



Beverages

Basic Milkshake

Serves 1

250mL (1 cup) low-fat milk

80g (1/2 cup) skim-milk powder

60g (1 scoop) ice cream

Flavouring or topping to taste, low joule varieties are available

Blend all ingredients and serve.

Fruit Shake

As for milkshake but add your favourite fruit, e.g. banana, pineapple or rockmelon.

Breakfasts

Toasted Muesli

Serves 7

90g (1 cup) rolled oats

10g (2 tablespoons) wheatgerm

5g (1 tablespoon) bran breakfast cereal

5g (1 tablespoon) coconut

20g (2 tablespoons) chopped nuts

35g (1/4 cup) sunflower seeds

40g (2 tablespoons) polyunsaturated oil

30g (1 1/2 tablespoons) polyunsaturated salt-free margarine

40g (1/4 cup) chopped mixed fruit

Combine all ingredients except dried fruit in a baking dish. Bake in a moderate oven (180°C), stirring every 5 minutes, for 30 minutes. Add dried fruit. Serve with sliced banana and milk, or add a dash of cream or yoghurt.

In winter, cook the muesli with milk for a nice change.

1 serve = 1/2 cup.

Low-Protein Dinners

Hamburgers

Serves 6

38g (1 1/2 slices) white bread
190g mince
75g (1/3 cup) boiled white rice
50g (1/2 small) onion
1/2 teaspoon mixed herbs
Pepper
Paprika
1/2 egg white, lightly beaten
10g (1/2 tablespoon) Worcestershire sauce

Pull bread apart into large breadcrumbs. Combine all ingredients and divide into 12 equal hamburgers. These freeze well raw (wrapped individually). Fry in oil.

Spring Rolls

Serve 6

60g (1/4 cup) sliced bamboo shoots
50g (1/4 cup) sliced canned mushrooms
110g (1 cup) shredded cabbage
20g (1/4 cup) sliced celery
60g (1/2 cup) beans, frozen
80mL (4 tablespoons) oil
20mL (1 tablespoons) soya sauce
12 spring roll wrappers

Fry vegetables in hot oil, add soya sauce. Allow this mixture to cool. Place approximately 1 to 2 tablespoons of mixture in the centre of each wrapper. Fold, ensuring mixture is enclosed. Deep-fry until golden brown. Makes 12.

Spring rolls can be frozen then re-heated by frying in oil or placing in hot oven for 10 to 15 minutes.

High-Protein Cakes and Biscuits

Fruit Balls

Serves 35

320g (2 cups) mixed fruit
80mL (1/3 cup) apple juice
80g (1/2 cup) chopped nuts (unsalted)
40g (1/2 cup) coconut
40g (1/2 cup) skim milk powder

Finely chop dried fruit and soak in apple juice overnight. Combine nuts, coconut, milk powder and fruit mixture and mix thoroughly. Add more milk powder if the mixture is too wet. Form into 35 balls and allow to set in refrigerator before serving.

Honey Loaf

Serves 15

250mL (1 cup) milk
110g (1/2 cup) raw sugar

100g (1/3 cup) honey
270g (2 1/4 cups) wholemeal self-raising flour

Place half the milk in a saucepan with sugar and honey. Sift flour into bowl and return bran part to flour. Add warm milk and blend thoroughly. Stir in remaining milk. Pour into a greased loaf tin (14*21cm). Bake in a moderate oven (180°C) for 1 hour. Serve hot with margarine. Makes 15 slices.

Potato Fritters

Serves 4

150g (1 cup) potato, grated
80g (1 small) onion, grated
1 * 50g egg
10g (1 tablespoon) flour
20g (1 tablespoon) polyunsaturated salt-free margarine
40g (2 tablespoons) tomato sauce (salt free)
40g (2 tablespoons) cheese

Drain the potato and onion very well, combine with egg and flour. Melt 1 tablespoon of the margarine in a small frying pan. Spoon a quarter of the potato mixture into the pan and flatten out into a round approximately 1/2cm thick. Cook for 3 minutes on each side. Repeat with remaining mixture. Top with a little tomato sauce and grated cheese.