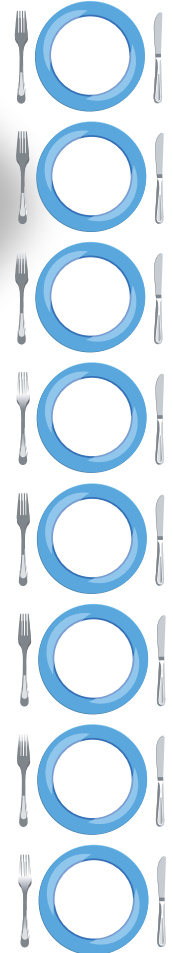


DESSERTS



↓fat ↓saturated fat

BANANA CAKE



G.I.
59
MID

TIP
Don't waste over-ripe bananas – use them for this cake!

NUTRITION INFO	per serve (100g)
Energy	800 kJ
Protein	4.0g
Total fat	0.4g
Saturated fat	–0–
Sugar	22.7g
Sodium	333mg
Fibre	2.0g

STORAGE:



FREEZING:



REHEATING:



BANANA CAKE

INGREDIENTS

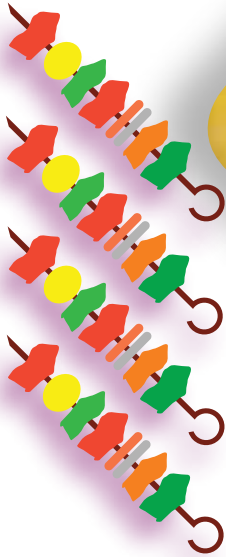
- 1+1/2 cups self-raising flour ◆
- 2 egg whites (separate from yolks) ◆
- 1/2 cup raw sugar ◆
- 1/2 cup apple sauce (from jar) ◆
- 3 ripe bananas (mashed) ◆
- 3/4 teaspoon bicarb of soda ◆
- 1/2 teaspoon cinnamon powder ◆
- canola oil cooking spray ◆

METHOD

- 1 Preheat oven to 180°C.
- 2 In a bowl whisk the egg whites and sugar.
- 3 In a separate bowl, mix the bicarb of soda and apple sauce together, then add to the egg mixture bowl.
- 4 Stir in the mashed banana, then gently mix in the flour and cinnamon.
- 5 Spray a cake tin with canola oil and pour in the mixture.
- 6 Bake in the oven for 30–35 minutes, or until the cake springs back when pressed in the centre.

↓fat ↓saturated fat ↓salt ↑fibre

FRUIT KEBABS



NUTRITION INFO	per serve	per 100g
Energy	600 kJ	252 kJ
Protein	5.5g	2.3g
Total fat	0.4g	0.1g
Saturated fat	—0—	—0—
Sugar	25.5g	10.6g
Sodium	48mg	20mg
Fibre	4.4g	1.8g

G.I.
54
LOW

STORAGE:



FREEZING:



REHEATING:



METHOD

- 1 Peel each banana and cut into slices.
- 2 Wash the strawberries and remove their stalks.
- 3 Cut the kiwi fruit in halves, scoop the flesh out of the skin, and then cut the flesh into halves.
- 4 Peel mandarins and separate into segments.
- 5 Thread each skewer, alternating pieces of banana, strawberry, mandarin, pineapple and kiwi fruit to achieve a mixture until all the fruit has been used.
- 6 Serve with low fat vanilla yoghurt.

