



Argentine Steak with Salsa

kinopio

Ignore the corn lol

Serves 4

INGREDIENTS

2 medium tomatoes, diced
1 small red onion, finely chopped
1 red capsicum, diced
¼ cup coriander leaves
1 garlic clove, crushed
2 tablespoons olive oil
4 x 120g blade steaks
grilled corn cobs, to serve

METHOD

1. Preheat a chargrill or barbecue. To make salsa, combine tomato, onion, capsicum, coriander, garlic and olive oil in a medium bowl. Season to taste and set aside.
2. Season steak and grill for 2-3 minutes each side, until lightly blackened and medium-rare. Transfer to a cutting board to rest for 5 minutes. Thinly slice on diagonal and serve with salsa.

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## *Bacon and Egg Pies*

**Suzikatz**

4 eggs, 200g weight watchers bacon or lite bacon.  
1/4 cup skinny milk, garlic granules, S&P, parsley,  
onion.  
beat up 4 eggs and milk, add garlic, parsley and S&P, chop onion and bacon and  
add to mix.  
place in muffin tins sprayed with olive oil spray ( go sparingly with spray )  
cook for 20-25 mins 180/c keep an eye on them, check to see if cooked in centre.  
They are great with a salad from the list.

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sarahjean

I made the bacon and egg pies for dinner tonight and they were yummy!
My Husband and 2 1/2yr old daughter loved them too 🍽️

Here's a pic of them and with my granny salad, lol.
I wasn't sure how many I was allowed but I had 2, hubby had 2 and Brianna had 1, hubby's going to take the extra one for smoko tomorrow at work 😊



Bready Pattie Thingies

BeeBee

IT'S ALIIIVE <insert Dr Frankenstein laugh here>

Mix one Pumpkin Soup with 2 rounded dessert spoons of Simply Fibre, 1 teaspoon mixed herbs, pinch of black pepper together. Mix in one egg white until you get a bready-crumby texture. Add 60ml of water and stir to form a gluggy dough.

Spray olive oil (1 Calorie Spray is good) in an electric frypan and turn it up to heat setting 4. Drop the mixture in two blobs and pat out to 1cm thick rounds.

Watching carefully for burning, cook around 30 seconds - 1 minute (check constantly) each side, making sure that when you flip it that it's only a patch in the pan that has oil, or they stick... badly!

Use Pumpkin Soup for pumpkin patties or bread, Chicken Soup for Chick-e-Bread for a sandwich or Chicken Bliss-oles or Asian Curry for Indian None-Bread 🤪 - serve with a crisp salad.

Verdict? I had trouble eating the two... I was stuffed!

OMG-YUMMO-LICIOUS!!! 😊

For a decadent lunch or dinner: Make two Chicken Bliss-oles and using a piping bag, pipe Notatoes in swirls on the top, sprinkle with herbs and serve with steamed veges... good enough to give the mother-in-law 😊

And.....

.....Had a brainwave while I was in the shower... if you used the Tomato Soup... you could top it with some chopped tomato, onion, basil and olive oil... and have bruschetta 🍷



Chicken arrabbiata

kinopio

INGREDIENTS

¼ cup (60ml) extra virgin olive oil
1 red onion, cut into 8 wedges
4 chicken marylands (thighs and legs), about 1.2kg
1 bulb garlic, cloves peeled
150ml dry red wine
2 hot red chillies, chopped
2 punnets cherry tomatoes or two cans of cherry tomatoes, well drained
2 tablespoons chopped flat-leaf parsley

Soffritto base:

2 large cloves garlic, peeled and coarsely chopped
50g pancetta, cut into cubes
1 teaspoon fresh rosemary leaves

METHOD

To make soffritto, combine 2 chopped cloves garlic, pancetta and rosemary in a small processor and pulse until finely chopped. Alternatively, chop on a board with a sharp cook's knife.

Heat oil in a heavy-based saucepan over moderate heat, add soffritto and cook about 5 minutes or until pancetta fat runs, stirring frequently. Add onion, chicken and garlic cloves and cook for about 8 minutes, browning chicken on both sides.

