

Nice But Not Naughty

**Quick and easy Low Fat
Alternatives for your favourite foods.**

**By Sheila Langford RGN
and
Jackie Langford.**

**I would like to thank Sheila and
Jackie Langford for starting this
Recipe book off and ask all of you to
supply your own additions to
psn@pancreatitis.org.uk**

INTRODUCTION

These recipes and tips have been written for those who for health reasons or out of choice want to reduce the amount of fat in their diet but still want to enjoy the convenience of things like Cheesecake. Pizzas etc.

These recipes are as quick, cheap and easy to prepare as their fat laden counterparts and although the taste and texture are slightly different make a very tasty alternative.

There is on the market now a wide choice of fat free or fat reduced products. Most of these products are very good but care needs to be taken when selecting as 20% less fat may sound good but if the product was very high fat to start with a portion may still contain a large amount of fat. It is therefore the amount of fat per portion that is important

BREAKFAST

FAT FREE MUSELI

Use equal quantities of:-

Rye Flakes

Jumbo Oat Flakes

Toasted Wheat Flakes

All Bran

Dried fruit i.e. apple, peaches, dates, sultanas, raisins,
prunes can be added to taste.

Mixed well and stored in an airtight container will keep for several weeks.

Home made low fat museli can be served with skimmed milk or fruit juice. Fresh fruit or stewed dried fruit can also be added for variety.

Homemade museli can be soaked overnight in fruit juice, and then served with milk, yogurt, or fromage frais.

Fresh fruit salad or dried fruit salad served with yoghurt or fromage frais sprinkled with home made museli to make a crunchy topping.

There is a large of variety of different breads which can be toasted and all have a different taste and texture, i.e. bagels, muffins, (white or wholemeal), oven bottom rolls. White, brown, wholemeal or granary sliced bread. All served with very low fat margarine spread with jam, marmalade, or honey.

Try spreading bread or rolls with a low fat soft cheese topped with stewed or fresh fruit.

Porridge or a variety of low fat cereals can be served with skimmed milk, sweetened to taste with white or brown sugar, honey or low calorie sweeteners.

SAVOURY BREAKFASTS

Toasted either white brown or granary bread can be served with: -

- Fresh or tinned tomatoes
- Sautéed mushrooms
- Baked beans
- Sautéed onions

BREAKFAST TOASTIE

Spread outside of bread with a very thin layer of sun flower margarine
Fill with thin layer of thinly sliced ham, thinly sliced tomatoes and mushrooms. Toast until brown. Can be toasted under the grill or in a Toasted Sandwich maker.

SAUTÉED MUSHROOMS

- 1lb of Sliced or Button Mushrooms
- 100ml of Stock
- 1tbls of Sherry
- 1tbls of Balsamic Vinegar

Place all ingredients into a heavy bottomed pan and cook until all fluid has been evaporated. Can be frozen and used later.

Although the quantity of mushrooms left seem small the flavour is very intense and only small quantities are required in recipes.

SAUTÉED ONIONS

1 Large Onion
100ml of Stock
1tbls of Sherry
1tbls of Balsamic Vinegar

Cooked as above this can also be frozen and use when you haven't got time to prepare them.

SAVOURY TOMATOES

1 tin of Chopped Tomatoes
2tbls of Sautéed Mushrooms
1 Small Onion chopped small or 2tbls of Sautéed Onions
Fresh, Frozen or Dried Peppers to taste salt and pepper.

Place into a pan and cook until any fresh vegetables are still slightly crunchy.

FULL COOKED BREAKFAST

Grilled Quorn Sausages,
Grilled Turkey slices, or very Lean Ham.
served with Savoury Tomatoes,
Sautéed or Fresh Mushrooms,
Beans, and
Toast.

TOASTIES

Spread the outside of the bread with a very thin layer of sunflower margarine try filling with,

Banana and Cinnamon

Apple, Sultana and Cinnamon

Very low fat Soft Cheese and Dried Apricot

Banana and Orange Zest

Tuna mixed with small quantity of Quark or Formage Frais

Tuna and Sweetcorn

Tuna and Tomato

Salmon and Sweetcorn

Smoked Salmon and Shrimp

Smoked Salmon and Prawns

Very thin layer of Marmite plus a 1oz of very Low Fat Grated Cheese

Sliced Tomato with 1oz of very low Fat Grated Cheese

Sautéed Mushrooms with 1oz of very Low Fat Grated Cheese and Onion

PIZZA

Can be made on French bread, muffins, pita bread or sliced white, wholemeal or granary bread

Toast on one side, spread with tomato puree and top with any of the following.

