onion for a spicy light lunch.

Replace cannellini beans with canned no-added-salt haricot, butter, borlotti or red kidney beans.



FLUFFY SPINACH AND MUSHROOM OMELETTE

Preparation time: 5 minutes

Cooking time: 10 minutes

Serves: 1

Ingredients

- ▲ 2 eggs, yolks and whites separated
- ▲ 1 tablespoon low-fat milk
- ▲ Olive or Canola oil spray
- ▲ 4 button mushrooms, sliced
- ▲ ½ cup baby spinach leaves
- ▲ 1 tablespoon grated reduced-fat cheese
- ▲ 1 tablespoon chopped chives
- ▲ Pepper, to taste

Method

Place the egg yolks in a medium bowl. Add the milk and mix well. In a separate bowl, whisk the egg whites until soft meringue-like peaks are formed. Gently fold egg whites into the egg yolk mixture and set aside. Spray a small non-stick frying pan with oil and place over medium heat. Add mushrooms and cook on medium heat for 3 minutes until softened. Add baby spinach and cook for a further minute until wilted. Remove from pan and wipe pan clean.

Spray pan again and return to medium heat. Pour in the egg mixture and cook for 2-3 minutes or until surface is nearly firm. Sprinkle the cheese, mushrooms, spinach, chives and pepper over half the omelette, then fold over the other side to enclose the filling.

Variations

Vary omelette filling to include any combination of vegetables you prefer, such as sliced asparagus, chopped tomato, rocket leaves, leek, broccolini or roasted red capsicum.

For an Asian version, try snow peas, bean sprouts, spring onion and a sliced long red chilli.

Substitute the chives with other fresh herbs such as basil, parsley or thyme.

SALMON SALAD WRAP

Ingredients

- ▲ 1 sheet wholemeal wrap bread
- ▲ 1 tablespoon spreadable reduced-fat cream cheese
- ▲ 1 medium tomato, sliced
- ▲ 6 slices cucumber
- ▲ 1 cup baby spinach or rocket leaves
- ▲ 105g can no-added-salt pink salmon, drained

Method

Place bread on a flat surface. Spread cream cheese evenly over the wrap bread. Along one edge, layer the tomato, cucumber, baby spinach leaves and salmon. Roll bread up tightly to enclose filling and cut in half.

Preparation time: 10 minutes

Serves: 1

Hint

There are many varieties of bread wraps available in the supermarket e.g. Mountain bread, Lavash or Pita bread.

