



Healthy

MADE DELICIOUS
E-BOOK

GRAINS & LEGUMES NUTRITION COUNCIL

TABLE OF CONTENTS

| | |
|------------------------|-----|
| Introduction | 4 |
| Healthy Made Delicious | 5-6 |

Breakfast

| | |
|---|----|
| Strawberry Cheesecake Overnight WeetBix™ | 8 |
| Overnight Oats with Sunsol Blueberry & Chia Muesli | 9 |
| Breakfast Berry and Sunsol Granola Parfait | 10 |
| Green Eggs and Ham with Wholemeal Crumpets | 11 |
| Buckwheat Flour Banana Pancake | 12 |
| Uncle Tobys Banana and Cinnamon Oaty Pikelets | 13 |
| Poached Eggs with Avocado and Roast Tomatoes on Toast | 14 |
| Pumpkin & Tomato Quiches | 15 |
| Homemade Granola | 16 |

Lunch

| | |
|--|-------|
| Four Easy Ways with Whole Grains | 18-19 |
| Poached Chicken, Mango and Coriander Open Sandwich | 20 |
| Rainbow Salad Sandwich | 21 |
| Chicken Mayonnaise Sandwich | 22 |
| Mackerel & Beetroot Pitas | 23 |
| Green Goddess Sandwich | 24 |
| Quick & Easy Sausage Rolls | 25 |
| Mince Burrito Bowl | 26 |
| Vietnamese Style Chicken Sandwich | 27 |
| Sausage Rolls | 28 |
| Rainbow Veggie Slice | 29 |



TABLE OF CONTENTS

Dinner

| | |
|-----------------------------------|----|
| Whole Grain Spaghetti Pesto Pasta | 31 |
| LowFOD™ Zucchini & Chicken Pizza | 32 |
| Whole Grain Pizza | 33 |
| Beanzy Tacos | 34 |
| Crispy Fish Tacos | 35 |
| Mushroom Lentil Pie | 36 |
| Fish Bake | 37 |
| Chilli Con Carne | 38 |

Snacks

| | |
|--------------------------------------|----|
| XO Cocoa Crunch Bliss Balls | 40 |
| Choc-Banana Wholemeal Crumpet | 41 |
| Superfood Energy Balls | 42 |
| BARLEYmax® Moroccan Carrot Dip | 43 |
| Weet-Bix™ Cookies | 44 |
| Banana & Blueberry Muffins | 45 |
| Pear and Nut Sunsol Crumble | 46 |
| Banana and Blueberry Yoghurt Muffins | 47 |
| Frozen Yoghurt Bark | 48 |
| Oaty Banana Bread | 49 |
| Apple Crumble Muffins | 50 |

| | |
|---------------------|-------|
| Acknowledgements | 51-52 |
| Further information | 53 |

The background of the page features a top-down view of a kitchen scene. In the upper right, a glass bowl is filled with rolled oats. To its left, a blue knitted cloth is partially visible. In the lower half, a dark, rustic bowl is filled with several round oatmeal cookies. The cookies are golden-brown and studded with dark raisins and topped with a mix of white and black sesame seeds. A few loose oat flakes are scattered on the light-colored surface between the bowls.

Introduction

The Grains & Legumes Nutrition Council (GLNC) is a not-for-profit health promotion charity. GLNC promotes the role of grains and legumes as part of a balanced diet through evidence-based information.

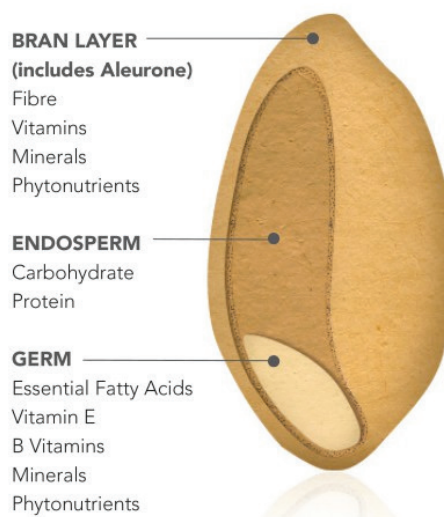
Healthy

MADE DELICIOUS

Welcome to Healthy Made Delicious, a collection of whole grain-filled recipes from Australia's leading not-for-profit organisations, dietitians and food manufacturers that are perfect for the whole family.

What are Whole Grains?

Whole grains are intact grains that contain all three components of a grain: the bran, endosperm, and germ. Each component has unique nutrients that contribute to overall health.



Bran: The outer layer of the grain contains fibre, omega-3 fatty acids, vitamins and minerals.



Endosperm: The main part of the grain mainly contains starch, carbohydrates and protein.



Germ: The smallest part of the grain contains vitamins E and B, protein, and healthy fats.

What is the Difference Between Whole Grains and Refined Grains?

Refined grains undergo processing that removes one of their layers, leading to the loss of essential nutrients. Consequently, refined grains are less nutritious than their whole-grain counterparts.

What Are Examples of Whole Grains?

- Brown rice
- Freekeh
- Oats
- Spelt
- Wheat



Why Whole Grains?

From supporting healthy growth in kids to fuelling athletic and academic performance in teens and reducing the risk of chronic disease in adults, whole grains are the whole package. Whole grains deliver over 26 essential nutrients, including dietary fibre, protein, B vitamins and magnesium, which support gut health, boost energy levels, and enhance concentration.

Whole Grain Daily Target Intake

The Grains & Legumes Nutrition Council Whole Grain Daily Target Intake is:

- **Children 1 – 3 years old:** 24 grams
- **Children 3 – 8 years old:** 32 – 40 grams
- **Children 9+ years old:** 48 grams
- **Adults:** 48 grams

Achieving Your Daily Target Intake

Not all whole grain foods are the same, as their content can vary depending on the brand, serve size and ingredients used. To ensure you meet your daily whole grain intake, the Grains & Legumes Nutrition Council recommends incorporating whole grains throughout the day.

This recipe book is designed to support you and your family in incorporating more whole grains at every meal.



Breakfast

Breakfast is the best chance you have to get a good start to the day, and luckily, it's one of the easiest meals to slip more whole grains in.



Strawberry Cheesecake Overnight Weet-Bix™

Total Time: 5 mins + 3 hours in freezer | **Serves:** 1 | **Dietary:** Vegetarian

Ingredients:

- 2 Weet-Bix™
- 1/3 cup So Good™ Almond Milk
- ½ cup vanilla yoghurt (no added sugar)
- 1 tsp honey
- 1 tbsp light cream cheese
- ¾ cup frozen or fresh strawberries

Method:

1. Crush Weet-Bix™ and add honey and almond milk to form the base. Spread over the bottom of a small container or bowl.
2. Mix the yoghurt and the light cream cheese and layer on top of the base.
3. Blend frozen strawberries with a dash of water and layer on top.
4. Place in the fridge for a minimum of 3 hours or overnight.



A nutritious take on a family favourite.



