

Turkey roll with spinach seasoning

Serves 4

Ingredients:

680g turkey breast (serves 2 men, 2 women)
1 tsp lite salt (optional)
200g baby spinach steamed
200g red capsicum chargrilled and sliced
1/2 cup basil leaves shredded
1 tsp sweet paprika
plastic wrap
kitchen string

Method:

1. Place turkey breast between plastic wrap, flatten with meat mallet.
2. Remove plastic, sprinkle with lite salt (optional) and layer with spinach, red capsicum and basil. Roll turkey from short end, secure with string, sprinkle with paprika.
3. Bake for 30mins or until tender. Remove string, allow to cool and cut into 2cm slices.
4. Serve with vegies/salad.

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## *Veal Scallopini*

480g veal

**serves 4**

### **Ingredients**

- 480g Veal strips
- 2 Tablespoons olive oil
- 2 large pieces cauliflower
- 1 onion
- 1 clove garlic
- 1/2 red capsicums
- 2 cups green beans
- 1 tin crushed tomatoes
- 1 large container sliced mushrooms
- 1 jar Leggo's Scallopini Sauce
- Spring onion to garnish

### **Method**

1. Pre cook cauliflower and beans, then separate cauli-floretts, thinly slice capsicum and leave aside.
2. Heat 1 tablespoon of oil in pan and cook garlic and onion until brown. Add mushrooms and brown, then remove all ingredients and set aside.
3. Heat the rest of the oil and brown the meat, add mushroom/onion mix and stir through. Add beans, capsicum and cauliflower to pan.
4. Add scallopini sauce and crushed tomatoes and mix will, add pepper garnish with spring onion.

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a delicious tuna bake for dinner!

bevybrooks

- 1 x 95g tin of Safcol penang curry tuna (0.4gm carbs)
- 1/2 diced onion
- small amount of bacon, diced (optional as it is extra protein, I was good and went to the gym 😊)
- 2 x small zucchini's, sliced thinly like spaghetti
- 1/4 jar of Leggos 4 cheese pasta bake (5.1gm carbs)

Preheat oven to 180 degrees.
With cooking spray, brown onion and bacon.
Add zucchini to boiling water for no longer than 2 mins.
Put all ingredients in an oven proof dish for roughly 10 mins until all is heated through.
Dish up and eat it all up!

I made the same meal for my family, except they had real pasta. The curry tuna made it very yummy. I wish I had have made more so I could have frozen some for another night. I have also made this Leggos spinach stir through sauce. It doesn't look very appealing does it? LOL. But I thoroughly enjoyed it.

Bevy.
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*Apple and Cinasmon Pudding*

**toofatfortahiti**

I used a shake to make an apple and cinnamon thing today.

- 1 French Vanilla TF Shake Mix
- 50mls water
- Pinch of cinnamon
- 1 apple

Slice or dice your apple and zap for 2 minutes in the microwave (or until it's how

you want it, I like it to sizzle). Mix the shake mix, cinnamon and water in a larger serving bowl, leave for a few minutes then zap for 40 seconds.

When it comes out, plop the apple on top, hot apple cinnamon pudding!

\* go easy on the cinnamon

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Asparagus with balsamic dressing

Serves 4

Ingredients:

400g asparagus trimmed
spray olive oil
1 1/2 tbsp balsamic vinegar
2 med tomatoes peeled, seeded and chooped finely (little cubes)
2 tbsp small basil leaves

Method:

Cook asparagus on heated grill or bbq until browned and tender.

Serve asparagus drizzled with spray oil, vinegar and tomato, sprinkle basil leaves

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## *Banana Bread*

**Serves 4**

### **Ingredients**

- 2 Tony Ferguson banana shake sachets
- 2 Tony Ferguson vanilla shake sachets
- 4 small semi ripe bananas
- ¼-½ cup Tony Ferguson Simply Fibre (use ½ cup for more fibrous bread)
- 2 tbs olive oil
- 2 tbs sweetener (ensure suitable for baking)
- ½ cup water

### **Method**

- 1.** Pre-heat oven to 160oC.
- 2.** In large bowl, mash bananas.
- 3.** Gradually add contents of all sachets, combining well as you add.
- 4.** Add sweetener, olive oil and combine. Gradually add Simply Fibre and water, combining well to

make a thick dough.

5. Grease a non-stick loaf tin with olive then add banana mixture.
6. Place in oven, cook for 25 minutes. Lower heat to 100oC, cover tin with foil (prevents burning) and cook for further 20 minutes.
7. Remove from oven and cool.
8. Serve warm, cold or heat up later.

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Cajun and garlic squid/calamari

TayHay

My new favourite TF meal 🍷🍷

(I need to check on the allowed weights of squid - I will update the recipe if 120g for a female is not correct).

Cajun and Garlic Squid (or calamari/prawns)

Serves 1 (best made in individual portions so the squid cooks fast and properly)

Ingredients

- 1x squid tube - approx 120g as is (from the deli)
- 1 tsp crushed garlic
- cajun spices
- parsley
- lite salt and pepper
- 2 tsp olive oil (didn't try it with spray oil)

Method

rinse squid tube in cold water and pat dry
cut up into strips and put on a plate
sprinkle cajun spices, parsley, salt and pepper all over, and toss through - don't be shy with the cajun!
heat oil in pan until hot, then add squid
while it's cooking, add the crushed garlic and toss through
Cook on high heat for 1-2 mins only..

