



GET GRAINY!

**LOOK
FOR THE
WHOLE
GRAIN**

Recipe kindly provided by



Fruity Bircher Muesli

BIRCHER INGREDIENTS

320g Uncle Tobys Oats
120g strawberries
80ml orange juice
½ Granny Smith apple
40ml coconut milk
60g coconut yoghurt
40g maple syrup

TOPPING INGREDIENTS

Handful of grapes, halved
4 tsp pomegranate seeds
1 tsp crushed pistachios

SERVES 4 - READY IN 5 MINS, BUT REQUIRES OVERNIGHT SOAKING

- 1 Finely shred the apple and chop strawberries into small pieces.
- 2 Combine all bircher ingredients in a bowl, stir well until mixed, cover and allow to soak overnight in the fridge.
- 3 When ready to serve, spoon into a chilled bowl and serve with halved grapes, pomegranate seeds and crushed pistachios.
- 4 Enjoy hot or cold!



Banana Pikelets

Recipe kindly provided by



TIP:
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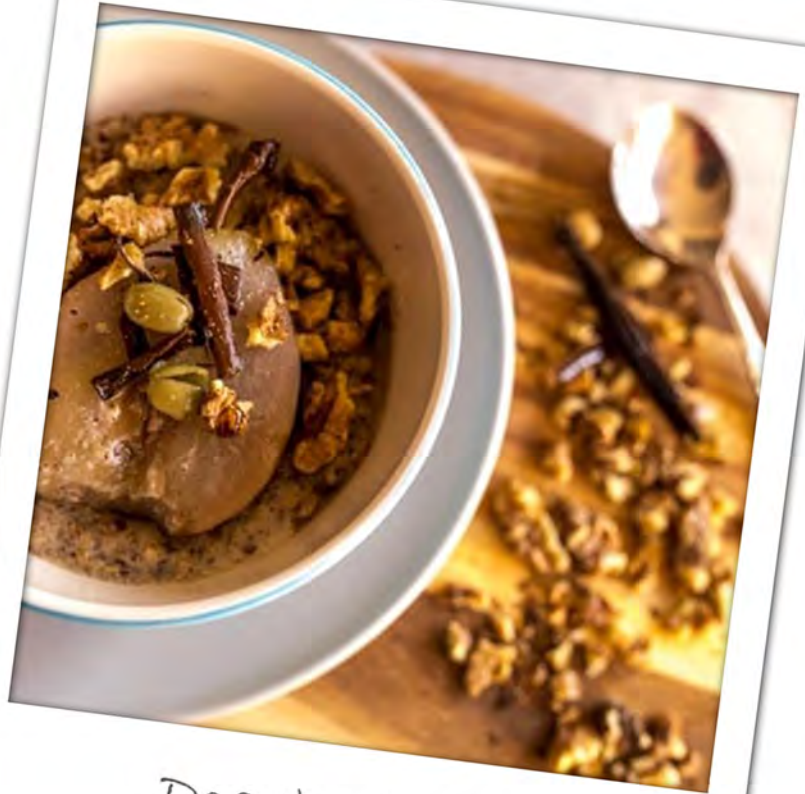
INGREDIENTS

- 1 ripe banana, mashed
- 1 egg
- ¼ tsp ground cinnamon
- 1 tbsp water
- 2 Weet Bix™ Cholesterol Lowering, finely crushed
- ¼ cup Greek yoghurt to serve (optional)

SERVES 1 - READY IN 10 MINS

- 1 Whisk together banana, egg, cinnamon and water with a fork. Stir through crushed Weet-Bix™.
- 2 Heat a non-stick skillet over medium heat, wipe or spray with a bit of oil.
- 3 Scoop batter onto pan with a tablespoon. Cook pikelets for 3 minutes, flip and cook a further 2–3 minutes until golden.
- 4 Serve warm, with a dollop of yoghurt if you choose.

