

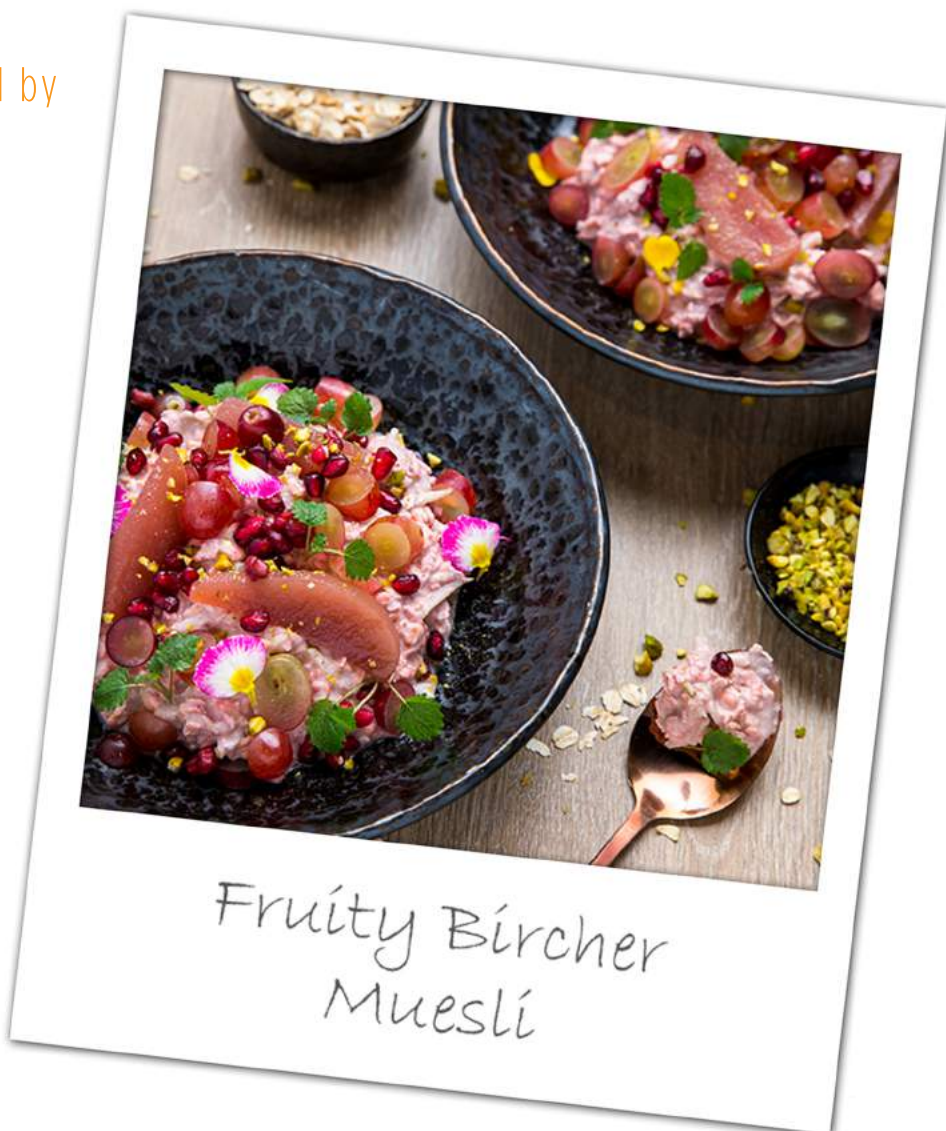


GET GRAINY!

