



Southampton
Hospital Charity

RECIPE BOOK

For young people who need to get
the most out of every mouthful





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enjoy...

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Dedication

For all the families and young people who we are privileged to meet – your stories and journeys inspire us to do better.

RECIPE BOOK

For young people who need to get the most out of every mouthful

Who is this book intended for?

Some children and young people have chronic conditions such as congenital heart disease (CHD), cystic fibrosis (CF) and inflammatory bowel disease (amongst others) and may have periods in their life where they have reduced appetite and weight loss. Young people and their families have told us they would like ideas on how to make the most of every mouthful, which is why we have decided to write this book. This recipe book is part of a series where we hope to provide practical advice as to how to get the most of every mouthful as well as tips on how to make the same recipes lighter when weight gain is no longer required.

The advice within this booklet may not be suitable for those with inherited metabolic disorders, kidney problems or food allergies and should not replace individualised medical or nutritional advice. If you are unsure as to whether the advice in this book is suitable, please check with your health care team first. The information in this book was correct, at the time of publishing, and undergoes periodic reviews to ensure up-to-date evidence is used. You should seek advice from your local health care professional if weight gain continues to be a concern.

How does this book work?

Each section is split into one basic recipe 4 ways, which can be enriched or made lighter depending on individual needs. There are 4 recipes for each main item e.g. pancakes 4 ways which are then;

1. Enriched meals (to help support weight gain)
2. Or, where possible, made lighter, satisfying the need to enjoy food without the added extras

Ask for help

If you child is showing signs of feeding difficulties such as gagging or vomiting at the sight or smell of food, food refusal, eating less than 10 different types of food in a week or you are in any way worried about how your child eats, then ask your child's team to refer you to a Dietitian and Speech & Language Therapist for extra support.



Introduction

Food can be amazing, delicious and comforting... or it can cause pain, bloating, discomfort and nausea. Following periods of illness, some young people need to eat more to restore energy levels and promote weight gain.

The rule of 5's

- If you are trying to gain weight increase your intake by 500 – 1000kcal per day
- Eat at least 5 portions of fruit and vegetables each day
- Eat regularly – 5 times a day, 3 meals and 2 small snacks
- Take at least 60 minutes of physical activity 5 times per week
- Be mindful – do some mindfulness exercises for 5 minutes every day

Mindfulness

Mindfulness is a type of meditation that helps us to pay attention to our bodies (thoughts and feelings) and the world around us in the present moment. This can help with stress.

- To start sit cross-legged on the floor, or lie down on the floor
- Close your eyes and focus on an aspect of your breathing, such as the sensations of air flowing into your nostrils and out of your mouth
- Clear your mind, relax and just concentrate on your breathing

Eat colourful foods

It is good to eat a wide variety of food as this will give your body lots of different vitamins and minerals. Think of a rainbow; you could even try to write down all of the food you eat in a day and put a colour next to the food you eat to see whether you have included the colours of a rainbow.

Fruits and vegetables are full of colour, so it is important you include them in your diet. If you don't like fruit and vegetables, look at different ways of eating them, such as:

- Eat frozen peas instead of cooked ones
- Drink homemade fruit smoothies. If you buy them from the shops, make sure they are cold pressed and contain real fruit, rather than fruit flavourings so you are getting all the goodness of the fruit.
- Mix vegetables into foods you already like, e.g. mashed carrots mixed in with mashed potato or pieces of sweetcorn or peas in rice.
- Have roasted vegetables rather than boiled vegetables. They taste much sweeter!
- Eating dried fruit as a snack
- Try plain yogurt with some fruit puree



Making the most out of every mouthful

If you are trying to gain weight, aim to have an extra 500 – 1000kcal every day of nutrient dense foods. Some ideas of how you can add extra calories each day can be found below.

Table 1: Foods which can be used for extra calories and protein

Food item	Amount	Energy (kcal)	Protein (g)	Food item	Amount	Energy (kcal)	Protein (g)
< 50 kcal							
1 teaspoon chocolate spread	5g	15	0.8	1 teaspoon peanut butter	5g	29	1.2
1 heaped teaspoon cream cheese	10g	34	0.6	Cheese (pinch)	10g	35	2
50-100 kcal							
2 teaspoons smooth peanut butter	10g	58	2.4	Egg, boiled	60g	88	7.6
Bacon – lean rasher	40g	69	12.9	Raisins – small box	27g	88	0.86
Fruit smoothie – lighter	340ml	220	9	Banana	100g	92	1.3
1 tablespoon Marvelous nut dust	15g	100	2.3	Olives	10	60	<0.5g
100-150 kcal							
Egg, (1) scrambled with milk	60g	105	6.2	Meatball, small	60g	125	16
Chicken, drumstick	40g	110	11	Milk, full cream	200ml	125	6.4
Cubes of cheese	45g	150	10	Baked beans	125g	116	6
150-200 kcal							
Avocado, half	75g	183	1	Yogurt, full fat	175ml	180	7.7
200-250 kcal							
Wholemeal wrap	1 small	215	7.6	Small bacon sandwich	1 slice	29	1.2

Food item	Amount	Energy (kcal)	Protein (g)	Food item	Amount	Energy (kcal)	Protein (g)
250-300 kcal							
Peanuts or tree nuts	50g	291	13.2	Cereal bar	50g	250	3.8
300-350 kcal							
Milkshake	330ml	300	12	Bread & peanut butter	2 slices & 2 tablespoons	125	16
350-400 kcal							
Chapatti/Tortilla & melted cheese	80g 50g	357	15	Scone, jam & cream	Medium	372	6.5
450-500 kcal							
Fruit smoothie	340ml	450	16	Egg mayonnaise sandwich & yogurt	2 slices & 1 pot yogurt	406	19.3
500-600 kcal							
Cheese & tomato sandwiches x2	4 slices	520	24				
> 500 kcal							
Peanuts or tree nuts	100g	582	26.2	Falafel wrap with hummus	150g	602	15.4

Physical activity

All children and young people should engage in ‘moderate to vigorous’ physical activity for at least 60 minutes every day. You should also try to include some ‘light’ activity and some ‘strength’ activity.’ It is important when doing sport that you exercise your whole body in a fun way!

Table 2: Examples of exercise and the benefits

Exercise	What is it and how does it help your body?	Examples
Light	This won't make you hot or sweaty. It gets your body moving and is a great way to get into doing more physical activity if at the moment you don't do very much.	<ul style="list-style-type: none">• Walking• Playground activities
Moderate	This will make you feel warmer and breathe harder. You should feel your heart beating faster, but still be able to carry on a conversation. This exercise is good for your heart.	<ul style="list-style-type: none">• Walking• Playground activities• Slow swimming or playing in the water• Riding a scooter• Skateboarding• Roller blading• Riding a bike on flat ground or with very few hills• Riding a horse
Vigorous *	This will make you out of breath and possibly red in the face, making it more difficult to carry on a conversation. This type of exercise is good for your heart.	<ul style="list-style-type: none">• Running or playing running games such as 'stuck in the mud'• Swimming• Team sports such as Hockey / Basketball / Football• Fast cycling or on hilly terrain
Strength	This helps to make your bones and muscles strong.	<ul style="list-style-type: none">• Swinging on playground equipment• Hopping and skipping• Sports such as gymnastics or tennis• Playground games such as 'tug of war'• Rock, rope or tree climbing

* if you are not sure check with your health care team before you do anything that is very vigorous

Why is it important to be active for at least 60 minutes each day?

- Helps keep our hearts and muscles healthy
- Helps us keep a healthy weight
- Improves bone health
- Improves self-confidence and self esteem
- Develops new social skills and meet new people

However, for lots of different reasons it can be difficult to become more active; sometimes it is because you don't feel well and other times because you are afraid of what you might look like or that you might not be able to do it. If you don't do much physical activity at the moment start small by adding something in at the same time everyday, either before or after school or during the weekends.

Some people are naturally more 'sporty' than others, but everyone can find some physical activity they are good at and enjoy. If you struggle with some school sports, talk to your PE teacher to see if they have ideas of other sports you can try. There are also some good online resources such as, "Couch to 5K" from NHS choices. It is a guided exercise regime to help you build up from no running, to being able to run 5km without stopping over 9 weeks: <https://www.nhs.uk/LiveWell/c25k/Pages/couch-to-5k.aspx>

Another way to get started having more physical activity in your life is to minimise the amount of time sitting still. Make a list of all the time you spend sitting still, and with your family try to work out how you could all move your bodies more. Some ideas might be:

- Reducing time spent watching TV, using the computer or playing video games.
- Swapping a long bus or car journey for walking part of the way – get off the bus one stop earlier
- Walking or cycling to school
- Playing outside in the park at weekends instead of being inside

The main thing is to have fun getting fitter and being involved in sport whether it is walking, swimming, jogging or something else.



Shopping list

For the recipes you can buy fresh, frozen or tinned fruit and vegetables. All of these ingredients are available in budget as well as other supermarkets.

Food allergies/intolerances

These recipes will work using free from substitutes e.g. almond milk vs. full cream milk and other alternatives e.g. gluten free flour, dairy free margarines, non-dairy milks, egg replacers etc.



Veggies

- Frozen peas
- Frozen sweet corn
- Frozen/fresh carrots
- Butternut squash
- Kale
- Courgette
- Cauliflower
- Broccoli
- Mange tout
- Sweet potato/potato

Fruit

- Banana
- Avocado
- Frozen/fresh raspberries
- Frozen/fresh blueberries
- Frozen/fresh mango
- Tinned peaches in juice
- Tinned prunes in juice
- Ready to eat apricots
- Sultanas
- Lemons

Cheese

- Hard cheese e.g. Cheddar/parmesan
- Feta
- Cream cheese

Nut butters (no added sugar varieties)

- Smooth peanut butter
- Smooth cashew butter
- Smooth almond butter
- High protein nut butters (peanut flour added)
- Almonds (ground/flaked)
- Pistachio
- Walnuts
- Brazil nuts
- Pecan nuts
- Cashew nuts

Herbs & spices

- Frozen/fresh mint
- Frozen/fresh coriander
- Frozen/fresh ginger
- Ground turmeric
- Fresh/dried thyme
- Fresh/frozen basil
- Chili flakes

Pulses

- Lentils – green and red
- Chickpeas (dried or tinned)

Pasta & breads

- Pasta (white/wholemeal)
- Naan bread/taco/tortilla
- Small white/wholemeal loaf

Oils & pastes

- Coconut milk
- Olive oil
- Curry paste: Tikka masala; Bhuna; Madras
- Harissa paste
- Curry powder
- Wholegrain mustard
- Wasabi
- Mayonnaise

Fish & meat

- White or oily fish
- Fish pie mix
- Lamb
- Beef
- Chicken

Milks

- Full cream milk
- Full fat yogurt
- Cream/Sour cream



Marvelous nut dust

This Marvelous nut mix is bursting with goodness – nutritious nuts are rich in protein, fats, energy and micronutrients. For those who are trying to make the most out of every mouthful use the Marvelous nut dust on cereal in the morning, an added crunch to a pitta pocket or sprinkled on pasta and rice dishes to provide an unexpected flavour burst. The Marvelous nut dust can be spiced up with some dried chili flakes.