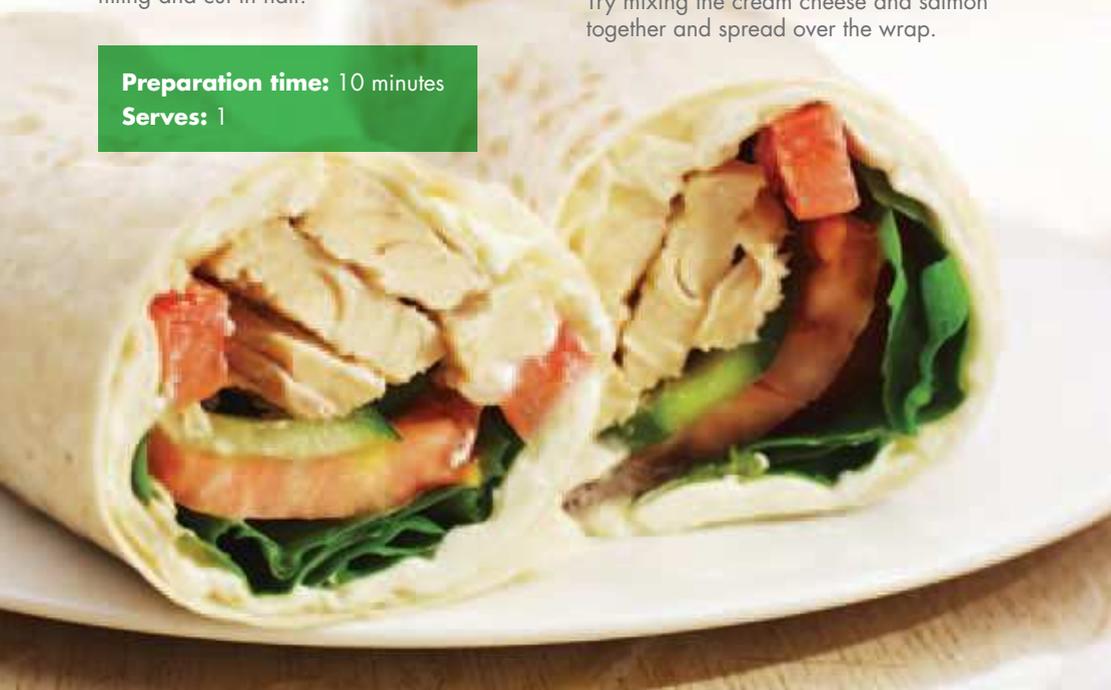
Variation

Use a combination of other vegetables such as grated carrot, blanched asparagus, sliced mushrooms, spring onions, sprouts, capsicum strips or lettuce.

Replace salmon with canned tuna in spring water, drained. You can also substitute a sliced boiled egg or 3 thin slices of leftover turkey, chicken or roast beef for the salmon.

Serving suggestion

Try mixing the cream cheese and salmon together and spread over the wrap.



SWEET CHILLI CHICKEN WRAP

Ingredients

- ▲ 1 sheet wholemeal wrap bread
- ▲ ¼ small avocado
- ▲ 2 teaspoons sweet chilli sauce
- ▲ 80g skinless cooked chicken breast, shredded
- ▲ ½ small red capsicum, thinly sliced
- ▲ 1 spring onion, ends trimmed, chopped (including green tops)
- ▲ 1 tablespoon roughly chopped coriander

Preparation time: 10 minutes

Serves: 1

Method

Place bread on a flat surface. In a small bowl, mash the avocado and sweet chilli sauce together. Spread evenly over wrap bread. Layer remaining ingredients along one edge. Roll bread up tightly to enclose filling and cut in half.

Hint

There are many varieties of bread wraps available in the supermarket e.g. Mountain bread, Lavash or Pita bread.

This is a great way to use up leftover roast chicken meat.

Variation

Add 2 tablespoons grated reduced-fat cheese and toast in a sandwich maker until crisp and brown.



CRUNCHY TUNA SANDWICH

Ingredients

- ▲ 425g can tuna in springwater, drained
- ▲ 2 sticks celery, diced
- ▲ 1 spring onion, trimmed, chopped (including green tops)
- ▲ ½ teaspoon lemon pepper (optional)
- ▲ 2 tablespoons low-fat mayonnaise
- ▲ 8 slices wholegrain bread
- ▲ 4 Cos lettuce leaves
- ▲ Pepper, to taste

Method

Place tuna in a medium sized bowl and break up the large pieces with a fork. Stir the celery, spring onion and lemon pepper (optional) through the tuna, then add the mayonnaise and mix well to combine. Spread 4 slices of bread with ¼ of the tuna mixture each.

Season with pepper then top each with a lettuce leaf and the remaining slices of bread then cut the sandwich in half.

Variation

Add 1 tablespoon of grated reduced-fat cheese to each sandwich and toast in a sandwich maker until crisp and brown.

Add a squeeze of lemon juice instead of the lemon pepper for extra flavour.

Replace Cos lettuce with any other type of lettuce or salad leaves.

Preparation time: 10 minutes

Serves: 4



GOURMET VEGETARIAN SANDWICH



Preparation time: 10 minutes

Serves: 2

Ingredients

- ▲ 4 slices thick wholegrain bread
- ▲ 2 teaspoons basil pesto
- ▲ 1 cup baby spinach, rocket or butter lettuce leaves
- ▲ 2 small tomatoes, sliced
- ▲ ¼ cup drained 97% fat-free semi-dried tomatoes, chopped
- ▲ ¼ cup drained 97% fat-free marinated artichokes, chopped
- ▲ ¼ small red capsicum, thinly sliced
- ▲ 8 basil leaves, roughly torn
- ▲ 4 slices shaved reduced-fat Swiss cheese

Method

Spread 2 slices of bread with pesto, then place half of the remaining ingredients on each slice before

finishing with the remaining slices of bread. Cut sandwich in half.

Variations

Replace Swiss cheese with 4 baby bocconcini, thinly sliced.

Replace pesto with Baba ghanoush (eggplant dip) or hummus.

Add in any vegetables such as mushrooms, sweet potato or eggplant that have been char-grilled with minimal oil.

Toast in a sandwich maker until heated through and golden brown.