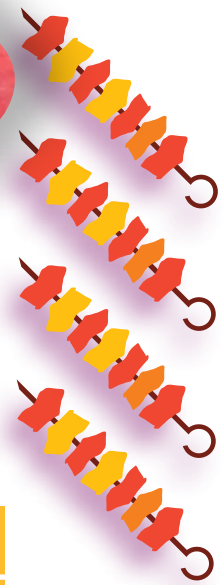
FRUIT KEBABS
INGREDIENTS

- ◆ 2 bananas
- ◆ 1/2 punnet (125g) strawberries
- ◆ 2 kiwi fruit
- ◆ 2 mandarins
- ◆ 100g (can) pineapple pieces (drained)
- ◆ 4 bamboo skewers (pre-soaked in water for 5 minutes)
- ◆ 200g low fat vanilla yoghurt

*Be CREATIVE AND use YOUR
FAVOURITE FRUITS in season!*

↓fat ↓saturated fat ↓salt

WATERMELON & HONEYDEW iceBLOCKS



G.I.
62
MID

NUTRITION INFO	per serve (100g)
Energy	380 kJ
Protein	0.4g
Total fat	0.2g
Saturated fat	—0—
Sugar	22g
Sodium	23mg
Fibre	0.7g

STORAGE:



FREEZING:



REHEATING:



WATERMELON & HONEYDEW iceBLOCKS ingredients

- 1 cup watermelon (seedless) ◆
 - 1 cup honeydew melon ◆
 - 1/2 cup icing sugar ◆
 - 4 bamboo skewers ◆
- (pre-soaked in water for 5 minutes)

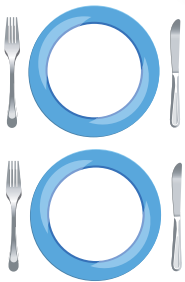
METHOD

- 1 Using a melon-baller, scoop out the flesh of the watermelon and honeydew melons.
- 2 Thread each skewer with 4 alternating balls, then roll in icing sugar.
- 3 Line a tray with non-stick baking paper, lay out skewers, and freeze for 1–2 hours.
- 4 Serve straight from freezer.

a DELICIOUS REAL FRUIT iceBLOCK!

↓fat ↓saturated fat ↓salt

APRICOT BANANA CUSTARD



NUTRITION INFO	per serve	per 100g
Energy	840 kJ	260 kJ
Protein	9.2g	2.8g
Total fat	0.3g	0.1g
Saturated fat	0.2g	—0—
Sugar	28.3g	8.7g
Sodium	98mg	30mg
Fibre	2.4g	0.7g

G.I.
44
LOW

STORAGE:



FREEZING:



REHEATING:



METHOD

- 1 Into a serving dish place the sliced bananas.
- 2 Into a bowl with 50ml of milk, add the custard powder, skim milk powder and sugar.
- 3 Heat the remainder of the milk in a saucepan until it is near boiling.
- 4 Reduce to a low heat, then stir in the custard powder mixture and cook until thickened.
- 5 Pour the custard over the sliced bananas and top with apricot halves.

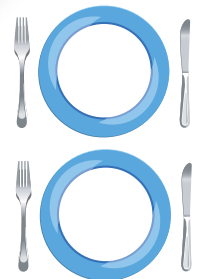
APRICOT BANANA CUSTARD

INGREDIENTS

- ◆ 1 banana (sliced)
- ◆ 1+1/2 cups (375ml) skim milk
- ◆ 2 tablespoons custard powder
- ◆ 2 teaspoons skim milk powder
- ◆ 2 teaspoons raw sugar
- ◆ 125g (can) apricots in natural juice (drained)

↓fat ↓saturated fat ↓salt ↑protein

PEACH PARFAIT



G.I.
46
LOW

NUTRITION INFO	per serve	per 100g
Energy	1460 kJ	410 kJ
Protein	15g	3.7g
Total fat	0.4g	0.1g
Saturated fat	0.2g	<0.1g
Sugar	74.5g	18.5g
Sodium	366mg	91mg
Fibre	1.5g	0.4g

STORAGE:



FREEZING:



REHEATING:



PEACH PARFAIT INGREDIENTS

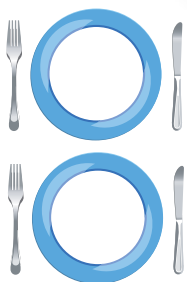
- 1 packet jelly crystals ◆
- 1+1/2 tablespoons custard powder ◆
- 1 cup (250ml) skim milk ◆
- 1/2 teaspoon vanilla essence ◆
- 1 tablespoon sugar ◆
- 1 cup (can) sliced peaches in natural juice ◆
- 200g low fat vanilla yoghurt ◆
- 2 parfait glasses (or alternatives) ◆