Overnight Oats with Sunsol Blueberry & Chia Muesli

Total Time: 10 mins + Overnight to Chill | **Serves:** 2 | **Dietary:** Vegetarian

Ingredients:

- 2/3 cup (90g) Sunsol Blueberry, Goji Berry, Coconut & Chia Natural Muesli
- ½ cup (125ml) reduced-fat milk
- ½ cup (140g) Greek yoghurt with vanilla bean
- ¼ cup blueberries
- ½ sliced (75g) granny smith apple
- Extra muesli and honey to serve

Method:

1. Divide Sunsol Natural Muesli, milk and yoghurt evenly into two jars. Mix well and secure with lid. Chill overnight.
2. Top with blueberries, apple and extra Sunsol Muesli.
3. Serve drizzled with a little honey.



The perfect grab-and-go breakfast!



Breakfast Berry and Sunsol Granola Parfait

Total Time: 10 mins | **Serves:** 2 | **Dietary:** Vegetarian

Ingredients:

- 1 cup (280g) vanilla bean Greek yoghurt
- 2/3 cup (75g) Sunsol Choc Almond High Protein Granola
- 4 strawberries, halved, sliced
- ¼ cup blueberries
- ¼ cup raspberries

Method:

1. Spoon ¼ cup of yoghurt into two glasses. Top with half of the Sunsol High Protein Granola.
2. Top with half of the fruit and then the remaining yoghurt. Sprinkle tops with remaining granola and fruit. Serve immediately or chill for up to 3 hrs.



Green Eggs and Ham with Wholemeal Crumpets

Total Time: 15 mins | **Serves:** 1

Ingredients:

- 1 Golden® Wholemeal Crumpet
- 2 eggs
- 1 tbsp extra virgin olive oil
- 2 tbsp milk
- 1 tbsp butter
- 1 tbsp chopped parsley
- 1 tbsp chopped chives
- 1 slice of ham
- Freshly ground black pepper

Method:

1. In a medium bowl, whisk together eggs and milk. Add in chopped herbs and season with pepper.
2. Heat a medium pan over medium heat with 1 tbsp of olive oil. Add eggs and turn the heat down to low. Stir eggs using a rubber spatula until just set. Serve on a plate immediately.
3. Toast wholemeal crumpet until golden, spread with butter, assemble sliced ham on top and serve with eggs.
4. Enjoy!





Buckwheat Flour Banana Pancake

Total Time: 30 mins | **Serves:** 12 pancakes | **Dietary:** Dairy-Free, Vegetarian

Ingredients:

- 1 ½ cups buckwheat flour
- ½ cup tapioca flour
- ½ teaspoon cinnamon, ground
- 2 tsp baking powder
- 2 small bananas mashed
- 1 ¼ cups soy milk or other plant-based milk
- 2 eggs

To serve:

- Pure maple syrup, optional
- Fresh berries, optional
- Banana, sliced, optional
- Ground cinnamon, optional
- Hemp seeds, optional
- Chia seeds, optional

Method:

1. Sieve the buckwheat flour, tapioca starch, cinnamon and baking powder into a large mixing bowl and whisk to combine. Use a spoon to create a well in the centre of the flour mixture and then set aside.
2. In a small bowl, whisk the mashed banana with the egg.
3. Pour the banana mixture into a well of flour and begin whisking gently while gradually pouring in the milk. Whisk the wet ingredients in the centre of the flour mixture, allowing the wet ingredients to gradually pull more flour from the sides of the bowl into the centre.
4. Once flour is completely incorporated into the wet ingredients, set aside.
5. Heat a drizzle of extra virgin olive oil or a knob of butter in a frypan on a medium heat. Once the frypan is hot enough, add the first batch of pancakes (about 1/3 cup of batter per pancake).
6. Flip the pancakes once bubbles start to rise to the surface and cook on the second side until golden brown. Transfer cooked pancakes onto a plate lined with a clean tea towel and cover to keep warm while cooking the remaining pancakes.
7. Serve straight away with pure maple syrup, banana slices, chia seeds, hemp seeds and fresh seasonal berries.





Uncle Tobys Banana and Cinnamon Oaty Pikelets

Total Time: 25 mins | **Serves:** 4 (16 pikelets) | **Dietary:** Dairy-Free, Vegetarian

Ingredients:

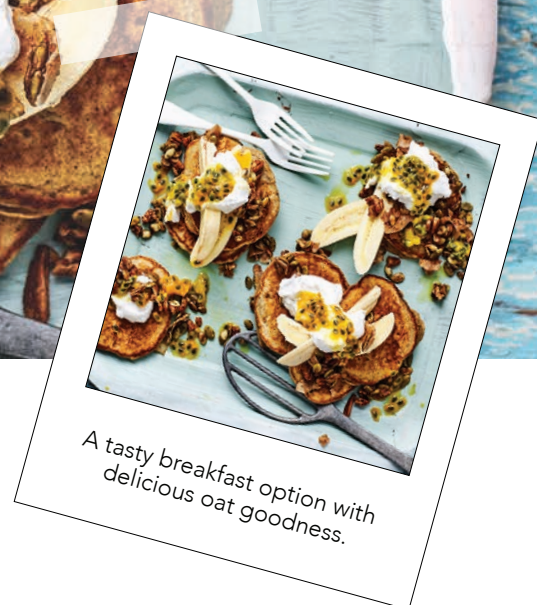
- Pancake Mixture
- ½ tsp ground cinnamon
- 1 cup (90g) UNCLE TOBYS Traditional Oats
- ¼ cup (35g) plain flour
- 1 tsp baking powder
- ½ tsp bicarbonate of soda
- 2 medium ripe bananas (400g), halved
- 4 eggs
- ¼ cup (60ml) almond milk
- Olive oil cooking spray
- 2 medium bananas (400g), to serve, sliced lengthways
- 1 cup (95g) coconut yoghurt
- 2 tbsp fresh passionfruit pulp

Pepita Crunch:

- ½ tsp extra virgin olive oil
- 2 tbsp coconut flakes
- 2 tbsp coarsely chopped pecans
- 2 tbsp pepitas (pumpkin seed kernels)
- ¼ tsp ground cinnamon
- 1 tsp maple syrup

Method:

1. To make the pepita crunch, combine ingredients in a small saucepan; stir over medium heat for 3 minutes or until the coconut is golden. Let it cool.
2. Process cinnamon, oats, flour, baking powder and bicarb until fine and well combined; tip into a bowl. Process ripe banana, eggs and milk until smooth. Add oat mixture and process until just combined.
3. Spray a large non-stick frying pan with oil spray. Heat the pan over medium heat. Working in batches, spoon four 2-tablespoon quantities of batter into the pan; cook for 1 minute or until bubbles appear on the surface.
4. Turn over and cook for 30 seconds or until cooked through. Transfer to a plate and cover to keep warm.
5. Repeat with oil spray and batter three more times to make 16 pikelets in total.
6. Top pikelets with extra sliced banana, yoghurt and passionfruit. Serve sprinkled with pepita crunch.





Poached Eggs with Avocado and Roast Tomatoes on Toast

Total Time: 20 mins | **Serves:** 1 | **Dietary:** Dairy-Free, Vegetarian

Ingredients:

- 2 slices Bürgen® Rye bread, toasted
- 125g baby truss tomatoes
- 2 eggs
- ½ (125g) avocado, sliced

Method:

1. Preheat oven to 200°C.
2. Bring a pot of water to the boil.
3. Put the truss tomatoes onto a tray and roast in the oven for 15 minutes.
4. Poach the eggs in boiling water until cooked to your liking. Transfer the poached eggs to the toasted rye bread. Add the avocado slices and roast tomatoes.

