

# Lemon Cloud



Source: Mollie Katzen's Vegetable Heaven

Prep Time: 15 min  
Cook Time: 45—50 minutes

Serves: 8

## Instructions

- 1:** Separate the eggs, placing the yolks and whites in two separate medium sized bowls. Cover both bowls and let the eggs come to room temperature.
- 2:** Preheat the oven to 180C. Lightly grease the bottom and sides of an 8 cup souffle dish and dust it with sugar.
- 3:** Add 1/2 cup sugar, flour, lemon zest and salt to the yolks and whisk for 2 minutes until creamy and smooth. Pour in the yoghurt and lemon juice, and whisk for a minute longer, or until uniform. Set aside.
- 4:** Beat the egg whites at high speed with an electric mixer until they form soft peaks. Add 3 tbsp sugar, and continue to beat the egg whites until they form stiff peaks.
- 5:** Fold about half the egg whites into the lemon mixture, using a rubber spatula and a gentle motion to bring the lemon mixture up from the bottom of the bowl. Fold in the remaining egg whites.
- 6:** Pour the batter into the prepared tin. Bake in the centre rack of the oven for 30 to 35 minutes, or until puffy on top, and just a little bit wobbly in the middle. Remove from the oven and serve immediately.

## Notes

This is a light and delicious wintry dessert, particularly when lemons are in season.

Nutrition per serve \*(1/2 cup):

Energy 657 kJ | Carbohydrate 26 g | Protein 6 g | Saturated fat 0.7 g | Sodium 63 mg | Fibre 0.3 g

\*Nutrition information should only be considered an estimate.

## Ingredients

- 4 whole large eggs, plus 1 egg white
- 1/2 cup + 3 tbsp granulated sugar + a little extra for dusting the pan
- 1/3 cup all purpose flour
- 1 tbsp grated lemon zest
- 1/4 tsp salt
- 1 cup plain yoghurt
- 1/3 cup fresh lemon juice



# Two Ingredient Panna Cotta



Source: Healthymummy.com Prep Time: 5 min  
Serves: 4 Setting Time: 3– 4 hours

## Instructions

- 1:**  
Make the jelly using all the crystals and 2 cups of boiling water.
- 2:**  
Allow the jelly to cool.
- 3:**  
Add the Greek yoghurt to the bowl. Add the cooled jelly. Mix in well with a whisking motion, using a fork or whisk so the texture is smooth.
- 4:**  
Pour evenly into 8 lined muffin cups if desired, otherwise leave in the bowl to set up.

## Notes

*This is a refreshing and easy dish to make. Enjoy as a healthy, calcium rich snack or pudding. Top with a berry coulis to make it an extra special dish.*

Nutrition per serve\*:

Energy 246 kJ | Carbohydrate 2.0 g | Protein 6 g |  
Saturated fat 2 g | Sodium 28 mg

\*Nutrition information should only be considered an estimate.

## Ingredients

Packet of lite jelly, any flavour of your choice (18–20 g sachet)

2 cup unsweetened Greek yoghurt

2 cup boiling water



# Healthy Food Guide

## High-Fibre Muesli Bar



Source: Healthy Food Guide    Prep Time: 5 min  
Serves: 16                      Cook Time: 18–20 min

### Instructions

- 1:**  
Preheat the oven to 160 C. Line the base and sides of a square or 16 x 26 cm rectangular pan with baking paper.
- 2:**  
Place the oats, coconut, chia seeds, linseeds and pepitas and in a large bowl, mixing to combine. Place the honey and oil in a small sauce pan over medium heat, stirring to combine. Bring to a boil, then reduce heat to low and simmer for 2 minutes or until slightly thickened.
- 3:**  
Add the honey mixture to the oat mixture, stirring to combine. Add eggs, chocolate and grated orange rind, stirring to combine.
- 4:**  
Spoon mixture into prepared pan, pressing down firmly with the back of a spoon. Bake for 18–20 minutes or until golden. Cool completely in pan before slicing into 16 bars to serve.

### Notes

*You can swap out the orange rind and chocolate for:*

- *1/3 cup dried cranberries mixed in with the oats and 30 g melted white chocolate drizzled over top.*
- *1/4 cup peanut butter mixed in with the honey and oil, and topped with 2 tbsp chopped peanuts.*
- *1/3 cup diced dried apples and 1 tsp mixed spice mixed with the oats.*
- *1 tsp cinnamon.*

Nutrition per bar\*:

Kj 726 | Carbohydrate 13 g | Protein 4 g | Saturated fat 4 g | Sodium 14 mg | Fibre 3 g

\*Nutrition based on the original recipe, not the recipe variations listed above, and should only be considered an estimate.

### Ingredients

- 1 1/2 cups wholegrain rolled oats
- 3/4 cup desiccated coconut
- 1 tbsp chia seeds
- 1 tbsp ground linseeds
- 1/4 cup ground pepitas (pumpkin seeds)
- 1/4 cup honey
- 1/4 cup light-flavoured oil (like canola or mild olive oil)
- 2 eggs, lightly beaten
- Grated rind of 1 orange
- 1/3 cup chopped dark chocolate or small chocolate chips



# Crispy Peanut Butter Balls



Source: EatingWell.com

Serves: 12

Prep Time: 15 min

Resting Time: 30 min

## Instructions

1:

Line a baking sheet with baking or wax paper. Combine peanut butter, cereal and honey in a medium bowl. Roll or scoop the mixture into 12 balls, using about 1 tbsp each. Place on to the baking sheet and set in the freezer for 15 minutes.

2:

Drizzle on or roll the balls in melted chocolate\*. Return to the freezer until the chocolate is set, about another 15 minutes.

3:

Refrigerate in an airtight container for up to 3 weeks.

## Notes

*This is an easy and delicious recipe for a bite size treat. Keep in mind the portion size with 1 to 2 balls being a serve .*

*\*To melt chocolate, microwave on medium for 1 minute. Stir, then continue microwaving on medium, stirring every 20 seconds, until melted. Or place chocolate in the top of a double boiler over hot but not boiling water. Stir until melted.*

Nutrition per ball\*:

Energy 441 kJ | Carbohydrate 13 g | Protein 3g | Saturated fat 1.7 g | Sodium 48 mg | Fibre 2 g

\*Nutrition information should only considered an estimate.

## Ingredients

1/2 cup natural peanut butter, almond butter or other nut butter

3/4 cup Ricies or puffed rice cereal

1 tsp honey or maple syrup

1/2 cup dark chocolate, melted