SAVOURY TOASTIE

Preparation time: 5 minutes

Cooking time: 3 minutes

Serves: 2

Ingredients

- ▲ 3 small mushrooms, finely chopped
- ▲ ½ cup baked beans (or 130g can)
- ▲ 6 leaves English spinach or rocket, washed and chopped
- ▲ 4 slices wholegrain bread
- ▲ Olive or canola oil spray

Method

Microwave mushrooms on high (100%) for 45 seconds and strain excess moisture. In a small bowl combine mushrooms, baked beans and spinach. Lightly spray sandwich maker with oil. Place 2 slices of bread on the base of the sandwich maker then divide the filling over the 2 slices. Top with remaining slices of bread and toast until heated through and golden brown.

Variation

Replace spinach and mushrooms with other vegetables, such as Chinese cabbage (also called Wombok), or chopped capsicum.

FISH WITH LENTIL

SPINACH SALAD

Preparation time: 15 minutes

Cooking time: 20 minutes

Serves: 4

Ingredients

- ▲ 8 unpeeled baby potatoes, washed
- ▲ 400g can no-added-salt brown lentils, drained
- ▲ 2 cups (60g) baby spinach leaves
- ▲ 250g cherry tomatoes, quartered
- ▲ 3 spring onions, ends trimmed and chopped (including green tops)
- ▲ ⅓ cup chopped parsley
- ▲ Olive or Canola oil spray
- ▲ 4x 120g fillets firm white fish*
- ▲ Lemon wedges, to serve

Dressing

- ▲ 1 tablespoon balsamic vinegar
- ▲ 1 teaspoon honey wholegrain mustard

*Barramundi, Snapper, Hake, Ling, Perch, Mackerel, Cod, Seabass or Coral trout.

Method

Place unpeeled potatoes in a saucepan and cover with water. Bring to the boil and allow to simmer for 10 minutes or until you can easily pierce them with a knife. Drain and set aside. While the potatoes are cooking, combine the brown lentils, spinach, tomatoes, spring onions and parsley in a large bowl. In a separate small bowl combine balsamic vinegar and mustard to make a dressing. Mix dressing through the lentil salad. Lightly spray a large non-stick frypan with oil and heat over medium heat. Add fish and cook each side for 2-3 minutes or until golden and cooked through. Serve fish with potatoes, lentil salad and lemon wedges.

ASIAN CHICKEN SALAD

Ingredients

- ▲ 2 skinless chicken breasts, visible fat removed (approx. 500g total)
- ▲ Black pepper
- ▲ 2 cloves garlic, peeled and halved
- ▲ 4 coriander stalks, including roots and leaves
- ▲ 100g rice stick noodles or vermicelli noodles
- ▲ 3 cups finely shredded Chinese cabbage (approx. ½ large Chinese cabbage)
- ▲ 2 carrots, peeled, cut into match-sized strips
- ▲ 4 spring onions, thinly sliced diagonally (include green tops)
- ▲ 3 cups bean sprouts (250g)
- ▲ ½ cup loosely packed mint leaves, roughly torn

Dressing

- ▲ 2 tablespoons lime juice
- ▲ 2 tablespoons sweet chilli sauce
- ▲ 2 teaspoons fish sauce
- ▲ 1 tablespoon water
- ▲ 40g unsalted peanuts, roughly chopped

Method

To poach chicken, place both chicken breasts in a medium saucepan with enough water to just cover. Season with black pepper. Add garlic, coriander roots and stems, reserving leaves. Place over high heat and bring to the boil. Reduce heat and simmer with lid on for 2 minutes. Switch off heat, cover and

leave chicken to rest in the liquid stock while preparing salad. Place the noodles in a large heatproof bowl and cover with boiling water. Set aside for 5 minutes to soften. Drain well. Add cabbage, carrot, spring onions, bean sprouts and mint. Roughly chop mint leaves and add to salad ingredients. Remove chicken and garlic from liquid stock and set aside to cool slightly. To make dressing, mash cooked garlic in a cup and combine with lime juice, sweet chilli sauce, fish sauce and water. Coarsely shred or thinly slice the chicken then add to the salad with dressing and combine. Serve immediately, topped with peanuts.

Hint

This dish can be made in advance, but dressing and peanuts are best to be added to salad just before serving.

Variation

For added spice, add a chopped red chilli to the salad mix or sprinkle with white pepper.

Replace the rice noodles with 100g fresh egg noodles. If using dried egg noodles, you will have to cook it according to the packet directions.