Sliced Tomatoes,
Mushrooms fresh or sautéed
Tuna
Salmon
Prawns
Smoked Salmon
Chicken,
Turkey,
Peppers, red green or yellow
Onion, fresh or sautéed
Sweetcorn,
Peas,

Top with 1oz of low fat grated cheddar sprinkle with dried or fresh basil, mixed herbs, chives, parsley then place under the grill until cheese is bubbling and brown.

CHEESE CAKES

Place in the bottom of, either individual ramekins or quiche dish, enough Grape Nuts to completely cover the bottom of the dish

250g Fromage Frais will make 3-4 individual cheese cakes

500g will be needed for medium sized quiche dish

Add to Fromage frais from the following:-

COFFEE CHEESECAKE

1-2tsps of Coffee dissolved in 1-2tbls of hot water

2-4tsps or Sugar or artificial sweetener

Zest from half to one Orange

Blend thoroughly into Fromage Frais, spread over Grape Nuts.

Refrigerate overnight.

Serve with mandarin oranges and very low fat vanilla or plain (sweetened) yoghurt.

CHOCOLATE CHEESECAKE

1-2 sachets of plain Milk Chocolate Highlights/Options dissolved in

1-2tbls of warm water

Blend thoroughly with Fromage Frais

Spread evenly over Grape Nuts. Refrigerate overnight.

Just before serving dribble chocolate sauce over the top

Serve with very low fat vanilla or plain (sweetened) yoghurt.

STRAWBERRY/RASPBERRY CHEESECAKE

Is best served with Quark

200g for individual serving 2-3 servings,

400g for medium sized quiche dish.

Blend Strawberry/Raspberries to taste

Spread over Grape Nuts

Refrigerate overnight

Just before serving spread with fresh fruit and serve with very low fat plain (sweetened) or vanilla yoghurt.

PINEAPPLE CHEESECAKE

Drain Crushed Pineapple thoroughly, blend into Quark

200g for individual sizes 2-3 servings

400g for medium sized quiche dish

Spread over Grapenuts

Refrigerate over night.

Top with Pineapple rings and Cherries and serve with very low fat plain (sweetened) or Vanilla Yoghurt.

SANDWICHES

SANDWICHES

Try using a variety of breads and rolls.

Bagels, muffins, pitta bread, sliced white, wholemeal or granary bread.

Soft rolls either white, wholemeal or granary,

Ciabatta either rolls or loaf

French stick and crusty rolls

Filled with,

Salads,

Tuna and low fat dressing,

Salmon mixed with vinegar or low fat dressing,

Salmon and Cucumber,

Crab,

Cheese Savoury 1oz Low Fat Grated Cheddar 1oz Grated Carrot mixed
with very low Fat Salad Dressing

Thin sliced very lean meat, Ham, Chicken, Turkey

Meats can be chopped and mixed with Sweetcorn, Pickle Onions
and very Low Fat Cream Cheese.

Very Low Fat Soft Cream Cheese or

Cottage Cheese mixed with

Apricots, Dates, Pineapple, Apple.

DESSERTS

BREAD PUDDING

Slice about 6-8 slice of white, brown, wholemeal or granary bread
3 Eggs
2 Egg Whites
16oz Skimmed Milk
Vanilla Essence
Sugar or sweeteners to taste
Cinnamon, Mixed Spice or Nutmeg
3oz Sultanas

Line bottom of an 8-inch square baking dish with bread cut into small squares or chunks
Sprinkle with sultanas
Spread the rest of the bread on top
Beat the eggs and egg whites
Add 16oz skimmed milk and sweeten to taste with either sweeteners or sugar
Pour liquid over the bread.
Sprinkle with spice to taste
Place in the oven for 30- 40mins at oven temp of 350f 180c Gas Mark 4 until puffed and firm.
Serve warm with yoghurt, fromage frais or very low fat ice cream

SPICY BREAD PUDDING

450 ml boiling water
375g Mixed Dried Fruit
50g Chopped Peel
3 tsp Dried Mixed Spice
3tbls Marmalade

Pour the boiling water over the bread and leave to soak for a few minutes
Beat in all of the remaining ingredients until smooth and well blended then spoon into a 18cm square tin lined with baking parchment.

