

Muesli Bars

Method:

Preheat oven to 180C.

Grease and line the base and long sides of a 19 x 29cm slice pan.

Combine the honey, sugar and butter in a saucepan over a medium heat. Cook, stirring, for 5 minutes or until butter melts and sugar dissolves.

Bring to the boil and cook for 2 minutes or until syrup thickens slightly.

Remove from heat. Combine the muesli, sultanas, sunflower seeds, pumpkin seeds and cinnamon in a large bowl.

Pour over the hot syrup and stir to combine.

Spoon into pan and press gently with the back of a spoon.

Bake in the oven for 30 minutes or until golden brown and crisp. Remove from oven and set aside in the pan to cool completely.

Cut into 5cm x 9cm rectangles to serve.

Makes:
Twelve bars

Dietary Note:
Egg, dairy and nut free

Ingredients:

3/4 cup Honey
1/4 cup Brown sugar
50g Butter
3 cups Untoasted muesli or rolled oats
1 cup Sultanas
1/4 cup Sunflower seeds
1/4 cup Pumpkin seeds
1 tsp Ground cinnamon



Buckwheat Pancakes

Method:

Mix dry pancake mixture, milk and egg in a bowl.

Lightly grease frying pan and allow to heat for 30 seconds. Turn Heat down to just above the lowest setting.

Serves:

Four

Dietary Note:

Nut, gluten free dairy and egg free option

Ingredients:

2 cup Orgran Buckwheat pancake mix

1 cup Milk or Milk Substitute

2 Eggs or egg substitute

1/4 cup Maple syrup

1/4 cup Cottage cheese

Ladle pancake batter into the pan to desired size one at a time.

Turn pancake when bubbles form on top and they begin to dry on the edges. Cook on other side for 1 minute

Serving Suggestion:

Serve with maple syrup or honey and a dollop of cottage cheese.

Optional:

Add fresh banana or blueberries for a healthy twist.



Banana Bread

Method:

Preheat oven to 180°C.

Grease and flour a bread loaf tin.

Over a low heat melt butter, sugar and vanilla. Stir continuously to prevent burning.

Remove from heat and add mashed bananas and stir through.

Wisk egg and milk and set aside.

Transfer banana mixture to a mixing bowl and sift in the flour. Pour in milk and egg and stir through.

Pour mixture into tin and bake in oven for approximately 40 min. Use a skewer to check that your banana bread is cooked all the way trough before removing it from the oven, the skewer should come out clean. If your banana bread is already cooked on top but not in the centre, cover with foil to prevent the bread from drying out or burning.

After removing your banana bread from the oven allow to cool in the bread tin for 10 minutes before taking it out and cooling on a wire rack.

Slice to serve.

Makes:

One Loaf

Dietary Note:

Egg, nut, gluten and dairy free options

In this recipe, Gluten Free Self Raising Flour, an Egg and/or Milk Substitute can be used.

Ingredients:

250g Unsalted butter or orginal Nutalex

1 ½ Cups sugar

2 tsp Vanilla extract

2 Eggs

6 Mashed bananas

3 cups Self raising flour

1/2 cup Milk



Pumpkin Pie

Method:

Combine pumpkin, sugar, salt, spices, and flour in a medium sized mixing bowl. Add eggs, condensed milk and vanilla, stir through.

Pour into pastry shell.

Bake at 200°C for 15 minutes. Reduce heat to 160° and bake for a further 35 minutes or until center is set.

Serve with a dollop of cream and dust with cinnamon sugar.

Makes:

Twelve

Dietary Note:

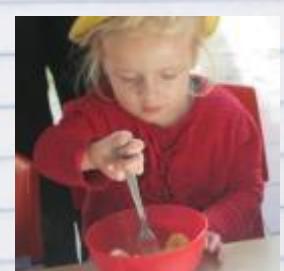
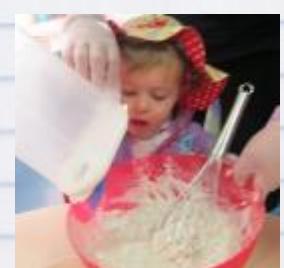
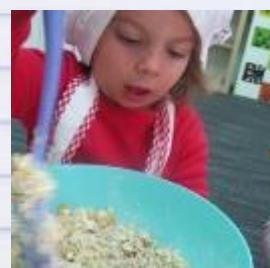
Nut free, egg free option.

Ingredients:

1 1/4 cups pumpkin, puree
3/4 cup sugar
1/2 teaspoon salt
1/4 teaspoon ground ginger
1 teaspoon ground cinnamon
pinch nutmeg
1 teaspoon all-purpose flour
2 eggs, lightly beaten or egg replacer
1 cup condensed milk
1/2 teaspoon vanilla extract
1 unbaked pastry shell (9-inch)
Double cream and cinnamon sugar
to serve



We love the kitchen



Hints and Tips!

- Greasing and flouring a tin will help you with removing your banana bread once cooked.
- The purpose of sifting flour is to remove clumps and to help add 'air' to the mixture. When using wholemeal, or almond meal there will be larger grains that do not pass through the sieve. It's ok to add these to your mix!

Makes:

We've added how many you can expect to make from each recipe

Dietary Note:

We have noted where it is possible to remove common allergens from the recipe.

Often this is by using an egg substitute like Organix and substituting for alternative types of milk to meet your dietary needs.

Measurements:

Tbs = Table spoon

Tsp = Teaspoon