Serving suggestion: Add grilled halloumi or bacon to the breakfast plate.



A delicious classic Aussie breakfast.



Pumpkin & Tomato Quiches

Total time: 40 mins | **Serves:** 4 | **Dietary:** Vegetarian

Ingredients:

- 1 Tbsp olive oil
- 300g pumpkin, skin on, diced into 1cm cubes
- 12 slices of wholemeal bread
- Olive oil spray
- 1 large tomato, diced into 1cm cubes
- 1 tub (250g) reduced-fat spreadable cream cheese
- 3 eggs
- ¼ cup low-fat milk
- ¼ bunch spring onion, finely chopped
- 1 tsp dried mixed herbs
- 1 tsp pepper

Method:

1. Preheat oven to 200°C. Place pumpkin on a lined baking tray, drizzle with olive oil and bake in oven for 15 minutes.
2. Roll each slice of bread to flatten.
3. Spray the muffin tin with olive oil spray and press one slice of bread into each tin. Repeat with remaining bread.
4. In a large bowl, add cream cheese, eggs, milk, spring onion, dried herbs and pepper. Whisk together until the mixture is well combined.
5. Mix baked pumpkin and diced tomato together and spoon into
6. tins.
7. Spoon the egg mixture over the vegetables in the muffin tin and bake for 20 minutes or until cooked through.
8. Serve with a side of salad.





Homemade Granola

Total Time: 30 mins | **Serves:** 20 or 5 cups | **Dietary:** Dairy-Free, Vegetarian, Vegan

Ingredients:

- 4 cups plain rolled oats OR puffed multigrain blend (brown rice, sorghum, buckwheat for gluten-free version)
- 2 tbsp millet
- 2 tbsp buckwheat groats
- 1 tbsp teff
- ½ cup almonds, roughly chopped
- ½ cup pecans, roughly chopped
- ½ cup pistachios, roughly chopped
- ½ cup pepitas
- ½ tsp salt
- 1 tsp cinnamon
- ½ cup extra virgin olive oil
- ½ cup maple syrup (or sweetener of choice)
- 3 tsp vanilla extract
- 1 cup raisins

Method:

1. Preheat the oven to 180°C degrees.
2. Line a large baking tray.
3. In a large mixing bowl, combine the whole grains, nuts, pepitas, salt and cinnamon. Stir to combine evenly.
4. Add oil, maple syrup and vanilla. Mix very well (until every oat and nut is lightly coated).
5. Pour the granola onto the prepared tray and use a large spoon to spread it in an even layer.
6. Bake for about 10 min.
7. Press the granola down with your spatula, then return to the oven for a further 10-15 min or until lightly golden. Don't bake the granola too long; just until it's lightly golden on top, as it will continue to crisp up as it cools.
8. Remove from the oven and let the granola cool completely.
9. Top with the raisins, then break the granola into pieces with your hands. Enjoy!

It can be stored in an airtight container at room temperature for 1 to 2 weeks.





Lunch

Whether you're preparing a lunchbox for school or planning work lunches, including fibre-packed whole grains is a great way to keep your energy steady all afternoon long.



Four Easy Ways with Whole Grains

Vita-Weat Bruschetta

Dietary: Dairy-Free, Vegetarian, Vegan | **Total Time:** 5 mins | **Serves:** 1

Ingredients:

- 4 Vita-Weat crispbread
- ½ punnet mixed cherry tomatoes, quartered
- ½ small red onion, thinly sliced
- Balsamic vinegar
- Fresh basil

Method:

1. Top each Vita-Weat with mixed cherry tomatoes.
2. Add thin slices of red onion.
3. Garnish with a drizzle of balsamic vinegar and fresh basil leaves.

Vita-Weat with Spicy Egg

Dietary: Dairy-Free, Vegetarian | **Total Time:** 5 mins | **Serves:** 1

Ingredients:

- 4 Vita-Weat crispbread
- ½ cup baby spinach leaves
- 1 hard-boiled egg, sliced
- 1 tbsp siracha or chilli sauce
- Fresh green shallot, finely chopped

Method:

1. Top each Vita-Weat with a few baby spinach leaves.
2. Add sliced egg and a drizzle of siracha to taste.
3. Garnish with finely chopped shallot.



Four Easy Ways with Whole Grains

Vita-Weat Pumpkin Nourish Bowl

Dietary: Dairy-Free, Vegetarian, Vegan | **Total Time:** 10 mins | **Serves:** 1

Ingredients:

- 1 cup mixed lettuce
- ½ small avocado, sliced
- ½ cup roasted pumpkin, roughly chopped
- 2 tbsp canned, drained chickpeas
- 4 thin slices of red onion
- 1 tbsp raw almonds
- 1 tbsp pumpkin seeds
- 1 tsp extra virgin olive oil
- 1 tsp apple cider vinegar
- 4 Vita-Weat crispbread

Method:

1. Place lettuce in a medium bowl.
2. Add sliced avocado, roasted pumpkin, chickpeas & red onion slices.
3. Scatter over almonds & pumpkin seeds.
4. Drizzle with olive oil and apple cider vinegar.
5. Serve with Vita-Weat crispbreads.

Vita-Weat with Avocado & Chickpea Smash

Dietary: Dairy-Free, Vegetarian, Vegan | **Total Time:** 5 mins | **Serves:** 1

Ingredients:

- 4 Vita Weat crispbreads
- 4 cos lettuce leaves
- 8 slices avocado
- ¼ cup chickpeas, drained, roughly smashed
- Sliced red onion to taste

Method:

1. Top each Vita-Weat with a cos lettuce leaf and avocado slices.
2. Add a tablespoon of smashed chickpeas and sliced red onion.



Poached Chicken, Mango and Coriander Open Sandwich

Total Time: 10 mins | Serves: 1

Ingredients:

- 2 slices Bürgen® Wholemeal & Seeds bread
- ½ cup (120g) poached chicken breast meat, shredded
- Ground white pepper
- 2 teaspoons reduced-fat mayonnaise
- ¼ cup finely chopped mango
- ¼ cup fresh coriander leaves
- 2 teaspoons finely chopped red onion
- ½ teaspoon lime juice
- a pinch red chilli powder (optional)
- 1 wedge of iceberg lettuce, to serve

Method:

1. Season shredded chicken meat with ground white pepper.
2. Spread the mayonnaise over the bread slices and top with the chicken.
3. Combine the remaining ingredients in a bowl and spoon over the sandwich. Serve with a wedge of lettuce on the side.





Rainbow Salad Sandwich

Total Time: 10 mins | Serves: 1 | Dietary: Vegetarian

Ingredients:

- 2 slices of Tip Top® 9 Grain® Wholemeal Sandwich
- 3 cherry tomatoes, sliced
- 1/4 avocado, sliced
- 1/2 carrot, peeled and grated
- 1/2 beetroot, peeled and grated
- Small handful of baby spinach leaves, washed
- 1 teaspoon butter
- 1 teaspoon mayonnaise (optional)

Method:

1. Butter 2 slices of Tip Top® 9 Grain® Wholemeal Sandwich.
2. Layer one slice of bread with spinach, carrot, beetroot, tomatoes and avocado.
3. Spread mayonnaise on the second slice of bread and place on top of the layered salad.