Ingredients

- 100g pistachios
- 100g almonds
- 100g pecan nuts
- 100g walnuts
- 100g brazil nuts

Other kinds of nuts that can be included:

- macadamia
- hazelnuts
- chestnuts
- peanuts

Method

1. Where possible buy ground nuts
2. For whole nuts, use a hand held blender or mini food processor to blitz the nuts into a fine dust. For larger nuts such as brazil nuts cut into pieces before blitzing
3. Store in an airtight container

Nutrition content per 100g

655 kcal / 15.4g protein

Serving suggestion

1 tablespoon = 15g • 100kcal / 2.3 protein

For those enriching meals – you can add it into all different foods or toast it to make it crunchy

Granola

Ingredients

- 300g oats
- 200g chopped nuts (almonds, pistachio, hazelnuts)
- 50g dried apricots
- 45g (3 tablespoons) golden syrup
- 2 tablespoons of olive oil
- ½ teaspoon vanilla extract

Method

1. Heat the oven to 200°C / 180°C Fan / Gas mark 6
2. Add all of the ingredients to a mixing bowl and stir until everything is covered in golden syrup/oil – it may be easier to mix using your hands
3. Spread the mixture in a thin layer on a baking sheet (use greaseproof paper)
4. Bake for 10 minutes until lightly toasted
5. Cool before storing then crumble into small pieces
6. Store in an airtight container for up to 2 weeks

	Per 100g serving
Kcal	240
Protein	6.5g
Carbohydrate	23g
Fat	13.4g

Serving suggestion

Add 2 – 3 tablespoons to your usual cereal and milk





Breakfast porridge – 4 ways

Ingredients

- 50g rolled oats
- 300ml full cream milk
- pinch of salt

Light version

- 50g rolled oats
- 300ml unsweetened soya or almond milk
- pinch of salt

Method

1. Add the oats, a pinch of salt and full cream milk to a pan
2. Place on a medium heat
3. As the mixture starts to bubble, stir well
4. Once it is thick, take off the heat and serve in a bowl
5. Add your favourite topping and eat whilst warm

Important to note:

- Instant porridges can be used instead of making your own from scratch following the manufacturer's instructions
- If you don't like hot porridges you can add one more of the following toppings to your usual cereal with milk
- You can also add a dollop of yogurt
- Non-dairy milks can also be used e.g. almond, hazelnut, coconut, soya, hemp, oat

	Per serving	Lighter version
Kcal	385	265
Protein	15.5g	12.8g
Carbohydrate	46.8g	34.5g
Fat	16.3g	9.4g

Prunes, dates & ground almonds

Ingredients

- 150g tinned prunes in juice
- 30g ready to eat apricots
- 20g ground almonds (2 tablespoons)

Method

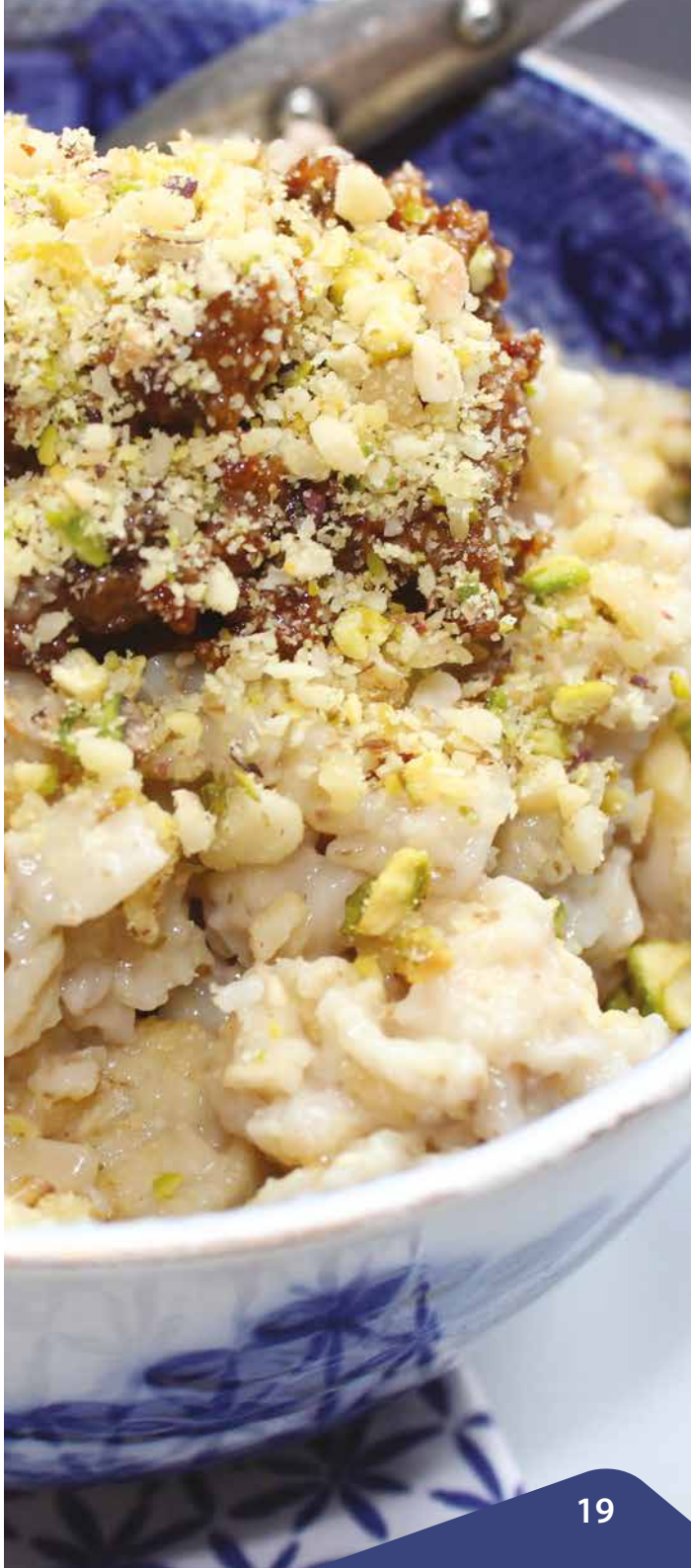
1. Place the tinned prunes and ready to eat apricots (approximately 8) with the prune juice in a pan and simmer on a low heat for 5 minutes or until the fruit is soft
2. Add in 20g or 2 tablespoons of ground almonds
3. Using a stick blender, puree ingredients until smooth
4. Portion into ice cube trays

Serving suggestion

Add 2 – 3 cubes of frozen cubes to your hot porridge and stir



	Per serving
Kcal	132
Protein	3g
Carbohydrate	13g
Fat	6g





Peaches, sultanas & ground almonds

Ingredients

- 150g tinned peaches in juice
- 30g sultanas
- 40g ground almonds (4 tablespoons)

Method

1. Place the tinned peaches, juice and sultanas in a pan and simmer on a low heat for 5 minutes
2. Add in 40g or 4 tablespoons of ground almonds
3. Using a stick blender, puree until smooth
4. Portion into ice cube trays

Serving suggestion
Add 2 – 3 cubes of frozen cubes to your hot porridge and stir

	Per serving
Kcal	190
Protein	4.1g
Carbohydrate	42.6g
Fat	1.5g



Mango & almond butter

Ingredients

- 200g fresh mango
- 30g (6 level teaspoons) almond butter

Method

1. Peel and chop the fresh mango into chunks
2. Place in a bowl along with 30g smooth almond butter (6 level teaspoons)
3. Using a stick blender, puree until smooth
4. Portion into ice cube trays

Serving suggestion
Add 2 – 3 cubes of frozen cubes to your hot porridge and stir

	Per serving
Kcal	120
Protein	3.4g
Carbohydrate	10g
Fat	7g



Raspberry, banana & almonds

Ingredients

- 200g fresh or frozen raspberries
- 200g banana
- 50g ground almonds
- 1 tablespoon runny honey

Method

1. Peel and chop the banana into chunks
2. Put the raspberries into a bowl along with the runny honey, banana and ground almonds
3. Using a stick blender puree until smooth
4. If the puree is a little thick add a splash of almond milk/whole milk
5. Portion into ice cube trays

	Per serving
Kcal	146
Protein	4.2g
Carbohydrate	13g
Fat	8g



PESTO – 4 WAYS

Dairy free pesto

Ingredients

- 3 large packets of basil (84g)
- zest of ½ lemon
- juice of 1 lemon
- 50g ground almonds
- 1 tablespoon olive oil
- 25ml water
- salt & pepper



Light version

To make a lighter version, use all of the ingredients except for the ground almonds and olive oil

Method

1. Tear the basil into pieces and place in a clean bowl with the lemon zest
2. Cut the lemon in half, squeeze the juice into the bowl (watch out for pips)
3. Add the ground almonds and a generous glug of olive oil
4. Add 25ml of water to the bowl, as well as the salt and pepper
5. Use a hand held blender to whizz it all together into a fine paste
6. Portion into freezer bags or ice cube trays – freeze and take out portions as needed

	Per serving	Lighter version
Kcal	243	34
Protein	7.3g	2.7g
Carbohydrate	4.3g	4.4g
Fat	2.2g	0g

PESTO – 4 WAYS

Dairy free coriander & basil pesto

Ingredients

- 3 large packets of basil (84g)
- 1 large packet of coriander
- 1 – 2 springs of mint
- zest of ½ lemon
- juice of 1 lemon
- 50g ground almonds
- pinch of chili flakes
- 1 tablespoon olive oil
- 25ml water
- salt & pepper

Light version

To make a lighter version, use all of the ingredients except for the ground almonds and olive oil

Method

1. Tear the basil, coriander, mint into pieces and place in a clean bowl with the lemon zest
2. Cut the lemon in half, squeeze the juice into the bowl (watch out for pips)
3. Add the ground almonds, pinch of chili flakes (optional) and a generous glug of olive oil
4. Add 25ml of water to the bowl, as well as the salt and pepper
5. Use a hand held blender to whizz it all together into a fine paste
6. Portion into freezer bags or ice cube trays – freeze and take out portions as needed

	Per serving	Lighter version
Kcal	180	52
Protein	6g	4.7g
Carbohydrate	6g	6.3g
Fat	9.6g	1.2g





PESTO – 4 WAYS

Pesto

Ingredients

- 1 large packet of basil
- 50g pine nuts
- 50g hard cheese e.g. parmesan
- 100ml olive oil
- 2 cloves of garlic