Bake at 170c gas mark 3 for 1-11/2 hours or until firm to the touch.

Freezes well.

BANOFFEE MERINGUE

1 Pavlova base and Crown

Fill Pavlova base with Quark or very Low Fat Fromage Frais
Add two Medium Mashed Bananas
Add pavlova crown.
Fill crown with Quark or Fromage Frais
Dribble toffee sauce over the whole of base and crown
Serve with low fat toffee yoghurt.

This is best prepared just before serving

MERINGUE NEST

Put individual meringue nests into dishes
Fill the meringue nests with fruit or
very low fat ice cream (try chocolate)
Top with yoghurt or low fat fromage frais.
Serve immediately.

BANANA SPLIT

Halve a banana length way place both halves in a banana boat add
2-3 small scopes of very low fat ice cream (Too Good To Be True or Dales Light Ice).
Top with Quark or Fromage Frais or very Low Fat Yoghurt.
Dribble Strawberry Sauce or
Mashed Strawberries or
Raspberries over and serve immediately.

FAT FREE RICE PUDDING

4oz Pudding Rice
2pts Skimmed Milk
3tbs of Skimmed Milk Powder
1tsp of Vanilla Essence
80z of Quark optional

Mix pudding rice skimmed milk and skimmed milk powder cook in moderate oven until
thick and creamy when cool add sweetener and quark, can be served hot or cold

FRUITY RICE PUDDING

4oz Pudding Rice
2pts Skimmed Milk
3tbs of Skimmed Milk Powder
1tsp of Vanilla Essence
80z of Quark optional

Mix pudding rice skimmed milk and skimmed milk powder cook in moderate oven until thick and creamy.

Allow to cool add

200g Quark 1 Dessert Apple chopped with skin on

4oz Raisins

2oz Chopped Cherries

Mix thoroughly chill in the refrigerator and serve in individual dishes

FRUIT CRUNCH

Place stewed fruit of choice into oven proof dish, cover liberally with low fat museli,

Cook in a moderate oven until golden brown on top.

Serve with Low Fat Ice Cream,

Fomage Frais or

Yoghurt (sweeten to taste)

FLAPJACK

50g/2oz Lighter Bake
75g/3oz Golden Syrup
75g/3oz Soft Brown Sugar
150g/6oz Jumbo Oats
50g/2oz Porridge Oats
1 Egg
Zest of on orange (optional)

Put the Light Bake, Syrup and sugar into a saucepan,

Stand over a low heat stirring constantly until melted.

Remove from the heat Allow to cool slightly.

Add beaten egg stirring well as you add the egg.

Stir in the jumbo oats and porridge oats.

Spread into a lined tin 8in x 8 in.

Bake in the center of a moderate oven 180c/350f Gas Mark 4 for 30 mins.

Leaving the tin to cool for 5 mins.

Partially cut into portions.

Remove them from the tin when the mixture is cold.

Store in an airtight tin.

GINGERBREAD

300g/10 1/2 oz	Plain Flour
1tsp	Bicarbonate of Soda
1/4tsp	Salt
2tsp	Ground Ginger
	Medium Eggs
60g/2oz	Light Bake
125g/4 1/2oz	Dark Soft Brown Sugar
125g/4 1/2oz	Black Treacle
150ml/ 1/4pt	Milk

Pre-heat oven 170c/325f/Gas Mark 3.

Grease and base line an 8inch square tin.

Sift flour Bicarbonate of Soda, salt and ginger into a large bowl and make well in center.

Beat Eggs in separate bowl, place light bake, sugar, treacle and milk in saucepan and heat gently and stir until melted.

Remove from the heat.

Pour into dry ingredients with the beaten eggs.

Beat well with a wooden spoon to make a smooth batter.

Pour into the tin and bake for 50 - 60 mins until firm.

Cool slightly in tin.

Cut into squares in the tin.

Allow to cool before turning out on to cooling tray.

CHOCOLATE CAKE

300g/10 1/2 oz	Self Raising Flour
25g / 1oz	Fat Reduced Cocoa Powder
2	Medium Eggs
60g/ 2oz	Lighter Bake
125g / 4 1/2 oz	Light Soft Brown Sugar
125 / 4 1/2 oz	Golden Syrup
150ml 1/4 Pint	Milk
	Half Medium Apple Grated Finely

Preheat oven to 170c 325g Gas Mark 3

Lightly Grease and line 8in square tin or 2lb loaf tin.