Replace the rice noodles with ½ red capsicum cut into strips and 1 sliced cucumber.

Substitute poached chicken for 2 skinless breasts of a cooked roast chicken.

Preparation time: 20 minutes

Cooking time: 8 minutes

Serves: 4

MOROCCAN BEEF WITH COUSCOUS

Preparation time: 20 minutes

Cooking time: 20 minutes

Serves: 6

Ingredients

- ▲ ½ cup 100% orange juice with no-added-sugar
- ▲ 3 teaspoons Moroccan seasoning
- ▲ 6x 125g lean beef steak, fat trimmed
- ▲ 1 cup boiling water
- ▲ ½ small red onion, finely diced
- ▲ 10 dried apricots, chopped
- ▲ 1 cup couscous
- ▲ 1 teaspoon ground cumin or ground coriander
- ▲ 420g can no-added-salt chickpeas, drained
- ▲ ½ cup chopped coriander
- ▲ 2 cups (250g) green beans, trimmed
- ▲ 1 small head broccoli or broccolini, cut into florets

Method

Mix ¼ cup of orange juice and 2 teaspoons seasoning in a non-metal dish. Add steaks, turning to coat in juice mixture. Cover and set aside for 20 minutes to marinate. In a large heatproof bowl combine onion, apricots, couscous, cumin or dried coriander and remaining teaspoon of seasoning.

In a small bowl, combine remaining ¼ cup of orange juice and boiling water. Add the orange juice mixture to couscous mix, cover and set aside. Place a metal steamer into a large saucepan with a few centimetres of water. Add beans and broccoli and bring to the boil. Steam with the lid on for 5-6 minutes or until bright green and tender. Meanwhile heat a large non-stick frypan. Drain steaks well and discard marinade. Cook for 3 minutes on each side or until cooked to your liking. Remove from heat, cover and set aside to rest for 3 minutes. Fluff couscous with a fork to separate grains and stir through chickpeas and coriander.

Hint

Microwave beans and broccoli in a covered dish with 1-2 tablespoons of water on high (100%) for 4 minutes until just tender. Stir after 2 minutes to ensure even cooking.

Variation

Replace broccoli with 10 yellow squash. Replace beef with lamb steak.

ROAST LAMB WITH PEARS

Ingredients

- ▲ 1 leg of lamb (approximately 1 kg)
- ▲ 2 cloves garlic, crushed
- ▲ 1 tablespoon olive oil
- ▲ 3 tablespoons rosemary leaves, chopped
- ▲ 3 pears, peeled, core removed and halved
- ▲ 2 large unpeeled potatoes, cut into chunks
- ▲ 1 sweet potato, peeled and cut into chunks
- ▲ ½ butternut pumpkin, peeled and cut into chunks
- ▲ 2 medium carrots, peeled and cut into large chunks