Light version

To make a lighter version, use all of the ingredients except for the parmesan cheese and olive oil, ½ the pine nuts (e.g. 25g), use 25ml water instead

Method

1. Put the pine nuts in a small frying pan and toast them over a low heat
2. Into a clean bowl add the basil, pine nuts, cheese, olive oil, garlic and with a hand held blender whizz it all together into a paste
3. Portion into freezer bags or ice cube trays – freeze and take out portions as needed

	Per serving	Lighter version
Kcal	522	232
Protein	9.4g	2.3g
Carbohydrate	2.3g	2.7g
Fat	52.8g	10.5g

PESTO – 4 WAYS

Pesto salsa verde

Ingredients

- 1 large packet of basil
- 1 large packet of flat leaf parsley
- 1 bunch of thyme
- 1 – 2 sprigs of mint
- 50g ground almonds
- 4 teaspoons of capers
- 4 anchovy fillets
- lemon
- pinch of chili flakes
- 1 tablespoon olive oil
- salt & pepper

Light version

To make a lighter version, use all of the ingredients except for the ground almonds and olive oil

Method

1. Use the parsley leaves only, take the thyme and pull all of the leaves off, tear the basil and mint into pieces and place in a clean bowl, add the oil, anchovy fillets, capers, pinch of chili flakes and almonds
2. Cut the lemon in half, squeeze the juice into the bowl (watch out for pips)
3. Use a hand held blender to whizz it all together into a fine paste
4. Portion into freezer bags or ice cube trays – freeze and take out portions as needed

	Per serving	Lighter version
Kcal	250	50
Protein	9g	4.7g
Carbohydrate	5g	4g
Fat	21g	1.6g





PANCAKES – 4 WAYS

Pancakes for one

Ingredients

- 100g plain flour
- 2 teaspoons almond butter
- 1 egg
- 300ml whole milk
- 1 teaspoon caster sugar
- olive oil

Lighter version

- 50g plain flour
- 1 egg
- 150ml almond or soya milk

Method

1. Lightly beat the egg, add to the milk and mix together
2. Add in the flour, sugar and stir until no lumps remain
3. Add ½ teaspoon of olive oil to a small frying pan, put over a medium heat
4. Add a ladle of the mixture to the hot pan, ensuring it is evenly spread
5. Flip the pancake after 2 – 3 minutes and cook until golden on each side
6. To make a stack put on a waiting plate, cover with kitchen towel to keep warm and repeat until all of the mixture is gone
7. Serve when ready and chose a topping

	Per serving	Lighter version
Kcal	702	261
Protein	33.2g	15.8g
Carbohydrate	86.5g	32.7g
Fat	27.0g	8.7g

PANCAKES TOPPINGS

Traditional streaky bacon & maple syrup

Ingredients

- 2 – 4 rashers of streaky bacon
- 2 tablespoons of maple syrup

Method

1. Put the bacon in a pan – there is no need to add oil and cook over a medium heat.
2. Add to the stack of pancakes and drizzle the maple syrup on top
3. Eat whilst warm

	Per serving	Lighter version
Kcal	413	134
Protein	19g	14g
Carbohydrate	37g	0g
Fat	21.6g	8.7g



PANCAKE TOPPINGS

Toasted almonds & fried banana

Ingredients

- 25g flaked almonds
- 1 banana
- 1 teaspoon of brown sugar
- small knob of butter

Lighter version

- 1 small sliced banana
- 1 tablespoon Agave syrup

Method

1. Slice the banana into rounds
2. Melt the butter in a hot frying pan
3. Add the banana, flaked almonds and brown sugar
4. Cook for 2 – 3 minutes until lightly brown
5. Pour the mixture over the pancake stack – eat whilst warm

	Per serving	Lighter version
Kcal	325	80
Protein	6.3g	1g
Carbohydrate	26.3g	0.2g
Fat	22.4g	0g

PANCAKE TOPPINGS

Chocolate spread, cream cheese & chili flakes

Ingredients

- 1 tablespoon of chocolate spread
- 1 tablespoon of cream cheese
- small pinch of chili flakes (optional)

Lighter version

- 1 tablespoon of Greek yogurt
- 1 square of 70% chocolate

Method

1. Mix the chocolate spread and cream cheese together
2. Dollop the chocolate spread mixture on top of the pancake stack – add the chili flakes – eat whilst warm
3. For the lighter version put the square of chocolate on top of the hot pancakes followed by a dollop of Greek yogurt

	Per serving	Lighter version
Kcal	197	83
Protein	1.9g	2.4g
Carbohydrate	12.1g	7g
Fat	16.1g	5.9g

PANCAKE TOPPINGS

Macadamia nut brittle & Greek style yogurt

Ingredients

- 100g caster sugar
- 100g macadamia nuts, toasted
- 100g Greek style yogurt

Lighter version

- 1 small sliced banana
- 1 tablespoon Agave syrup

Note:

- This recipe needs to be prepared in advance of making the pancakes
- Extra care needs to be taken around molten sugar as it is super hot and sticky

Method

1. Heat the sugar in a saucepan for 4-5 minutes, until melted and turning golden-brown
2. Add the macadamia nuts, stir well and take the pan off the heat
3. Pour the mixture onto a non-stick baking sheet and leave to cool completely
4. To serve with the pancakes add a generous dollop of Greek Style yogurt, break the brittle up into pieces – take 2 – 3 shards and add to the top of the pancake stack

	Per serving
Kcal	212
Protein	2.3g
Carbohydrate	19g
Fat	14.5g





EGGS – 4 WAYS

Boiled eggs – 'green eggs & ham'

Ingredients

- 1 – 2 large eggs
- 1 – 2 slices prosciutto or ham
- 1 dollop of home-made/shop bought pesto
- butter for bread
- crusty bread

Lighter version

- 1 large egg
- 1 slice prosciutto or ham
- 1 teaspoon of homemade dairy free pesto
- 1 small crusty bread roll

Method

1. Place the eggs in a pan of cold water
2. Once the water is boiling cook the eggs for approximately 3 minutes – soft boil or 5 minutes for a hard boil
3. In the meantime slice your crusty roll or stick in half, spread the butter on the bread and add the slices of ham and a dollop of pesto on top of the ham
4. Once the eggs are ready, discard the boiling water and run them under a cold tap until they are cool enough to peel
5. Slice when peeled and place on top of the ham, close the sandwich and eat whilst the eggs are slightly warm

	Per serving	Lighter version
Kcal	550	160
Protein	31g	7.3g
Carbohydrate	23.0g	14.1g
Fat	38.2g	7.5g

EGGS – 4 WAYS

Poached – chili eggs

Ingredients

- 1 – 2 eggs
- ½ avocado
- rocket
- chili flakes
- butter to spread
- 1 – 2 tablespoons of sour cream or cream cheese
- 1 teaspoon Marvelous nut dust
- 1 large toasted pitta bread

Method

1. Poach your eggs either using an egg poacher or swirling boiling water in a pan – You Tube has some good videos
2. Toast your pitta bread, slice the avocado in ½ and scoop out the flesh
3. Chop the avocado into chunks and add a teaspoon of Marvelous Nut dust and a pinch of chili flakes
4. Slice the toasted pitta bread open; spread the avocado and add a handful of rocket leaves.
5. Drain the eggs when cooked, and place on top of the rocket leaves and avocado, add a couple of dollops of sour cream or cream cheese
6. Close the pitta bread and eat whilst warm
7. For the lighter version use 1 egg and don't add the nut dust, butter and cream cheese

	Per serving	Lighter version
Kcal	832	260
Protein	26.5g	16.5g
Carbohydrate	58g	26.8g
Fat	56g	15g



Lighter version

- 1 egg
- 40g peas mashed (mash the peas and mix in with the avocado)
- rocket or salad
- chili flakes
- 1 tablespoon of low fat yogurt
- ½ large toasted pitta bread



EGGS – 4 WAYS

Omelette – with chives & peas

Ingredients

- 1 – 2 eggs
- 1 – 2 tablespoons cream cheese or sour cream
- 5 – 10 chives
- 1 – 2 mint sprigs
- ½ cup frozen or fresh peas
- 1 teaspoon of Marvelous nut dust
- 1 – 2 slices of toast with butter/ margarine

Lighter version

- 1 egg
- 1 tablespoon plain yogurt
- 5 – 10 chives
- 1 – 2 mint sprigs
- ½ cup frozen or fresh peas
- salt & pepper
- 1 slice of toast

Method

1. Crack the eggs into a clean bowl, whisk together with a fork
2. Place a non-stick frying pan onto a high heat, add a small knob of butter to the pan and wait until melted
3. Add the beaten eggs to the hot pan, and turn down the heat
4. Add ½ cup of frozen/fresh peas to the eggs, along with 1 teaspoon of Marvelous nut dust
5. If you are feeling brave try and flip the omelette over after 2- 3 minutes, otherwise use a spatula to turn it over
6. Once cooked sprinkle with chopped chives, mint and add 1 – 2 tablespoons of cream cheese or sour cream – fold in half and served with 1 – 2 slices of buttered toast

	Per serving	Lighter version
Kcal	755	380
Protein	26g	21g
Carbohydrate	36g	24.7g
Fat	57g	29g

EGGS – 4 WAYS

Scrambled eggs – American style

Ingredients

- 2 eggs
- 1 teaspoon of butter/margarine
- 2 slices of smoked salmon/trout
- 2 tablespoons of cream cheese
- 1 toasted bagel

Lighter version

- 1 egg • 1 slice of smoked salmon/trout
- 1 tablespoon of cream cheese • 1 toasted bagel

Method

1. Crack 1 – 2 eggs into a clean bowl and beat well, add 1 teaspoon of butter/margarine
2. Put mixture into a cold pan over a medium heat
3. As the pan gets warmer, start to stir the egg mix allowing lumps to form
4. Cook until the preferred consistency e.g. wet or dry
5. Toast a bagel – spread 1 – 2 tablespoons of cream cheese and add a slice of smoked salmon / trout to each bagel half
6. Add the scrambled egg and grate some black pepper (optional) – eat whilst warm

	Per serving	Lighter version
Kcal	562	254
Protein	32.6g	12g
Carbohydrate	29g	28.9g
Fat	36g	11.7g



TOAST – 4 WAYS

Asparagus, peanut butter & marmite

Ingredients

- 2 slices of bread
- 100g asparagus
- 1 tablespoon peanut butter
- squirt of marmite
- butter
- salt

Lighter version

- 1 slice of bread • 100g asparagus • salt
- 1 teaspoon peanut butter • squirt of marmite

Method

1. Put the asparagus spears in a jug with 1 – 2 fingers of cold water.
2. Cover the top of the jug with cling film, make a hole in it and put in the microwave for 2 – 3 minutes, add a pinch of salt
3. In the meantime toast the bread, butter when warm – then spread with peanut butter and marmite
4. Drain the asparagus and place on top of the bread – eat whilst warm