Sift flour cocoa powder into large bowl and make a well in the center.

Beat the eggs in a separate bowl.

Place Light Bake, sugar, syrup and milk in a saucepan and heat gently.

Stirring well until melted.

Remove from the heat.

Pour into the dry ingredients along with the eggs and grated apple.

Beat well with a wooden spoon, pour into the tin and

Bake for 50 - 60 mins until firm.

For 8in square tin bake for 60 - 65 mins or until firm.

FAVOURITE DINNERS

FISH & CHIPS

Use peeled or unpeeled washed potatoes cut into chunky chips
Sprinkle with salt and pepper and bake on baking parchment in a moderately hot oven until cooked and brown. turning as required.
Place fish fillets onto baking parchment spread fish with yoghurt, sprinkle with bread crumbs seasoned with salt and pepper to taste and bake until golden brown.

SAUSAGE, BEANS & CHIPS

Use Quorn Sausages or very low fat sausages grilled, baked chips as above and beans

BURGER & CHIPS

Quorn burgers or
Turkey burgers

4oz-Minced Turkey
2oz Breadcrumbs
Salt and pepper to taste
Bind with beaten egg and form into burgers
Bake or grill until cooked.

Line burger bun with salad, pickle, relish of choice.
Add burger and serve with baked chips as above.

BAKED POTATOES

Scrub skins of baking potatoes; score the skins with a knife. Bake until soft serve with: -

Low Calorie Coleslaw

Beans

Tuna,

Salmon,

Cottage Cheese

Cottage Cheese with Pineapple and thinly sliced Ham

Chilli Con Carne made with Quorn or TVP mince

CHILLI

1 Medium Chopped Onion

4oz TVP

Tin chopped Tomatoes

Tin Red Kidney Beans

Garlic to Taste

Chopped Peppers

Salt and Pepper to taste

Chilli Powder to taste

Sauté onions in stock.

Add tomatoes, garlic, chilli powder, salt and pepper, bring to the boil.

Stirring occasionally.

Add all other ingredients.

Simmer for 10 - 15 mins.

PASTRYLESS QUICHES

Line the bottom of the quiche dish with cooking parchment

1 Large Onion sliced and sautéed mixed with
Lean Ham,
Pineapple Chunks well drained
Mix 200g Quark or Cottage Cheese to 4 Eggs
Pour over ham and pineapple
Decorates with Sliced Mushrooms, Tomatoes or Mixed Peppers.

Place in moderate oven until brown and set

TUNA QUICHE

Line the bottom of the quiche dish with cooking parchment

1 Large Onion sliced and sautéed mixed with
200g Tuna (in Brine) drained
50g Frozen Peas and Sweetcorn

Add four Eggs
200g Quark or Cottage Cheese and season to taste
Top with Sliced Tomatoes, Mushrooms

Place in moderate oven cook until brown and set

HAM QUICHE

Make as above substituting 2 slices of very lean Ham for Tuna and drained Pineapple Chunks for Mixed Vegetables.

CHRISTMAS TREATS

LOW FAT PRAWN COCKTAIL

50g Large Prawns
1tsp of Lemon Juice
3tbls of Low Fat Yoghurt
Salt and Pepper to taste
½tsp of Dried Basil

Mix all ingredients together and chill in the refrigerator serve in dishes lined with Lettuce and top with Cucumber and Tomato Slices.

CHRISTMAS TOASTIES

Fill bread with
1tbsp of Fromage frais
2tbl Mixed Fruit
¼ oz Mixed Spice
2 Chopped Cherries
Mix with small quantity of Rum or Rum essence
Fill bread and cook until golden brown
Serve with Low Fat Yoghurt or Very Low Fat Ice Cream.

CHRISTMAS CAKE

1lb Dried Mixed Fruit
Mug of Strong Hot Black Tea
1oz Mixed Spice
Add Rum essence to taste
add 2 mugs of Self-Raising Flour and
1 egg

Soak fruit overnight in the black tea and drain off excess liquid
Mix together all the ingredients
Put in 2lb loaf tin and bake for two hours Gas Mark 3 160c 325f

CHRISTMAS PUDDING

Use the basic Christmas cake mixture.