Preparation time: 30 minutes

Cooking time: 1 hour 20 minutes

Serves: 6

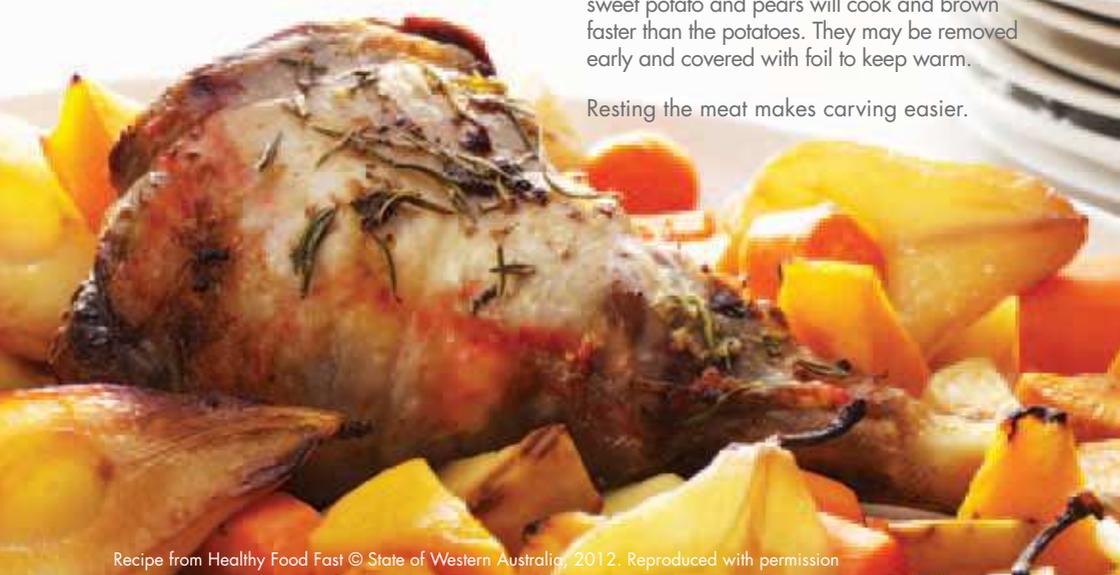
Method

Preheat oven to 200°C (180°C fan forced). Mix garlic, oil and rosemary, rub over lamb. Set aside remaining mixture. Place lamb in baking dish in the middle of the oven and cook for 15-20 minutes. Remove from the oven, brush with more of the oil, garlic, rosemary mixture and return to oven. Place all vegetables in a separate, lightly oiled baking dish and cook at the top of the oven, turning once. Total cooking should take 1 hour – 1 hour 20 minutes (for each 500g, allow 20-25 minutes for rare; 25-30 minutes for medium, 30-35 minutes for well done). Lamb should be just cooked and juicy and vegetables brown and tender. Once cooked, remove lamb and vegetables from oven. Rest the lamb and vegetables, wrapped in foil for 10 minutes, before carving.

Hint

The sweeter vegetables such as pumpkin, sweet potato and pears will cook and brown faster than the potatoes. They may be removed early and covered with foil to keep warm.

Resting the meat makes carving easier.



Recipe from Healthy Food Fast © State of Western Australia, 2012. Reproduced with permission

MOUSSAKA



Preparation time: 40 minutes

Cooking time: 45 minutes

Serves: 6

Ingredients

- ▲ 1 medium eggplant, cut into 1cm slices
- ▲ 400g lean lamb mince
- ▲ 1 large onion, finely chopped
- ▲ 2 cloves garlic, crushed
- ▲ 1 large carrot, peeled and grated
- ▲ 425g can no-added-salt crushed tomatoes with herbs
- ▲ 1 tablespoon tomato paste
- ▲ 1 bay leaf
- ▲ Olive or Canola oil spray
- ▲ 1 tablespoon chopped parsley (optional)

Cheesy sauce

- ▲ 1¼ cups low-fat milk
- ▲ 1½ tablespoons plain flour
- ▲ 15g grated Parmesan cheese
- ▲ 1 cup reduced-fat ricotta
- ▲ Pinch cayenne pepper
- ▲ Pinch ground nutmeg

Method

Preheat oven to 200°C (180°C fan forced). Sprinkle eggplant with salt and leave for 30 minutes. Heat non-stick frypan and cook lamb over medium-high. Heat until browned. Remove lamb and cook the onion and garlic in meat juices until softened. Return the meat, add carrot, tomatoes, tomato paste and bay leaf, cover and simmer for 15-20 minutes. Heat the grill. Rinse eggplant slices with water and pat dry with paper towels. Spray eggplant lightly with oil and grill until golden on each side. Lay half the eggplant in a rectangle baking dish (approx. 30cm x 20cm). Cover with half the meat sauce. Repeat. In a saucepan, mix half a cup of milk with flour until smooth. Stir in remaining milk. Cook, stirring, over low heat until thickened. Remove from heat and stir through Parmesan cheese. Stir in ricotta, cayenne pepper and nutmeg. Pour over dish and bake for 40-45 minutes until golden brown. Sprinkle the chopped parsley, if using, over the top before serving.

Recipe from Healthy Food Fast © State of Western Australia, 2012. Reproduced with permission

VEGIE LASAGNE

Preparation time: 25 minutes
Cooking time: 30 minutes
Serves: 6

Ingredients

- ▲ 500g pumpkin or sweet potato, peeled and sliced
- ▲ 2 bunches English spinach or young Silver beet, washed and sliced
- ▲ 500g reduced-fat ricotta cheese
- ▲ 6 spring onions, ends trimmed, chopped (including green tops)
- ▲ ½ cup chopped parsley leaves
- ▲ 12 sheets instant lasagne, softened in hot water
- ▲ 425g jar no-added-salt tomato pasta sauce

Topping

- ▲ 2 eggs
- ▲ 2 tablespoons plain flour
- ▲ 2 cups low-fat milk
- ▲ Pinch pepper to taste
- ▲ Ground nutmeg to taste
- ▲ ½ cup grated Parmesan or Romano cheese