**LOOK
FOR THE
WHOLE
GRAIN**



Recipe kindly provided by



Fruity Bircher Muesli

BIRCHER INGREDIENTS

320g Uncle Tobys Oats
120g strawberries
80ml orange juice
½ Granny Smith apple
40ml coconut milk
60g coconut yoghurt
40g maple syrup

TOPPING INGREDIENTS

Handful of grapes, halved
4 tsp pomegranate seeds
1 tsp crushed pistachios

SERVES 4 - READY IN 5 MINS, BUT REQUIRES OVERNIGHT SOAKING

- 1 Finely shred the apple and chop strawberries into small pieces.
- 2 Combine all bircher ingredients in a bowl, stir well until mixed, cover and allow to soak overnight in the fridge.
- 3 When ready to serve, spoon into a chilled bowl and serve with halved grapes, pomegranate seeds and crushed pistachios.
- 4 Enjoy hot or cold!

Recipe kindly provided by



Banana Pikelets

INGREDIENTS

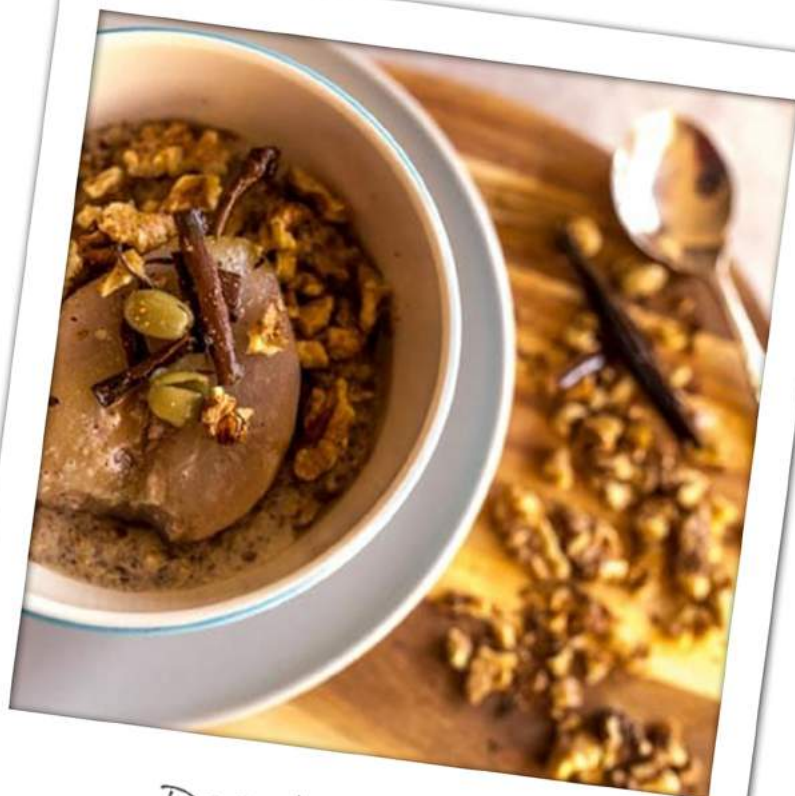
- 1 ripe banana, mashed
- 1 egg
- ¼ tsp ground cinnamon
- 1 tbsp water
- 2 Weet Bix™ Cholesterol Lowering, finely crushed
- ¼ cup Greek yoghurt to serve (optional)

THIS RECIPE IS
IDEAL FOR
PEOPLE WHO
HAVE ELEVATED
CHOLESTEROL LEVELS

SERVES 1 - READY IN 10 MINS

- 1 Whisk together banana, egg, cinnamon and water with a fork. Stir through crushed Weet-Bix™.
- 2 Heat a non-stick skillet over medium heat, wipe or spray with a bit of oil.
- 3 Scoop batter onto pan with a tablespoon. Cook pikelets for 3 minutes, flip and cook a further 2–3 minutes until golden.
- 4 Serve warm, with a dollop of yoghurt if you choose.