Place into individual sized or a 2pt pudding basin.
Steam for half an hour (Individual)
2 hours (for pudding basin)

CHRISTMAS QUICHE

200g Red Salmon
50g Prawns
25g of Frozen Peas and Sweetcorn
1 Onion Sliced and Sautéed

Line the bottom of a quiche dish with baking parchment .

Mix Salmon, Prawns, Peas and Sweetcorn together.
Spread mixture over the bottom of quiche dish

Beat 4 eggs with 200g Quark or cottage cheese.
Pour over Salmon and Prawns mixture.

Top with Slice Tomato and bake in the oven until firm.

RUM & RAISIN CHEESECAKE

600g Quark
2oz Rum/Rum Essence
4oz Raisins

Line the bottom of a quiche dish with Grape Nuts.

Blend Quark with raisins add Rum or Rum essence to taste
Pour onto the grape nuts and refrigerate over night.

Decorate with Candid Fruit.

Serve with Very low Fat Plain (sweetened) or Vanilla Yoghurt.

FROZEN CHRISTMAS PUDDING

250g Mixed Fruit
15ml Orange Juice
1 litre Tub of Virtually Fat Free Ice Cream
4tbls of Brandy (**optional**) **Best avoided with Pancreatitis!**

Scoop ice cream out of the tub and place in a large bowl.
Leave to soften slightly.
Stir in the Mixed Fruit and Orange Juice blending in evenly,
return to freezer beat well, after 1 hr and
return to freezer for a further 2 hours.

When ready to serve scoop the ice cream into balls and place in individual serving dishes.

Drizzle 1 tbls of brandy over each dish and serve immediately.

CAKES

ORANGE CARROT CAKE

350g Sultanas
100g Grated Carrots
75ml Fresh Orange Juice
200ml Hot Black Tea
Zest from Half Orange
100g Soft Brown Sugar
275g Self-Raising Flour
1 Egg

Soak fruit for 2 hours at least in hot black tea.

Lightly beat 1 egg

Add to fruit and tea mixture.

Put in all other ingredients and mix well.

Put into 2lb loaf tin lined with baking parchment and bake for 1 and 3/4 hours gas mark 3, 160c 325f.

BRAN TEA LOAF

1 Mug All Bran
2 Mug Sugar or sweetener to taste
2 Mug Mixed Fruit
1 Mug Milk

Place all the ingredients into a bowl and leave for at least 2 hours

Add 1 mug of Self-Raising Flour

1 tsp Mixed Spice put into 2lb loaf tin lined with baking parchment

Bake in a moderate oven 1 and 3/4 hours

BANANA LOAF

¼ cup Chopped Cooked Chestnuts
¼ oz Chopped Dates
2 ¼ Cups Self-Raising Flour
1/3 Cup of Brown Sugar
2 Large over Ripe Bananas
½oz Buttermilk
¼ oz Skimmed Milk Powder
2tblsp Golden Syrup or Honey
2 Egg whites

Lightly grease small loaf tin, line with baking paper.

Mix nuts, dates, sifted flour and sugar in a bowl.

Stir in mashed banana.

Gradually stir in combined buttermilk, skimmed milk powder syrup and egg whites.

Stir until combined.

Bake in a moderate oven for about 45mins or until firm.

FLAPJACKS

50g Lighter Bake
1 Egg
75g/3oz Golden Syrup
75g/3oz Soft Brown Sugar
200g/8oz Rolled Oats

Put Butter, syrup and sugar into saucepan and stand over a low heat
Until melted.

Stir in Oats and mix well.

Spread into buttered Swiss roll tin, approximately 20cm x 30cm/8ins
x 12ins, and smooth top with knife.

Bake into centre of moderate oven (180c/350f or gas mark 4) for
30 minutes.

Leave in tin for 5 minutes, then cut into 24 fingers
Remove from tin when cold

Store in airtight tin. Makes 24 flapjacks

To make cherry flapjacks just cut 2oz of cherries into small pieces.

GINGER SNAPS

100g/4oz Self Raising Flour
1 Level Teaspoon Ground Ginger
1 Level Teaspoon Mixed Spice
25g Lighter Bake
40g/1 1/2oz Castor Sugar
1 Level Teaspoon melted Black Treacle
Milk to mix

Sift flour, ginger and spice into bowl

Mix in lighter bake finely.

