



GRAINS & LEGUMES NUTRITION COUNCIL

Closing the Whole Grains Gap

Recipe Book







WELCOME

Grains are the everyday champions of a balanced diet, often overlooked despite being excellent sources of fibre, protein, vitamins, minerals, and phytonutrients. They form a staple for people around the world, supplying around half of our daily energy.

Common grains include wheat, rice, barley, oats, rye, corn (maize), millet, sorghum, and pseudo-grains such as quinoa and buckwheat. We enjoy grains in breakfast cereals, breads, pasta, noodles, crackers, and more.

Choosing whole grains over refined options is a simple way to improve your diet. Regular consumption of whole grains is linked to a lower risk of obesity, heart disease, type 2 diabetes, certain cancers, and supports gut health and digestion. Plus, whole grains add natural flavour and texture to everyday meals.

This eBook is packed with practical advice and delicious recipes to make eating whole grains easy, enjoyable, and delicious.

What are grains?

Grains are the edible seeds of grasses cultivated for food all over the world.

Whole grains retain all three natural parts of a grain kernel:

- **Bran:** The outer layer is rich in fibre, B vitamins, minerals, and phytonutrients.
- **Endosperm:** The middle layer that provides energy-rich carbohydrates and some protein.
- **Germ:** The inner core is packed with essential fatty acids, vitamin E, B vitamins, minerals, and phytonutrients.

Eating all three parts of the grain means you're consuming whole grains and maximising their nutritional benefit.

Why whole grains matter?

Consuming 48 grams of whole grain foods daily can help reduce the risk of heart disease, type 2 diabetes, and certain cancers.

Low whole grain intake is a leading dietary risk factor for chronic disease globally. Increasing whole grain consumption can lower the risk of cardiovascular disease, diabetes, certain cancers, and improve digestive health.

Replacing refined grains with whole grains is a simple strategy to protect long-term health.



Ways to include whole grains:

OATS

Oats are a versatile whole grain rich in beta-glucan, a soluble fibre that acts as a prebiotic and supports gut health. They also help keep you feeling full for longer. Try them in porridge, overnight oats, bircher muesli, smoothies, or homemade granola.

BROWN RICE

With its nutty flavour, brown rice is a fibre-rich alternative to white rice. Perfect for stir-fries, curries, casseroles, or as a side dish. While it takes a little longer to cook, the nutritional payoff is worth it.

BARLEY

Barley is one of the world's oldest cultivated grains, valued for its chewy texture and slightly nutty flavour. It's rich in fibre, particularly beta-glucan, which helps support cholesterol and blood sugar levels. A special variety of barley, BARLEYMAX®, has been bred to contain even more fibre, especially resistant starch and beta-glucan, making it beneficial for gut and heart health.

FREEKEH

Freekeh is young green wheat that's harvested early, roasted, and cracked to create a grain with a deliciously nutty, smoky flavour. It's rich in fibre, protein, and essential minerals, making it an excellent base for salads, soups, and pilafs, or as a hearty alternative to rice or couscous.

How to include whole grains in every meal:

Think beyond breakfast cereals and sandwiches. Whole grains can be added to smoothies, soups, salads, stir-fries, and snacks like muffins. Gradually increase your intake, aiming for a variety of grains throughout the day, and remember to drink plenty of water to support healthy digestion.

With creative recipes and everyday swaps, enjoying the nutrition, flavour, and versatility of whole grains has never been easier!





BREAKFAST



Apple and Honey Nut Crumble Porridge

PREP TIME: 5 MIN
COOK TIME: 10 MIN
SERVINGS: 2

Oats are rich in beta-glucan, a type of soluble fibre that can support heart health by lowering cholesterol.

INGREDIENTS

1 portion of UNCLE TOBYS Traditional Oats (see base recipe below)
Pinch ground cinnamon, plus extra to serve
1 large apple, grated
30g raw nut and seed mix
2 tbsp chopped raisins
2 tbsp plain reduced-fat Greek yoghurt
1 tbsp honey

METHOD

1. Cook UNCLE TOBYS Traditional Oats following the method in the base recipe (below).
2. To serve, divide cooked UNCLE TOBYS oats between 2 bowls. Top with remaining apple, nut and seed mix, raisins and yoghurt.
3. Drizzle with honey. Sprinkle with extra cinnamon.