Method

Preheat oven to 200°C (180°C fan forced). Microwave the pumpkin for 5 minutes, then cool. Place spinach into boiling water until wilted, drain well and squeeze out any excess liquid. In a large bowl combine ricotta, onion and parsley. Arrange 3 sheets of lasagne on the base of an ovenproof pan (approx. 33cm x 23cm). Top with ⅓ each of pumpkin, tomato sauce and spinach ricotta mixture. Repeat twice and top with remaining lasagne sheets. To make topping, break eggs into flour and mix until smooth. Slowly add milk to flour mixture while whisking, pour into a saucepan and bring to the boil, continue whisking until smooth and thickened. Add pepper and ground nutmeg, pour over top of lasagne and sprinkle with cheese. Bake for 30 minutes or until golden brown.

Serving suggestion

Cut into squares and serve with a green salad.

Recipe from Healthy Food Fast © State of Western Australia, 2012. Reproduced with permission

ORANGE SEMOLINA PUDDING

Ingredients

- ▲ Olive or Canola oil spray
- ▲ ¼ cup semolina
- ▲ 2 tablespoons sugar
- ▲ 600mL low-fat milk
- ▲ 2 large oranges
- ▲ 1 egg white

Method

Preheat oven to 200°C (180°C fan forced). Lightly spray 4 small 1½ cup capacity ovenproof bowls with oil. In a small saucepan, combine semolina and sugar. Add milk and stir over a medium heat until thickened and smooth. Remove from heat. Finely grate the orange rind from both oranges and dice flesh, removing any seeds. Stir orange flesh and finely grated rind into the semolina mixture. In a clean dry bowl, whisk the egg white until stiff but not dry, then fold lightly and evenly into the semolina mixture. Spoon into dishes and bake for 20-25 minutes until risen and golden brown. Serve pudding straight from the oven.

Hint

Alternatively bake in a large 1.5 litre capacity overproof dish for 25-30 minutes.

Semolina is made from durum wheat and is yellow in colour. You will find it in most supermarkets in the baking aisle.

Preparation time: 30 minutes
Cooking time: 30 minutes
Serves: 4



APRICOT CUSTARD FLAN

Ingredients

- ▲ Olive or Canola oil spray
- ▲ ¼ cup plain flour
- ▲ 1½ tablespoons caster sugar
- ▲ 2 eggs
- ▲ 1 cup low-fat milk
- ▲ ½ teaspoon vanilla extract
- ▲ 825g canned apricots in natural juice, drained well
- ▲ 1 teaspoon ground cinnamon

Preparation time: 10 minutes
Cooking time: 30 minutes
Serves: 6

Method

Preheat oven to 200°C (180°C fan forced). Spray a 22cm diameter shallow ovenproof dish with oil. Combine flour, sugar, eggs, milk and vanilla in a bowl and mix well. Place apricots cut side down into dish, then pour egg mixture on top and sprinkle with cinnamon. Bake for 30 minutes or until custard is set. Stand for 5 minutes before serving.