	Per serving	Lighter version
Kcal	350	180
Protein	14.2g	10g
Carbohydrate	33.5g	18.3g
Fat	18.8g	7.9g

TOAST – 4 WAYS

Dark chocolate, pistachios & honey

Ingredients

- 2 slices of bread
- 8 squares of dark chocolate
- butter to spread
- 50g pistachios (handful)
- 1 tablespoon runny honey



Lighter version

- 1 slice of bread • 2 squares of dark chocolate
- 10 pistachios • 1 teaspoon runny honey

Method

1. Lightly toast the bread in a toaster.
2. Turn the grill on, put the toast on the grill pan, evenly spread the chocolate squares and pistachios – put under the grill to melt the chocolate and toast the nuts.
3. Keep a close eye on it
4. When melted, spread evenly over the toast, finish with a squirt of runny honey – eat whilst warm

	Per serving	Lighter version
Kcal	516	238
Protein	10.6g	6g
Carbohydrate	47.2g	31.7g
Fat	33.1g	10.6g

TOAST – 4 WAYS

Marmite, maple syrup & almonds

Ingredients

- 2 slices of bread
- 50g toasted flaked almonds
- butter
- maple syrup
- marmite

Lighter version

- 1 slice of bread • 10g toasted flaked almonds
- maple syrup • marmite

Method

1. Toast the bread in a toaster.
2. Butter the toast, spread with marmite, drizzle maple syrup over the top and sprinkle toasted almonds on top – eat whilst warm

	Per serving	Lighter version
Kcal	670	182
Protein	18.1g	6.6g
Carbohydrate	39.5g	21.6g
Fat	50g	8.2g



TOAST – 4 WAYS

Hummus, rocket, red pepper & feta

Ingredients

- 2 slices of bread
- handful of rocket leaves
- 2 – 3 tablespoons of hummus
- ¼ red pepper
- 1 tablespoon Marvelous nut dust
- 50g feta cheese

Lighter version

- 1 slice of bread • handful of rocket leaves
- 1 tablespoon of hummus • ¼ red pepper
- 10g feta cheese (1 cube)

Method

1. Toast the bread in a toaster.
2. Thickly spread the hummus on the toast, crumble the feta on top adding thin slices of red pepper and a handful of rocket – eat as soon as made

	Per serving	Lighter version
Kcal	715	145
Protein	21.3g	6.1g
Carbohydrate	36g	21g
Fat	55g	4.8g

Bread

There are so many different ways of having bread, such as pitta pockets, which are great for a quick snack or for lunch. For all of these ideas you can use pre-cooked meat. Toast the pitta before adding the filling.



BREAD – 4 WAYS

Chicken, bacon, lettuce & tomato

Ingredients

- 90g chicken slices
- 1 – 2 rashers of bacon
- 1 tablespoon mayonnaise
- handful of shredded lettuce
- tomato slices
- 1 pitta bread/2 pitta pockets/bread roll(s)

Lighter version

- 60g chicken slices
- handful of shredded lettuce
- tomato slices
- ½ pitta bread or 1 pitta pockets

Method

1. Spread the mayonnaise inside the pitta, add the chicken, bacon, lettuce and tomato in any order

	Per serving	Lighter version
Kcal	755	349
Protein	36.7g	22.6g
Carbohydrate	56.6g	53g
Fat	43.6g	3.9g

BREAD – 4 WAYS

Satay inspired chicken

Ingredients

- 90g chicken slices
- soy sauce
- 1 tablespoon of peanut butter
- Marmite – enough to thinly spread
- handful of rocket leaves
- 1 pitta bread/2 pitta pockets/bread roll(s)

Method

1. Add ½ - 1 teaspoon of soy sauce to the chicken slices
2. Spread the peanut butter and marmite inside the pitta, add the chicken and rocket leaves

Lighter version

- 60g chicken slices
- soy sauce
- 1 tablespoon of peanut butter
- handful of rocket leaves
- ½ pitta bread or 1 pitta pockets

	Per serving	Lighter version
Kcal	535	311
Protein	42.7g	26.7g
Carbohydrate	58.9g	44.8g
Fat	16.9g	4.5g





BREAD – 4 WAYS

Minty chicken

Ingredients

- 90g chicken slices
- 60g peas
- 1 – 2 sprigs mint
- 50g feta cheese
- handful of rocket leaves
- 1 pitta bread/2 pitta pockets/bread roll(s)

Lighter version

- 30g chicken slices
- 60g peas
- 1 – 2 sprigs mint
- handful of rocket leaves
- ½ pitta bread or 1 pitta pockets

Method

1. Put the chicken, peas (let them defrost if they are frozen), feta cheese and mint in a small bowl mash together
2. Fill the pitta with the mixture and add some rocket leaves

	Per serving	Lighter version
Kcal	564	295
Protein	46.3g	19.7g
Carbohydrate	59.2g	47.8g
Fat	17.3g	3.7g



BREAD – 4 WAYS

Coronation chicken

Ingredients

- 90g chicken slices
- 1 tablespoon mayonnaise
- 1 teaspoon mango chutney
- pinch curry powder
- 1 – 2 teaspoons of flaked almonds
- handful of rocket leaves
- 1 pitta bread/2 pitta pockets/bread roll(s)

Method

1. Put the chicken, mayonnaise, chutney, curry powder and almonds in a small bowl and mash together
2. Fill the pitta with the mixture and add some rocket leaves

Lighter version

- 30g chicken slices
- 1 tablespoon mayonnaise
- 1 teaspoon mango chutney
- pinch curry powder
- handful of rocket leaves
- ½ pitta bread or 1 pitta pockets

	Per serving	Lighter version
Kcal	765	350
Protein	40g	22.7g
Carbohydrate	52g	47.8g
Fat	45g	8.9g



FISH – 4 WAYS

Salmon fishcakes

Ingredients

- 4 ready to eat salmon fillets, cooked
- 1 large potato
- 1 large sweet potato
- 1 teaspoon of grated ginger
- 2 tablespoons Marvelous nut dust
- 1 lemon zest, plus wedges to serve
- 1 bunch spring onions, finely chopped or a small onion
- breadcrumbs (shop bought)
- 1 egg beaten
- salt and pepper

Lighter version

- 4 ready to eat salmon fillets, cooked
- 1 large sweet potato
- 1 teaspoon of grated ginger
- 1 lemon zest, plus wedges to serve
- 1 bunch spring onions, finely chopped or a small onion
- breadcrumbs (shop bought)
- 1 egg beaten
- salt and pepper

To serve with the fish cakes

- 4 tablespoons mayonnaise
- wasabi (optional)
- bag of salad
- tomatoes for salad
- avocado for salad
- pitta bread (optional)
- 2 tablespoons olive oil
- salt and pepper

Method

1. Heat the oven to 200°C / 180°C Fan / Gas mark 6
2. Peel and chop the potato & sweet potato into chunks, place in a pan with cold water, salt and boil until soft. Carefully drain the boiling water and put in a clean bowl
3. Chop the spring onions, salmon as finely as you can and place in the bowl with potatoes, Marvelous nut dust, ginger, lemon zest and salt and pepper. Mash the mixture together and then form 8 fishcakes
4. Place the beaten egg in a separate bowl, next to a bowl of breadcrumbs
5. One at a time put the fishcakes in the egg, turning them over until they are covered. Pick up the fish cake and allow the excess egg to drip off – then place in the breadcrumbs, dusting both sides
6. Place on a non-stick tray and repeat until all of the fishcakes are covered in breadcrumbs
7. Bake for 20-25 minutes until golden on the outside and cooked
8. In a small bowl, mix the mayonnaise with ½ - 1 teaspoon of wasabi. Mix well adding more wasabi if you like. Put in a little dish to allow everyone to serve themselves.
9. Wash the salad items and chop the avocado into slices, add to plates and in a salad bowl
10. Serve 2 fishcakes each with the salad, mayo mix and lemon wedges for squeezing. Toast some pittas and cut in half for those who are especially hungry

	Per serving	Lighter version
Kcal	825	450
Protein	46.5g	22g
Carbohydrate	73g	50g
Fat	40g	21g



FISH – 4 WAYS

Harissa salmon

Ingredients

- 4 salmon fillets (frozen or fresh)
- 1 – 2 tablespoons harissa spice
- 2 tablespoons Marvelous nut dust
- juice of 1 lemon
- dash of water

Lighter version

- 4 salmon fillets (frozen or fresh)
- 1 – 2 tablespoons harissa spice
- juice of 1 lemon
- dash of water
- serve with green salad

To serve with the salmon

- 1 tablespoon sumac
- glug of olive oil
- juice of 1 lemon
- bag of salad
- tomatoes and cucumber for salad
- olives (optional)
- hummus
- pitta bread

Method

1. Heat the oven to 200°C / 180°C Fan / Gas mark 6
2. Put the harissa spice, Marvelous nut dust, lemon juice and dash of water in a bowl and mix together to make a paste
3. Take the salmon fillet and roll in the paste
4. Bake the fillets for 20-25 minutes until cooked
5. Wash the salad items and chop the tomatoes and cucumber into slices add to a salad bowl
6. To make the sumac dressing, add the sumac, olive oil, juice from the lemon and mix to together, toss the salad in the dressing or just use mayonnaise if you prefer
7. Serve the salmon fillet with salad a generous dollop of hummus and warm pitta bread

	Per serving	Lighter version
Kcal	885	490
Protein	39.5g	30g
Carbohydrate	65.7g	34g
Fat	52g	15g



FISH – 4 WAYS

Tuna, pasta & peas

Ingredients

- 2 cans of tuna
- 400g dried pasta
- 400g fresh or frozen peas
- 200g mange tout or broccoli
- 4 portions of pesto (whichever variety)
- 75g hard cheese
- bunch of flat leaf parsley
- 4 tablespoons sour cream
- salt & pepper
- rocket

Lighter version

- 2 cans of tuna
- 200g dried pasta
- 400g fresh or frozen peas
- 200g mange tout or broccoli
- 4 portions of dairy free pesto
- bunch of flat leaf parsley
- salt & pepper
- rocket

Method

1. Bring a pan of cold water to the boil, add salt and pasta when bubbling – cook for 10 – 12 minutes or until al dente (e.g. is soft but with a little bite to it)
2. Open the cans of tuna draining the liquid, chop the parsley and grate the cheese, defrost the pesto portions and open the sour cream
3. After 10 minutes add the vegetables to the same pan of water as the pasta is still cooking and cook for a further 2 – 3 minutes
4. With care, drain the pasta into a colander and place back in the pan over a low heat, add the pesto, cheese, pepper and sour cream and mix over a low heat until the cheese has melted (1 – 2 minutes)
5. Take off the heat, add in the parsley, seasoning and flaked tuna
6. Serve with a handful of rocket on top

	Per serving	Lighter version
Kcal	880	465
Protein	56g	40g
Carbohydrate	86g	46g
Fat	37g	14.5g



FISH – 4 WAYS

Cod salsa verde

Ingredients

- 4 cod fillets (frozen or fresh)
- 4 portions of Salsa Verde
- 4 large tomatoes
- 150ml water
- 2 baguettes
- bag of salad
- tomatoes
- cucumber

Lighter version

- 1 – 2 portions of salsa verde lightly spread on top of the cod fillets

Method

1. Heat the oven to 200°C / 180°C Fan / Gas mark 6
2. Cover the top of each cod fillet with salsa verde, place the fillets on a bed of sliced tomatoes on a baking tray – add the 150ml water and place in a hot oven and bake the fillets for 20 – 25 minutes until cooked
3. Wash the salad items and chop the tomatoes and cucumber into slices, add to a salad bowl
4. Serve the cod fillet with salad and warm crusty bread

	Per serving	Lighter version
Kcal	825	470
Protein	46.5g	40g
Carbohydrate	73g	45g
Fat	40g	14g



Bunny chow

Bunny chow, often referred to as a “bunny” is a South African street food dish from Durban consisting of a hollowed out loaf of bread filled with curry. No rice is served and the bread is eaten with the curry. The dish must be eaten with your fingers-a knife and fork is not allowed!

