

Great food ideas

Perfect for summer!



We've put this factsheet together to give you a flavour of some of the great things you'll learn if you come on one of our programmes.

So put your aprons on, get cooking as a family and try one of our delicious, low fat recipes.

Perfect food for fun picnics or packed lunches

- **Garlic pitta chips**
Break a pitta bread into bite sized pieces, grill for a couple of minutes and garnish with garlic salt.
- **Garam masala Chickpea snack packs**
Baked, boiled and dried chickpeas spiced with garam masala make fantastic mid-morning snacks.
- **Chicken, fish or tofu vegetable skewers**
Grill chicken, fish or tofu and cut into bite size wedges. Skewer with mushrooms, carrot, onions and pineapple.
- **Savoury Mend-Friendly pikelets**
Combine wholemeal flour pikelet mixture with grated carrots, zucchini and corn for a tasty treat – and don't forget to replace butter with low-fat oil spray.
- **Chicken, lean beef, seafood or vegetable pasta soup**
Boil up some pasta and add in your favourite ingredients to create a filling soup that's ready to go in your flask.
- **Mend-friendly pizza squares**
Use a wholemeal pizza base and cover with your favourite low-fat cheese and veggie toppings.
- **Curried egg and salad wrap**
Mash a boiled egg with low-fat mayonnaise and curry powder. Place in a wholemeal pitta bread or wrap and add salad leaves.

- **Couscous/ basmati rice and baked vegetables**
Bake up a mixture of carrots, courgette, red capsicum and mushroom and add it to leftover rice or couscous.
- **Cottage cheese and salad mixed with new potatoes**
- **Ryvita crisp breads with low-fat cheese wedges**
Cover crackers with cheese, sliced tomato, onion and cucumber.

Spectacular summer smoothies

These recipes serve two people as breakfast or two to four people as a snack.

Remember: there's no need to add sugar. Simply blend all ingredients on a high setting until smooth and then enjoy!

Kickin' Kiwi Smoothie

- 120g low-fat plain, vanilla or strawberry yoghurt
- 60-120ml of skimmed or semi-skimmed milk
- 1 medium banana
- 1 handful of frozen or fresh strawberries or blueberries
- 1 slice of cantaloupe or honeydew melon
- 1 kiwi

Refreshing Raspberry Smoothie

- 240ml skimmed or semi-skimmed milk
- 120g low-fat natural yoghurt
- 240g fresh or frozen raspberries