Stir in wine and cook for 1 minute, then add chilli and tomatoes, and season to taste with salt and freshly ground pepper. Bring to a simmer, cover with a lid and cook gently for 40 minutes. The chicken is cooked if the liquid runs clear when a skewer is inserted between thigh and leg. Adjust seasoning. Sprinkle with parsley and serve in deep, heated plates.

CHICKEN SUSHI (serves one)

bubbly

- seaweed wrap
- roast chicken, shredded
- wasabi
- mayo
- avocado

1. Mix wasabi and mayo together
2. Mash avocado
3. Lay out seaweed, add chicken, top with avo and wasabi-mayo
4. Roll up and eat!

Hope these are helpful!

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## *Chilli con carne*

bubbly

I looove chilli con carne because it's easy and tastes great but the packet mixes are full of preservatives and fats so I thought I'd have a stab at my own and it was yummmm!

The lovely taste of chilli con carne is basically cumin. I had some in the pantry so here it is:

CHILLI CON CARNE (serves 4)

- 500 lean beef mince
- 2 onions, diced
- 1 clove of garlic, crushed
- approx. 2-3 tablespoons of cumin (varies on taste)
- salt
- pepper
- olive oil
- 1 cup of passata

1. Fry the onions on low heat till soft then add mince and fry until brown
2. Put the garlic and cumin in, stirring regularly
3. Add the passata and a little water, salt and pepper to taste
4. Simmer on low heat for 15 minutes or until it isn't too runny
5. Serve next to salad with a dollop of light sour cream on top

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Chinese spaghetti

kinopio

INGREDIENTS

- 1 cabbage
- 4 green onions (shallots), sliced on the diagonal
- 1 tablespoon sesame oil
- 2 tablespoons peanut oil
- 750g pork mince
- 2 tablespoons shaoxing wine (Chinese rice wine) or dry sherry
- 1 tablespoon grated ginger
- 2 garlic cloves, crushed
- 1/3 cup (80ml) hoisin sauce
- 2 tablespoons chilli bean sauce
- 1 tablespoon soy sauce
- 1 cup (250ml) salt reduced chicken stock
- diced cucumber, coriander leaves, to serve

METHOD

- 1.** Chop up and cook cabbage, drain and toss with half of green onion and half of sesame oil.
- 2.** Heat peanut oil in a wok on medium. Stir-fry pork for 2-3 minutes, until browned. Add wine and stir for 1 minute, until evaporated. Remove pork. Stir-fry ginger, garlic and remaining onion for 30 seconds. Add sauces and stir-fry for 30 seconds.
- 3.** Add pork and stock and bring to boil. Reduce heat and simmer for 10 minutes, until thickened. Stir in remaining sesame oil.
- 4.** Serve cabbage with meat sauce, cucumber and coriander.

Tip: shaoxing wine is available at Coles supermarkets. Look for it in the Asian section, or with the vinegars.

Be careful to check the nutritional panel of the sauces to make sure you get one that is TF approved 😊

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## *Cochin style barbecued seafood*

### **INGREDIENTS**

2 tablespoons grated onion  
6-8 curry leaves, crumbled  
pinch medium ground chilli  
1 teaspoon garam masala  
½ teaspoon salt  
4 king tiger prawns, peeled and deveined  
2 rock lobsters, halved lengthways  
1 red onion, finely sliced  
½ cup coriander leaves  
1 lime, cut into wedges

### **METHOD**

Pound the onion and curry leaves together in a pestle and mortar to form a coarse paste.

Stir in ground chilli, garam masala and salt and mix well.

Brush mixture evenly onto seafood and allow to marinate for 30 minutes or as long as possible.

Heat a barbecue grill or plate over medium high heat and cook seafood 4-5 minutes on each side or until cooked through.

Serve hot, topped with onion rings, coriander and lime wedges.

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## *Gerry's Pancakes*

[BeeBee](#)

We are on a break at work and I mentioned that I am having trouble perfecting the Banana Pancakes. One of the guys here (who is on TF) whips out a banana shake sachet and says 'follow me into the kitchen to watch and learn' 😊

**He mixed one banana shake mix with 2 rounded desert-spoons of Simply Fibre and one egg white. Mix until it's 'breadcrumby' and sticky, then add enough water (around 40-50ml) to make a thick doughy mix (like mashed potatoes).**

He turned the electric frypan to setting 4, gave a quick spray of '1 calorie' olive oil spray, then dropped the mixture in as two big blobs, flattening them out to about 1cm thick.