Serve over garden salad with whole egg mayo and sweet chilli sauce (I used home made)

Here are some pics - the two at the bottom are mine and Huz.. his has more obviously, and he couldn't resist the mayo 🍷🍷





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## *Cajun cutlets with cucumber salsa*

**Serves 6**

### **Ingredients:**

3x220g lamb cutlets (men)  
3x120g lamb cutlets (women)  
2 tsp ground cumin  
2tsp ground coriander  
1 tsp ground turmeric  
1 tsp sweet paprika  
1 tsp ground oregano  
1 tsp chilli powder  
1/2 tsp ground clove  
spray olive oil

### **Cucumber salsa:**

2 lebanese cucumbers seeded and chopped  
2 med tomatoes seeded and chopped  
1 med yellow capsicum chopped  
2 green onions chopped finely  
1 tbspc balsamic vinegar  
spray olive oil

### **Method:**

**Coat** lamb with combined spices and spray of oil in bowl. Cover, refrigerate 3 hours or overnight.

**Cook** lamb in batches. Serve lamb with cucumber salsa.

*Cucumber salsa: Combine ingredients in small bowl, cover and put in fridge for 30mins.*

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cheesy tomato sauce with vegies

rachel180.

ingredients are:

1 can of crushed tomatoes
Leggos – Stir Through Ricotta & Spinach with Pecorino Cheese
palm sized chicken serve cut into pieces
vegetables of your choosing, mine were:
mushrooms
beans
bok choy
broccolini

capsicum
zucchini

use a deep-ish fry pan and cook mushrooms and chicken pieces (i do this in water or a tiny bit of olive oil) i add garlic and chilli here because i love them!
when cooked, add semi-boiled vegetables, finishing with the can (or 3/4 can, whatever works) of crushed tomatoes (more makes a soup)
add 1 1/2 teaspoons of the stir through ricotta and spinach sauce (or more to taste)

enjoy 😊 let me know if you try it!

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## *Chicken Cacciatore*

**tskellernsmith**



### **Chicken cacciatore**

Serves: 4 Cooking time: less than 60 minutes

#### Ingredients

4 x 120g female chicken breast fillets, cut into 12 pieces or  
4 x 220g male chicken breast fillets, cut into 12 pieces  
freshly ground black pepper  
1 tablespoon Olive oil  
1 medium (170g) red onion, halved, sliced  
1 large (350g) green capsicum, sliced  
2 (300g) celery stalks, cut into 1cm dice  
2 medium (240g) carrots, sliced  
2 large cloves garlic, chopped finely  
¼ cup (60ml) dry white wine  
400g can peeled tomatoes (no added salt), chopped coarsely  
1 cup button mushrooms, sliced  
1½ tablespoons fresh lemon juice  
¼ teaspoon chilli flakes  
2 cups (350g) Cauli-rice  
2 tablespoons chopped fresh flat-leaf parsley

#### Method

Season chicken with pepper. Heat oil in a non-stick frying pan over moderately high heat. Add chicken, cook until browned on both sides. Remove from the pan. Add onion, capsicum, celery and carrots to the pan; cook over low heat until vegetables are soft, about 10 minutes, stirring frequently. Stir in garlic and cook until fragrant.

Add wine, scraping the base of the pan. Add tomatoes, mushrooms, lemon juice and chilli flakes; bring to a simmer.

Return chicken to the pan, cover with crumpled wet baking paper and simmer over low heat until chicken is cooked through, about 10 minutes. Meanwhile, prepare cauli-rice. Spoon cauli-rice into bowls, add chicken mixture and sprinkle with parsley. Suitable to freeze and microwave.



## *Chicken Curry*

Serves 4

### Ingredients:

1.4kg chicken cut into ¼'s  
(or use chicken pieces skin removed)  
6 baby onions, peeled  
2 Tablespoons red or green curry paste (or to toast)  
1 Tablespoon fish sauce  
¼ cup coconut flavoured evaporated milk  
½ cup low salt chicken stock  
400g can tomatoes  
Juice of 1 lemon  
Chopped coriander or basil leaves

### Method:

Preheat oven to 190C  
Place the chicken pieces in a large baking dish with the onions  
Combine the curry paste, fish sauce, milk stock and tomatoes in a bowl and pour over the chicken  
Bake in the oven for 1 hour or until chicken is cooked through  
Pour lemon juice over sauce and sprinkle with chopped herbs.





(Serves 2)

## *Chilli Chicken with Balsamic Rocket Salad*

### **Ingredients**

#### **Chicken**

- Chicken breast fillets (Females: 2 x 120g OR Males: 2 x 220g), chopped into 1cm by 3cm strips
- 1 Small Chilli, seeded
- 2-4 Cloves of garlic
- 1 -2 Heaped teaspoons of curry powder
- ½ Teaspoon of ginger
- 1 Tablespoon of olive oil
- 2 Tablespoons of soy sauce

#### **Balsamic Rocket Salad**

- 2 Cups of rocket
- 10 Cherry Tomatoes, halved
- 6-8 Large basil leaves, torn
- 1 Teaspoon olive oil
- 1 Tablespoon of Balsamic vinegar
- Salt and pepper to taste

### **Method**

1. In a medium bowl, add the chicken and all the chicken ingredients and combine well. Cover bowl with cling wrap and place in the refrigerator for 1 hour to marinade.
2. After one hour take the chicken mix out of the fridge.
3. Place a medium non - stick fry pan on medium heat and add 1 tablespoon of olive oil.
4. Add the chicken mixture and toast until golden and cooked through. Make sure you stir the chicken occasionally.
5. While the chicken is cooking, prepare the salad. Obtain a large salad bowl and add all salad ingredients and combine well.
6. Once the chicken has cooked and salad has been prepared, on each plate, serve half the chicken with half the balsamic and rocket salad.

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CHOC SHAKE COOKIES

1 shake makes approx. 9 mini cookies.
To make TF Cookies:

1 Add enough water in a bowl to make the chocolate shake powder into thick dough-like mixture.

2 Add 2 teaspoons of Simply Fibre & mix in well.

3 Gradually mix in a couple of tablespoons of water and allow the mixture sit for 10 minutes to bulk out. Add a little more water if necessary. Mixture should be thick consistency so it holds a peak.