Enjoy this wholesome and vibrant sandwich, bursting with flavours and veggies.



Chicken Mayonnaise Sandwich

Total Time: 5 mins | **Serves:** 1

Ingredients:

- 2 slices of Tip Top® 9 Grain®, Classic Sandwich
- ½ chicken breast, poached and diced
- 1 teaspoon light mayonnaise
- 1 teaspoon butter
- 1-2 butter lettuce leaves
- Pepper to taste (optional)
- Sprinkle of parsley (optional)

Method:

1. In a bowl, combine mayonnaise, chicken, and pepper (optional). Mix well until ingredients are combined.
2. Butter 2 slices of Tip Top® 9 Grain®, Classic Sandwich.
3. Place lettuce on one slice of bread and spoon on the chicken mayonnaise mixture.
4. Sprinkle with parsley (optional).
5. Top with the remaining buttered slice of bread.



Mackerel & Beetroot Pitas

Total Time: 10 mins | Serves: 2

Ingredients:

- 4 tbsp Heinz® [SERIOUSLY] GOOD® Tartare Sauce
- 100g reduced-fat cream cheese
- 125g smoked mackerel, skin removed
- 4 wholemeal pitas
- 40g watercress, large stalks removed
- 2 small, cooked beetroots (not in vinegar), chopped

Method:

1. Mix Heinz® [SERIOUSLY] GOOD® Tartare Sauce with the cream cheese, then lightly toss through the mackerel.
2. Toast the pitas and divide the mackerel mixture, watercress and beetroot between the pitas and serve.



Green Goddess Sandwich

Total Time: 10 mins | Serves: 1

Ingredients:

- 2 slices Abbott's Bakery® Light Rye
- ¼ avocado, flesh mashed
- 1 tbs whole egg mayonnaise
- 1 tsp lemon juice
- 1 tsp finely chopped dill
- 2 medium Bocconcini, sliced
- ¼ small bunch watercress, sprigs removed
- 15g alfalfa
- ¼ large Lebanese cucumber, sliced
- ¼ large zucchini, thinly sliced

Method:

1. Combine avocado, mayonnaise, lemon juice, dill, salt and white pepper in a bowl.
2. Place 1 slice of bread onto a chopping board. Spread half the avocado mixture onto a slice of bread.
3. Top with sliced bocconcini, watercress, alfalfa, zucchini and cucumber.
4. Spread the remaining avocado mixture onto one side of the remaining slice of bread.
5. Place avocado side down over filling.
6. Halve sandwiches (square) and serve.





Quick & Cheesy Sausage Rolls

Total Time: 25 mins | **Serves:** 4

Ingredients:

- 8 slices Bakers Delight Hi-Protein Wholegrain Loaf
- 8 cooked chipolata sausages
- 8 slices of mozzarella cheese, cut to the same length as the sausages
- 2 eggs
- 400ml oil

Method:

1. Cut the crusts off the bread and flatten and stretch the slices as thinly as possible using a rolling pin.
2. In a small bowl, whisk the eggs.
3. Place a sausage and a piece of cheese onto a slice of bread and wrap it as tightly as possible.
4. Use a small amount of the egg mixture to seal the seam. Repeat with the remaining slices of bread.
5. Heat oil in a medium frying pan to 180°C.
6. Dip the rolls into the egg mixture to coat evenly and carefully place into the hot oil. Fry for 2 minutes before turning and frying for a further 1-2 minutes or until golden.
7. Remove from the oil and drain on paper towels. Serve warm.



Quick and cheesy.
These homemade sausage rolls
are guaranteed to be a family favourite!



Mince Burrito Bowl

Total Time: 30 mins | **Serves:** 4 | **Dietary:** Dairy-Free, Vegetarian, Vegan

Ingredients

- 1 quantity of v2 chili con carne
- 2 cups brown rice, cooked
- 1 avocado, sliced
- Cherry tomatoes
- Lime wedges
- Coriander

Method:

1. Cook rice according to packet instructions. Reheat v2 chilli con carne in a saucepan over medium heat for about 10 minutes or until heated through.
2. To assemble the burrito bowls, spoon rice into bowls and top with a generous dollop of v2 chilli con carne. Top with avocado slices, cherry tomato halves, and other fresh veggies you love.
3. Serve with a garnish of fresh coriander and a squeeze of fresh lime juice. Kick back and enjoy!





Vietnamese Style Chicken Sandwich

Total Time: 40 mins | **Serves:** 4

Ingredients:

- 8 slices Abbott's Bakery® Farmhouse Wholemeal
- 1/3 cup salt-reduced soy sauce
- 1 tsp honey
- 4 skinless & boneless chicken thighs
- 1 large carrot, julienned
- 1 cup apple cider vinegar
- 2 tbsp castor sugar
- 1 cup finely shredded red cabbage
- 1 cup finely shredded green cabbage
- ½ bunch coriander, roughly chopped
- 1 large handful of Thai basil leaves
- 3 spring onions, cut into thin strips
- Extra virgin olive oil
- Juice of half a lime
- 1 cucumber, finely sliced
- 8 tsp Japanese mayonnaise
- Sriracha sauce (optional)

Method:

1. Whisk soy sauce and honey together in a bowl. Add chicken and leave to marinate in the refrigerator for at least an hour.
2. Place vinegar and castor sugar in a saucepan over low heat and stir until sugar has dissolved. Remove from heat and set aside to cool to room temperature.
3. Pour vinegar mixture over julienned carrots in a small bowl and let sit for at least an hour to pickle.
4. In a large bowl, combine cabbage, coriander, Thai basil, spring onions, lime juice and a tablespoon of extra virgin olive oil and toss to combine.
5. Heat a splash of olive oil in a large frying pan on medium. Allow excess marinade to drip off the chicken before adding it to the pan. Cook for around 5 minutes on one side, then turn the chicken, add a tablespoon of leftover marinade to the pan, and cook for 5 minutes.
6. Remove chicken from the pan and rest for a few minutes before slicing.
7. Butter one side of each slice of bread, and spread roughly 2 teaspoons of mayonnaise to the 'lid' of each sandwich.
8. To each sandwich, add chicken, slaw, cucumber, carrot pickle/vinegar mixture and Sriracha to taste.



Sausage Rolls

Total Time: 45 mins | **Serves:** 8 (16 rolls)

Ingredients:

- 1 onion, diced
- 2 cloves garlic, minced
- 1 zucchini, grated
- 2 carrots, grated
- 2 eggs
- 1 tsp paprika
- 1 tsp dried mixed herbs
- 2 tbsp tomato paste (no added salt)
- 200g lean beef mince
- 1 ½ cups breadcrumbs
- 1 packet Mountain Bread Wraps (8 wraps)
- Reduced sugar/salt tomato sauce to serve

Method:

1. Preheat oven to 210°C. Mix the onion, garlic, zucchini and carrots together in a large mixing bowl.
2. Working in two batches, place the mixture into the centre of 2 CHUX cloths. Form a drop shape. Twist the sides to extract additional juices.
3. Return the vegetable mixture to the mixing bowl. Add one egg, paprika, dried herbs, tomato paste, mince, lentils, and breadcrumbs. Mix well.
4. In a separate small bowl, crack and whisk the remaining egg to form the egg wash.
5. Using your hands, place a small handful of the mixture down the short side edge of the mountain bread wrap, forming a sausage shape.
6. Brush the opposite edge of the wrap with egg wash, then firmly roll the mixture up in the mountain bread wrap.
7. Cut the roll into two pieces. Place on a lined baking tray, then brush with egg wash.
8. Repeat steps 5-7 with remaining wraps and mixture. Place in oven for 30 minutes, flipping after the first 15 minutes.
9. Serve with tomato sauce and a side salad.