Add sugar,

Mix to a very stiff paste with treacle and milk

Roll out very thinly and cut into 26 to 30 rounds with 5cm/2ins
biscuit cutter.

Transfer to baking trays

Bake just above the centre of moderate oven (180c/350f or Gas mark 4)

Leave on trays for 1 to 2 minutes before transferring to wire
Cooling rack

Store in airtight tin when cold

Makes 26-30 Ginger Snaps

LOW FAT SCONES

8oz Self-Raising Flour
1 ½ oz Margarine
Pinch Salt
150ml Skimmed Milk or Buttermilk

Place the flour and margarine in a bowl and rub into bread crumb consistency and the salt and mix together and gently pour in the milk until have doughy consistency.

Then place on a pasty board and roll out until pasty is about 1 inch thick and then cut into scones.

Place into the oven for about 15mins or until lightly brown and risen.

Gas Mark 5 200c

SWEET SCONES

Follow recipe as for low fat scones add sugar or sweetener to taste

SULTANA SCONES

Follow recipe as for sweet scones adding 1tbls of sultanas and 1tsp of mixed spice with the sugar

ORANGE AND DATE SCONES

Follow recipe for low fat scones adding 1 tsp of orange zest and 1tbls of chopped dates with the sugar.

LEMON AND RAISIN SCONES

Follow recipe for low fat scones adding 1/2 tsp of lemon zest and 1 tbls of raisins with the sugar.

SAVOURY SCONES

Use basic low fat scone recipe as above adding

1/2 tsp of mustard powder
1tsp of Parmesan cheese (or 2tsp of low fat cheddar)
1/2 tsp of Mixed Herbs or Basil.
Use 150 ml of buttermilk in place of Skimmed Milk.

Savoury Scone mixture can be used to make cobblers in place of pie crusts. These cobblers can be frozen and used when time is short.

SALAD DRESSINGS AND SALADS

ORANGE AND HONEY DRESSING

50ml Orange Juice
50ml Water
50ml White Wine Vinegar
1tsp Whole Grain Mustard
2 tsp Clear Honey
1tsp Dried Parsley
½ tsp Dried Chives
2 tsp Lemon and Lime Squash undiluted
Pepper to taste

Mix well in bottle and store in refrigerator

SCOTCH SALAD DRESSING

3tsp of Tarragon Vinegar
2tsp of Whole Grain Mustard
1tsp of Clear Honey
1tsp of Brown Sugar
Salt and Pepper to taste
½tsp of Mixed Herbs

Mix well and store in glass bottle in the refrigerator.

CARROT SALAD

100g grated carrot
2tbls of raisins
25g of cooked chopped chestnuts
1tsp of lemon juice

mix together and serve. This will keep for several days in the refrigerator.

POTATO SALAD

100g of Cooked New Potatoes
3tbls of very Low Fat Salad Dressing
Salt and Pepper to taste

Chop potatoes into small pieces add
Very Low Fat Dressing or try
25g of Quark mixed with
Finely Chopped Chives
Season to taste.

PASTA SALAD

50 g of Cooked Pasta
2tbls of Quark or
Very Low Fat Yoghurt
3tsp of concentrated Vegetable Puree
Salt and Pepper to taste

Mix well and serve.

This is a good way of using up leftover pasta and will keep for several days in the refrigerator.

COLESLAW

50g of Grated Carrot
50g of Grated White Cabbage
1 Small Onion chopped finely
4tbls of Very Low Fat Salad Dressing

Mix well and store in the refrigerator.

QUICK PASTA SALAD

Cooked Pasta
Low Fat Sauce i.e. Tinned tomatoes with Onion and Herbs to taste

Cook the pasta in a pan until cooked and then drain and place into bowl.
Place Low fat sauce over the top of the pasta and mix well and refrigerate.

SAVOURY RICE

Basmati Rice or Brown Long Grain Rice
Lea Perrins Mediterranean Mixed Herbs Dressing

Cook the Rice in a pan until cooked and then place in a bowl and pour Dressing over the top and mix well and refrigerate.

BEAN SALAD

2 Cup of Dried Mixed Beans

Cover with boiling water and soak overnight.

Drain and rinse.

Put into a pan with ample water; bring to the boil stirring occasionally.

Boil rapidly with at least 10 - 15 mins then simmer for a further 10 - 15 mins.