Cook one one side until golden brown, then flip over (make sure you flip them onto another section of the pan and not the same spot so there is some oil there) and cook until golden... total about a minute all up.

Watch them closely for burning... PERFECT! 🤪

Mine always collapsed, burnt or when blubbery, but Gerry's were thick and had a dense cakey-texture.

YAY! 🤪- he's just done me a late breakfast 🤪

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I had a custard tart for breakfast!

MRS B

This morning i had a custard tart for breaky with my decaf coffee. TF approved too! 🤪

Ok so what i did lastnight was halve an apricot munch bar, put it through the food processor until "breadcrumb" like. Shaped it into a pattypan like a biscuit base. Then did the same with the other half (just to keep my portions right). Made up 60- 80ml of French vanilla Tf Shake, pour into Munch biscuit bases, sprinkle the top with cinnamon and set in the fridge. (mine set overnight)

It was a good consistency, stayed together well, although i think if i had baked the munch biscuit base first. maybe for 5 -10mins.. just to harden it a little, it could improve it further. But the overall result was very yummy.

One shake and one munch bar makes 2 cupcake size tarts. Give it a try and see what you think. I was very impressed and felt oh so naughty eating it... Lol. 🤪 A nice little treat. Guess what i'm having tomorrow for breaky??.

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I had the most amazing dinner tonight, and i got the recipe from this section. It was called Chicken Pizza Delish. And here's the link to the recipe: <http://forum.tonyferguson.com/Topic448771-10-1.aspx> It was one Mallyflea had added to someones topic about chicken ideas. So thankyou for that Mallyflea.

I took photos because it looked as great as it tasted. I didn't have a side salad or anything with it, which is something I'll do next time, just to make it a fuller meal, and get more vegies. The recipe calls for a bit of chive & onion philly cheese on top near the end. I used the corner of a sandwich bag as a piping bag & I think it turned out ok. Probably used more philly than I was meant to, so next time I wont get so carried away.

If all meals can be this good, I should have no problem sticking to this program, and reaching goal. I am loving this forum, by the way. Very helpful.

I should also mention, I cut the chicken breast in half length ways to make it the equivilant of palm size because I couldn't find anything thinner.



### *Prosciutto prawn with rocket aioli*

kinopio

Serving size: Serves 4

#### **INGREDIENTS**

16 large green king prawns, peeled completely and de-veined  
16 bamboo skewers, soaked in water for 30 minutes or metal skewers  
8 slices prosciutto

### **Rocket aioli**

4 medium cloves garlic  
1/2 teaspoon sea salt  
2 egg yolks  
1/2 cup blanched and well drained rocket  
125ml olive oil  
1 teaspoon lemon juice

### **METHOD**

Take each prawn and thread it onto a skewer starting from the tail.

Roll each prawn in prosciutto so as to cover all the prawn. Store on cling wrap covered plate in the refrigerator until ready to use. The size of the slice of prosciutto will depend on the size of the prawns being used.

Cook the prawns on a medium hot flat plate turning regularly for even cooking. When the top (head end) of the prawns is completely white, they are ready to eat.

The prosciutto wraps around the prawn very tightly as it cooks – serve with a bowl of the aioli.

### **Rocket aioli**

Put the garlic, salt and egg yolks and rocket into the food processor bowl and work for 30 seconds.

When this mixture is starting to thicken, slowly pour the oil down the feeder shoot. As it takes, you can add the oil a little more quickly until finished.

Use immediately or store up to 5 days only and stir in the lemon juice as you serve.

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Pumpkin Ricotta and Sage cannelloni

betty boop 86

I have been experimenting with recipes I used to love making pre-TF and how they can be changed into TF friendly foods. This is one of my favourites!! In place of the cannelloni I used Stumwick's cauli wraps and they tasted fantastic!

Pumpkin, Ricotta and Sage 'cauli wraps' (tee hee)

600g butternut pumpkin, chopped
200g ricotta
2 tablespoons coarsely chopped sage
12 cauli wraps (see stumwick's cauli wrap recipe)
410g can tomato puree
1/2 cup grated tasty cheese (optional if you feel like being a bit naughty)
salad to go on the side

Preheat oven to 180°C. Lightly grease a 2-3 litre shallow ovenproof dish. Boil pumpkin in a large pot of water (about 5 to 10 minutes, just till tender). drain water off and mash.