BUNNY CHOW – 4 WAYS

Bean bunny

Ingredients

- 2 tins of barlotti beans (sugar beans)
- 2 onions
- 4 tomatoes
- 2 carrots
- 2 tablespoons tomato paste
- 2 teaspoons curry powder or paste
- 1 teaspoon turmeric
- 2 tablespoons Marvelous nut dust
- 500ml water
- 1 chicken stock cube
- 1 large potato
- olive oil
- 2 small white or wholemeal loaves
- bag of salad

Lighter version

- for a lighter version put 1 – 2 serving spoons of bean curry into a small bowl
- serve with salad and a slice of bread

	Per serving	Lighter version
Kcal	775	305
Protein	32.3g	15g
Carbohydrate	125g	26.5g
Fat	20g	16.8g

Method

1. Finely chop the onion and gently fry in the oil until soft
2. Add the curry paste, turmeric, Marvelous nut dust to the onions and cook with the onions for 2 – 3 minutes, stirring
3. Add the stock cube to the water and dissolve
4. Grate the carrot, finely chop the tomatoes and dice the potato, add to the onion mix along with the chicken stock, tomato paste and barlotti beans
5. Bring to the boil and then turn the heat down, simmer for 45 minutes
6. Cut the small loaves in half and hollow out the centre, put the soft centre to one side
7. Put the half loaf crust down on the plate, like a soup bowl
8. Add 2 heaped spoons of bean curry into the bread soup bowl – put the soft centre on top of the bean curry like a hat
9. Grab a handful of salad to garnish the plate
10. Eat with your fingers – using the bread hat to mop the sauce up



BUNNY CHOW – 4 WAYS

Chicken bunny

Ingredients

- 4 chicken breasts
- 2 onions
- bunch of coriander
- 2 carrots
- 2 tablespoons tomato paste
- 3 – 4 tablespoons chicken tikka curry paste
- 2 tablespoons Marvelous nut dust
- 400ml coconut milk
- 1 large sweet potato
- 1 teaspoon turmeric
- ½ teaspoon grated ginger
- olive oil
- 2 small white or wholemeal loaves
- bag of salad

Lighter version

- for a lighter version put 1 – 2 serving spoons of chicken curry into a small bowl
- serve with salad and a slice of bread

	Per serving	Lighter version
Kcal	872	402
Protein	63g	46.2g
Carbohydrate	109g	10.5g
Fat	23.5g	19.8g

Method

1. Finely chop the onion and gently fry in the oil with the chicken until soft
2. Add the curry paste, turmeric, ginger, Marvelous nut dust to the onions and chicken, cook for 2 – 3 minutes, stir the mixture often to stop it from burning
3. Add the coconut milk
4. Grate the carrot, dice the sweet potato, add to the onion mix along with the chicken, tomato paste and coriander
5. Bring to the boil and then turn the heat down, simmer for 45 minutes
6. Cut the small loaves in half and hollow out the centre and putting the soft centre to one side
7. Put the half loaf crust down on the plate, like a soup bowl
8. Add 2 heaped spoons of chicken curry into the bread soup bowl – put the soft centre on top of the chicken curry like a hat
9. Grab a handful of salad to garnish the plate
10. Eat with your fingers – using the bread hat to mop the sauce up



BUNNY CHOW – 4 WAYS

Beef bunny

Ingredients

- 500g braising steak
- 2 onions
- bunch of coriander
- 3 - 4 tablespoons madras curry paste
- 1 teaspoon turmeric
- 1 teaspoon ginger
- 400ml coconut milk
- 500ml water
- 2 large potatoes
- olive oil
- 2 small white or wholemeal loaves
- bag of salad

Lighter version

- for a lighter version put 1 – 2 serving spoons of beef curry into a small bowl
- serve with salad and a slice of bread

	Per serving	Lighter version
Kcal	800	330
Protein	46.8g	30g
Carbohydrate	122g	23.5g
Fat	17.8g	14g

Method

1. Finely chop the onion and gently fry in the oil with the beef
2. Add the Madras curry paste, turmeric, ginger to the onions and beef, cook for 2 – 3 minutes, stir the mixture often to stop it from burning
3. Add the coconut milk and water
4. Dice the potato and coriander, add to the beef mix
5. Bring to the boil and then turn the heat down, simmer for 2 hours until the beef is tender
6. Cut the small loaves in half and hollow out the centre and putting the soft centre to one side
7. Put the half loaf crust down on the plate, like a soup bowl
8. Add 2 heaped spoons of beef curry into the bread soup bowl – put the soft centre on top of the beef curry like a hat
9. Grab a handful of salad to garnish the plate
10. Eat with your fingers – using the bread hat to mop the sauce up



BUNNY CHOW – 4 WAYS

Lamb (mutton) bunny

Ingredients

- 500g lamb or mutton
- 2 onions
- bunch of coriander
- 3 - 4 tablespoons bhuna curry paste
- 2 tablespoons tomato puree
- 900ml water
- 500g butternut squash
- 1 teaspoon turmeric
- ½ teaspoon grated ginger
- olive oil
- 2 small white or wholemeal loaves
- bag of salad

Lighter version

- for a lighter version put 1 – 2 serving spoons of mutton curry into a small bowl
- serve with salad and a slice of bread

	Per serving	Lighter version
Kcal	1,320	850
Protein	26g	10.5g
Carbohydrate	116g	18g
Fat	87g	83.2g

Method

1. Finely chop the onion and gently fry in the oil with the lamb
2. Add the Bhuna curry paste, turmeric, tomato puree, ginger to the onions and lamb, cook for 2 – 3 minutes, stir the mixture often to stop it from burning
3. Add the water
4. Dice the butternut squash and coriander, add to the lamb mix
5. Bring to the boil and then turn the heat down, simmer for 2 hours until the lamb is tender
6. Cut the small loaves in half and hollow out the centre and putting the soft centre to one side
7. Put the half loaf crust down on the plate, like a soup bowl
8. Add 2 heaped spoons of lamb curry in the bread soup bowl – put the soft centre on top of the lamb curry like a hat
9. Grab a handful of salad to garnish the plate
10. Eat with your fingers – using the bread hat to mop the sauce up



Pies

All of these pies make enough for 4 people – you can decide to make individual pies, keeping some in the freezer or make one big pie. Pies can be served with your favourite fresh or frozen veggies such as peas and broccoli.



PIES – 4 WAYS

Chicken pie

Ingredients

- 4 chicken fillets
- 2 onions
- 100g brown mushrooms
- 150ml double or sour cream
- 100ml full cream milk
- 2 tablespoons almond butter
- 100g sweetcorn
- 50g plain flour
- 500g puff pastry (ready rolled)
- pinch of dried thyme
- olive oil
- broccoli, courgettes, mange tout

Lighter version

- Instead of having a full pastry lid, take 4 thin strips of raw pastry to make a lattice lid, putting 2 strips across the top then turning the pie dish at right angles to place 2 more strips
- Replace the double or sour cream with 150ml of chicken stock and 50ml of semi-skimmed milk

	Per serving
Kcal	850
Protein	52g
Carbohydrate	60g
Fat	47.5g

Method

1. Heat the oven to 200°C / 180°C Fan / Gas mark 6
2. Finely chop the onions and dice the chicken fillets into chunks
3. Heat a teaspoon of olive oil in a large frying pan, add the onions, thyme and chicken to the oil
4. On a low heat gently cook the mixture, add in the mushrooms, almond butter, gently stir and cook
5. In a small bowl add the flour and a little water, mix into a paste
6. Once the mixture is cooked, add the full cream milk, cream and flour paste stirring until it has thickened
7. Take off the heat, add in the sweetcorn
8. Portion the mixture into 4 individual pie dishes or 1 big dish
9. Take the ready rolled puff pastry and place a pie lid on top of the mixture, cut a little hole to let the steam out
10. Brush with the top with a little milk or water
11. Place the pies on a baking tray and bake the fillets for 35 – 40 minutes until cooked
12. Serve with extra vegetables



PIES – 4 WAYS

Fish pie

Ingredients

- 300g fish pie mix (fresh or frozen)
- 1 onion
- 3 leeks
- 1 teaspoon wholegrain mustard
- 4 eggs
- 300ml fish or chicken stock
- 200ml double cream or sour cream
- ½ lemon
- olive oil
- 50g plain flour
- 2 teaspoons capers
- 500g puff pastry (ready rolled)
- bag of salad
- tomatoes
- cucumber

Lighter version

- Instead of having a full pastry lid, take 4 thin strips of raw pastry to make a lattice lid, putting 2 strips across the top then turning the pie dish at right angles to place 2 more strips
- Replace the double or sour cream with 150ml of chicken stock and 50ml of semi-skimmed milk

	Per serving
Kcal	752
Protein	43g
Carbohydrate	55.3g
Fat	42.3g

Method

1. Heat the oven to 200°C / 180°C Fan / Gas mark 6
2. Finely chop the onions and slice the leeks
3. Heat a teaspoon of olive oil in a large frying pan, add the onions and leeks to the oil, cook until soft
4. On a low heat add the wholegrain mustard, stock, cream and diced capers (don't let it boil)
5. In a small bowl add the flour and a little water, mix into a paste
6. Add into the liquid and stir until the sauce has thickened
7. Take off the heat, add in the fish pie mixture and juice of ½ lemon
8. Portion the mixture into 4 individual pie dishes or 1 big dish
9. Just before you put the pastry lid on make a well in the centre of the mixture, crack the egg into the well
10. If you are making one big pie – make 4 wells in the pie mix and do the same
11. Take the ready rolled puff pastry and place a pie lid on top of the mixture, cut a little hole to let the steam out
12. Brush with the top with a little milk or water
13. Place the pies on a baking tray and for 35 – 40 minutes until cooked
14. Slice the tomatoes, cucumber and serve with crisp green salad