BASE RECIPE

1 ½ cups traditional rolled oats
3 ½ cups reduced-fat milk

1. Combine oats and milk in a medium saucepan. Cook over medium heat until mixture comes to the boil.
2. Gently boil for 4-6 minutes, stirring often, until thick and creamy.

This recipe has been provided by Uncle Toby's as part of their partnership with the Heart Foundation.



Serving Suggestion

Avocado, Feta & Chilli on Toast

with Bürgen® Cholesterol Lowering Wholegrain & Oats

PREP TIME: 10 MIN

SERVINGS: 1

A cholesterol-friendly toast featuring creamy avocado, tangy feta, and a kick of chilli on Bürgen's® Cholesterol Lowering Wholegrain & Oats.

INGREDIENTS

2 slices Bürgen® Cholesterol Lowering Wholegrain & Oats Bread, toasted
1 ripe avocado
Juice of ½ lemon
2–3 tbsp crumbled feta cheese
½ tsp chilli flakes (adjust to taste)
Pinch of cracked black pepper

METHOD

1. Toast the slices of Bürgen® Wholegrain & Oats until golden and crisp.
2. In a small bowl, mash the avocado with a fork until smooth but still slightly chunky. Stir in lemon juice and pepper.
3. Spread the mashed avocado evenly over the toasted bread.
4. Sprinkle with crumbled feta and a pinch of chilli flakes.



Serving Suggestion

Golden® Wholemeal Crumpet Round

with Roasted Tomatoes & Hot Honey

PREP TIME: 5 MIN
COOK TIME: 8 MIN
SERVINGS: 1

Golden® Crumpets topped with sweet and spicy hot honey and juicy roasted tomatoes for a delicious twist on a breakfast favourite.

INGREDIENTS

1 Golden® Wholemeal Crumpet Round
3-4 cherry tomatoes
2 tbsp ricotta
A drizzle of hot honey
A few fresh basil leaves
Pinch of black pepper

METHOD

1. Pop the cherry tomatoes on a tray, drizzle with olive oil, season with pepper, then roast in the oven at 200°C (180°C fan-forced) until they're soft and a little blistered.
2. While they're roasting, toast your Golden® Wholemeal Crumpet Round until golden and a bit crisp around the edges.
3. Spread over the ricotta, top with the warm roasted tomatoes, and finish with a drizzle of hot honey.
4. Add a few basil leaves for a fresh touch and enjoy straight away while it's warm and melty.



Green Pea Fritters

PREP TIME: 5 MIN
COOK TIME: 10 MIN
SERVINGS: 3

Fritters make for a quick and easy veggie-packed meal, any time of day.

INGREDIENTS

3 Weet-Bix™, finely crushed
¼ cup wholemeal flour
1 cup frozen peas, thawed and drained
½ small brown onion, finely chopped
2 tbsp fresh parsley or mint, finely sliced
2 eggs
¾ cup water
2 tbsp crumbled feta
2 tsp olive oil, to cook
salt & pepper

METHOD

1. Use a fork to roughly crush peas in a mixing bowl. Add Weet-Bix, flour, onion, parsley, eggs, water, and feta. Stir well and season with a pinch of salt and pepper. Let rest 5 mins to thicken.
2. Place a non-stick skillet over medium heat. Drizzle in a bit of the oil, and scoop a scant ¼ cup of batter into the pan.
3. Cook fritters for 3 - 4 minutes on each side, until golden and cooked through. Repeat with remaining oil and batter to make 9 fritters. Serve warm or at room temperature, with tomato dipping sauce.

TO SERVE

½ cup tomato chutney, passata, or tomato sauce

TIPS

Use a tablespoon to make mini, bite-sized, fritters.



