

Chicken in a Biskit

By Lisalix

I made veggie burgers the other night (see pics and recipe) however stumbled onto what tasted like chicken shapes.....

this is what I used

1 packet of cream of chicken soup (TF)

1/2 an egg (optional) would work without it I guess

splash of low fat milk..(could use water instead I guess)

1 Tablespoon of SF

1/4 teaspoon of baking powder

add enough liquid until it is almost a dough...you do not need much, roll into a ball and flatten between two bits of baking paper..(make rather thin)....cut into desired shapes.(small pieces for dipping)..place on a baking tray lined with baking paper....spray a light spray of olive oil spray on top of biscuit...put in oven for 15 minutes, turning half way through at 180 degrees cc.....when cooked...mix looks darkened slightly..remove and cool...then enjoy with one of your favourite TF allowed dips.....there are many possibilities with the other soups instead as well....the chicken soup is rather salty...but still these would make a great thing to take to a barbeque as a snack.

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## *Chocolate Strawberry Cheesecake*

By Lisalix

Hello everyone, seen a lot of cheesecake type of things on here so I decided on trying a variation

*N.B..only have this occasionally as a treat....miss out your fruit for the day as the philli and choc are treats.....also you may not want to add the strawberry into the jelly. also watch protein intake due to the 1 teaspoon of ricotta.*

### **ENJOY**

this is how I made this oh sooo naughty but TF friendly dessert

#### **Base**

1 tsp SF

3 squares of cadbury carb (melted)

Method

melt choc in microwave for 20 - 30 sec.....mix in SF....press into base of a non stick muffin tray...or any dish you like (I lined mine with glad wrap) but made the shape not as pretty then cool in fridge til base is hard.

### **Filling**

1 teaspoon of low fat philli

1 teaspoon of low fat ricotta

1 teaspoon of equal spoon for spoon

a dash of strawberry essence

beat mixture together with a fork, as there isn't much there to use the blender and you may lose half the mix.....strawberry essence is optional. Cool in fridge

### **Top layer**

1 packet diet strawberry jelly

1 small strawberry

mix jelly as directed.....I only used half of a cup of the cold water and one cup of hot

cool in fridge slightly

### **Method**

spoon philli mixture ontop of base, then gently with a spoon layer cooled jelly ontop of the philli....decorate if you wish with the strawberry....

cool overnight in fridge.....or till jelly is set if you can wait that long 😊

and the end result is cafe worthy.....be yum with a decaf coffee 😊



well I tasted my strawberry cheesecake base last night and with the sf added to the allowed three squares of choc it tasted very similar to coconut.....then I had a

thought, adding a drop of coconut essence or peppermint essence you could easily make your own coconut rough or peppermint crunch....mmmm I miss those aswell

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### *Lisali's adaptation of Angelina's Pizza*

Hey everyone, well I copied angelina's mock pizza base recipe except I didn't add the milk, water instead...and made the base...ontop I added 1/2 a can of tuna in little dobs..3 tiny dobs of leggos spinach and pecorino cheese, three tiny dobs of low fat ricotta, teaspoon of tomato paste with herbs and garlic...then packed the top with tomato capsicum and onion...gee it was yum..I accompanied on the side with angelina's recipe for mashies...(these were yum, I added tumeric to the garlic powder simply fibre and chicken stock cube)..angelina your right..I have salt on most things but not these...on the side I accompanied with aoli (I added a little garlic to low fat whole egg mayo - just 1/2 a teaspoon, and 1/2 a teaspoon of tomato relish Carbs<2g per 100ml. well this filled me up and tasted sooo yum....so day two back onto the diet and I am definitely not missing out...however made a huge mess in the process 😊 all this accompanied by a chocolate thickshake (TF shake frozen then blended)....Just like cafe junk food but better & best part guilt free



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### *Scotch Eggs*

By Lisali

I came up with this idea, after seeing it in a magazine at work....

#### **SCOTCH EGG**

#### **Ingredients**

1. 60 grams of heart smart mince (beef, chicken, pork)
2. 2 medium eggs
3. 1 Tablespoon of Simply Fibre.
4. 1 teaspoon of garlic powder
5. 1 teaspoon of onion powder

6. 1 chicken stock cube/ or 1 teaspoon of chicken stock powder
7. 1 teaspoon of fresh/dry mixed herbs of your choice

## **METHOD**

Boil egg until quite hard (if your not sure how to boil an egg to make it hard...here goes.....boil water in saucepan till it is bubbling...gently with a spoon ladle raw egg into water...boil for 3 to 5 minutes....watch egg shell doesn't crack). Let egg cool... Mix mince with dried herbs in one bowl...Now mix dry powders and sf together in another bowl.....now in the third bowl crack an egg and mix with a fork.....Ok now you are set....

Peel cooled egg

gently around the egg start rolling the mince around it gently till egg is covered with the mince and it is a ball shape.

then...dip the ball into the beaten egg, making sure it is well coated

finally roll the ball in the dried powder /sf mix

Ok now comes the baking bit.....Preheat the oven to 180 degrees c....on a baking tray place the scotch egg...and lightly spray with olive oil spray...cook in oven for 30 minutes....check regularly...some ovens may cook faster or slower...