4 Spread the mixture in to bite size pieces about 1cm thick on to a non-stick oven tray.

5 Bake for 10 - 12mins on 180C (be mindful to watch them!)

6 When the biscuits cool – they will be crispy on the outside & soft on the inside. Enjoy!

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### *Free Soup Ideas:*

#### *Celery Soup*

##### AfricanQueen

I love this celery soup and it fat free, its especially tasty for those who don't like to munch on celery.

1 bunch of Celery stalks diced  
1 large red spanish onion  
2 cloves of garlic  
1 inch of ginger  
1 red or green chilli ( depending on how hot you like it)  
mixed italian herbs  
salt  
pepper  
1 cup water or vegetable stock

Spray a pan with olive oil and add the chopped onion, then add crushed garlic, ginger and chills to it, add the celery and season with salt( if adding vegetable stock, add salt if necessary), pepper and the italian herbs, add the water or vegetable stock and cook till tender.

then put it in the blender and process it. serve hot with chopped coriander  
hope you all like it

Recipe....checked with TF staff

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Cauliflower & Leek Soup

Ral

Not sure if anyone has posted a cauliflower and leek soup before.... but I just made some up.... using a recipe I made up in my head.

2 cups of water with 2 chicken stock cubes..... boil this up until the cubes dissolve. Cut up a small cauliflower and a leek and add to the liquid..... add salt and pepper and just simmer until the cauli is tender and starting to fall apart. Get out your slender blender and blend until smooth and creamy..... It is quite nice, and looks just like potato and leek soup!!!! Add some more salt and pepper if you like or even a little bit of curry while it is cooking would be alright too.....

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### *Fab40's Soup Recipe*

I have a great one you could try... I know it has leek in it, but you can't taste it, it just adds to the flavour of the soup and I'm almost certain you will love it...its got a lovely tomato flavour.

Firstly cut up **2 red capsicum**, spray with a little olive oil spray and oven roast, turn over when charred and char the other side also...When cool, peel off the skin add chop roughly.

Then in a large pot add a splash of **olive oil** and soften **2 sliced leeks**, 2 diced **onions** and **garlic**.  
Add one tin **peeled tomoatoes**.  
Add **2 carrots** (largely diced), **3 Zuchinnis**, **1/2 a cauli** cut up really small, 1 bunch **broccolini or some broccoli**  
Add the diced capsicum, water and **Vegeta Chicken Stock** to taste, bring the boil and simmer for a few hours.

This recipe makes a HUGE pot of soup, so decrease the quantities if you want. What I do is freeze in containers and defrost when needed.

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Vegie Soup

Nanny3 now Mallyflea

Any allowed vegetables
1 can crushed tomatoes
8 small shallot onions
1/2 punnet cherry tomatoes

cracked black pepper
1 clove garlic crushed
500ml carton allowed any stock
water to cover vegetables
curry powder

Cook until tender and then I blend it all up and freeze in portions.

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## *Thick and Creamy Vegie Soup*

Carb-a-holic

1/4 cabbage  
1/4 couliflour  
1 carrot  
1c brussell sprouts  
3 stalks of celery  
1 onion  
1tin diced italian tomatoes  
1Tbs of mixed italian herbs (or any herbs)  
1Tbs of minced garlic  
1tbs curry powder  
1ltr chicken stock

sautee onion, celery, carrot & cabbage. add curry powder and garlic, stir through. add brussells and stock. bring to the boil & simmer for 5 mins. add couliflour & tomatoes. simmer for 20 mins. add herbs and mix through. mix in blender till thick and smooth.

Im sure this is not a new idea but i liked the way it was different from the chunky style im used to and it reminded me of pumpkin soup good for warming you up. not even the slightest taste of cabbage or couliflour. 🤗 thats good for a change.

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Tomato Soup

Serves 4

Ingredients

8 medium tomatoes
1 medium onion, sliced
1 carrot, peeled and diced
1 x 400g can peeled tomatoes
3 shallots, chopped
2 garlic clove, crushed
1 tablespoon equal
1 tablespoon chopped fresh basil
1 tablespoon chopped parsley
2 teaspoons Worcestershire sauce
pinch salt

pinch pepper
3 cups chicken/vegetable stock

Method

Score a cross on the bottom of the tomatoes drop tomatoes in a pan of boiling water for 15 to 20 seconds, then put them into a bowl of cold water and peel back the skin.

Puree fresh tomatoes and tin tomatoes in a blender with crushed garlic, Worcestershire sauce and herbs.

In a large saucepan on high heat add stock and bring to the boil, then add onions, carrot, salt and pepper. Cook for 10-15 minutes.

Add tomato mixture to the saucepan cook for a further 20-25 minutes to allow flavours to combine.

Serve topped with shallots.

cheers

Shorty Tony Ferguson Staff

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*Light Vegetable Soup*

Serves: 4

Ingredients

- 1 litre good quality vegetable stock
- 2 carrots
- 2 sticks celery, chopped
- 1 onion, chopped
- ¼ cup roughly chopped parsley
- 400g tin crushed tomatoes
- ¼ cup finely shredded basil
- 1 Tablespoon rosemary, finely chopped

Method

Bring stock to a boil in a large saucepan, Add carrot, celery, onion, parsley and tomato and simmer gently for 30 minutes.

Stir through basil and rosemary and season to taste.

Note: If you would like to make it beef and vegetable soup you can add 4 x 120g diced beef (females) or 4 x 220g diced beef (males) with parsley and tomato. Simmer for 1 hr or until beef is tender.

Note: if you choose to use this recipe just as a vegetable soup you can have it unlimited, if you add protein to the soup you can only use it as your protein serve.

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Country Style Vegetable Soup

- ¼ small onion, chopped
- ¼ leek, sliced
- ½ medium tomato, peeled and roughly chopped
- ¼ bunch fresh asparagus or extra leek, chopped
- ½ zucchini, chopped
- ½ stalk celery, chopped
- 375 ml beef stock, fresh ground pepper
- ¼ small bunch fresh basil, finely chopped
- 1 small sprig fresh rosemary roughly chopped

Heat in a non-stick pan, add 2 tablespoons water, and bring to a light boil. Add garlic, onion, leek, and rosemary. Cook until onion is translucent. Stir in tomato. Add remaining vegetables to the pan with beef stock. Season to taste with pepper, simmer covered until tender. Serve sprinkled with basil.