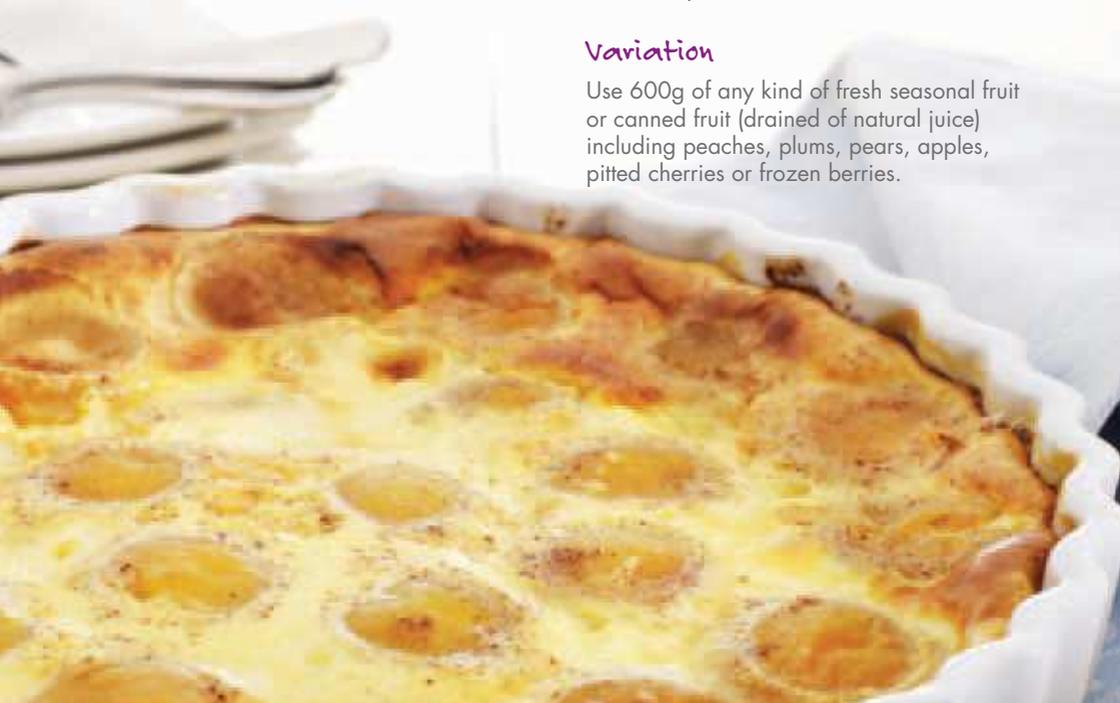
Hint

Alternatively bake individual serves in 4 small 1 cup capacity ovenproof dishes for 25 minutes.

You can put the ingredients for the custard batter into a blender jug or food processor bowl and process for 30 seconds.

Variation

Use 600g of any kind of fresh seasonal fruit or canned fruit (drained of natural juice) including peaches, plums, pears, apples, pitted cherries or frozen berries.



CURRENT CARROT LOAF



Ingredients

- ▲ Olive or Canola oil spray
- ▲ 1 cup self-raising flour
- ▲ 1 cup wholemeal self-raising flour
- ▲ ⅓ cup sugar
- ▲ ¾ cup currants
- ▲ 3 medium carrots, grated (1½ cups)
- ▲ 1 cup low-fat milk
- ▲ 1 egg
- ▲ 1 tablespoon oil
- ▲ 1 teaspoon vanilla extract

Method

Preheat oven to 190°C (170°C fan forced). Lightly spray a 20cm loaf tin with oil. Sift flours into a medium sized bowl, returning the husk remaining in the sieve to the bowl. Add sugar, currants and carrot. Mix well to combine. Measure milk in a medium bowl and mix in egg, oil and vanilla. Add the wet ingredients to the dry ingredients and stir to mix. Spoon combined ingredients into the prepared tin and bake for 1 hour

Preparation time: 15 minutes
Cooking time: 1 hour 10 minutes
Serves: 12

10 minutes or until a knife inserted into the centre comes out clean. Cool in the tin then turn out onto wire rack.

Hint

Store in an airtight container in a cool place. Best eaten within 3 days of baking. This loaf can be frozen.

Individually wrap slices for a healthy lunch box treat.

Variation

Use other dried fruit such as sultanas, chopped dates, dried cranberries or dried apricots instead of currants.

DATE AND MUESLI SLICE

Preparation time: 10 minutes

Cooking time: 35 minutes

Makes: 32 slices

Ingredients

- ▲ Olive or Canola oil spray
- ▲ 2 medium apples, core removed, coarsely grated with skin left on
- ▲ ⅓ cup water (80ml)
- ▲ ¼ cup margarine (50g)
- ▲ 2 cups seeded dates
- ▲ 2 cups natural muesli
- ▲ ½ cup plain flour
- ▲ ½ cup wholemeal plain flour
- ▲ 1 teaspoon ground cinnamon

Method

Preheat oven to 180°C (160°C fan forced). Lightly spray a slice tin (approx. 25cm x 30cm) with oil. Add apple, water, margarine and dates to a small saucepan and bring to the boil. Reduce heat, cover and simmer for a further 5 minutes until the apple is soft. Cook uncovered for a further 5 minutes and stir occasionally until mixture thickens to a paste-like consistency. While apple and date mixture is cooking, place muesli in a large frypan. Stir over low heat for 5 minutes until lightly browned. Sift flours into a large bowl, returning husk remaining in the sieve to the bowl. Add cinnamon and muesli to the flours and mix to combine. Stir into the date mixture then spoon into prepared tin. Bake for 20 minutes until firm. Cool in tin before cutting.