Add ricotta and sage into pumpkin and mix well. Season to taste.

I then lay the cauli wraps out and put enough filling down the centre to make a normal size cannelloni and then I wrap the edges around itself to make a little

tube. I then Pour half the tomato puree on the base of the dish and put the tubes in and top with leftover tomato puree. at this point if I am being naughty I sprinkle the cheese on top.

I bake it uncovered for 20 to 30 minutes as I like the cheese to get all melted and bubbly. By this time the tomato puree has had time to heat up in the dish. I serve mine with salad. It's not the same as cannelloni but it is really yummy!

I hope everyone likes it.



Seven hour lamb with garlic and marsala

kinopio

Serves 6

INGREDIENTS

2kg leg of lamb
2 tablespoons extra virgin olive oil
60 cloves garlic, peeled
2 tablespoons brandy
1¼ cups sweet marsala
no-tatoes, to serve

METHOD

Choose a pan in which the leg of lamb fits snugly. Place lamb in pan and add enough water to cover. Remove lamb and bring water to a boil. Return lamb to pan and boil for 15 minutes. Remove lamb from pan and dry on paper towels.

Preheat oven to 100°C (90°C fan). Heat oil over moderate heat in a heavy-based pan. Add lamb, brown on all sides. Remove most of fat from pan, and add garlic and brandy. Set alcohol alight and when flames die down, add marsala. Season lamb well.

Press a sheet of baking paper to the surface of the lamb, and cover with a well-fitting lid. Bake 6-7 hours, turning lamb halfway through cooking time. Remove from oven, take off lid, and let stand 30 minutes. Remove all fat with a spoon. (Lamb may alternatively be cooked in a 160°C [140°C fan] oven for 3 hours.)

Place lamb on a heated platter. Remove garlic from pan with a slotted spoon. If

pan juices are thin, boil them down until at a coating consistency. Serve lamb with garlic, sauce and no-tatoes.



Swordfish with salmoriglio and barbecued vegetables

kinopio

Serves 4

INGREDIENTS

2 tablespoons extra virgin olive oil
2 cloves garlic, sliced
juice of 1 lemon, plus slices, to serve
1 tablespoon chopped flat-leaf parsley
1 teaspoon chopped fresh oregano
500g swordfish, about 1.5cm thick and cut into 4 equal pieces
salmoriglio sauce

Salmoriglio sauce:

2 tablespoons lemon juice
2 tablespoons extra virgin olive oil
2 tablespoons chopped flat-leaf parsley
1 tablespoon chopped fresh oregano

Barbecued vegetables:

1kg fresh vegetables, including capsicum, zucchini, mushrooms, cherry tomatoes, eggplant, onion, pumpkin
2 tablespoons extra-virgin olive oil

METHOD

Preheat barbecue to medium-hot. Combine oil, garlic, lemon juice, parsley and oregano in a baking dish. Season, then whisk to combine. Add fish to dish in one layer. Marinate for 30 minutes, turning once.

To make salmoriglio, combine lemon juice and a pinch of salt. Whisk until salt has dissolved, then gradually add oil, whisking constantly for 20-30 seconds, or until mixture thickens. Whisk in 2 tablespoons hot water, then stir in parsley and oregano. Season and taste. The mixture should be very lemony.

Cut vegetables into equal pieces and, in a large bowl, toss with 2 tablespoons extra virgin olive oil. Arrange vegetables onto skewers. (If using wooden skewers, soak them in water for 30 minutes first). Barbecue for 10-12 minutes, or until charred in places, turning regularly.

Teriyaki Meatballs

[kabailz13](#)

500g Lean Beef Minced finely
30ml Lite Soy Sauce (Masterfoods Classic Soy Sauce)
1/2 Clove Garlic minced
1/2 Tsp Ginger
2 sml Spring onions finely chopped (10g)
2 Splenda Tablets ground

Mix all but Mince In bowl then add mince and mix well (hands work best)
Roll into 20 large or 40 small (for finger food) Balls
Heat 1 tblsp oil in large fry pan
Add balls and cook for about 10 mins untill brown and cooked through.