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### *Tomato Celery and Fennel Soup*

- 1 cup tomato juice or tomato puree
- 1 stalk celery with leaves, chopped
- ¼ tablespoon ground fennel leaves
- ½ cup water
- chopped fresh chives and parsley

Heat soup base in a pan until simmering; add celery, fennel and water, and bring to boil. Reduce heat half cover, and simmer for 10 minutes. Serve hot. Sprinkled with fresh parsley and chives.

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Puree of Vegetable Soup

- 1½ cups beef stock
- 1 medium onion
- 1 carrot, chopped
- ½ stalk celery with leaves, chopped
- 1 tablespoon mixed, thyme, bayleaf
- Finely chopped fresh parsley or coriander

Heat beef stock in a deep pan until boiling, add onions, carrots, parsnip, turnip, celery and stir well. Sprinkle with thyme, bay and parsley mixture. Cover and simmer for 12-15 minutes or until vegetables are tender. Let sit for 30 minutes, then put through a blender to puree. When pureed, simmer til warm. Serve warm, and add a sprinkle of chopped fresh parsley or coriander.

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### *Tomato and Vegetable Soup*

200g fresh ripe tomatoes, peeled  
1 small onion  
1 small carrot  
75g white cabbage  
8 green beans  
¼ teaspoon dried mixed herbs  
1½ cups water  
1 small clove garlic, chopped finely  
Freshly ground pepper

Chop and grate vegetables. Transfer to a pan, add garlic, herbs, freshly ground pepper and water. Bring to boil, cover and simmer for 10-15 minutes. You can add more water if too thick. Makes two serves.

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Tomato and Leek Soup

1 cup tomato juice
½ cup water
1 medium leek, white only, thinly sliced
¼ teaspoon thyme
¼ cup mushrooms, thinly sliced
Fresh chopped chives

Heat tomato juice until simmering, add leek, thyme and water, and bring to boil. Reduce heat, cover and simmer gently for 8-10 minutes, serve sprinkled with chopped chives.

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### *French Onion Soup*

2 cups beef stock  
1 medium white onion, finely sliced  
1 small clove garlic, finely chopped  
Sprinkle bayleaf, dried  
Freshly ground pepper  
Finely chopped fresh parsley

Bring 1 cup of stock to boil, add onion and garlic cover and simmer for 15 minutes.. Add remaining stock, bayleaf and pepper. Bring to boil, cover and simmer slowly for 30 minutes. Occasionally skim surface.

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Hot Pot Soup

- 1 stalk celery
- 1 onion
- 1 small zucchini
- 2 cauliflower flowerets
- 2 flowerets broccoli
- ¼ cup cabbage
- ¼ cup beans
- ¼ cup shallots
- Fresh parsley
- Pepper and water

Cut all vegetables into small pieces. Put into saucepan with 1½ cups water, add pepper, little salt. Bring to boil till vegetables are tender and most of the water has gone, about 15-20 minutes.
Soup will become very thick. Serve hot

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### *Tomato Soup*

- 2½ cups stock
- 1 onion chopped
- 2 tablespoons tomato puree
- ½ teaspoon pepper
- 250g tomatoes
- 1 clove garlic crushed
- 2 tablespoons chives, chopped finely

Chop tomatoes and dice onion, bring stock to the boil, add vegetables. Simmer covered until onion is tender. Season with salt and pepper, and add tomato puree. Stir in chopped chives.  
Enough for 2 serves – will keep in fridge.

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Garlic and Pesto chicken with chargrilled balsamic vegetables

Serves 6

Ingredients:

- 3x220g chicken breast (men)
- 3x120g chicken breast (women)
- 6 tbsp pesto
- 2 cloves garlic, peeled and finely chopped

small amount olive oil
2 tbsp balsamic vinegar

Method:

1. Cut small pocket along side each chicken breast and place 1 tbsp of pesto in pocket.
2. Lightly brush breast with garlic, olive oil and balsamic vinegar.
3. Add chicken to pan, cook and serve with chargrilled vegies.

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*Ginger and Chilli Tofu Stir Fry*

(Serves 2)

**Ingredients**

- Tofu - 2 x 150g (Females) OR 2 x 250g (Males), chopped into 2cm by 2cm cubes
- ½ Small eggplant, chopped into 1cm by 2cm chunks
- ½ Red capsicum, chopped into 1cm by 2cm pieces
- ½ Green capsicum, chopped into 1cm by 2cm pieces
- 1 Stalk of celery, chopped into 2cm crescents
- 4 Stalks of asparagus, chopped into 2cm pieces
- 6 Medium mushrooms, chopped into ½ cm slices
- 2 Tablespoons of shallots, finely chopped
- 1-2 Cloves of garlic, crushed
- 3 Tablespoons of soy sauce
- 2 Teaspoons of ginger paste
- ½ Teaspoon of chilli paste
- 6 Large basil leaves, torn into 2 - 3 pieces
- 1 Tablespoon of olive oil

**Method**

1. Place a large wok on low to medium heat, add olive oil and heat.
2. Add the tofu, eggplant, 1 tablespoon of soy sauce, garlic, ginger and chilli and combine well.
3. Stir-fry until the tofu goldens in colour.
4. Add the remaining vegetables and shallots, combine well and stir-fry for 5 minutes.
5. Add the remaining soy sauce and basil leaves, combine well and stir-fry for a further 5 minutes.
6. Serve immediately.

## Serving suggestion

- You may want to serve this with a side of Cauliflower rice. Check out this recipe and other great main meal accompaniments in the Vegetable Side Dishes section or in our Tony Ferguson Cook books!

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I made a sandwich today everyone from a...

bevybrooks

Im excited! Okay, it wont be the best sandwich you have ever had, but when you are craving one, this isnt bad!