Serve with Salad and a drop of relish ..and voila...**SCOTCH EGG**

## *Relish TF Staff recipe*

### **Relish**

- 1 medium red capsicum
  - 1 medium green capsicum
  - 1 medium yellow capsicum
  - 1 large brown onion sliced thinly
  - 2 cloves of garlic, sliced thinly
  - 3 red Thai chillies, seeded, finely sliced
  - ¼ cup fresh flat-leaf parsley, finely chopped
  - ¼ cup fresh basil, finely chopped
  - 2 tbsp equal
  - 3 tbsp sherry vinegar
  - 1 teaspoon olive oil
1. Quarter capsicums; remove and discard seeds and membranes. Roast under grill or very hot oven, skin-side up, until skin blisters and blackens. Cover with a plastic freezer bag for 5 minutes; peel away skin and dice.
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  2. Heat oil in a medium saucepan; cook herbs, onion and garlic, stirring for 5 minutes. Add equal, vinegar, chilli, and capsicums; cook; stirring, 5 minutes.

**NB...Second egg to coat ball may increase protein slightly....you can try without it but dry powders may not stick aswell.**

## *Simple Chicken Curry with Mustard & Mushrooms...*

Kinopio

This is so so so so so so so easy....  
and so so so so so so so good....

Good if you cant be bothered making a curry from scratch!

Started off as something rather plain, so I added stuff and it turned out wonderful!

You will need;

1x Jar of Chicken Tonight - Creamy Mushroom

Garlic

Seeded Mustard

Curry Powder

3 teaspoons all Purpose Seasoning

Vegeta Powdered Vegetable Stock

1/2 bag frozen veg (I used cantonese stir fry) (mix of carrots, broccoli, snow peas and something else i cant remember - i think baby corn)

Allowed protein serve of chicken (120g female, 200g male)

2 tablespoons of worcestershire sauce

Defrost chicken and cut up into small diced pieces (or buy pre cut diced chicken)

Put in non-stick frying pan with a spray of extra virgin olive oil, add 1/2 tablespoon of minced garlic and 1 tablespoon of seeded mustard. while the chicken is cooking in the pan move the mustard and garlic around so all the chicken is coated (the smell of this is so good, it's unbelievable :w00t 😊)

When the chicken is cooked add the jar of Creamy Mushroom.

While this is simmering, put your veg in hot water, and put in microwave for 5 mins or until cooked. drain and add to simmering pan.

I tasted this and was quite surprised how tasteless the chicken tonight sauce was, because usually they are really yummy! So this is where my improvisation came into play.

Add 1 tablespoon of curry powder (or to taste), 3 teaspoons all Purpose Seasoning, 2 tablespoons of Vegeta Powdered Vegetable Stock, 2 tablespoons of worcestershire sauce and mix through.

Serve as is, or with salad, or on a bed of steamed siilverbeet.

(For those on TF program only take the sauce that sticks to the chicken and veg, dont take any extra sauce)

(Or on rice for people that arent on the TF program if they want it)

Definitely worth a try!

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Soft Serve Ice Cream

By Lisalix

Hello everyone, well being in W.A means that I can not have the Carb Smart Icer-cream as they do not stock it here, and on a day like today (41 degree heat) I really felt like an ice - cream, yesterday I went to Target and they had 15% off storewide, I went to the ice- cream section and they were selling both types the normal and soft serve machine for \$41 each BARGAIN....

Anyway the machine is time consuming but worth it if you are prepared, I wondered what would happen if I just used my shake nothing else in the ingredients...well I did just that, 24 hours prior I froze the ice-cream cannister...5 hours before making the ice cream I popped my shake in the rocket blender then froze it, once frozen I popped it back into the blender so it was thick and icy. I started the soft serve machine and 60 minutes later I was finally eating ice cream after 12 weeks not having any 😊...I have to admit it melted fast and went runny, I think to make it perfect adding a bit of the recommended Low fat cream may help stiffen, but it was good... This is what i used:

1 slightly ripened small banana

2 squares of Darrel Lee Low Carb Choc (melted in microwave for 1 minute)

3 crushed unsalted almonds

Soft Serve Ice cream, made with French Vanilla Shake



soft serve on it's own



And Finally the end result a yummy Banana Split (ok it had melted by this part)



I tried a spearmint chop chip variety last night in the soft serve maker, by using low fat cream 2.0 carbs per 100mls 1.0 sat fat, and half a cup of skim milk with one medi egg, peppermint essence, green food colouring and grated cadbury low carb chocolate 6 squares, and 2 tablespoons of equal...It turned out better then the bought version at the shop, it made approx 15 servings, I had about two tablespoons, and everyone else had some, I basically followed a low carb recipe however altered it using less cream less eggs and less milk, and I also used the lower low carb versions of all of these, now this treat I will rarely have but ohh sooo nice....P.S, I didnt have my fruit this day and halved my protein.

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## *Vegie Burgers on a TF bun*

By Lisalix

hey everyone, well last night I tried up a concoction, I saw everyone had been using the shakes to make muffins/biscuits/cauli bread...well why not use the soups for more savoury...well it didnt turn out like bread as it was more like a biscuit but.....guess what I stumbled onto something even better...it tastes exactly like chicken in a biscuit shapes 😊...this is how I made it



### BUN/ROLL

#### Ingredients

1 cream of chicken TF soup

1 Table spoon SF

1/4 teaspoon Baking powder

1/2 egg

splash of no fat milk

#### Method

Mixed it all together and rolled into a ball....flattened it out between two bits of baking paper and baked in the oven for 15 min 180 degrees Fan Force....yum

Then made veggie patties as per angelinas recipe...thanks angelina....although mine mushed a little.

added heaps of salad and used a small drop of tomato chutney.....OMG soo filling

the chicken soup is rather salty though...imagine the other savoury biscuits we can make.....I think to make more like a bun, I'd have to do it like the muffins.....well enjoy 😊