Hint

Use wooden or plastic spoon to stir muesli so your frypan doesn't get scratched.

FRUITY MUFFINS



Ingredients

- ▲ Olive or Canola oil spray
- ▲ 1½ cups self-raising flour
- ▲ ½ teaspoon baking powder
- ▲ ½ teaspoon bicarbonate of soda
- ▲ 1 tablespoon caster sugar
- ▲ ½ cup bran*
- ▲ ½ cup rolled oats
- ▲ ½ cup sultanas
- ▲ 1 apple, core removed and diced, skin left on
- ▲ ¾ cup buttermilk**
- ▲ 1 egg
- ▲ 2 ripe bananas, mashed (1 cup)

*Either 'natural bran' like wheat germ, or 'processed bran' like Allbran© may be used. Alternatively use oat bran or extra oats.

**Substitute for buttermilk – add 1 teaspoon white vinegar to ¾ cup low-fat milk.

Preparation time: 20 minutes

Cooking time: 20 minutes

Makes: 12 muffins or 24 mini-muffins.

Method

Preheat oven to 200°C (180°C fan forced). Lightly spray muffin tins with oil or line with paper cases. Sift flour, baking powder and bicarbonate of soda into a large bowl, returning the husk remaining in the sieve to the bowl. Add sugar, bran, oats, sultanas and apple and mix until well combined. Place buttermilk, egg and mashed bananas in a bowl and mix with a fork. Pour banana mixture into dry ingredients and gently fold together until just combined. Spoon into prepared muffin pan. Bake for 15 minutes for mini-muffins or 20 minutes for larger muffins until firm and a knife inserted into the centre comes out clean. Allow to cool in tin for 5 minutes then turn onto a wire rack.

Hint

Muffins freeze well in snap-lock bags, but are best eaten on the day they are made.

Variation

Use currants, dried cranberries or chopped dried apricots instead of sultanas.

Replace apple with pear to vary the flavour.

SWEET POTATO AND CHEESE MUFFINS



Ingredients

- ▲ Olive or Canola oil spray
- ▲ 1½ cups self-raising flour
- ▲ ½ cup wholemeal self-raising flour
- ▲ ½ cup grated sweet potato, skin peeled
- ▲ 2 tablespoons grated Parmesan cheese
- ▲ ½ red capsicum, finely diced
- ▲ 3 spring onions, ends trimmed, chopped (include green tops)
- ▲ Pepper, to taste
- ▲ 1 cup low-fat milk
- ▲ 2 eggs

Preparation time: 10 minutes

Cooking time: 25 minutes

Makes: 12 muffins

Method

Preheat oven to 200°C (180°C fan forced). Lightly spray muffin tins with oil or line with paper cases. Sift flours into a medium sized bowl, returning husk remaining in the sieve to the bowl. Mix in sweet potato, cheese, capsicum, spring onion and pepper. In a bowl, whisk milk and eggs together. Add to dry ingredients and mix through until just combined. Spoon into prepared muffin pan. Bake for 25 minutes until muffins are firm and a knife inserted into the centre comes out clean. Allow to cool in the tin for a few minutes then turn onto a wire rack.

Variation

Replace sweet potato with potato or pumpkin.

Replace capsicum with ¾ cup corn kernels.

Hint

Muffins freeze well in snap-lock bags, but are best eaten on the day they are made.

Temperature

The recipes in this book indicate oven temperature expressed in degrees Celsius.

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

Abbreviations

mL	=	millilitres (s)
g	=	gram (s)
⌚	=	time
🥗	=	fruit and vegie serves per recipe

Conversion Chart

Measurements in this book refer to the standard metric cup and spoon sets approved by the Standards Association of Australia. A basic metric cup set consists of 1 cup, ½ cup, ⅓ cup and ¼ cup sizes.

Measurement	=	Volume
½ teaspoon	=	2.5mL
1 teaspoon	=	5mL
1 tablespoon	=	20mL
¼ cup	=	60mL
⅓ cup	=	80mL
½ cup	=	125mL
1 cup	=	250mL

Microwave

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

For more information visit livelighter.com.au

Come on, start to LiveLighter today!

ACKNOWLEDGMENTS

Recipe development and testing by Sonia White
Food photography by Simon Westlake, Illustrations
Food styling by Ursula Nairn

LIVELIGHTER
▲[®]

livelighter.com.au

Supported by



Government of Western Australia
Department of Health



Heart
Foundation



Cancer
Council
Western Australia