1 sachet of chicken soup (i wasn't sure what to use so just tried this)

2 tsp of Simply Fibre

pinch of baking powder

small amount of water (I didnt measure sorry but just enough to form a dough)

Form it into a loaf like shape, bake in the oven at 180 for 10 mins, turn over for another 10 mins.

Cut it in half lenth ways, so you have 2 slices then add whatever you like!

I added a slice of ham (extra protein remember, but I did 1hr 20min at the gym), lettuce, cucumber, pepper and a bit of allowed mayo! It is very crunchy so is more like toast, but I enjoyed it and would make it again. Thinking about making another one so I can take to my course tomorrow.

Here is a photo.



Doesn't look very attractive does it?? LOL. This is when its sliced in half.. I have made one of mine one day ahead, wrapped it iin glad wrap then ate it at my course the following day and it was still delicious.

Bevy.

Feefa

yummo, i just made one with the roast pumpkin soup and it was soo yummy! pumpkin bread!



SkinnyDi

Hi Bev

I tried it the other day, I made mind from the chicken soup but I added some mustard , garlic and italian herbs it turned out perrrrrrect. Yummo 🍲

Thanks for sharing Bev.

bevybrooks

Thanks Skinny Di! I tried your recipe today and it reminded me a bit of a foccacia! Filled it with lots of salad, bit of allowed ceasar salad dressing, very nice.

Bevy.

TayHay

omg that was sooo good.

a little salty - but I loved that fact LOL.. Mmmmmmmmm had egg mayo, lettuce, cucumber and alfalfa on it YAY I am in heaven and in need of going to buy more chicken soups for tomorrow! haha.

Big Girl 78

These are a great idea, best of all they can serve as croutons in salads. I miss a good caesar salad!!

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*Lotsa Recipes by Cori*

**Cori-Jade**

*I got into a very experimentive mood today. I've been trying a few recipes off of the site every now and then. (even my friends like the jelly lollies, and my sister eyes off my muffins every time I cook them) But, there is one recipe I was reading, and wanted to try, and today, finally got the chance to... but... with my own twist of course*

*Jelly Slice!*

*I LOVE Jelly Slice, and have ever since I was a kid, but, my mum always used to put fruit in our jelly slices, and it's a habit I've developed growing up as well... jelly slice just isn't right without fruit!*

*So here is what I've done.*

*Jelly Slice with fruit and cream\_ 🍷*

**BASE: (as per original recipe)**

*Two teaspoons of simply fibre*

*One eggwhite (the original recipe was an egg yoke, but I found it works better*

*with an egg white)*  
*A few drops of vanilla.*

Pour the mix into the bottom of a small oven safe bowl or baking dish (one person serve sized) and bake in a 180 degree oven, for 12 to 15 minutes.

### *Shake Custard:*

*One TF shake (I used Pina Colada because I love the taste)*  
*75 mls of boiling water*  
*1 teaspoon of gelatine*

Mix the water and the gelatine, stir in the shake until dissolved, It takes a lot of will power not to eat all of the custard before putting it into the slice 🤪

Once the base is slightly cooler, pour the custard mix on top, and stick into the fridge while you make the jelly.

### *Jelly with Fruit:*

(With this, I made two layers of different flavoured jelly)

*2x jelly flavours of your choice.*  
*50 mls of boiling water for EACH jelly (so 100 mls in total)*  
*½ teaspoon of gelatine for EACH jelly*  
*Half an apple*  
*Half a nectarine*  
*(or any fruit you want from the allowed list really)*

Mix up the jelly (one at a time)

Add a layer of one of the fruits on top of the custard, and pour over your first flavoured jelly... allow to set in the fridge for about 20 minutes first before you add the next layer of jelly and fruit, or they mix together (which is exactly the mistake I made 🤪)

After 20 minutes, add second layer of fruit, and pour second lot of jelly over that, allow to set for an hour or so.

### *“Cream”:*

I really wanted to be able to top this with cream... so I brainstormed, and came up with Philly cheese (love that stuff)

What I did, was put a tablespoon of Philly, into a cup, add a few drops of vanilla, a teaspoon of sweetener (whichever kind it is you use) and a tablespoon of boiling water, and mixed it all together... it actually LOOKED like cream, and had a creamy texture and taste... it was vanillary and sweet, but still had that yummy cheesy tang to it... I spooned that on top of my Jelly Slice, and it really does look too good to eat!!

**(Many thanks to the original Jelly Slice recipe from Huffy... I NEVER would have thought to make something like this on my own!)**

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Eggplant Pizza... sort of?

This is kind of like a vegetable pizza really... I made it during my first week on the diet, and have had it numerous times since then I love it so much 🍕

These will feed about 4 as a side dish with your protein serve unless you really want to pig out on eggplant... but I guarantee they are filling.

Here's how I do it

First, start off with one large whole eggplant, sliced thinly (but not too thin of course) to use as a base

Cook them in a pan, to soften them up (I sprayed the pan with a little spray cook stuff, I suppose it seems better to me than oil or butter) takes about 5 minutes to cook them all the way through, turning them once.

Place the cooked eggplants on an oven tray and let them cool for a bit while you cook the other veggies.

You can use any veggies you like to put on top of them, but I usually have a mix of onion, zucchini, mushroom, capsicum and tomato.

Cut up your veggies (in whatever portions you prefer) and cook them in the pan until they're soft, yadda yadda I'm sure you all know how to cook vegetables

Get some tomato paste (I found some in coles that only has 6 grams of carbs in it, and you use the smallest amount so, I figured it would be allowed) spread the paste over the eggplants, then spread a small amount of philly cheese over them aswell. Top with your veges, and bake in a 180 degree oven for about 4 to 5 minutes. Then EAT!

They taste GREAT, they smell GREAT, they look GREAT

I just love them!