PIES – 4 WAYS

Vegetable pie

Ingredients

- 2 onions
- 2 sticks of celery
- 50g flour
- 2 large carrots
- 250g butternut squash cubes
- ½ cauliflower
- 400g canned chopped tomatoes
- 75g red lentils
- 1 – 2 teaspoons curry powder or paste
- 200g frozen peas
- 1 can coconut milk
- olive oil
- 1 bunch coriander
- salt & pepper
- ready rolled puff or shortcrust pastry
- bag of green salad
- avocado

Lighter version

- Instead of having a full pastry lid, take 4 thin strips of raw pastry to make a lattice lid, putting 2 strips across the top then turning the pie dish at right angles to place 2 more strips
- Replace the coconut milk with 400ml of vegetable stock

	Per serving
Kcal	990
Protein	24.6g
Carbohydrate	115g
Fat	53.3g

Method

1. Heat the oven to 200°C / 180°C Fan / Gas mark 6
2. Chop the onion, celery, carrots, cauliflower, coriander and butternut squash
3. Heat a teaspoon of olive oil in a large frying pan; add the onions and celery, cook until soft
4. Add in the curry powder or paste and cook for a further 2 minutes
5. Followed by the salt and pepper, carrots, butternut squash, red lentils, tomatoes, coriander and coconut milk
6. Cook for 30 minutes on a low heat to soften the vegetables
7. In a small bowl add the flour and a little water, mix into a paste
8. Add the flour to mix after 30 minutes and stir until the liquid has thickened
9. Take off the heat, add in the chopped cauliflower and frozen peas
10. Portion the mixture into 4 individual pie dishes or 1 big dish
11. Take the ready rolled puff pastry and place a pie lid on top of the mixture, cut a little hole to let the steam out
12. Brush the top with a little milk or water
13. Place the pies on a baking tray and bake 20 – 25 minutes until cooked
14. Serve with a fresh green salad and avocado



PIES – 4 WAYS

Beef & chestnut pie

Ingredients

- 400g stewing steak
- 3 large onions
- glug of olive oil
- 1 tablespoon tomato puree
- 2 tablespoons cashew butter
- 100g mushrooms
- 8 carrots
- 2 sticks of celery
- 500ml beef stock
- 300ml water
- 1 teaspoon fennel seeds (optional)
- 1 tablespoon or 2 small children’s boxes of raisins
- 180g ready to use chestnuts
- 2 heaped tablespoons plain flour
- 1 packet of ready rolled puff or shortcrust pastry
- salt & pepper
- serve with butternut squash, kale, sweetcorn or peas

Lighter version

- Instead of having a full pastry lid, take 4 thin strips of raw pastry to make a lattice lid, putting 2 strips across the top then turning the pie dish at right angles to place 2 more strips

	Per serving
Kcal	833
Protein	33.8g
Carbohydrate	85.5g
Fat	43.2g

Method

1. Heat the oven to 200°C / 180°C Fan / Gas mark 6
2. Chop the onions, celery and dice the stewing steak into chunks
3. Heat a teaspoon of olive oil in a large frying pan, add the onions, celery, fennel seeds and beef
4. On a medium heat gently cook the mixture until the meat has browned, season to taste
5. Add in the mushrooms, water, tomato puree, beef stock, cashew butter, carrots chopped into rounds and raisins
6. Cook for 30 minutes on a low heat to soften the meat
7. In a small bowl add the flour and a little water, mix into a paste
8. Add the flour to the beef mix after 30 minutes and stir until the liquid has thickened
9. Take off the heat, add in the chopped chestnuts
10. Portion the mixture into 4 individual pie dishes or 1 big dish
11. Take the ready rolled puff pastry and place a pie lid on top of the mixture, cut a little hole to let the steam out
12. Brush the top with a little milk or water
13. Place the pies on a baking tray and bake 35 – 40 minutes until cooked
14. Serve with extra vegetables such as butternut squash, kale, sweetcorn or peas

Bolognaise sauce

The best bolognaise sauces are those cooked over a low heat for a few hours, so the meat melts and takes the flavours of the tomatoes and basil. This is best to make in batches which can then be reheated on weeknights when everyone is in a rush.



BOLOGNAISE SAUCE – 4 WAYS

Bolognaise sauce

Ingredients

- 750g mince beef
- 100g red lentils
- 2 large onions
- 2 tins of chopped tomatoes
- 20ml tomato puree
- 2 – 3 bay leaves
- 2 carrots
- 2 sticks celery
- 1 red pepper
- 1 small bunch fresh basil
- ground black pepper

Method

1. Finely chop the onion, heat a large pan – add the mince beef and onion and mix together no oil is needed
2. Once the meat is sealed and the onion is cooked, add in the chopped tinned tomatoes and tomato puree
3. Grate the carrots, chop the celery and red pepper – add to the meat mixture
4. Add in the bay leaves, chopped basil, red lentils and black pepper
5. Cook on a low heat for 1 ½ - 2 hours
6. Once cooked – divide into single or multiple portion and freeze

	Per serving
Kcal	875
Protein	48g
Carbohydrate	303g
Fat	17.2g



BOLOGNAISE SAUCE – 4 WAYS

Pasta bolognese

Ingredients

- 100g pasta e.g. spaghetti (per person)
 - salt
 - bag of rocket
 - 25g per serving of grated parmesan or cheddar cheese
- Method**
1. Boil some water in a large pan – add salt and sufficient pasta shells or spaghetti to feed the family, cook for 10 – 12 minutes
 2. Serve with bolognese sauce and a little grated cheese and a handful of rocket on top



	Per serving
Kcal	342
Protein	12g
Carbohydrate	74.1g
Fat	1.8g

BOLOGNAISE SAUCE – 4 WAYS

Taco bolognese

Ingredients

- taco shells
 - chili flakes
 - guacamole (shop bought or homemade)
 - sour cream
 - grated cheddar cheese
 - salsa
 - bag of salad
 - tomatoes
 - cucumber
 - 75g portion bolognese sauce
- Method**
1. Take a portion of bolognese sauce, add some chili flakes before you heat the bolognese sauce up
 2. Make sure you heat the sauce all the way through, either in a microwave or in a pan on the stove
 3. When heated, add to taco shells
 4. Serve with guacamole, sour cream, grated cheese, salsa and a salad

	Per serving
Kcal	659
Protein	21.6g
Carbohydrate	72.1g
Fat	33.6g





BOLOGNAISE SAUCE – 4 WAYS

Crusty bread bolognese

Ingredients

- crusty bread or panini
- 160g of peas/sweetcorn
- grated cheese
- 75g portion of bolognese sauce

Method

1. Take a portion of bolognese and add 160g of peas/sweetcorn, heat through
2. Serve in a bowl with grated cheese on top and crusty bread to dip into the sauce

	Per serving
Kcal	694
Protein	31.2g
Carbohydrate	76.2g
Fat	31.7g

BOLOGNAISE SAUCE – 4 WAYS

Eggs bolognese

Ingredients

- 1 egg per person
- ½ teaspoon turmeric
- pinch of chili flakes
- dollop of cream cheese or sour cream
- chapatti/naan bread/tortilla
- salad
- 75g portion of bolognese sauce

Method

1. Heat the oven to 200°C / 180°C Fan / Gas mark 6
2. Take a portion of bolognese sauce, add some chili flakes and ½ teaspoon of turmeric
3. Heat the bolognese sauce up
4. Put the sauce into an oven proof dish, make a well in the middle of the mince and add a raw egg
5. Put in the oven for 8 – 10 minutes until the egg is cooked
6. Add a dollop of cream cheese or sour cream
7. Serve with bread or tortilla and salad

	Per serving
Kcal	615
Protein	21.3g
Carbohydrate	82.4g
Fat	24.6g



Cheats pizza



CHEATS PIZZA – 4 WAYS

The Italian one

Ingredients

- 1 wrap or tortilla
- 50g Parma ham
- handful of basil leaves
- 30g mozzarella
- 30g cheddar cheese
- 25g passata
- 2 tablespoons Marvelous nut dust
- rocket to decorate

Method

1. Heat the oven to 200°C / 180°C Fan / Gas mark 6
2. Take a wrap or tortilla
3. Evenly spread the passata across the wrap
4. Place the Parma ham, mozzarella and basil evenly over the wrap, then sprinkle with cheddar cheese and Marvelous nut dust
5. Put the wrap in the oven for 5 – 10 minutes until the cheese has melted
6. Decorate with rocket and cut into 4 slices and eat whilst warm

	Per serving
Kcal	737
Protein	40.2g
Carbohydrate	35.6g
Fat	49.2g

CHEATS PIZZA – 4 WAYS

The Indian one

Ingredients

- 1 wrap or tortilla
- 90g chicken tikka
- 40g cheddar cheese
- 25g passata
- 2 tablespoons Marvelous nut dust
- 1 tablespoon Greek yogurt
- rocket to decorate

Method

1. Heat the oven to 200°C / 180°C Fan / Gas mark 6
2. Take a wrap or tortilla
3. Evenly spread the passata across the wrap
4. Cut the chicken tikka into strips and place on the wrap, sprinkle with cheddar cheese and Marvelous nut dust
5. Put the wrap in the oven for 5 – 10 minutes until the cheese has melted
6. Dot the Greek yogurt on the chicken, cut into 4 slices decorate with rocket and eat whilst warm

	Per serving
Kcal	737
Protein	35.5g
Carbohydrate	40.7g
Fat	48.2g

CHEATS PIZZA – 4 WAYS

The French one

Ingredients

- 1 wrap or tortilla
- 90g turkey breast
- 50g brie
- 25g passata
- 2 tablespoons Marvelous nut dust
- 1 tablespoon cranberry jelly
- rocket to decorate

Method

1. Heat the oven to 200°C / 180°C Fan / Gas mark 6
2. Take a wrap or tortilla
3. Evenly spread the passata across the wrap
4. Cut the turkey breast into strips and place on the wrap along with thin slices of brie and Marvelous nut dust
5. Put the wrap in the oven for 5 – 10 minutes until the cheese has melted
6. Dot the cranberry jelly on the turkey, decorate with rocket, cut into 4 slices and eat whilst warm