Using wholemeal Mountain Bread wraps, as well as adding lentils and grated vegetables, makes these sausage rolls a higher fibre option compared to a traditional pastry sausage roll.



Rainbow Veggie Slice

Total Time: 40 mins | **Serves:** 12 | **Dietary:** Vegetarian

Ingredients:

- 6 large eggs
- 1/2 cup milk, or So Good™ Soy or Almond Milk
- Salt and pepper
- 3 cups frozen stir-fried veggies, slightly thawed
- 3/4 cup grated Edam cheese
- 4 Weet-Bix™ wheat biscuits, crushed

Method:

1. Preheat oven to 180°C (350°F). Lightly oil a rectangle (23 x 33 cm) baking dish.
2. Whisk together eggs, milk, and a pinch of salt and pepper. Stir through veggies. Fold in cheese and crushed Weet-Bix™ wheat biscuits.
3. Pour batter into prepared pan and smooth top. Bake 35 - 40 minutes until golden and cooked through.
4. Cool in pan, cut into 12 pieces.



This dish is sure to be a family favourite. Bursting with colour, it is super tasty, and you get the goodness of veggie variety and whole grain fibre

A top-down view of a rustic, light-colored ceramic bowl filled with a meal. The bowl contains penne pasta, several slices of roasted mushrooms with golden-brown edges, and a large portion of bright green, textured pesto in the bottom left corner. The food is garnished with small green herbs and black pepper. The word "Dinner" is written in a white, elegant script font across the center of the bowl.

Dinner

Dinner provides the perfect opportunity to wrap up the day in a nutritious way, as you can experiment with different recipes and whole grains.



Whole Grain Spaghetti Pesto Pasta

Total Time: 25 mins | **Serves:** 4 | **Dietary:** Vegetarian

Ingredients:

- 3 tablespoons of extra virgin olive oil
- 300g wholemeal spaghetti
- 2 cups spinach
- 2 large lemons, juiced
- 2 zucchinis, roughly chopped
- 2 cloves garlic, finely chopped
- 1 bunch basil, leaves torn
- 1/2 bunch parsley, roughly chopped
- 3/4 cup raw or roasted cashews
- 1 teaspoon of sea salt
- 1 teaspoon of black pepper
- 1/2 teaspoon chilli flakes (optional)
- 200g halloumi cheese, cut into small cubes
- 1 tbs pure maple syrup

Method:

1. Cook pasta according to package directions. Drain and add back into the pot. Set aside.
2. Meanwhile, add 1 tablespoon extra virgin olive oil to a large frying pan on medium heat. Add chopped zucchini. Cook for 4-5 minutes, stirring. Add the garlic for the last minute and stir. Set aside to cool. Keep this fry pan to use for the sauce later.
3. In a food processor or blender, add the cooked zucchini & garlic, spinach, parsley, basil, lemon juice, cashews, salt, pepper and chilli flakes (optional). Process until smooth and creamy. Add some more water or lemon juice if it's a little thick.
4. Place the same large frying pan onto medium heat. Add 1 tablespoon of oil to heat. Add the cooked pasta and stir gently until heated through, about 1 minute. Add the green sauce and stir to combine for 2 minutes until all warmed through.
5. Meanwhile, place a small frying pan on medium heat. Add the last of the olive oil and cook halloumi pieces until cooked and golden. Add the maple syrup for the last 30 seconds and combine it with halloumi pieces. Serve the spaghetti in bowls, top with some halloumi pieces and squeeze over some fresh lemon juice.





LowFOD™ Zucchini & Chicken Pizza

Total Time: 20 mins | **Serves:** 4

Ingredients:

- Bakers Delight Wholegrain LowFOD™ Pizza Base 2-Pack
- 4 tbsp tomato passata
- ¾ cup grated mozzarella
- 1 cup leftover roast chicken, shredded
- 1 small zucchini, cut into ribbons using a peeler
- ½ cup basil leaves to serve

Method:

1. Place two metal trays in the oven and preheat to 220°C.
2. Spread the passata over the bases and top with the mozzarella, chicken and zucchini.
3. Carefully slide the pizzas onto the hot trays in the oven and cook for 10 minutes or until the edges are golden and the cheese has melted.
4. Remove from oven and sprinkle with basil leaves.

For a delicious low-FODMAP dinner idea, try a zucchini and chicken pizza recipe. Guaranteed to keep your tummy happy!



Enjoy a healthy twist for your next pizza night.

Whole Grain Pizza

Total Time: 30 mins | **Serves:** 1 pizza | **Dietary:** Vegetarian

Ingredients:

Pizza base:

- 200g wholemeal flour
- 2g instant yeast
- 5g salt
- 7g white sugar
- 1 ½ tbsp extra virgin olive oil
- 110mL warm tap water

Toppings:

- 200g pizza sauce
- ½ zucchini
- 1 tomato
- 6 mushrooms
- ½ jar artichoke hearts
- ¼ cup pitted kalamata olives
- 1 ½ cup grated mozzarella cheese
- Thyme and basil for seasoning

Method:

1. Place flour, yeast, sugar and salt in a large bowl and mix with a spoon.
2. Make a well in the centre and pour in the oil and water, mixing together.
3. Sprinkle the bench surface with flour, scrape the dough out of the bowl, bring it together into a ball and knead for approximately five minutes until smooth.
4. Drizzle olive oil in a large bowl, place the dough in, turn it over, and rub the top with oil.
5. Cover with a tea towel and set aside for an hour.
6. Drain the artichoke hearts and olives and set aside. Thinly slice the zucchini, tomato, mushrooms and set aside.
7. Preheat oven to 275°C degrees.
8. Sprinkle the bench surface with flour and use your fingertips to gently spread out your dough ball until it is about 20cm in size. Place your dough on the board, trimming the edges to make a crust.
9. Spread pizza sauce over the base, cover with your toppings, season with thyme and basil and finish with the cheese.
10. Bake for 15 minutes or until cheese is golden brown.

Notes and allergies

If your kids are still learning to like foods like olives or artichokes, feel free to substitute for other preferred ingredients!

To make this recipe gluten-free, use gluten-free flour.