High Protein Peanut Butter Overnight Weet-Bix™

PREP TIME: 5 MIN
COOK TIME: 2-3 HOURS, OR OVERNIGHT
SERVINGS: 1

The goodness of Weet-Bix™ combined with chocolate, peanut butter, and an extra boost of protein to keep you moving!

INGREDIENTS

2 Weet-Bix™, roughly crushed
⅓ cup So Good™ High Protein Almond Milk
150g vanilla protein yoghurt
1 tsp peanut butter
1 tsp chopped peanuts
1 tsp dark chocolate chips

METHOD

1. In a small container or bowl, combine Weet-Bix and almond milk to form the base.
2. Spread yoghurt on top of the base.
3. Drizzle peanut butter over yogurt. Sprinkle with chopped peanuts and chocolate chips.
4. Place in the fridge for 2 - 3 hrs, or overnight.

TIPS

If desired, thin peanut butter with hot water before drizzling over yoghurt. Add ½ tsp water at a time and stir well. The mixture will initially look thicker, but will thin as you stir in additional water.



Lamington Oat Swirl Jar

PREP TIME: 30 MIN
COOK TIME: 10 MIN
SERVINGS: 2

Aussie classic with an UNCLE TOBYS twist.

INGREDIENTS

1 ½ cups UNCLE TOBYS Traditional Rolled Oats
2 ½ cups full-fat milk (or milk of your choice)
2 tsp vanilla extract
2 tbsp honey
½ cup natural yoghurt
1 cup raspberries, fresh or defrosted if frozen, mashed
50g dark chocolate, shaved
¼ cup coconut flakes, toasted

METHOD

1. Add UNCLE TOBYS Traditional Rolled Oats, milk, vanilla, honey and yoghurt into a large container. Mix well, then place into the fridge for at least 30 minutes before assembling your jars.
2. Dollop half of the oat mix between two jars, spoon in some mashed raspberries, sprinkle in some shaved chocolate and coconut flakes. Top with the remaining oat mix and the remaining toppings. Use a chopstick to swirl the ingredients into the oats for a ripple effect.
3. The oat jar will store in the fridge for up for 5 days.



Serving Suggestion

Ricotta Cheese & Blueberry Toast

on Bürgen® Wholemeal & Seeds

PREP TIME: 10 MIN

SERVINGS: 1

Creamy ricotta and juicy blueberries meet hearty Bürgen® Wholemeal & Seeds toast in this deliciously balanced breakfast.

INGREDIENTS

2 slices Bürgen® Wholemeal and Seeds
½ cup fresh ricotta cheese
½ cup fresh blueberries
1–2 tbsp sliced almonds (toasted if preferred)
Zest of ½ lemon (thin strips or grated)
Fresh thyme leaves (optional, for garnish)

METHOD

1. Lightly toast the Bürgen® Wholemeal and Seeds slices until golden brown and crisp.
2. Spread a generous layer of ricotta cheese evenly over each slice.
3. Place fresh blueberries on top of the ricotta. Scatter sliced almonds over the berries.
4. Add a sprinkle of lemon zest and fresh thyme leaves.



Hi-Fibre Lo-GI Loaf Shakshuka

PREP TIME: 20 MIN
COOK TIME: 15 MIN
SERVINGS: 2

Delicious, full of fibre and easy to make in the comfort of your own home.

INGREDIENTS

2 tbsp extra virgin olive oil
1 small red onion, diced
2 garlic cloves, minced
1 tsp paprika
1 tsp cumin
1 tsp chilli flakes (optional)
1 small red capsicum, diced
3 tomatoes, diced
1 tbsp tomato paste
½ cup salt-reduced stock (chicken or vegetable)
2 cups baby spinach (fresh or frozen)
4 eggs

TO SERVE

2 slices of Bakers Delight Hi-Fibre Lo-GI Wholemeal Block Loaf
Parsley
Ricotta cheese (with lemon juice mixed through)

METHOD

1. Heat oil in a frying pan over medium high heat. Add garlic and onion, cook for 2 minutes.
2. Add paprika, cumin and chilli flakes.
3. Add tomatoes and capsicum and season with salt and pepper. Cook for 3 minutes.
4. Add tomato paste and broth. Simmer for 5 minutes and option to use a potato masher to mash up the vegetables.
5. Make indentations in the mixture and carefully crack the eggs in. Cover with lid and cook on stove for 4 minutes (runny yolks).
6. Remove from the stove. Top with pepper, ricotta cheese and parsley.
7. Toast your bread and cut into fingers to use as dippers.
8. Serve shakshuka with crusty bread dippers.