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## *Stuffed Capsicums!*

My Nonna used to make the yummiest stuffed capsicums... which are totally off the list because of the breadcrumbs in them and the sauce she puts on them... BUT, I decided to make my own kind of stuffed capsicums that the diet will allow.

The recipe will feed 4 people.

All it took was

4 regular sized capsicums (you will need to cut the top off and get the seeds and everything out of the inside so you can stuff them, it's a little tricky, but can be done! Make your life a little easier and buy fairly straight looking capsicums and not the curvy, bent ones)

**Stuffing mix:**

*One zucchini (grated)*  
*Half an eggplant (grated)*  
*5 mushrooms (cut into really small pieces)*  
*2 tomatoes (also cubed into really small pieces)*  
*A handful of broccoli (chopped up finely)*  
*One whole onion (grated)*  
*One teaspoon of chopped garlic (or as much garlic as you like, coming from an italian background I could live on garlic)*  
*Two egg whites*  
*(you can add herbs and spices of your choice to the mix)*

Once you've grated everything, that's the hard part out of the way, add the two egg whites (this will hold the mix together when you cook it) and stuff it into your capsicums. The mix will be very watery thanks to juicy vegetables, so squeeze it a fair bit as you stuff it in to get some of the liquid out.

Put the capsicums on a baking tray, and bake in a 180 degree oven for 40 minutes, turning the capsicums once at 20 minutes, depending on the size of your capsicums it may take a little longer, or be a little quicker.

*I cut up 2 more tomatoes, added some lemon juice, some garlic, a teaspoon of tomato paste, a teaspoon of Philly, and some lemon grass, and made a sort of sauce to pour over the top of the capsicums after they are cooked... it tasted good to me 🍷*

~~~~~

Stuffed Giant Mushrooms.

I also got a stuffed mushrooms idea from a friend of mine also doing the diet (She's great support for me doing this too) and liked them so much I thought I'd put them up too.

I found these GIANT mushrooms in the store the other day... and when I say giant I mean bigger than my hands kind of giant, so, one mushroom is like an entire meal. So, I stuffed it with other veges... and was literally STUFFED myself after I ate it!

This will feed 4.

4 giant mushrooms, (or 16 averaged sized mushrooms I think would make up the equivalent of 4 of those giant mushrooms)

Take the centre out of the mushrooms, place them on a baking tray, and put them in a 180 degree oven, cook the mushrooms for about 20 minutes while you're making the filling for them (just to make sure the mushrooms do cook all the way through)

Filling:

Two tomatoes (cubed)
One capsicum (cubed)
One zucchini (cubed)
One eggplant (sliced thinly)
200 grams of small diced chicken (I know it only works out to 50 grams of

chicken per person, but, it won't all fit in the mushrooms otherwise 😊 so make up the rest of your protein with something else)

One teaspoon of crushed garlic
(any herbs and spices of your choice)

Cook the chicken in a frypan with the garlic, add the capsicum, zucchini, and eggplant to the pan to soften them once the chicken is cooked, stir through one tablespoon of Philly cheese, and any herbs you like, just for flavour. Turn off the heat and add the tomatoes, stir them through the vege mix, and voila! There's the filling.

Take your mushrooms out of the oven (they should have started to cook through by now; I'm not a fan of half cooked mushrooms) and fill them with the chicken and vege mix... You'll most likely have some left over, I know I usually do, and I end up putting it in the fridge to eat on it's own later, or serving it on the side with the mushrooms, whichever you prefer.

Put the filled mushrooms back into the oven for another 10 - 15 minutes, then, they're ready to eat!

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*I really do hope you all like the recipes i've posted... there may have been similar recipes posted before, i'm not sure, but i thought i'd write up all of mine, just for fun, and because i like to share. If i think of it in the future when i make any of these, i'll take some photos to add, providing i remember 😊*  
Much Love!

~Cori~

### *Low Carb Sugar Free Taco Seasoning*

**robyc**

1 tbsp chili powder  
2 tsp onion powder  
1 tsp ground cumin  
1 tsp garlic powder  
1 tsp paprika  
1 tsp ground oregano  
1 tsp Splenda/Altern (you can buy it at Wal-Mart & it tastes better than Spenda)  
1/2 tsp salt

Dont think ill add the splenda though. Thanks for all your help

~~~~~

Mango Sorbet

Serves 4

Ingredients:

- 1 Orange zest and juice
- 3/4 cup water
- 3 mangoes, cubed

Method:

- Combine orange rind and 3/4 cup water in saucepan. Bring to the boil and simmer for 5 minutes, remove from heat and cool.
- 2. Place mango cubes and orange juice in a blender. Process until smooth.
 - 3. Remove orange zest from saucepan and discard. Add mango puree to saucepan and mix well to combine, strain mixture and chill.
 - 4. When cold, pour into freezer container and freeze until firm around edges.
 - 5. Spoon semi-frozen mixture into food processor and process until smooth.
 - 6. Return mixture to the freezer.
 - 7. Remove sorbe from freezer approx 20mins before serving to allow it to soften slightly.

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*Meatloaf*

**Recipe Book II**

Serves 4

**Ingredients**

- 700g lean beef mince
- 1 onion, finely chopped
- 1 garlic clove, crushed
- 2 tbs chopped parsley
- 1/2 tsp chilli powder
- 2 tsp Dijon mustard
- 2 tsp Worcestershire sauce
- 1 tbs tomato paste
- 1 egg
- 400g can cherry tomatoes, drained
- 1/2 cup allowed tomato pasta sauce