	Per serving
Kcal	737
Protein	35.5g
Carbohydrate	40.7g
Fat	48.2g

CHEATS PIZZA – 4 WAYS

The Moroccan one

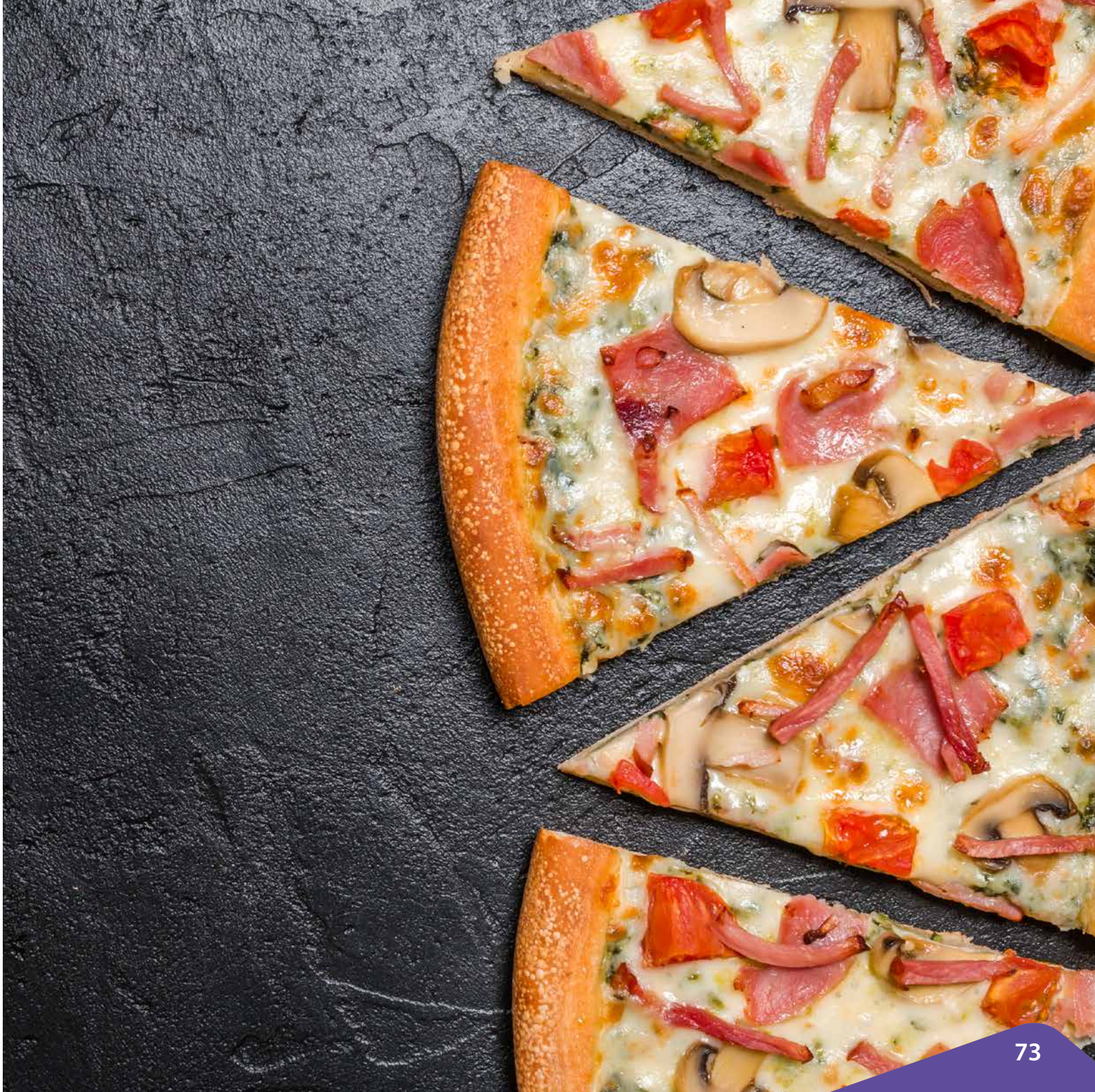
Ingredients

- 1 wrap or tortilla
- 90g falafels
- 50g feta cheese
- 50g hummus
- 25g passata
- 2 tablespoons Marvelous nut dust
- rocket to decorate

Method

1. Heat the oven to 200°C / 180°C Fan / Gas mark 6
2. Take a wrap or tortilla
3. Evenly spread the passata across the wrap
4. Place the falafels on the wrap, sprinkle with feta cheese and Marvelous nut dust
5. Put the wrap in the oven for 5 – 10 minutes until the cheese has melted
6. Dot the hummus on the wrap, decorate with rocket, cut into 4 slices and eat whilst warm

	Per serving
Kcal	701
Protein	32.5g
Carbohydrate	39.5g
Fat	47.2g





VEGETABLES – 4 WAYS

Butternut squash

Ingredients

- 300g butternut squash
- 3 tablespoons honey
- 50g butter
- pinch of cinnamon
- salt & pepper

Method

1. Heat the oven to 200°C / 180°C Fan / Gas mark 6
2. Peel and chop the butternut squash into chunks
3. Put the chunks onto a baking tray
4. Season with salt and pepper
5. Drizzle with honey and dot knobs of butter on the butternut squash chunks
6. Sprinkle a little cinnamon
7. Bake for 45 minutes until soft and serve

	Per serving
Kcal	115
Protein	0.7g
Carbohydrate	11.1g
Fat	7.7g

VEGETABLES – 4 WAYS

Cabbage with bacon

Ingredients

- 1 Savoy cabbage
- 110g bacon
- 50g butter
- 75ml chicken stock
- 1 - 2 teaspoons fennel seeds – (optional)
- 2 tablespoons cream fraiche or cream cheese
- grated cheese
- pepper

Method

1. Melt the butter in a pan, add the chopped bacon and cook for 3 – 4 minutes
2. Add the shredded cabbage to the pan and mix the bacon in
3. Add in the chicken stock, cover the pan and cook gently for 10 minutes
4. Stir in the fennel seeds, pepper, cream fraiche (or cream cheese)
5. Serve topped with a little grated cheese

	Per serving
Kcal	147
Protein	6.8g
Carbohydrate	6.6g
Fat	11.7g

VEGETABLES – 4 WAYS

Creamed spinach

Ingredients

- 25g butter
- 1 small onion
- 2 tablespoons flour
- 200ml whole milk
- 400g spinach
- 100ml single cream
- salt & pepper – to taste
- grated nutmeg
- flaked almonds

Method

1. Melt the butter in a pan, add the chopped onion and cook until soft
2. Stir in the flour and add the milk and gently cook until it has thickened
3. Chop the spinach, add into the milk mixture, stir in the cream, salt and pepper, and grate a little nutmeg over the top
4. Gently heat through
5. Serve topped with flaked almonds

	Per serving
Kcal	105
Protein	3.6g
Carbohydrate	5.2g
Fat	8g

VEGETABLES – 4 WAYS

Courgettes with feta & mint

Ingredients

- 4 medium courgettes
- 1 lemon
- 1 tablespoon olive oil
- 150g feta cheese
- 50g flaked almonds
- salt & pepper – to taste
- handful of mint

Method

1. Put the zest of a lemon and juice into a bowl, add the olive oil, salt and pepper
2. Make the courgettes into ribbons using a peeler or grate them and cover in the dressing
3. Put to one side for 10 minutes
4. Add the feta, mint and flaked almonds
5. Toss them all together and serve

	Per serving
Kcal	137
Protein	6.7g
Carbohydrate	2g
Fat	11.4g

Desserts

Sweet things, to share together
at the end of a family meal.





CRUMBLE – 4 WAYS

Crumble topping

Ingredients

- 200g plain flour
- 100g ground almonds
- 175g golden caster sugar
- 200g butter or margarine

Method

1. Add the sieved flour, almonds, caster sugar and cubed butter or spread into clean bowl
2. Using your fingers rub the butter into the dry ingredients until the mixture resembles crumbs

	Per serving
Kcal	385
Protein	4.5g
Carbohydrate	38.5g
Fat	26.7g

Serve with

	Double cream (50ml)	Ice-cream (50g)	Custard (100ml)
Kcal	248	88	100
Protein	0.8g	1.9g	2.7g
Carbohydrate	0.8g	9.9g	16g
Fat	26.8g	4.9g	3.8g

CRUMBLE – 4 WAYS

Apple crumble filling

Ingredients

- 450g cooking apples
- 50g golden caster sugar
- 50g raisins
- 50g flaked toasted almonds
- pinch of ground cinnamon
- 25ml water

Method

1. Heat the oven to 180°C / 160°C Fan / Gas mark 4
2. Peel, core and slice the apples
3. Place in a pan with water on a medium heat
4. Cook the apples until they are soft and mushy
5. Add the sugar, raisins, cinnamon and flaked almonds to the mixture
6. Grease an oven proof dish, add in the apple mixture spreading it out evenly in the dish
7. Spoon the crumble mixture on top until all of the filling is covered
8. Place in the oven for 40 – 45 minutes – the fruit mixture should be bubbling
9. Serve with custard, cream or ice-cream

	Per serving
Kcal	450
Protein	6.3g
Carbohydrate	94g
Fat	45.3g

CRUMBLE – 4 WAYS

Rhubarb & apple crumble filing

Ingredients

- 10 sticks of rhubarb
- 200g apple
- 2 teaspoons grated ginger or dried ginger
- 50g pistachio nuts chopped
- 50g golden caster sugar
- 25ml water

Method

1. Heat the oven to 180°C / 160°C Fan / Gas mark 4
2. Peel, core and slice the apples
3. Chop the rhubarb into chunks and grate the ginger
4. Place in a pan with sugar and water on a medium heat
5. Cook the rhubarb, ginger and apples until they are soft and mushy
6. Add in the pistachio nuts
7. Grease an oven proof dish, add in the fruit mixture spreading it out evenly in the dish
8. Spoon the crumble mixture on top until all of the filling is covered
9. Place in the oven for 40 – 45 minutes – the fruit mixture should be bubbling
10. Serve with custard, cream or ice-cream

	Per serving
Kcal	492
Protein	6.2g
Carbohydrate	55g
Fat	14.5g

CRUMBLE – 4 WAYS

Berry crumble filling

Ingredients

- 450g mixed berries – raspberries, blackberries
- 50g ground almonds
- 50g golden caster sugar
- 25ml water

Method

1. Heat the oven to 180°C / 160°C Fan / Gas mark 4
2. Place the berries in a pan, with sugar and water – place on a medium heat and cook until they are soft
3. Add in the ground almonds
4. Grease an oven proof dish, add in the fruit mixture spreading it out evenly in the dish
5. Spoon the crumble mixture on top until all of the filling is covered
6. Place in the oven for 40 – 45 minutes – the fruit mixture should be bubbling
7. Serve with custard, cream or ice-cream

	Per serving
Kcal	506
Protein	3.8g
Carbohydrate	24.2g
Fat	42g

CRUMBLE – 4 WAYS

Chocolate crumble

Ingredients

- 200g good quality dark chocolate, chopped
- 150ml whipping cream
- 1 tablespoon cornflour

Method

1. Heat the oven to 180°C / 160°C Fan / Gas mark 4
2. Place the chocolate in a heatproof bowl
3. Bring the cream to the boil in a saucepan set over a moderate heat
4. Remove from the heat and pour over the chocolate, stirring well until smooth.
5. Add the cornflour and whisk until combined
6. Pour into an ovenproof baking dish and allow to cool for 10 minutes
7. Spoon the crumble mixture on top until all of the chocolate filling is covered
8. Place in the oven for 20 – 25 minutes until golden brown
9. Serve with ice cream and berries

	Per serving
Kcal	723
Protein	7.2g
Carbohydrate	52.6g
Fat	49.7g



DESSERTS

Chocolate & orange buns

These are good breakfast buns – the orange smell is lovely first thing in the morning.

