

### **Original Recipe.....**

*gigi a go go*

*almost a brownie...*

take one chocolate shake

mix with 50mls water into thick consistency

microwave for 40seconds and let stand a bit.

\*mix hardens a little and is like a hot brownie or chocolate pudding. Texture isnt fabulous, but it is a nice change and reminded me of cake.

### *TayHay's Cookie Version*

YAY Fab, you're a legend. The little chocolate cookies I made worked. Got a screaming kid here now, so will post details and pics here tomorrow.

Basically, choc sachet into a cup and add a drizzle of water until you can mix it into a dough type consistency. Then I put 6 little blobs (all the mixture) onto baking paper and into a hot oven (approx 180 for 5-7 mins). I ate them when they were warm and softish. Would need to let them cool to see if they went crispy. Tomorrow I guess...

### *MORE BICKIES*

#### **BeeBee**

Mix up as per original bicke recipe, then add 2 teaspoons of SF, mix in well then add a couple of tablespoons more of water. Let sit for 10 minutes to bulk out, then add a little more water if necessary. Spread onto a baking tray 'bickie size' about 1cm thick. Bake for 10-12 minutes at 180C



### *Muffins*

*beebee*

1 shake

2 tsp. simply fibre

100ml water (adding it a bit at a time so it's not too runny)

1 egg white

and wait 10 minutes for it to bulk





## *Macaroons*

*bee bee*

We have a winner!!! The macaroons (let's make it official and call them Simply Fibre Mock-aroons) came out perfectly!!! (Let's call the muffins Simply Fibre Nuffins)

Remember to tally all ingredients into your daily allowances - with this being your daily SF serve!

Beat one egg white until soft peaks form  
then beat in 1-2 sachets of either Splenda or Equal.  
Beat until thick and creamy  
then fold in two heaped teaspoons of Simply Fibre.  
Place 4 blobbies on a non-stick baking tray and bake for 10-12 minutes at 180C.

They are AWESOME!!! See pic! Crunchy on the outside and cakey/goey in the middle... you could

add either coconut, vanilla or even strawberry essence... they are just like a little cake... YUMMMMM



## *Chocolate Coconut Rough*

*beebee*

Another idea for your 100 calorie snack - melt one line of No Sugar Blues Chocolate in a little container (20 seconds in the microwave, stir at 10 seconds and remove if melted by then) stir in your two teaspoons of Simply Fibre and spread out into a round on greaseproof paper - pop in the fridge... you get:

**beebee**

***breadcrumb substitute.....***

Could we use the Simply Fibre as "bread crumbs" over a light egg wash to make chicken breast schnitzels????? (dry fried, grilled or baked of course)

## **Testimonies from happy TF dieters.....**

### **Alina0210**

I made the muffins today for after my salad... they turned out really nice, especially when i melted some of the low carb/no sugar chocolate and drizzled it on it... yummo. great idea.

### **feona**

WHAT IF YOU ADDED SOME CHOCOLATE CHIPS TO THE MIX (THE ALLOWED CHOC THO) THAT MAY ADD A DIFFERENT TWIST ,SO IF YOU USE THE CHOC SHAKE USE WHITE CHOC TO IT SO YOU HAVE DOUBLE CHOC CHIP COOKIES

### **ultimus4j**

The mock-rooms are fab!!!!!! However, I over cooked mine(accidently) didn't add vanilla essence because i didn't have any....BUT! the texture and taste was like i was eating wholemeal bread. Whooooooooo hooooooooo even better!!!!!! I had it with my soup for lunch and it was very satisfying

### **Kris1981**

I prefer to do mine in the microwave with a little water (40mls) for around 40-50 secs. It's a bit quicker and I think works out a little better (well, for me anyways!).

### **Oo.pinklilprincess.oO**

The macaroons taste really yummy i added the coconut essence. I hate simply fibre i think it tastes to yuck!!!! I have made the pancakes and yeah they taste really yummy and it feels like I'm having something naughty. I asked the tw chemist lady if it was ok to have our shakes as pancakes she said it was fine you just need to take a multivitamin tablet, because someone on here said when you cook them its loses its nutrients.

### **ultimus4j**

Q.Oh yes! i never thought to ask how many we could eat...I was going to eat all nine...or make one HUGE biscuit.....LOL.

*A. You could split them into 2 shares and have some for breaky and some for arvo tea, you need to leave 2 hours either side of a protein meal so if you have yours at tea time have them about 3-4pm? Providing your lunch was 12 -1pmish and your tea was 6pmish as an example or just eat all 9 at one sitting LOL*

That would be great thanks! Recipe, method and the amount we could eat... If its all nine muffins i will be having a PARTY!.....hehehe.

### **ultimus4j**

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