**Method**

- 1. Preheat oven to 200oC.
- 2. Combine all ingredients, except tomatoes, in a large bowl and mix well with your hands. Place a sheet of baking paper on top of a sheet of foil, each approximately 40cm long. Form the meatloaf into a log in the centre of the paper and bring up the sides and secure.
- 3. Combine the cherry tomatoes and sauce in a bowl.
- 4. Place the meatloaf on a baking tray, top with the tomato mix, and bake for 1 hour or until cooked through. Allow to rest for 15 minutes before cutting.

~~~~~

Mediterranean baked garfish

Serves 6

Ingredients:

- 1020g garfish or flathead cleaned and scaled (3xmen and 3xwomen)
- 200g green capsicum

200g fennel trimmed and sliced
200g cherry tomatoes
zest of 1 lemon
4 cloves garlic finely chopped
1/2 cup parsley finely chopped
4 bay leaves
ground black pepper
sea salt (optional)
4 tsp balsamic vinegar
1 tbsp olive oil

Method:

1. Place fish in single layer in baking dish. Top with capsicum, fennel and cherry tomatoes. Sprinkle over zest, garlic, parsley, bay leaves and pepper. Drizzle with balsamic vinegar and olive oil.
2. Cover with foil and bake 30-35mins until vegies are tender and fish flakes when using a fork.
3. Serve with vegies/salad.

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It's in the new book 2



*Pork Rissoles*

serves 4

Ingredients:

|                                   |                                |
|-----------------------------------|--------------------------------|
| 480g lean pork mince              | 1 garlic clove crushed         |
| 1 small onion grated              | 1 small zucchini finely grated |
| 1 egg lightly beaten              | 2 Tablespoons parsley chopped  |
| 1 Tablespoon tomato paste         | 1/2 teaspoon curry powder      |
| 2 Tablespoons worcetershire sauce | Olive Oil spray                |

Method:

1. Preheat oven to 200C. Line a baking tray with baking paper.
2. Combine all the ingredients in a large bowl. You will find this easiest to do with your hands, Form mixture into twelve balls, place on the prepared tray and flatten slightly. Refrigerate for at least 1/2 hour.
3. Spray the rissoles with the olive oil spray and bake for 20 minutes or until golden brown and cooked through.

Serve with notatoes and allowed gravy...

## *Portuguese Chicken*

### **vintagesonny**

Ok Mum found this recipe and it is so so so nice and will definitely have it again:

Serves 4, Preparation time 15 minutes, Cooking time 20 minutes

- 1/3 cup of lemon juice
- 1 Tablespoon olive oil
- 1 Tablespoon paprika
- 2 teaspoons dried oregano leaves
- 1 teaspoon salt flakes (or light salt)
- 2 small fresh red thai chillis seeded and finely chopped
- 1 clove of crushed garlic
- 8x 110g chicken thigh fillets

Method:

1. Combine the juice, oil, paprika, oregano, salt, chilli, garlic and chicken in a large bowl; mix well
2. Let sit for 5 minutes
3. Add chicken to a preheated, oiled grill plate or bbq.
4. Cook chicken over medium heat, covered loosely with foil, until browned both sides and cooked through.

I made calli rice to go with it, but it was plain so i softened half a capcium, and finely chopped some fresh coriander and added to the callirice. It was so much better and tasted like real portuguese style rice without the corn.

Thanks for looking, Kimberley

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Raspberry and Apple Frappe

Serves 4

Ingredients:

2 sweet apples, cored and chopped into cubes
200g raspberries
1/4 tsp stevia (optional)
4 cups ice cubes

Method:

1. Place fruits and stevia (optional) and ice into blender, process under smooth.
2. Put into chilled glasses.
3. Serve!

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## *Smoke salmon rolls*

**Serves 4**

### **Ingredients:**

180g low fat cottage cheese  
2 tbsp chooped chives  
1 tsp lemon juice  
pepper  
4x30g thin slices smoked salmon  
lemon slices to garnish

### **Method:**

Mix together cottage cheese, chives and lemon juice, season with pepper. Lay salmon slices out and spread a quarter of the cheese mixture on each then roll up swiss-roll style. Serve with lemon wedge

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souffle omelette

Joshuas girl

2 eggs

plus assorted vegies for topping eg: tomatoes, onion, mushrooms, baby spinach leaves, fesh herbs -eg: basil - lightly fried in the smallest amount of light olive oil. Best to do this first prior to cooking omelette and keep aside in a bowl.

Seperate egg whites from yolks. Keeping egg whites in a dry mixing bowl. Whisk egg whites till firm till peaks form and really light and fluffy. This is the only hard part to the recipe. I was thinking just before that this could incorporate a teaspoon of simply fibre. Not sure how it would go though

Wisk egg yolks in another bowl or cup using whisk or fork. Place one heaped spoon of egg whites with yolks and mix together to lighten the yolks to add to egg whites. Then add yolks to egg whites and fold through / slightly whisk

In a small frypan / skillet pan, sprayed with light cooking spray spread the egg white white / yolk mixture evenly to cover the entire surface of the pan. It should be about 1 inch thick. Cook on a light to medium heat. You can place a lid on top to steam for a minute to ensure cooked entirely through. Then sprinkle toppings over the top and add ricotta cheese if you wish. Place pan under the grill for a minute or 2 to melt topping, heat/cook on top.

Remove from grill, fold omelette in half then slide on to plate. The omelette is HUGE and will definately fill you up with a small side salad or hot vegies.

So I just made this for my partner. Its his second meal if he's still hungry. He's a builder and can eat alot without gaining. This omelette has bacon and cheese in it. Please substitute with other ingredients such as ricotta cheese, mushrooms, tomato, onion, baby spinach, basil, zuchini etc etc.



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## *Spinach filled lamb*

**Serves 4**

### **Ingredients:**

olive oil  
 2 tsp rosemary leaves chopped  
 100g baby spinach leaves  
 2 cloves garlic, peeled and crushed  
 680g lamb back strips cut into 4 (2xmen, 2xwomen)  
 1/2 cup vegie stock  
 sea salt (optional)  