Ingredients

- makes approx. 16 buns
- 200g butter
- 200g caster sugar
- 300g self-raising flour
- 4 eggs
- zest and juice of 1 orange
- 150g bag plain chocolate chips

	Per serving 75g
Kcal	270
Protein	5g
Carbohydrate	22.7g
Fat	17.6g

Method

1. Heat the oven to 200°C / 180°C Fan / Gas mark 6
2. In a mixing bowl cream the butter and sugar until light and fluffy
3. Zest and juice the orange, adding into the butter and sugar mixture
4. Beat the eggs into a clean bowl and slowly add the butter mixture, stirring continuously
5. Add in the chocolate chips, stirring them into the mixture
6. Sieve the self-raising flour and fold gently into the mixture
7. Place cupcake cases into an appropriate baking tray
8. Fill the cupcake cases ½ full with cake mixture
9. Bake in the oven for 15 – 20 minutes or until a skewer comes out clean
10. To decorate use some pre-made icing or just dust with icing sugar



DESSERTS

Chocolate & almond cupcakes

Ingredients

- 225g butter
- 225g sugar
- 125g self raising flour
- 100g ground almonds
- 25g flaked almonds
- 50g coco powder
- 4 eggs
- 2 tablespoons milk or water

For the chocolate topping

- 100g dark chocolate broken into pieces and melted

Variations

- **Plain cupcakes:** omit the cocoa powder
- **Raspberry cupcakes:** omit the cocoa and add 50g raspberries
- **Orange cupcakes:** omit the cocoa and add in 2 tablespoons of orange juice

	Per serving 75g
Kcal	330
Protein	7.5g
Carbohydrate	31.8g
Fat	20g

Method

1. Heat the oven to 200°C / 180°C Fan / Gas mark 6
2. In a mixing bowl cream the butter and sugar until light and fluffy
3. Beat the eggs into a clean bowl and slowly add to the butter mixture, stirring continuously
4. Sieve the cocoa powder and self-raising flour, ground almonds and fold gently into the mixture
5. Add in the 2 tablespoons of water and mix quickly until smooth
6. Place cupcake cases into an appropriate baking tray
7. Fill the cupcake cases ½ full with cake mixture
8. Sprinkle flaked almonds over the top of each cupcake
9. Bake in the oven for 15 – 20 minutes or until a skewer comes out clean
10. Melt the dark chocolate in a bowl over some hot water
11. Cool the cupcakes for 10 minutes then put onto a wire rack – drizzle your melted dark chocolate over the top making a pattern
12. Lovely eaten when warm with vanilla ice cream



DESSERTS

Nutty rocky road

Ingredients

- 100g butter
- 225g plain chocolate
- 2 tablespoons golden syrup
- 2 tablespoons cocoa powder
- 2 tablespoons caster sugar
- 100g plain honeycomb
- 100g almonds or other nuts
- 100g mini marshmallows
- 225g digestive biscuits
- icing sugar to dust

	Per serving 75g
Kcal	350
Protein	4.3g
Carbohydrate	40g
Fat	19.3g

Method

1. Line a 20cm (8in) square cake tin with baking paper
2. In a small pan, melt the butter, plain chocolate, golden syrup, caster sugar and cocoa powder
3. Stir together with a wooden spoon
4. Once melted, leave to cool for 10 minutes
5. Meanwhile, place the digestive biscuits in a freezer bag and bash with a rolling pin. The biscuits should be in chunks rather than dust.
6. Half way through, add the honeycomb and bash into pieces
7. Add the biscuit and honeycomb mix to the melted chocolate sauce along with the almonds and marshmallows
8. Mix well so that everything is coated in the chocolate sauce
9. Pour into the lined tin and leave to set in a fridge for a minimum of 2 hours
10. Remove from the cake tin
11. Put some hot water from the kettle in a plastic beaker and rest a sharp knife in the water to heat
12. When the blade is hot, slice the rocky road into bars, dipping the blade in the water to reheat when necessary
13. Dust the rocky road with icing sugar to serve





CEREAL BARS – 4 WAYS

Cranberry seed cereal bars

Ingredients

- 100g butter
- 200g porridge oats
- 100g sunflower seeds
- 50g sesame seeds
- 50g chopped pecan nuts
- 100g light brown sugar
- 3 tablespoons honey
- 1 teaspoon ground cinnamon
- 100g dried cranberries, cherries or blueberries

Method

1. Heat the oven to 180°C / 160°C Fan / Gas mark 4
2. Mix the oats, seeds, nuts and put them on a roasting tray for 5 – 10 minutes to toast
3. Melt the butter, sugar and honey, mixing together
4. Add the cinnamon, oat mix and dried fruit until everything is well covered
5. Line a baking tray and place the mixture in the tray, pressing down lightly
6. Bake in the oven for 30 minutes until golden brown
7. Slice into bars when cool

	Per serving 75g
Kcal	342
Protein	6.3g
Carbohydrate	30.9g
Fat	22.1g

CEREAL BARS – 4 WAYS

Apricot, almond & chocolate cereal bars


Ingredients

- 100g butter
- 250g porridge oats
- 100g dark chocolate chips
- 100g almonds
- 100g dried apricots
- 100g light brown sugar
- 3 tablespoons honey

Method

1. Heat the oven to 180°C / 160°C Fan / Gas mark 4
2. Mix the oats and nuts and put them on a roasting tray for 5 – 10 minutes to toast
3. Melt the butter, sugar and honey, mixing together
4. Add the chocolate chip, oat mix and dried fruit until everything is well covered
5. Line a baking tray and place the mixture in the tray, pressing down lightly
6. Bake in the oven for 30 minutes until golden brown
7. Slice into bars when cool

	Per serving 75g
Kcal	337
Protein	17.7g
Carbohydrate	41g
Fat	17.8g





CEREAL BARS – 4 WAYS

Granola bars

Ingredients

- 100g butter
- 250g rolled oats
- 100g walnuts
- 50g pumpkin seeds
- 100g runny honey
- 6 tablespoons smooth peanut butter or almond butter
- 10 dates
- 100g dried mango

Method

1. Heat the oven to 180°C / 160°C Fan / Gas mark 4
2. Mix the oats and nuts and put them on a roasting tray for 5 – 10 minutes to toast
3. Melt the butter and honey, mixing together
4. Chop the dates and put in a blender with 1 – 2 tablespoons of water, blitz into a paste
5. Add date paste, pumpkin seeds and mango and add to the butter/honey mix
6. Add the nut butter to the oat mix and dried fruit until everything is well covered
7. Line a baking tray and place the mixture in the tray, pressing down lightly
8. Bake in the oven for 30 minutes until golden brown
9. Slice into bars when cool

	Per serving 75g
Kcal	338
Protein	7.6g
Carbohydrate	32.5g
Fat	20.4g

CEREAL BARS – 4 WAYS

Classic flapjack cereal bars

Ingredients

- 175g butter
- 175g brown sugar
- 175g golden syrup
- 350g rolled oats

Method

1. Heat the oven to 180°C / 160°C Fan / Gas mark 4
2. Melt the butter, sugar and golden syrup together
3. Add the oat to the melted butter/sugar until everything is well covered
4. Line a baking tray and place the mixture in the tray, pressing down lightly
5. Bake in the oven for 30 minutes until golden brown
6. Slice into bars when cool

	Per serving 75g
Kcal	350
Protein	4.8g
Carbohydrate	45.9g
Fat	17g



Fruit pots

Raspberry, strawberry & banana

- 25g raspberries
- 25g strawberries
- ½ banana
- 50g granola
- 150g full fat yogurt

Peach, apricot & mango

- ½ peach
- 10 apricots
- 25g mango
- 50g granola
- 150g full fat yogurt

Banana, blueberry & melon

- Banana
- 20 blueberries
- 50g melon
- 50g granola
- 150g full fat yogurt

Apple, grapes & pineapple

- ½ apple
- 10 grapes cut in half
- 50g pineapple
- 50g granola
- 150g full fat yogurt

	Per serving 50g
Kcal	528
Protein	16.7g
Carbohydrate	51.3g
Fat	28.5g



DESSERTS

Chocolate peanut butter smoothie

Ingredients

- 1 large banana (frozen slices)
- 1 tablespoon cocoa powder
- 50ml full cream yogurt or milk alternative (e.g. soya, almond yogurt)
- 150ml full cream milk or milk alternative (e.g. soya, almond milk)
- 1 tablespoon honey or agave syrup
- 1 tablespoon peanut butter
- chocolate syrup (optional)

Lighter version

- 1 large banana (frozen slices)
- 1 tablespoon cocoa powder
- 200ml skimmed milk or milk alternative (e.g. soya, almond yogurt)
- 1 tablespoon honey or agave syrup
- chocolate syrup (optional)

Method

1. Place the banana, the cocoa powder, the yogurt, and the milk into a blender. Blend
2. Add the honey or agave syrup and the peanut butter, for the lighter version just add the honey or agave syrup. Blend again
3. You may have to scrape the sides a few times in order to get everything properly mixed. Blend until smooth
4. Serve in a glass with a straw, and drizzle a small amount of chocolate syrup over the top (optional)

	Per 370ml serving	Lighter version (370ml)
Kcal	450	267
Protein	16.2g	8.9g
Carbohydrate	60.3g	52.6g
Fat	17.8g	3.9g





DESSERTS

Raspberry & almond smoothie

Ingredients

- ½ large banana
- 50g frozen raspberries or other frozen fruit
- 50ml full cream yogurt or milk alternative (e.g. soya, almond yogurt)
- 150ml full cream milk or milk alternative (e.g. soya, almond milk)
- 1 tablespoon honey or agave syrup
- 1 tablespoon almond butter

Lighter version

- ½ large banana
- 50g frozen raspberries or other frozen fruit
- 200ml full cream milk or milk alternative (e.g. soya, almond milk)
- 1 tablespoon honey or agave syrup

Method

1. Place the banana, raspberries, yogurt, and the milk into a blender or use a stick blender. Blend
2. Add the honey and the almond butter. Blend again
3. You may have to scrape the sides a few times in order to get everything properly mixed. Blend until smooth
4. Serve in a glass with a straw

	Per 370ml serving	Lighter version (370ml)
Kcal	380	204
Protein	15.4g	8.5g
Carbohydrate	44g	36.5g
Fat	17g	3.8g



Get in touch



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