*Add some chilli if you like it hot
*Sprinke some sesame seed too if you like
*Great for finger food at parties
Makes 40 Balls

Each Ball
Protein 2.52
Fat 1.4
Carbs .08
Cals 22

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TF Wrap Recipe Ideas

[BeeBee](#)

Sooo... I'll try first 🍴

1 x TF wrap, 1 heaped tblspn of pure tomato paste mixed a teaspn of mixed herbs, 1 allowed serve of Philly Lite Cheese, mushrooms, olives 🍷, capsicum, onion, and sliced tomato... or your favourite allowed vege bits. A liitle sliced Lite Ham or cooked chicken breast can also be added.

Spread the tomato paste mix over the base, put the Philly Lite Cheese in a sandwich bag and snip one corner to make a piping bag - drizzle/pipe cheezey squiggles all over the tomato spread. Layer your veges over the top, sprinkle with herbs of your choice (or more olives 🍷) and pop in a 180C oven for 5-10 minutes until crispy around the edges....

... DEVOUR with plenty of gusto 🍷

Oh, you can have the cheezey-squeazy OVER the veges if you like... and did I mention olives? 🍷

What about Lamb Souvlaki? Warm a warp in the microwave for a few seconds...Fill with sliced, roast lamb (even sliced up chops) squeeze of lemon and salad.. drool... oh, and if you like, 12 olives 🍷

**BeeBee**

Oooo Ooo... the ideas are flowing now 🤪

Cut into 'corn chip-sized' pieces and crisped up each side... serve with salsa and/or 'legal' guacamole 😊

Softened in the microwave, then filled with scrambled eggs for brekky on the go 😊

Cut into 'chippy-sized' bits, spray with a little 'One calorie' Olive oil and sprinkle with spices... crisp up in the oven 😊

... and did I mention you can use 12 olives in there somewhere? 🤪

AAARRGH!!! Brain Explosion!

Soften one wrap...cut out 1 large and one small circle from it... spray 'One calorie' Olive oil in a large muffin pan, line the muffin hole with the larger circle, press it in... fill with one serving of the TF 'prefab' Beef Curry, use the smaller circle as a lid (still have to work out these details) and bake in the oven... single serve Beef Curry Pie 🤪

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'Tony-ish Delight'

BeeBee

Make up your Port Wine TF jelly with 250ml boiling water and one teaspoon of Rosewater Essence.

Pour into non-stick (teflon are best) icecube trays and toss in the fridge until completely set. Carefully pop them out and put on a plate. Pop in the freezer for 30 minutes so they are reeeeeeally cold.

Melt one TF Milk Choclette or Dark Choclette bar in the microwave (15 seconds) then stir and spoon into one corner of a sandwich bag. Cut a tiny hole in the corner - making a piping bag.

Pipe melted choclette over the turkish jelly cubes and place in the fridge for 30 minutes... if you can last that long... I didn't 🤪!

Check the pics... YUMMO!!!



"tortilla"

loki

Basically i chicken soup mix, about 2 tablespoons physillium husk(you could use simply fibre too i guess) a teaspoon of baking powder , just enough water make a doughy, gloopy mix (sorry can't be more precise-) then put goop on a piece of baking paper on a flat oven tray. i then got another sheet of baking paper and placed that on top to help squash it down and flatten into a large circle shape , maybe 1/2 cm thick. I then take that paper off and whack it in a fairly high oven for maybe 15 mins? then flip over for another 5.

Fill with salad of your choice....



Tuscan chicken

kinopio

Serving size: Serves 4

INGREDIENTS

2 punnets (400g) grape tomatoes
¾ cup (110g) pimento stuffed green olives
2tblsp olive oil
juice of 1 lemon
4 chicken breast fillets
basil leaves and salad, to serve

METHOD

- 1.**Preheat oven to 180°C. In a bowl combine tomatoes, olives, 2 tablespoons of olive oil and lemon juice.
- 2.** In a non stick frying pan - Season chicken to taste and fry for 2-3 minutes each side, until golden. Transfer to a baking pan.
- 3.** Pour over tomato mixture, toss well and season to taste. Bake for 15-20 minutes, turning once, until chicken is cooked. Top with a few basil leaves and serve with salad.