Serving Suggestion

Smashed Avo, Fried Egg and Feta

with Tip Top® 9 Grain Bread

PREP TIME: 10 MIN
COOK TIME: 5 MIN
SERVINGS: 1

Smashed avo, lightly fried feta, top with a fried egg on toasted Tip Top® 9 Grain, perfect for brekky, lunch or dinner.

INGREDIENTS

2 slices Tip Top® 9 Grain Classic or Wholemeal
1 ripe avocado
1 small tomato or a few cherry tomatoes, finely chopped
Juice of ¼ lime
Pepper, to taste
2 eggs
⅓ cup crumbled feta cheese
Olive oil, for frying
Extra feta (optional), to serve

METHOD

1. In a bowl, mash the avocado. Mix in the chopped tomato, lime juice, and a pinch of pepper. Set aside.
2. Heat a small amount of olive oil in a non-stick pan over medium heat.
3. Sprinkle the crumbled feta into two small rounds in the pan (roughly egg-sized). Let it sizzle for 20–30 seconds.
4. Crack an egg onto each feta mound. Cook until the egg whites are set and the feta is golden and crispy. Cover the pan for a minute if you like the yolk more set.
5. Toast your 9 Grain slices. Spread the avo smash over each slice. Top with the feta-fried eggs.
6. Sprinkle over extra feta, add a final crack of pepper, and enjoy while warm.



Vita-Weat Omelette

PREP TIME: 10 MIN
COOK TIME: 12 MIN
SERVINGS: 2

Say goodbye to boring sandwiches and hello to mouth-watering omelette goodness nestled on a bed of crunchy Vita-Weat cracker.

INGREDIENTS

4 large eggs
¼ cup grated reduced-fat cheddar cheese
8 Arnott's Vita-Weat 9 Grain
1 small Lebanese cucumber, thinly sliced
1 small carrot, grated
Sriracha (optional)

METHOD

1. Preheat oven to 200°C (180°C fan-forced).
2. Grease and line a square 20cm x 20cm pan with baking paper.
3. Break eggs into a medium bowl and whisk well. Pour into pan and top with grated cheddar cheese.
4. Bake for 10-12 min or until eggs have set. Cool and slice.
5. Top Vita-Weat 9 Grain with sliced omelette, cucumber and carrot. Drizzle with sriracha (optional).



Weet-Bix™ Tropical Holiday Smoothie

PREP TIME: 10 MIN
SERVINGS: 1

Whether it's for a grab-and-go glass or a slow-morning bowl, this tropical smoothie is a wholesome start to the day.

INGREDIENTS

2 Weet-Bix™
½ cup fresh or frozen pineapple
½ cup fresh or frozen mango
½ banana
1 tbsp flax seed meal
1 cup So Good™ Almond Milk Unsweetened

TOPPINGS

Blueberries
Melon, papaya, or mango balls
Mini-umbrella

METHOD

1. Place smoothie ingredients (Weet-Bix™ through to the almond milk) into a blender. Pulse until smooth.
2. Transfer smoothie to a serving glass, or pour into a shallow bowl.
3. To decorate the bowl, arrange blueberries along the left third of the bowl as 'water'. Place fruit balls and mini-umbrella on the smoothie 'sand'.
4. Serve immediately.

TIPS

Stick the mini-umbrella into a fruit ball to keep it upright in the bowl.



