

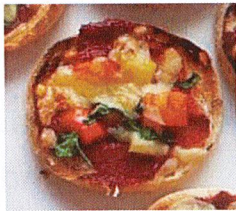
Recipes

Pizza Muffin

Ingredients: ½ an English muffin per pizza
Toppings Ideas: tomato paste, capsicum, tomato, mushrooms, onion, pineapple pieces, ham, chicken, tuna, grated low-fat cheese, herbs such as oregano

Spread the base with tomato paste. Top with any of the toppings – make sure to add lots of vegetables! Sprinkle with cheese and herbs

Place under grill for 5 min or bake at 180 degrees until cheese is golden. Great to eat hot or cold, and can be frozen.



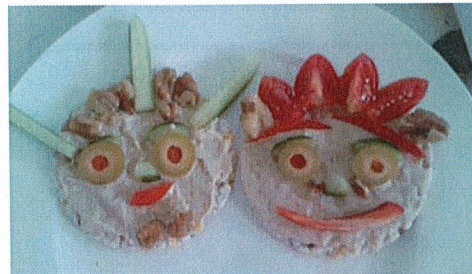
Rice Cake Face

Get creative with food and make your very own rice cake faces to munch on.

Ingredients: Rice cakes

Savoury topping ideas: avocado, hummus, tomatoes, capsicum, cucumber, olives, carrot.

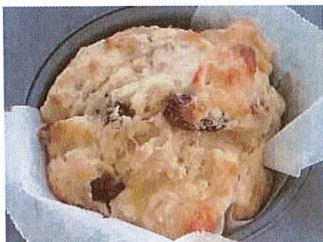
Sweet topping ideas: use nut butter, yoghurt, berries, sultanas, banana, grapes, or other fruit.



Banana & Oat Muffin

Ingredients: 1 cup yoghurt, 1 cup rolled oats, 1 egg, ½ cup vegetable oil, ¼ cup sugar, ¾ cup mashed banana, 1 ¼ cup self-raising flour, preferably wholemeal, optional: sultanas, walnuts or dates

Preheat oven to 220 degrees celsius. Combine yoghurt and oats. Put into fridge for 30 min – no more, no less! Add remaining ingredients in this order – egg, oil, sugar, banana, flour, and mix gently. Spoon mixture into a 12-hole muffin tray lined with baking paper. Bake approximately 20 minutes or until cooked in the centre. They should still be moist. Cool on wire rack.



Tasty Toastie

Ingredients: 2 slices of bread per toastie (preferably wholemeal or seeded). Any combination of these toppings: tomato, cheese, ham, chicken, tuna, capsicum, baby spinach, mushroom, (chutney or relish)

Put chosen ingredients evenly on one slice of bread, add cheese and top with second slice of bread. Toast in sandwich press or jaffle iron until cheese is melted and bread is golden.