Tips: If desired, add 1 tablespoon capers to tomato mixture.

OR Instead of frying chicken, simply toss with remaining ingredients and bake until cooked through.



Warm lamb salad

kinopio

SERVES 4

INGREDIENTS

100g mixed salad leaves
1 lebanese cucumber, thinly sliced
1 red onion, sliced
1 red capsicum, seeded and sliced
1 tablespoon chopped mint
1 tablespoon chopped coriander
500g lamb back strap

Dressing

1 tablespoon salt reduced soy sauce
1 tablespoon lemon juice
1 tablespoon oil
1 teaspoon fish sauce
1 teaspoon brown sugar
1 garlic clove, crushed

METHOD

1. Combine salad leaves, cucumber, onion, capsicum, mint and coriander in a bowl.
2. Make dressing by whisking together soy sauce, lemon juice, oil, sauce, sugar and garlic in a jug.
3. Preheat chargrill on high. Cook lamb for 3-4 minutes each side, until cooked to taste. Rest, covered for 5 minutes. Slice and toss through salad with dressing.



Whole fish with green onion mayonnaise

kinopio

Serves 4

INGREDIENTS

1 whole snapper
1 medium (140g) lemon, sliced thinly
5 fresh bay leaves
1 cup flat-leaf parsley leaves
1 clove garlic, sliced
1 tablespoon extra virgin olive oil
salt and freshly ground black pepper

green onion mayonnaise

1 cup (300g) TF approved mayonnaise
8 green onions (green shallots), chopped finely
1 tablespoon lemon juice, approximately
salt and freshly ground black pepper

METHOD

Green onion mayonnaise

Blend mayonnaise & onion until well combined and smooth. Add enough lemon juice to achieve a pouring consistency. Season with salt and pepper; cover and refrigerate until required.

Score fish through the thickest part three times on each side. Fill fish cavity with lemon slices, bay leaves, parsley and garlic. Drizzle outside of fish with a little olive oil; sprinkle with salt and pepper.

Place fish in a hinged fish grill, or wrap in lightly oiled foil.

Cook fish in a covered barbecue, using indirect heat and following manufacturer's instructions, for about 20 minutes or until fish is just cooked through.

Yummy Broccoli, Cauliflower & Zucchini soup

MegatrOn

You will need -

- 1 head of cauliflower
- 1 head of broccoli
- 2 or 3 (depending on size) of zucchini
- Campbells liquid chicken stock

Chop up all the veggies coarsely. Throw all the ingredients into a pot, simmer on low-med heat .. make sure lid is on, for 15-20 mins. Wait to cool, with a blender or hand blender .. whizz it all up until its a smooth consistency. VOILA!!

Ive been having it for lunch for nearly two weeks now .. not even sick of it.

If its too thick you can always add a bit of water afterwards.

Enjoy!!!

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## *Italian Chicken*

**Jolegirl**

Just wanted to share a really easy and yummy dinner idea I tried out tonight. All I did was spray a non-stick frying pan with a little spray olive oil and added the chicken thighs (my husband won't eat breasts) that were seasoned with salt and pepper,

then poured over a twin pack of the Tony Ferguson Italian salad dressing and cooked until brown.

It was fanastic, great flavor and so moist.

We had it with fried (again just a spray of olive oil) cabbage (pre-steamed before frying),

zucchini,

onion,

mushrooms,

red capiscum,

celery

and tomatoes.

Really easy and hubby approved! 🍴

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Berry Ice Cream Dessert

Nikki34

I dont normally eat a lot of ice cream, pastry and bread is my undoing! But I really like what I made as a treat last night.

BERRY ICE CREAM

1 serve allowable ice cream

1 sachet 3 berry frozen mix

1 Tablespoon water

In a small saucepan on low heat, gently heat the frozen berries and water until berries release their juices and defrost completely. Keep it moving around so it doesnt burn. When fully defrosted and warm, top ice cream and enjoy!

So simple, and so yummy. Of course, it goes without saying, this should be treated as one of your twice a week treats. It is just enough to satisfy a sweet craving.