LUNCH & LIGHT MEALS



Freekeh Tabbouleh

PREP TIME: 40 MIN
COOK TIME: 10 MIN
SERVINGS: 4

Enjoy the nutty flavour and chewy texture of freekeh in this vibrant tabbouleh salad, packed with fresh herbs, crisp vegetables, and a zesty lemon dressing.

INGREDIENTS

150g Wholegrain Freekeh
270ml vegetable stock
4 tbsp olive oil
3 garlic cloves, crushed
¾ tsp ground allspice
½ tsp ground cinnamon
1 tsp salt
Black pepper, to taste
500g cucumbers, sliced
1 red onion, sliced
2 tbsp cider vinegar
30g parsley, chopped
20g mint leaves
2 tbsp lemon juice
1 tsp sumac

METHOD

1. Begin by adding olive oil into a medium saucepan and place on a medium-high heat. Then add the garlic and cook until lightly coloured, followed by the freekeh, allspice and cinnamon. Cook for a further 30 seconds, stirring constantly.
2. Add vegetable stock, half a teaspoon of salt and a good grind of black pepper and bring to the boil. Once boiled, cover saucepan and turn the heat to low and simmer for 40 minutes or until tender. When complete, remove the lid and leave to cool.
3. Put the cucumber, onion, vinegar and a pinch of salt into a large bowl and toss to combine. Leave to pickle for 5 minutes, then add the cold freekeh, herbs, lemon juice, remaining olive oil, a pinch of salt and a good grind of black pepper. Mix well, then transfer to a platter.
4. Sprinkle with the sumac and serve.



Serving Suggestion

Vietnamese Style Chicken Sandwich

with Abbott's Bakery® Farmhouse Wholemeal

PREP TIME: 1 HR, 15 MIN
COOK TIME: 25 MIN
SERVINGS: 4

A twist on the classic Bánh Mì using Abbott's Bakery® Farmhouse Wholemeal, packed with crisp veggies and fresh flavours.

INGREDIENTS

8 slices Abbott's Bakery® Farmhouse Wholemeal
⅓ 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 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
Butter, to serve
Sriracha sauce (optional)

METHOD

1. Whisk soy sauce and honey together in a bowl. Add chicken and leave to marinate in the fridge 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 one side, then turn chicken and add a tablespoon of leftover marinade to the pan and cook for a further 5 minutes.
6. Remove chicken from the pan and let 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.



Vita-Weat with Chicken Caesar

PREP TIME: 10 MIN
COOK TIME: 5 MIN
SERVINGS: 2

Looking for a light, healthy lunch option? Try our epic combo: Chicken Caesar and Greek yogurt on Arnott's Vita Weat. Quick, simple, and super delicious.

INGREDIENTS

1 cup shredded barbeque chicken
1 bacon rasher, trimmed & finely chopped
3 tbsp natural Greek-style yoghurt
1 tbsp chopped parsley
8 small baby cos lettuce leaves
8 Arnott's Vita-Weat 9 Grain
Finely grated parmesan cheese & cracked black pepper to serve

METHOD

1. Cook bacon in a medium non-stick frying pan sprayed with olive oil, for 4-5 min until browned and crisp. Drain on a paper towel.
2. Combine chicken, bacon, natural yoghurt and parsley in a bowl. Season to taste.
3. Place lettuce leaves on the Vita-Weat and top with chicken mixture. Garnish with parmesan cheese and black pepper.



Freekeh Cherry Salad

PREP TIME: 40 MIN
COOK TIME: 10 MIN
SERVINGS: 4

Packed with fibre-rich freekeh, bright coloured cherries, fresh mint and more, this salad is a festive treat for the eyes and the stomach!

INGREDIENTS

180g Wholegrain Freekeh
4 tbsp olive oil
1 tbsp honey
2 tbsp pomegranate molasses
1 lemon zest, grated
1 tbsp za'atar spice
50g mint leaves
50g parsley
2 shallots, thinly sliced
250g cherries
35g currants
100g full cream fetta, crumbled
6 figs (optional)

METHOD

1. Place the freekeh and 1.5L (6 cups) of water into a saucepan over medium heat and bring to a boil. Reduce heat to low, then cover and cook for 40 minutes or until tender. Turn off heat and drain water.
2. Add lemon zest, zaatar, herbs, shallots, sliced cherries, currants and 30ml of olive oil to cooked freekeh and stir to combine. Transfer to a large serving platter and top with crumbed feta.

