GET GRAINY!
Recipe kindly provided by

UNCLE TOBYS

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!

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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.
INGREDIENTS
2 pears, peeled with stalk intact
4 cardamom pods, crushed
1 cinnamon stick
¼ cup caster sugar
1.5 cups water
½ cup BARLEYmax™ flakes
¼ cup LSA mix (ground linseeds, sunflower and almond)
¾ cup milk of your choice
¼ tsp cinnamon
Maple syrup to serve

SERVES 1 - READY IN 15 MINS WHEN PEARs ARE PRE-PREPPEd

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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I N G R E D I E N T S

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

S E R V E S 1 - R E A D Y  I N  5  M I N S

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

2 slices Bürgen® 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

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!
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

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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