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## *Barbecue Lamb and Capsicum Kebabs*

submitted by: [maddysmum](#)



MAKES 16 SKEWERS

### **Ingredients:**

500 g lamb backstraps, cut into 2 cm cubes  
2 garlic cloves, finely chopped  
1/2 Tbsp olive oil  
2 Tbsp each freshly chopped parsley and coriander  
1/4 tsp each ground cumin, ground ginger and cayenne  
1/4 tsp freshly ground black pepper  
1 lemon, juiced  
1 red capsicum, cut in 2 cm cubes  
1 green capsicum, cut in 2 cm cubes

### **Directions:**

Place the lamb in a ceramic dish. Mix together the next six ingredients and pour over the meat. Marinate for two or three hours, stirring occasionally.

Heat grill or barbecue.

Thread a skewer with a piece of capsicum, followed by a piece of meat, repeating three times for each skewer. Place skewers on grill or barbecue. Turn as they cook. The meat should brown quickly on the outside but remain soft and pink inside.

### NUTRITIONAL INFO

(Per Serving)

Calories  
213 cal  
Kilojoules  
884 kJ  
Fat  
9.0 g  
Carbohydrates  
2.8 g  
Protein  
28.9 g  
Cholesterol  
82.5 mg  
Sodium  
99 mg  
Saturated Fat  
2.5 g  
Fibre  
0.9 g  
Calcium  
-  
Total Sugars  
-

Note: A dash indicates no data is available.

## *French Vanilla Pikelets*

**Suzikatz**

ok these are real nice, the last recipe I posted was pretty bad, but the birds enjoyed it, recipes are about making mistakes and learning from them.

### **French Vanilla Pikelets**

1 pkt of french vanilla shake  
1 egg  
2 teaspoons TF fibre  
1/4 teaspoon of vanilla essence  
50 mls of skim milk or water. ( I used skim milk )  
1 tablespoon of soy flr ( optional ) - this flr very lo-carb

### **What to do:**

\_place all ingredients into a small bowl and mix, leave for about 10 mins until the fibre works its magic and makes the mixture rise abit.

Get a frypan ready with some olive oil spray - only spray the pan once, this is enough oil to be used. Place spoonfuls of mixture into the pan - about 4 spoonfuls each go.

Turn over when small bubbles appear or you think its cooked on the other side.

Pls watch them as they can burn very easily. this mix makes about 15 small pikelets.

1 shake is your brekkie or lunch and 1 egg is your protein for the lunchtime if you are on 1 shake per day. Add some ww jam on the top of the pikelet and some lite cream cheese and enjoy.( sparingly please )

\* be aware that the soy flr will make it more firmer, **but its not TF approved.**



Enjoy with a cuppa for brekkie or lunch. Remember only 1 spray of the olive oil.



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Katzuchini Eggplat and Apple Slice

Suzikatz

here is a really yummo recipe for you all to enjoy.

KatzuchiniEggplant & Apple Slice

ingreds :

2 Large Zuchinis - grated and juice squeezed out - do this in your hand in small batches.

1 small Eggplant - grated as above.
2 green apples - sliced
3 eggs - lightly beaten
1 tspn cinnamon only - not cinnamon sugar
2 tablespoons Soy Flr - Optional
4 sachets of splenda sugar
2 tablespoons of lite cream cheese
2 tablespoons WW Jam strawberry
extra cinnamon for sprinkling.

Method:

once zucchini & eggplant have been grated and squeezed, place in large bowl, add slowly th beaten eggs and the soy flour and the cinnamon and splenda. Blend well, place in a sprayed lamington pan (olive oil spray) and then place on top the sliced green apples/. Put in oven 200'c for 25-30 mins. Must be fully cooked, pls watch incase it burns. Take out of oven and let it cool, add extra cinnamon on the top asap.

in a sml bowl add cream cheese and ww strawberry jam and mix gently. add this on the top of slice when its been cooled and you can happily touch the slice without burning hands .
15 mins tops. Spread over the top.
Grab a coffee or tea and go sit and enjoy.

The soy flr adds abit more stability. Make sure to squeeze the zucchini & eggplants well. Too much juice will make it go too runny.

2 tablespoons Soy Flour will make it roughly about 5-10carbs in total of the slice. As soy flr is low in carbs.