FOR DRESSING

1. Whisk 30mL of olive oil, honey, pomegranate molasses and lemon juice in a bowl.
2. Drizzle dressing over salad, then sprinkle with remaining zaatar to serve.

Note: Figs sliced in quarters are a delicious addition to this salad when in season.



Salmon Soba Noodle Stir Fry

PREP TIME: 15 MIN
COOK TIME: 15 MIN
SERVINGS: 4

A nourishing, flavour-packed stir-fry featuring vibrant ingredients that support both brain and gut health.

INGREDIENTS

4 small salmon fillets, skinless (~500g)

FOR MARINADE

1 tsp grated ginger
1 tsp minced garlic
2 tbsp soy sauce
1 tbsp honey
2 tsp sesame oil
1 tsp chilli flakes

FOR STIR FRY

180g soba noodles
2 large carrots, thinly sliced
½ bunch spring onion, sliced
1 bunch broccolini, cut in half
125g edamame beans, drained and rinsed
½ cup soy sauce
1 tsp each minced garlic and ginger
1 tsp honey
Juice of 1 lime
Sesame seeds, to serve

METHOD

1. Cut salmon fillets into large chunks and place in a large bowl with marinade ingredients. Set aside and allow to marinade for 10 minutes.
2. Heat a medium fry pan or wok over medium heat. Add salmon pieces and cook for 2-3 minutes each side until just cooked. Set aside for 5 minutes.
3. Cook soba noodles according to packet instructions.
4. Add 1 teaspoon olive oil to the wok. Add carrot, spring onions and broccolini and cook, sautéing for ~5 minutes. Add ½ cup water and place lid on, allowing to steam for 5 minutes.
5. Add drained noodles, edamame beans and salmon (including resting juices) to the wok and gently stir to combine. Add soy sauce, garlic, ginger, honey and lime juice.
6. Divide between bowls and enjoy with a sprinkle of sesame seeds.



SNACKS



BARLEYMAX®

Better For You Bliss Balls

PREP TIME: 10 MIN
SERVINGS: 25 BALLS

Snack smarter with Better-for-you Bliss Balls, powered by BARLEYMAX®.

INGREDIENTS

12 medjool dates, pitted
1 cup BARLEYMAX® Super Barley Toasted Flakes
1 tsp vanilla extract
½ cup pepitas
2 tbsp cocoa powder
½ cup desiccated coconut

METHOD

1. Blitz dates, BARLEYMAX® flakes, vanilla extract, pepitas and cocoa powder in a food processor until the mixture resembles fine crumbs.
2. Shape the mixture into balls.
3. Roll in coconut until well coated.

TIPS

Soften the dates if necessary by soaking them in warm water for 2 minutes before adding them to a food processor.



Banana, Blueberry and Yoghurt Muffins

PREP TIME: 15 MIN
COOK TIME: 25 MIN
SERVINGS: 12

Delicious muffins with blueberries for a tasty and satisfying snack.

INGREDIENTS

2 cups (300g) self-rising 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 UNCLE TOBYS OATS Quick Sachets Blueberry; reserve remaining half of sachet to sprinkle on top of muffins.
3. Make a well, and pour in combined mashed banana, egg, oil, vanilla extract, blueberries and yoghurt. Mix until just combined.
4. Evenly divide mixture into prepared muffin cases and sprinkle muffins with reserved UNCLE TOBYS OATS Quick Sachets Blueberry.
5. Bake for 25 minutes or until golden.



Mandarin, Poppy Seed & BARLEYMAX® Muffins

PREP TIME: 20 MIN
COOK TIME: 20 MIN
SERVINGS: 12 MUFFINS

A classic, with a gut loving twist – the perfect lunchbox addition for the whole family.