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Poached Pear
Porridge

INGREDIENTS

- 2 pears, peeled with stalk intact
- 4 cardamom pods, crushed
- 1 cinnamon stick
- $\frac{1}{4}$ cup caster sugar
- 1.5 cups water
- $\frac{1}{2}$ cup BARLEYmax™ flakes
- $\frac{1}{4}$ cup LSA mix (ground linseeds, sunflower and almond)
- $\frac{3}{4}$ cup milk of your choice
- $\frac{1}{4}$ tsp cinnamon
- Maple syrup to serve

SERVES 1 - READY IN 15 MINS WHEN PEARS ARE PRE-PREPARED

- 1 Place the cardamom, cinnamon, sugar and water in a saucepan and stir over a medium heat until the sugar has dissolved.
- 2 Add the pears, turn down to a low heat and cover. Poach for 2 hours or until the pears are tender, then remove from the heat and allow to cool.
- 3 Place the BARLEYmax™ flakes, LSA and milk into a small saucepan and cook over medium heat for 2-3 minutes, stirring constantly.
- 4 Add the cinnamon, turn the heat to low and stir until the porridge has thickened.
- 5 Serve immediately with the pears and some of the poaching juice and a drizzle of maple syrup.

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INGREDIENTS

- 1 tbsp goats cheese
- 2 cos lettuce leaves, thinly sliced
- 4 slices of avocado
- 4 cherry tomatoes, sliced
- 4 Vita-Weat 9 Grain Crispbreads

SERVES 1 - READY IN 5 MINS

- 1 Spread goats cheese evenly over each Vita-Weat.
- 2 Top with lettuce, sliced avocado and cherry tomatoes.
- 3 Enjoy!

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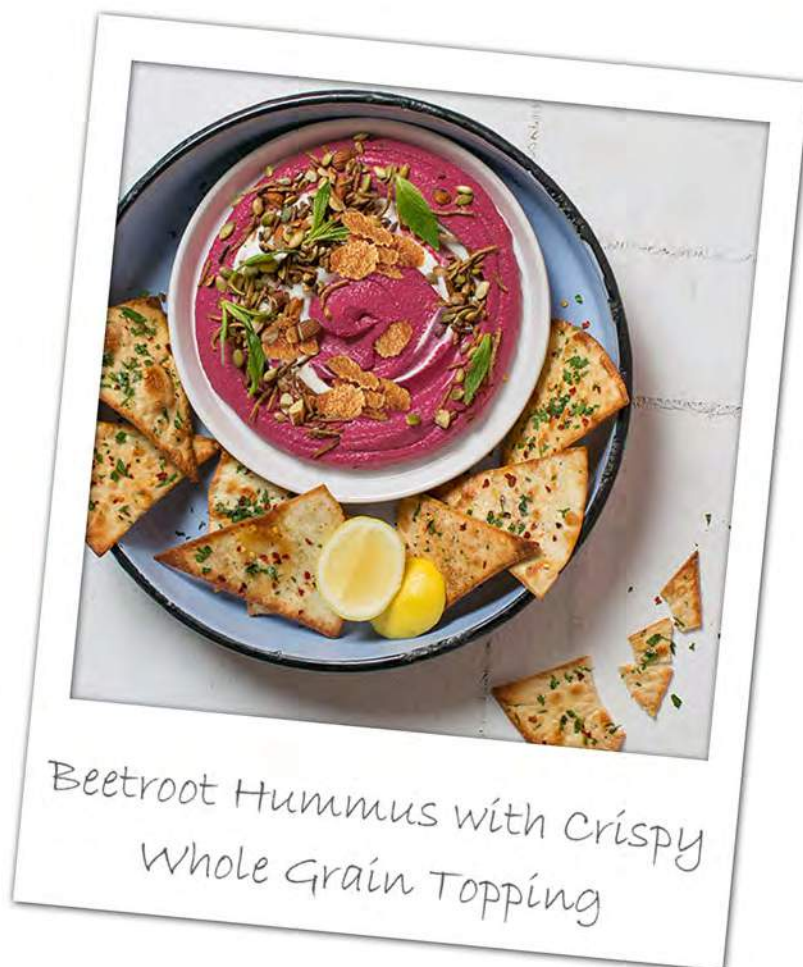