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*Lemon Fish recipe..mmmmm*

[maddysmum](#)

LEMON FISH - 4 Servings \*Low Fat\*

4 white fish fillet  
1 tbsp oil  
1 tbsp fresh lemon juice (1.3 grams of carbs)  
1 garlic clove, thinly sliced (0.9 grams of carbs)  
4 tbsp whole light ricotta cheese (1 gram of carbs)  
4 tbsp plain yogurt (2.8 grams of carbs)  
1 tbsp fresh chives, optional (0.6 grams of carbs)

Preheat oven to 400 degree. Place fish in aluminum foil packet with oil, garlic & lemon juice. Place fish packet in oven. Mix the ricotta cheese with yogurt & stir in snipped chives. When fish is done, remove & serve with ricotta/yogurt sauce.

**Carb Count: Recipe Total 6.6 grams of carbs, Carbohydrates Per Serving 1.6 grams of carbs**

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CINNAMON MERINGUES - 4 Servings

[maddysmum](#)

2 egg whites (0.6 grams of carbs)
1/4 tsp cream of tartar
dash salt
1/2 cup Splenda
2 tsp ground cinnamon (3.6 grams of carbs)
1 tsp vanilla extract (1.5 grams of carbs)
1/2 tsp almond extract

In a medium bowl, combine egg whites with cream of tartar and salt; beat until soft peaks form. Fold in cinnamon, vanilla and almond extracts Drop by tablespoonfuls onto greased cookie sheets. Bake at 300 degrees F for 30 minutes.

Carb Count: Recipe Total 5.7 grams of carbs, Carbohydrates Per Serving 1.4 grams of carbs

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You have to try this, let me know how it was....

Oopsi rolls

[Mrs Macca](#)

Ok this is what I came up with today whilst mucking about in the kitchen..

*Oven at 150°C, 2 trays lightly sprayed with good oil or use paper.*

### *Oopsie rolls with a twist*

3 Eggs separated  
1/4tspn Cream of tarter  
3 Oz Philly cheese  
1 Tb Simply fibre  
1 tspn Parsley chopped  
1 tspn Cumin powder  
1 tspn Paprika (sweet)  
1/2tspn Chilli flakes  
1/2 tspn Garlic

Whisk everything except egg whites and cream of tarter until well mixed and set aside. Whisk egg whites and cream of tartar in a clean bowl until stiff peaks form then fold into yolk mix. Dollop mix onto trays, I made 4 and spread them out so they were about 1/4cm thick. I cooked for 20 minutes and then turned them and grilled to brown up a little. Add meat and salad and voila 🍴

### **My meat mix, half when cooked and save some for later.**

80 grams uncooked mince  
1/2 onion  
2tspn Cumin  
2tspn Paprika (sweet)

1tspn garlic

1tspn Chilli flakes (opt) 🤪

Brown onion and mince then add flavours and mix through for a minute or two. Then cover with water and simmer for around 5 minutes to reduce liquid, makes the mince softer. Fill inside of 2 Oopsie Taco's with salad.

Add salad of your choice and a little salsa (1/2tb ea) to each one and yummo, I loved it and hope you do also. **Warning**....extremely moorish and filling 🤪



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## *Caramel Banana Pancakes*

[TheGirlChild](#)

1 tf banana shake  
2 Tbs simply fibre  
1/2 cup water  
2 vanilla sugarless chews  
2 Tbs splenda

Caramel sauce -  
3 sugarless caramel creme chews  
3tbs splenda  
1 capful vanilla essence  
1tbs margerine

- 1) chop up vanilla chews into 4-6 peices each
- 2) combine water, shake, chews and simply fibre in a bowl and wait until sf has bulked up
- 3) add pikelet or pancake sized blobs to a hot frying pan that has been oiled or buttered and cook on both sides

For sauce -

- 1) chop caramel chews into 4 peices each chew
- 2) in a microwave safe bowl, add all ingredients and mix
- 3) cook for 30 to 40 seconds on high, until all ingredients are melted
- 4) mix till runny and pour over your pancakes

Serve with a chopped banana and some tf friendly icecream, this is divine!

To make chocolate version:

Replace all sugarless chews with chocolate chews

Replace vanilla essence with chocolate essence  
Replace banana shake with chocolate shake

To make different flavoured sauces:

Replace vanilla essence with any other flavours of choice  
Replace sugarless chews with any other flavours of choice

Enjoy!

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