Beanzy Tacos

Total Time: 20 mins | **Serves:** 4

Ingredients:

- ¼ red cabbage, shredded
- 1 medium carrot, grated
- 2 spring onions, chopped
- 2 limes
- Salt flakes, to taste
- 2 avocados, destoned, peeled & chopped
- ¼ bunch chopped coriander, extra to garnish
- 1 tsp ground cumin
- 2 x 300g can Heinz Beanz® Taco Flavour
- 250g mixed cherry tomatoes, roughly chopped
- 12 whole grain tortillas
- 100g feta or cheddar cheese

Method:

1. For the slaw: combine the cabbage, carrot, and spring onion in a large bowl. Add the juice of half a lime and a pinch of salt. Scrunch together with clean hands until well combined. Set aside.
2. For the guacamole: Roughly mash the avocado in another bowl with the juice of half a lime, the chopped coriander, cumin, and a pinch of salt. Set aside.
3. Heat the Heinz Beanz® Taco Flavour and tomatoes in a frying pan with a splash of water. Crush half the beans with a fork or potato masher, stirring over medium heat until the sauce has thickened.
4. Spoon the beans into the warmed tortillas topped with cheese, slaw, guacamole, and extra coriander if desired. Cut the extra lime into wedges and serve with the tacos.



Crispy Fish Tacos

Total Time: 25 mins | **Serves:** 4-6 | **Dietary:** Pescatarian

Ingredients:

- 400g snapper fillets
- ¼ cup flour
- 1 tsp ground paprika
- 1 egg, beaten
- ¾-1 cup panko crumbs
- 1 fresh mango, peeled and finely chopped
- 1 fresh red chilli, seeds removed and finely chopped
- 1 spring onion, chopped
- Handful fresh mint leaves, chopped
- Handful fresh coriander leaves, chopped
- Juice from 1 lime
- 6-8 wholegrain tortillas
- 2 cups shredded lettuce
- Heinz® [SERIOUSLY] GOOD™ Original Mayonnaise

Method:

1. Cut the snapper fillets into strips. Mix the flour and paprika together and season. Dust the fish with seasoned flour. Dip in beaten egg. Coat fish with panko crumbs. Refrigerate while preparing the mango salsa.
2. Mix together prepared mango, chilli, spring onion and herbs. Stir through lime juice. Set aside.
3. Heat a little olive oil in a frying pan. Cook crumbed fish strips in batches over medium-high heat, turning once until golden and cooked. The cooking time will depend on the thickness of the fish.
4. Heat the tortillas according to packet directions.
5. Place shredded lettuce across the centre of a tortilla. Top with crumbed fish. Squeeze over Heinz® [SERIOUSLY] GOOD™ Original Mayonnaise. Finish with mango salsa. Wrap to enclose filling. Repeat with remaining tortillas. Serve immediately.





Mushroom Lentil Pie

Total Time: 45 mins | **Serves:** 4 | **Dietary:** Gluten-Free, Dairy-Free, Vegetarian, Vegan

Ingredients:

- Three slices Cape Seed Loaf with BARLEYmax®
- 400g mixed mushrooms
- 600g tinned lentils, drained
- ½ brown onion
- Leek 140g (white and pale green section)
- 1 tbsp plain flour
- 2 tsp Dijon mustard
- ½ tbsp extra virgin olive oil
- ½ cup reduced-salt vegetable stock
- Pinch mixed herbs
- 80g Parmesan cheese and a handful of parsley to serve

Method:

1. Slice the white and pale green portion of the leek.
2. Finely dice the onion and slice the mushrooms.
3. Add oil into a large pan over medium heat. Fry onions for 1 minute until fragment and add leeks. Stir for 2-3 minutes. Add mushrooms and drained lentils, then stir in mustard and season with herbs and pepper.
4. To this mixture, sprinkle flour and stir until covering all ingredients.
5. Reduce heat and pour in the stock. Allow to simmer down until the mixture thickens, approximately 5 minutes.
6. Transfer to a medium oven dish and top with small torn pieces of Cape Seed Loaf with BARLEYmax® bread.
7. Cover with foil and place into a medium oven for 20 minutes or until bread becomes crisp.
8. Serve with parsley and parmesan cheese.



Fish Bake

Total Time: 1 hour | **Serves:** 6

Ingredients:

- 3 thick slices Bakers Delight Chia Omega-3 Wholemeal Loaf, cut into large chunks
- 100ml extra-virgin olive oil, plus extra for serving
- 400g canned cherry tomatoes
- 90g (½ cup) black olives, pitted
- 2 tbsp capers
- 125ml (½ cup) dry white wine
- 3-4 sprigs of parsley, plus extra parsley leaves to serve
- Sea salt flakes, to taste
- 4 skinless white fish fillets, about 150g-180g each (like ling or hapuka)
- Red pepper flakes

Method:

1. Preheat the oven to 180°C.
2. Bake Chia Omega-3 Wholemeal Loaf chunks for 25 minutes until golden and crispy.
3. Drizzle half the oil into a baking dish and pour in the cherry tomatoes and their juices, olives, capers, wine and parsley sprigs. Season with a little salt and stir to combine.
4. Place the fish on top, drizzle with the remaining oil and season with a little salt and pepper. Bake for 15-18 minutes or until the fish is just cooked through. The cooking time will depend on the size of your fillets, so keep an eye on it.
5. Take the tray out of the oven, scatter with remaining parsley leaves, season with a little extra pepper and drizzle with a little extra-virgin olive oil. Top with crispy baked Chia Omega-3 Wholemeal Loaf





Chilli Con Carne

Total Time: 1 hour | **Serves:** 6 | **Dietary:** Vegetarian

Ingredients:

- For the chilli:
- 500g v2mince
- Olive oil
- 1 large brown onion, finely diced
- 1/2 cup water
- 200g tin chipotle chillies in adobo sauce
- 400g tin diced tomatoes
- 400g tin red kidney beans, rinsed and drained
- 1 tablespoon ground cumin
- Salt and pepper to taste

To serve:

- Wilted kale/Tuscan Kale/silverbeet
- Cooked brown rice
- Cherry tomatoes tossed with fresh basil and salt & pepper
- Sour cream

Method:

1. Heat olive oil in a large frypan on medium-high heat. Add onions and fry off until softened. Add v2mince and cook until browned and crumbling, using a wooden spoon to break it down.
2. Add water and use a wooden spoon to scrape off the bottom of the pan. Add chipotle chillies and break them apart with a spoon before adding tomatoes, kidney beans and cumin. Season with salt and pepper and reduce heat to low to simmer for 10 minutes.
3. Serve with brown rice, wilted greens, seasoned tomatoes and sour cream.



The humble chilli con carne has always been a favourite for sneaking a few extra veggies into dinner. Why not go all in with plant-based mince?

A top-down photograph of a loaf of oatmeal bread on a wire cooling rack. Several slices are stacked on top of the loaf. In the foreground, a single slice of the bread sits on a light-colored plate, with a silver fork placed next to it. The entire scene is set on a rustic wooden surface. The word "Snacks" is written in a large, white, cursive font across the middle of the image.

Snacks

Packing convenient whole grain filled snacks is a simple way to boost nutrition while on the move.



XO Cocoa Crunch Bliss Balls

Total Time: 15 mins | **Serves:** 12 balls | **Dietary:** Dairy-Free, Vegetarian, Vegan

Ingredients:

- 1 cup dates, pitted
- 2 cups Active Balance XO Cocoa Crunch
- 2 tbsp natural peanut butter

Method:

1. Place dates in a heat-proof bowl and cover with boiling water. Set aside for 5 minutes. After five minutes, drain and check for seeds. Remove excess water by squeezing the dates gently in your hand)
2. Add dates, peanut butter and XO Cocoa Crunch to a food processor and pulse until the mixture comes together.
3. Roll tablespoons of mixture into balls. Place in an airtight container and chill for 1 hour before serving.