Recipe kindly provided by



Poached Pear Porridge

INGREDIENTS FOR THE PEARS

- 4 cardamom pods, crushed
- 1 cinnamon stick
- $\frac{1}{4}$ cup caster sugar
- 1.5 cups water
- 2 pears, peeled with stalk intact

INGREDIENTS FOR THE PORRIDGE

- $\frac{1}{2}$ cup BARLEYmax™ flakes
- $\frac{1}{4}$ cup LSA mix (ground linseeds, sunflower and almond)
- $\frac{3}{4}$ cup milk of your choice
- $\frac{1}{4}$ tsp cinnamon
- Maple syrup to serve

SERVES 1 - READY IN 15 MINS WHEN PEARS ARE PRE-PREPARED

- 1 Place the cardamom, cinnamon stick, sugar and water in a saucepan and stir over a medium heat until the sugar has dissolved.
- 2 Add the pears, turn down to a low heat and cover. Poach for 2 hours or until the pears are tender, then remove from the heat and allow to cool.
- 3 Place the BARLEYmax™ flakes, LSA and milk into a small saucepan and cook over medium heat for 2-3 minutes, stirring constantly.
- 4 Add the cinnamon, turn the heat to low and stir until the porridge has thickened.
- 5 Serve immediately with the pears, some of the poaching juice and a drizzle of maple syrup.

Recipe kindly provided by



INGREDIENTS

- 1 tbsp goats cheese
- 2 cos lettuce leaves, thinly sliced
- 4 slices of avocado
- 4 cherry tomatoes, sliced
- 4 Vita-Weat 9 Grain Crispbreads

SERVES 1 - READY IN 5 MINS

- 1 Spread goats cheese evenly over each Vita-Weat.
- 2 Top with lettuce, sliced avocado and cherry tomatoes.
- 3 Enjoy!

Recipe kindly provided by

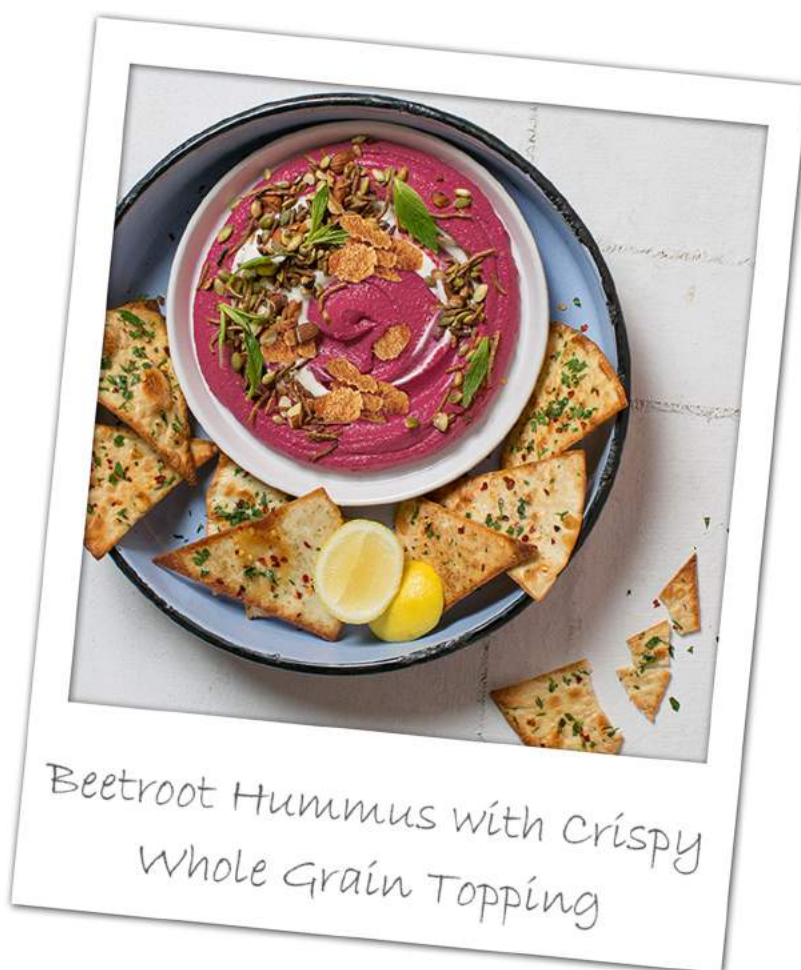


HUMMUS INGREDIENTS

- 1 x 400g can chickpeas
- 250g cooked beetroot
- ½ tsp salt
- ½ lemon, zest and juice
- 1 garlic clove, crushed
- 2 tablespoons tahini
- 2 teaspoons ground cumin
- 100ml extra virgin olive oil