HUMMUS INGREDIENTS

- 1 x 400g can chickpeas
- 250g cooked beetroot
- ½ tsp salt
- ½ lemon, zest and juice
- 1 garlic clove, crushed
- 2 tablespoons tahini
- 2 teaspoons ground cumin
- 100ml extra virgin olive oil

TOPPING INGREDIENTS

- ½ cup Kellogg's All-Bran® Wheat Flakes
- 2 tbsp Kellogg's All-Bran® Original
- 2 tbsp pepitas
- 2 tbsp sunflower seeds
- 2 tbsp almonds, roughly chopped
- 1 tbsp olive oil
- 1 tsp ground cumin
- 1 tsp ground coriander
- 1 tsp chilli flakes
- 2 tsp Greek yoghurt
- Salt and pepper



SERVES 8 AS A DIP - READY IN 10 MINS

- 1 Drain and rinse the chickpeas and add to a food processor with the beetroot, blend until smooth. Add the remaining ingredients, season well and blend until well combined and silky. Transfer to a serving bowl and refrigerate whilst you prepare the topping.
- 2 In a medium frying pan over medium heat, heat the olive oil. Add in the sunflower seeds, pepitas and almonds and fry, continuously stirring for 1 minute. Add in the spices and All-Bran® with a pinch of salt and pepper (to taste) and continue to fry until fragrant and toasted.
- 3 Take the hummus from the fridge, spoon on yoghurt and scatter with toasted nut mix. Garnish with fresh mint leaves and serve with pita and lemon wedges.



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INGREDIENTS

- 2 slices Bürger® Wholemeal & Seeds bread
- ½ cup of roasted pumpkin cubes
- 1 tbsp reduced fat greek yoghurt
- 1 tsp lemon zest
- ¼ red onion, sliced finely
- 50g lean lamb slices (use leftover roast lamb)
- Handful baby spinach leaves

TIP:
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SERVES 1 - READY IN 5 MINS

- 1 Combine yoghurt, lemon zest and mint and mix well.
- 2 Spread evenly over both slices of bread.
- 3 Top with pumpkin, lamb and sprinkle over spinach leaves.
- 4 Top with the other slice of bread. Enjoy!

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INGREDIENTS

- 8 Bakers Delight Cape Seed rolls
- 1 tbsp olive oil
- 2 cloves garlic, minced
- ½ brown onion, diced
- 1 carrot, diced
- 1 zucchini, cut in half, sliced
- 1 cup green beans, cut into 5cm pieces
- ½ red capsicum, diced
- 500ml vegetable stock
- 400g can crushed tomatoes
- 1 ½ cups water
- 2 tbsp chopped fresh parsley
- Salt and freshly ground black pepper, to taste
- ¾ cup dry macaroni
- 400g can cannellini beans, drained, rinsed
- 200g can chickpeas, drained, rinsed



TIP:
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SERVES 8 - READY IN 50 MINS

- 1 Preheat the oven to 180C or 160C fan-forced.
- 2 In a large pot, heat olive oil over medium-high heat. Add diced onion, garlic, carrots and celery and sauté for 5 minutes, until softened. Add in zucchini, green beans, capsicum and cook for 2 minutes.
- 3 Add in vegetable stock, crushed tomatoes, water, parsley, sugar, season with salt and pepper to taste and bring mixture to a boil, then reduce heat to medium and allow soup to gently boil uncovered for about 20 minutes.
- 4 Add in macaroni then cover and cook 20 minutes longer.
- 5 Add cannellini beans, chickpeas, and cook, uncovered, for about 5 minutes.
- 6 Meanwhile, carefully cut the rolls in half horizontally. Scoop out the inside of the rolls with your hands, set aside to make breadcrumbs for another recipe. Place rolls on a baking tray and place in oven for 10 minutes to warm up.
- 7 Spoon the soup into each roll and replace the top of the rolls to form a lid - serve immediately.



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this Whole Grain Week:
17-23 June

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