Tip:

We used smooth peanut butter, but any nut butter can be used.
Balls can be kept in an airtight container in the fridge for five days.



Choc-Banana Wholemeal Crumpet

Total Time: 5 mins | **Serves:** 2 | **Dietary:** Vegetarian

Ingredients:

- 2 Golden® Wholemeal Crumpets
- 1 tbsp choc-hazelnut spread
- 1 banana, sliced
- 1 tbsp natural almonds, chopped roughly

Method:

1. Toast crumpets until golden.
2. Spread choc-hazelnut spread and top with bananas and almonds.
3. Enjoy.



Superfood Energy Balls

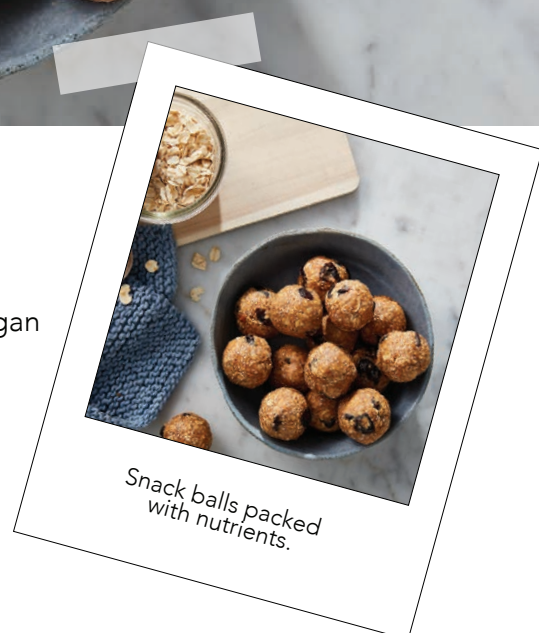
Total Time: 15 mins | **Serves:** 17 balls | **Dietary:** Dairy-Free, Vegetarian, Vegan

Ingredients:

- 3 Medjool dates, pitted
- ½ cup (140g) almond butter
- 1 tbsp maple syrup
- 1 cup (90g) Uncle Tobys Traditional Oats
- ¼ cup (45g) ground flax seed
- 2 tbsp of your favourite dried fruit
- ½ tsp cinnamon

Method:

1. Combine the dates, almond butter and maple syrup in a food processor and pulse until the dates are fully chopped and the mix is combined.
2. In a bowl, mix the Uncle Tobys Traditional Oats, flax seed, dried fruit and cinnamon. Add the date and almond butter mixture and stir until fully combined. Roll 1 tbsp portions into balls.
3. Place the balls into an airtight container and refrigerate for one month.



Snack balls packed with nutrients.



BARLEYmax® Moroccan Carrot Dip

Total Time: 30 mins | **Serves:** 4-6 | **Dietary:** Dairy-Free, Vegetarian, Vegan

Ingredients:

- 500g carrots – peeled, coarsely chopped
- 50g BARLEYmax® flakes
- 1 large garlic clove, crushed
- 70ml (1/4 cup) extra virgin olive oil
- 1/4 teaspoon ground cumin
- 1/4 teaspoon smoked paprika
- 1/4 teaspoon ground turmeric
- 1/2 teaspoon chilli flakes (optional)
- Zest from 1 lemon
- 1 tablespoon lemon juice
- 1/2 teaspoon salt
- 1 tablespoon chopped coriander (or parsley)

Method:

1. Cook the carrot in a large saucepan of boiling water for 20 minutes or until tender. Drain and cool.
2. Place all ingredients in the bowl of a food processor and process until smooth.
3. Taste and season with extra salt if required. Transfer to a serving bowl.



This dip is a great inclusion on an antipasto platter.



Weet-Bix™ Cookies

Total Time: 30 mins | **Serves:** 22 cookies | **Dietary:** Vegetarian

Ingredients:

- 4 Weet-Bix™, crushed
- 2/3 cup rolled oats
- 3/4 cup wholemeal plain flour
- 100g brown sugar
- 1/3 cup dark choc bits
- 2/3 cup dried apricots, diced
- 3 tbs reduced fat margarine
- 2 tbs golden syrup
- 1 tsp bicarbonate of soda
- 1/4 cup boiling water

Method:

1. Mix Weet-Bix™, rolled oats, flour, sugar, choc bits and apricots until well combined.
2. Place margarine and golden syrup in a small saucepan and heat gently until melted.
3. Mix the bicarbonate of soda and water together, then pour into the margarine mixture. Add to dry ingredients and stir to combine.
4. Place tbs of mixture onto baking trays lined with baking paper. Bake at 160°C for 15-20 minutes. Cool on trays before serving.



*A tasty whole grain biscuit,
great for the lunchbox or as
an afternoon snack.*



Banana & Blueberry Muffins

Total Time: 35 mins | Serves: 12 | Dietary: Vegetarian

Ingredients:

- 2 large ripe bananas, mashed (you want about 1 cup)
- ½ cup Greek yoghurt
- ¼ cup raw sugar
- 2 eggs
- 2 teaspoons vanilla extract
- 1 ½ cups wholemeal flour
- ½ cup ground LSA
- 2 tsp baking soda
- 1 teaspoon ground cinnamon
- 2 cups frozen or fresh blueberries

Method:

1. Preheat oven to °C. Line a 12-pan muffin tin with paper muffin cases.
2. In a medium bowl, whisk the banana, yoghurt, sugar, eggs and vanilla together until smooth.
3. Add the flour, LSA, baking soda and cinnamon and gently mix with a large spoon or spatula until just combined. Add the blueberries and fold through.
4. Divide between the muffin cases.
5. Bake for about 25 minutes until golden brown and a toothpick inserted in the centre comes out clean.
6. Remove the muffins from the pan and cool on a wire rack.



Pear and Nut Sunsol Crumble

Total Time: 40 mins | **Serves:** 4-6 | **Dietary:** Vegetarian

Ingredients:

- 1.5kg pears, peeled, cored and chopped
- ¼ cup (55g) brown sugar
- ½ tsp ground cinnamon
- 1 tsp vanilla
- Yoghurt, to serve
- Crumble Topping:
 - 1¼ cups (135g) Sunsol Almond, Cashew, Macadamia & Walnut Natural Muesli
 - ¼ cup (35g) plain flour
 - 1 tbs caster sugar
 - 80g butter

Method:

1. Preheat oven to 200°C/180°C.
2. Place pears, sugar, cinnamon and vanilla in a saucepan on medium heat. Cook covered for about 5 minutes or until pears are just tender.
3. Spoon mixture among 4 x 1 cup-capacity ovenproof dishes.
4. Make crumble topping by combining Sunsol Natural Muesli in a bowl with flour and sugar. Using fingertips, rub in butter until the mixture resembles coarse breadcrumbs.
5. Sprinkle mixture over pear and bake for 10-15 mins until golden brown.
6. Serve with plain yoghurt or ice cream, as desired.