TOPPING INGREDIENTS

- ½ cup Kellogg's All-Bran® Wheat Flakes
- 2 tbsp Kellogg's All-Bran® Original
- 2 tbsp pepitas
- 2 tbsp sunflower seeds
- 2 tbsp almonds, roughly chopped
- 1 tbsp olive oil
- 1 tsp ground cumin
- 1 tsp ground coriander
- 1 tsp chilli flakes
- 2 tsp Greek yoghurt
- Salt and pepper



WHEN
USING CANNED LE...

SERVES 8 AS A DIP - READY IN 10 MINS

- 1 Drain and rinse the chickpeas and add to a food processor with the beetroot, blend until smooth. Add the remaining ingredients, season well and blend until well combined and silky. Transfer to a serving bowl and refrigerate whilst you prepare the topping.
- 2 In a medium frying pan over medium heat, heat the olive oil. Add in the sunflower seeds, pepitas and almonds and fry, continuously stirring for 1 minute. Add in the spices and All-Bran® with a pinch of salt and pepper (to taste) and continue to fry until fragrant and toasted.
- 3 Take the hummus from the fridge, spoon on yoghurt and scatter with toasted nut mix. Garnish with fresh mint leaves and serve with pita and lemon wedges.



Recipe kindly provided by



INGREDIENTS

- 2 slices Bürger® Wholemeal & Seeds bread
- ½ cup of roasted pumpkin cubes
- 1 tbsp reduced fat greek yoghurt
- 1 tsp lemon zest
- ¼ red onion, sliced finely
- 50g lean lamb slices (use leftover roast lamb)
- Handful baby spinach leaves

TIP:
WHEN
USING CANNED LE-

SERVES 1 - READY IN 5 MINS

- 1 Combine yoghurt, lemon zest and mint and mix well.
- 2 Spread evenly over both slices of bread.
- 3 Top with pumpkin, lamb and sprinkle over spinach leaves.
- 4 Top with the other slice of bread. Enjoy!

Recipe kindly provided by

Bakers Delight

INGREDIENTS

8 Bakers Delight Cape Seed rolls
1 tbsp olive oil
2 cloves garlic, minced
½ brown onion, diced
1 carrot, diced
1 zucchini, cut in half, sliced
1 cup green beans, cut into 5cm pieces
½ red capsicum, diced
500ml vegetable stock
400g can crushed tomatoes
1 ½ cups water
2 tbsp chopped fresh parsley
Salt and freshly ground black pepper, to taste
¾ cup dry macaroni
400g can cannellini beans, drained, rinsed
200g can chickpeas, drained, rinsed



SERVES 8 - READY IN 50 MINS

- 1 Preheat the oven to 180C or 160C fan-forced.
- 2 In a large pot, heat olive oil over medium-high heat. Add diced onion, garlic, carrots and celery and sauté for 5 minutes, until softened. Add in zucchini, green beans, capsicum and cook for 2 minutes.
- 3 Add in vegetable stock, crushed tomatoes, water, parsley, sugar, season with salt and pepper to taste and bring mixture to a boil, then reduce heat to medium and allow soup to gently boil uncovered for about 20 minutes.
- 4 Add in macaroni then cover and cook 20 minutes longer.
- 5 Add cannellini beans, chickpeas, and cook, uncovered, for about 5 minutes.
- 6 Meanwhile, carefully cut the rolls in half horizontally. Scoop out the inside of the rolls with your hands, set aside to make breadcrumbs for another recipe. Place rolls on a baking tray and place in oven for 10 minutes to warm up.
- 7 Spoon the soup into each roll and replace the top of the rolls to form a lid - serve immediately.