METHOD

- 1 Preheat oven to 180°C.
- 2 Make up the jelly according to the packet instructions, allow to cool, then place in the refrigerator to set.
- 3 Mix together the skim milk powder, custard powder and 100ml of skim milk.
- 4 In a saucepan, over a medium heat, warm the remaining milk until nearly boiling.
- 5 Add the custard mixture, stirring until thickened, then add the vanilla essence and sugar.
- 6 Place half the peaches in each parfait glass, then pour half of the custard in each glass over the peaches.
- 7 Add 2 tablespoons of the jelly to each glass, topping with 100g of yoghurt.
- 7 Refrigerate if desired, to serve chilled.

↓saturated fat ↓salt ↑fibre

BLUEBERRY *and* CINNAMON PASTRY



NUTRITION INFO	per serve	per 100g
Energy	1622 kJ	877 kJ
Protein	5.4g	2.9g
Total fat	19g	10.3g
Saturated fat	1.3g	0.7g
Sugar	17.3g	9.4g
Sodium	5.85mg	3.1mg
Fibre	5.0g	2.7g

STORAGE:



FREEZING:



REHEATING:



METHOD

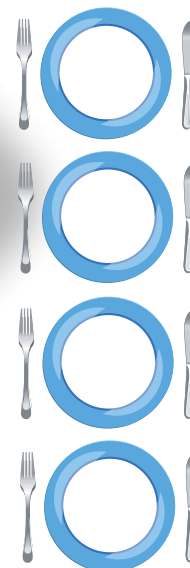
- 1 Preheat oven to 180°C.
- 2 Line a baking tray with grease-proof paper.
- 3 Cut the pastry sheet into 4 squares, and lay 2 squares on the baking tray.
- 4 Spoon 100g of blueberries onto each pastry square, and sprinkle cinnamon over.
- 5 Lay the other 2 pastry squares over the blueberries and press the pastry edges of each square together to form a seal.
- 6 Cut a slit on the top of each pastry square, then bake for 20 minutes or until golden.

BLUEBERRY *and* CINNAMON PASTRY *ingredients*

- ◆ 1 sheet puff pastry (made with canola oil)
- ◆ 200g (can) blueberries (3/4 cup when drained)
- ◆ 1 teaspoon cinnamon powder

↓fat ↓saturated fat ↓salt

ORANGE AND MANGO ice



TIP
For best results, prepare the day before to freeze overnight then serve

G.I.
53
LOW

NUTRITION INFO	per serve	per 100g
Energy	638 kJ	279 kJ
Protein	8.0g	3.5g
Total fat	1.3g	0.6g
Saturated fat	0.75g	0.3g
Sugar	25.6g	11.2g
Sodium	172.5mg	31.8mg
Fibre	1.1g	0.5g

STORAGE:



FREEZING:



REHEATING:



ORANGE AND MANGO ice

INGREDIENTS

- 200ml orange juice (100% juice) ◆
- 1 tablespoon raw sugar ◆
- 425g (can) mango slices ◆
- 1 tablespoon gelatine ◆
- 200ml low fat natural yoghurt ◆
- 50g low fat ricotta cheese ◆

METHOD

- 1 Into a small saucepan pour the orange juice and sugar and then sprinkle the gelatine on top.
- 2 Over a low heat for a few minutes, allow the sugar and gelatine to fully dissolve in the juice.
- 3 Puree the mango slices and can juice in a blender (or using a hand-held blender).
- 4 To the orange juice mixture in the saucepan, add the pureed mango, yoghurt and ricotta, and stir well.
- 5 Pour into a flat, shallow metal pan, and freeze for 45 minutes until firm.
- 6 Remove from pan to a mixing bowl and beat at high speed until consistency is smooth and fluffy.
- 7 Place in a suitable container and freeze for about 90 minutes or until firm.