Banana and Blueberry Yoghurt Muffins

Total Time: 40 mins | **Serves:** 12 muffins | **Dietary:** Vegetarian

Ingredients:

- 2 cups (300g) self-raising flour, sifted
- ½ cup (50g) brown sugar
- 2 x 35g Uncle Tobys OATS Quick Sachets Blueberry
- 1 cup (150g) over-ripe banana, mashed
- 1 egg
- ½ cup (125mL) sunflower oil
- 1 tsp vanilla extract
- ½ cup (45g) blueberries
- 2 cups (500g) low-fat blueberry yoghurt

Method:

1. Preheat oven to 180°C/160°C fan-forced. Line a 12-hole (1/3 cup/80mL) muffin pan with paper cases.
2. In a large bowl, combine sifted flour, brown sugar, 1 ½ sachets of Uncle Tobys OATS Quick Sachets Blueberry; reserve the remaining half of the sachet to sprinkle on top of the muffins. Make a well and pour in combined mashed banana, egg, oil, vanilla extract, blueberries and yoghurt; mix until just combined.
3. Evenly divide the mixture into prepared muffin cases and sprinkle muffins with reserved Uncle Tobys OATS Quick Sachets Blueberry.
4. Bake for 25 minutes or until golden.



Frozen Yoghurt Bark

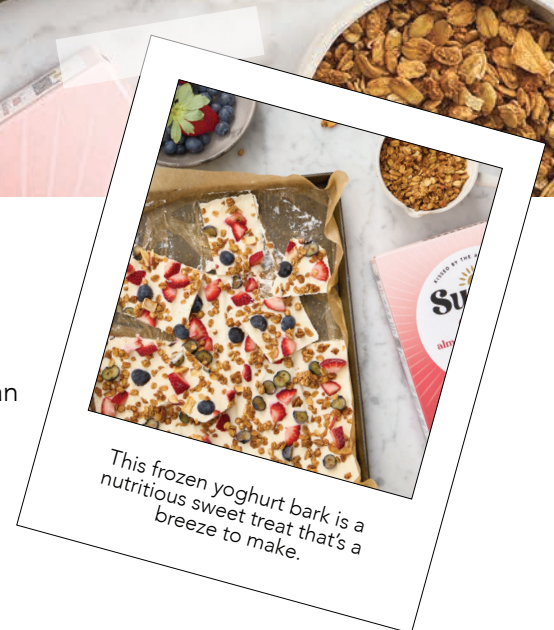
Total Time: 15 mins + 3 hours freezing time | **Serves:** 4-6 | **Dietary:** Vegetarian

Ingredients:

- 1½ cups (420g) Greek yoghurt
- 1 tablespoon honey or maple syrup
- 1 teaspoon vanilla extract
- pinch ground cinnamon
- ¼ cup (45g) blueberries, halved
- 4 strawberries, chopped finely
- ½ cup (65g) Almond, Pink Lady Apple & Cinnamon Sunsol Granola

Method:

1. Line a 30 x 25cm tray with baking paper. In a bowl, combine yoghurt, honey or maple syrup, vanilla and cinnamon; mix well.
2. Spread evenly onto the prepared tray. Sprinkle over blueberries, strawberries and Sunsol Granola.
3. Freeze for 3-4 hrs until frozen. Cut into pieces and serve immediately.



This frozen yoghurt bark is a nutritious sweet treat that's a breeze to make.



Oaty Banana Bread

Total Time: 1 hour | **Serves:** 10 slices | **Dietary:** Dairy-Free, Vegetarian

Ingredients:

- 1¼ cup (185g) plain flour
- ½ cup (110g) brown sugar
- ½ tsp bicarbonate of soda
- ¼ tsp baking powder
- 1 tsp cinnamon
- 1 cup (90g) Uncle Tobys Traditional Cooking Oats, plus ¼ cup (20g) extra
- 3 large ripe bananas
- 3 tsp canola oil
- 1 egg, beaten
- 2 egg whites

Method:

1. Preheat oven to 180°C/160°C fan forced. Grease a 23x12cm loaf pan and line it with baking paper.
2. In a large bowl, combine the flour, sugar, bicarbonate of soda, baking powder and cinnamon. Stir through Uncle Tobys Traditional Cooking Oats.
3. In a medium bowl, mash the bananas with a potato masher or fork. Add oil, whole egg and egg whites, and mix thoroughly.
4. Pour the batter into the pan and top with extra Uncle Tobys Traditional Cooking Oats. Bake for 45 minutes or until cooked through. Remove from oven and allow to cool in the pan for 5 minutes. Flip out and cool on a wire rack for another 10 minutes. Slice the loaf into 10 equally sized slices.





Apple Crumble Muffins

Total Time: 1 hour | **Serves:** 12 | **Dietary:** Vegetarian

Ingredients:

- Muffins:
- 150g wholemeal plain flour (250g if not using oat flour)
- 100g oat flour
- 1 tsp soda-bicarbonate
- 1 tsp baking powder
- 1 tsp cinnamon
- 3 large red apples, grated
- 1/3 cup extra-virgin olive oil
- 1/4 cup maple syrup
- 2 eggs

Buttermilk:

- 1 cup milk of choice
- 1 tbsp white vinegar

Crumble topping:

- 50g rolled oats
- 10g wholemeal flour
- 1 tbsp maple syrup
- 1 tbsp extra-virgin olive oil
- 1/2 tsp cinnamon

1. Method:

2. Preheat oven to 180°C degrees (fan forced) or 200°C in a conventional oven. Line a 12-cup muffin tin.
3. Cook apples in a saucepan for 5 minutes or until softened. Drain excess liquid. Set aside to cool.
4. To make your homemade buttermilk, combine milk and white vinegar and set aside for 10 minutes or until slightly thickened.
5. Whisk buttermilk, olive oil, maple syrup, eggs, and apples in a large bowl.
6. Add plain flour, baking powder, soda-bicarbonate, and cinnamon, and gently fold together until just combined.
7. Combine oats, flour, butter, maple syrup, and cinnamon to make your crumble
8. Divide batter evenly among prepared muffin tins and top with crumble.
9. Bake for 30mins or until golden brown & enjoy!



Acknowledgements

Arnott's Food Group - www.arnotts.com

Abbott's Bakery® - www.abbottsbakery.com.au

Bürger® - www.burgen.com.au

Bakers Delight - www.bakersdelight.com.au

Courtney - NPR Consulting - www.nprconsulting.com.au

Freedom - www.goodfoodpartners.com.au/freedom

Golden® - www.goldencrumpets.com.au

Heinz - www.heinz.com.au

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Sarah Bell - @ournourishingtable

Steph Polson – Up Statuss - www.upstatuss.com

SunSol - <https://www.goodfoodpartners.com.au/sunsol/>

Tip Top® - www.tiptop.com.au

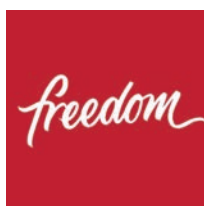
The Healthy Grain - www.thehealthygrain.com/barleymax-products

Uncle Tobys - www.uncletobys.com.au

v2food - www.v2food.com

Weet-Bix™ - www.weetbix.com.au/recipes

Acknowledgements



Looking for further information?

If you are looking for more recipes or
information on whole grains, check out:
www.glnc.org.au