INGREDIENTS

2 large eggs
½ cup vanilla high protein yoghurt (or Greek yoghurt)
¼ cup olive oil
¼ cup honey
½ cup mandarin juice
Zest of 1 mandarin
1 cup chopped mandarins (peeled and segmented)
1 cup BARLEYMAX® Super Barley flakes
1 cup wholemeal baking flour
2 tsp baking soda
2 tbsp poppy seeds
Pinch of salt

METHOD

1. Preheat oven to 180°C (160°C FF).
2. In a large bowl, whisk together eggs, yoghurt, olive oil, honey, mandarin juice and mandarin zest. Fold in chopped mandarins and BARLEYMAX® Super Barley flakes.
3. Add flour, baking powder, poppy seeds & salt. Fold until just combined.
4. Spoon into a 12 pan lined muffin tray and bake for 20 minutes or until golden.



Serving Suggestion

Peanut Butter & Banana with Tip Top® Thins

PREP TIME: 5 MIN

SERVINGS: 1

A wholesome combo of peanut butter and fresh banana slices layered on Tip Top® Thins for a quick, satisfying bite.

INGREDIENTS

1 Tip Top® Wholemeal Thin
1 tsp peanut butter
1 banana
1 tsp honey
Handful of chopped nuts of your choice

METHOD

1. Toast your Tip Top® Wholemeal Thin (do not separate when toasting - to keep soft on the inside).
2. Spread a layer of peanut butter on your Thin.
3. Slice your banana and add the slices on top of the peanut butter.
4. Add a handful of chopped nuts.
5. Finish with a drizzle of honey.



Peach and Raspberry Crumble

PREP TIME: 15 MIN
SERVINGS: 2-4

A delicious balance of sweet, tart and nutty, this recipe satisfies the desires of comfort food with nourishing whole grains to make this a nutritious recipe.

INGREDIENTS

2 peaches, cut into chunks (~1-2cm)
½ cup raspberries (fresh or frozen)
2 tbsp water
1 tsp vanilla extract
½ tsp cinnamon
1 pinch salt

FOR CRUMBLE

¼ cup rolled oats
2 tbsp flaked almonds
1 tbsp chia seeds
¼ cup coconut flakes
2 tsp butter, melted
Greek yoghurt, for serving

METHOD

1. Dice peaches into small cubes and add to a saucepan. Add raspberries, vanilla extract, cinnamon and water and mix together.
2. Cook on medium-high heat for 4-5 minutes or until softened.
3. Meanwhile, combine all the crumble ingredients in a bowl and mix together well so it's all coated.
4. Place a small frying pan over medium heat. Add the crumble mixture and cook, continuously stirring for 3-4 minutes or until toasted and reaching a crumble consistency.
5. Serve stewed peaches & raspberries with crumble on top. Add a dollop of yoghurt and enjoy!



Pistachio, Cranberry & BARLEYMAX® Cookies

PREP TIME: 15 MIN
COOK TIME: 15 MIN
SERVINGS: 12 COOKIES

Banish your afternoon snack attack with these delicious cookies – packed with prebiotic fibre!

INGREDIENTS

½ cup BARLEYMAX® Super Barley Original Flakes
½ cup rolled oats
½ cup wholemeal plain flour
½ tsp baking powder
¼ cup honey
¼ cup coconut oil, melted
1 egg, whisked
½ tsp vanilla extract
¼ cup dried cranberries
2 tbsp pistachio spread (optional)

METHOD

1. Preheat oven to 180°C. Line a baking tray with baking paper.
2. In a bowl, combine honey, coconut oil, egg and vanilla.
3. Fold in BARLEYMAX® Super Barley Flakes, oats, flour, baking powder, pistachios and cranberries.
4. Roll into 1tbsp balls and slightly flatten on the baking tray. Bake for 12-15 minutes or until golden at the edges. Transfer to a wire rack, and let cool.
5. Optional – drizzle with warmed pistachio spread and enjoy.



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