Drain and wash.

Place in dish to cool.

Mix with Fat Free or very Low Fat salad dressing of choice i.e. Marks & Spencer

Tomato and Tarragon.

Place in refrigerator.

HONEY PARSNIPS

900g/2lb Parsnips, peeled and halved lengthways
4tbsp Oil
3tbsp Clear Honey
3tbsp Fresh Chopped Parsley

Preheat the oven 200C/400F/Gas 6.

Bring a pan of lightly salted water to the boil and part boil parsnips for 2 minutes.
Drain well.

Heat oil in the oven for 10 minutes then add the well drained parsnips and cook for 35-45 minutes until pale golden and just crisp.

Remove from the oven and add honey and parsley. Toss well to coat then serve.

CHUNKY CUCUMBER SLICES

Cut thick slices of Cucumber Pipe with Fromage Frais and top with a small roll of Smoked Salmon.

Season with freshly ground Black Pepper.

CHESTNUT CHOCOLATE POTS

125g (4oz) Chestnut Puree/Ground Chestnuts
3 Eggs large, separated
125g (4oz) Chocolate Flavour Icing Sugar
142ml Fromage Frais
Chocolate Flavour Icing Sugar to dredge Chocolate Shavings to decorate

Place the Chestnut Puree or Ground Chestnuts, Egg Yolks and Chocolate Icing Sugar in a large bowl.

Beat well until smooth

Whip Fromage Frais until stiff and gently fold into the chestnut mixture

Whisk the egg whites until stiff but not dry.

Stir about 30ml (2 level tbsp) of Egg White into the chestnut mixture to lighten it, then gently fold in the remaining egg whites.

Spoon into six 150ml (5fl oz) dishes and chill, uncovered, for 4-6 hours or overnight until set. Dredge with chocolate icing sugar and decorate with chocolate shavings before serving.

BASIC MELTING METHOD GINGERBREAD

300g (10 ½oz) Plain Flour
1 tsp Bicarbonate of Soda
¼ tsp Salt
2tsp Ground Ginger
2 medium Eggs
125g (4 ½oz) Lighter Bake
125g (4 ½oz) Light Soft Brown Sugar
125g (4 ½oz) Black Treacle
150ml (½ pint) Milk

Preheat oven to 170C (325F) Gas Mark 3.
Grease and base line a 20cm (8 inch) square tin.
Sift flour, bicarbonate of soda, salt and ginger into a large bowl and make a well in the centre.

Beat eggs in a separate bowl.
Place butter, sugar, treacle and milk in a saucepan and heat gently, stirring until melted.
Remove from heat.

Pour into dry ingredients with eggs, beating well with a wooden spoon to make a smooth batter.
Pour into tin and bake for 50 - 60 minutes, until firm.
Cool slightly in tin before turning out, then cut into squares.

CHOCOLATE CAKE

300g Self Raising Flour
2 tpls Chocolate Powder
2 Eggs
75g Lighter Bake
125g Syrup
150ml Milk
20ml Chocolate Essence

Preheat oven to 170C Gas mark 3
Base line 8" square tin
Sift Flour and Ginger into a large bowl and make a well in the centre.
Beat Eggs in a separate bowl.
Place Sugar, Lighter Bake and Milk in a saucepan and heat gently,
Stirring until melted.
Remove from heat

Pour into dry ingredients beating well with a wooden spoon to make
A smooth batter.
Pour into tin and bake for 50-60 mins
Cool slightly in the tin before turning out then cut into squares.

For a change add crystallized ginger cut into small pieces, or
Raisins.

AVAILABILITY

Most of the ingredients in these recipes are available in Somerfield Stores Tescos, Morrisons, Marks & Spencer or Health Food Shops.

MORRISONS

Quorn Mince/Pieces
Quark
Buttermilk
Mixed Dried Beans
Too Good to Be True Ice Cream
Dales Light Ice Cream
Small Oven Bottom Muffins
Wholemeal Muffins

MARKS & SPENCERS

Fat Free Tomato & Tarragon sauce
Fat Free Tomato & Basil sauce
Fat Free Orange & Honey sauce
Luxury Meringue Nests
Count On Us Chips
Very Low Fat Sausages

HEALTH FOOD SHOP

Dried Chestnuts
Mixed Bean Salad
Mince TVP
Museli base