 ground black pepper  
 steamed vegies (of choice)

### **Method:**

1. Saute rosemary, baby spinach and garlic for 3 mins. Remove from pan.
2. Cut pocket along top of lamb and stuff mixture into pocket.
3. Add lamb to pan and cook for 5mins each side or to liking. Remove from pan, loosely cover with foil.
4. Turn up heat, add vegie stock to pan and simmer for 5 mins or until reduced by half.
5. Season to taste.

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Stuffed Chicken Breast

Ingredients: Serves 4

480g chicken breast fillets

1 tbs olive oil

Stuffing mix:

60g frozen chopped spinach, thawed and drained

100g low fat ricotta, drained

1 garlic clove, crushed

2 spring onions, finely chopped

Method

1. Preheat the oven to 180c

2. In a medium bowl combine the ingredients for the stuffing, season with salt and pepper.

3. Cut a deep pocket into the thickest part of each chicken breast and fill with the ricotta stuffing. Enclose filling with toothpicks.

4. Heat oil in a pan over medium heat and brown the chicken on each side until well coloured.

5. Transfer to the oven and bake for 15 minutes or until cooked through.

When I make this, I make double the stuffing mixture, then freeze it into freezer bags, that way when I make it again, half of it is done already. I eat mine with potatoes and veg. Hope you have a good night 🍴

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## *Thai Beef & Basil Stirfry*

### **Squeek**

120gm beef strips

1-2 tsp oil

1 brown onion finely slice

1/2 cup mushrooms

1 medium carrot (finely sliced)

Approx 8-10 basil leaves

Garlic to taste (I used a tsp of garlic in a tube)

Ginger to taste

Chilli to taste

1tsp fish sauce

1 tsp oyster sauce

1tsp soy sauce

Stir fry beef in oil until browned and set aside. In same wok/pan fry onions, garlic, ginger, and chilli until fragrant and onions softened. Add carrots and mushrooms and stir until carrots softened. Add sauces and beef. Stir until sauce has thickened a bit. Add basil leaves and stir until wilted. Remove from heat and serve,

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Thai spice chicken stir-fry

Serves 4

Ingredients:

1 tbsp ground coriander
2 cloves garlic, peeled and crushed
1 tbsp ground cummin
t tsp turmeric
1 tsp dried mint
slice fresh ginger, peeled and grated
1 long red chilli, seeded and finely chopped
2x220g chicken breast (men) cut into strips
2x120g chicken breast (women) cut into strips
olive oil
1/4 onion, sliced
250g broccoli florets
1 cup celery chopped
100g bamboo shoots
1/4 cup vegie stock
100g baby bok choy
150g snowpeas, ends removed

Method:

1. Combine coriander, garlic, cummin, turmeric, mint, ginger, chilli and chicken.
 2. Pour into a freezer bag, shake until chicken is evenly coated and place in bowl. Allow to sit for 1 hour in fridge.
 3. Heat wok and spray with oil, add chicken, stiry fry in batches until brown.
 4. Add onion, broccoli, celery and bamboo shoots to pan and stir for 2 mins. Add vegie stock and chicken and cook for 3 mins.
- For through baby bok choy and snowpeas, cook for further 2 mins. Serve imm.

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## *blueberry panacotta*

**Jessica88**

I took the recipe from cook book 2 and instead of using chocolate i added blueberries in the mix and some allowed fake sugar cos those berry were very tarty... i hope it works out ill take a pic of

the final product this afternoon... 😎

ok here is the final product!! it tasted so good!!! pictures

attached at the bottom! enjoy! 😊



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Cottage Banana Choc Chip Pikelets

(Serves 2)

Ingredients

- 200g Low fat cottage cheese
- 2 Bananas, 1 mashed, 1 sliced into circles.
- 2 Tony Ferguson Milk Choclette bars (1 chopped into choc chips, the other melted to spread over cooked pikelets)
- 2 Egg whites
- 2 Egg yolk, beaten
- 2 Tablespoons of Simply Fibre
- ¼ Tablespoons of cream of tartar
- 3-4 Tablespoons of artificial baking sweetener (depending on how sweet you like it)
- 2 Tablespoons of olive oil

Method

1. Beat egg whites until frothy, add the cream of tartar and continue to beat until stiff peaks form.
2. In a separate bowl, mix together the egg yolk, cottage cheese, choc chips, mashed banana, Simply fibre and sweetener.
3. Combine the two mixtures and stir until just combined. The batter should be a thick consistency, if too watery, add ½ tablespoon of Simply fibre.
4. Add one teaspoon of olive oil to a large non-stick fry pan and place on low heat spreading oil evenly over pan.

5. Once the oil has heated, drop heaped tablespoons of batter on the surface, spreading each to make a thin pikelet. Ensure the pikelets are not touching.
6. Cook until one side is brown, then very gently flip over to brown the other side. Remove from heat and place somewhere to keep pikelets warm. Repeat process until all the batter has been cooked.
7. Divide pikelets between two plates, evenly top with chopped banana (1/2 each) and a drizzle of melted Tony Ferguson Choclette.

Serves 2 providing 1 protein serve, 1 fruit serve and 1 treat serve each, we recommend you limit this recipe to no more than once or twice per week as treat options are used.

Hints

- Always cook pikelets over low heat and be very gentle when turning as they are soft and easily broken. Ensure they are well browned on each side before turning over.
- If your pikelets are too watery, add ½ tablespoon Simply fibre to the batter. Be careful not to add too much fibre as the batter will thicken if you let it sit.
- When melting your Tony Ferguson Choclette, place it in a very small dish and microwave on high for 20 seconds, if it hasn't melted add a further 10 seconds until it melts. Ensure not to let it burn and make sure you stir the Choclette as soon as it begins to melt.
- This is a great breakfast option that the whole family can enjoy, different fruits may be used so feel free to experiment!

Beef Fajitas with Spicy Tomato Salsa



(Serves 2)

Ingredients

Steak

- Lean steak fillets - 4 x 100g (Females) OR 4 x 200g (Males), chopped into 1cm by 3cm strips
- 2 Teaspoons of cumin powder
- 1 Tablespoon of olive oil
- 2 Cloves of garlic, crushed

- 1 Teaspoon of chilli paste (optional)
- 1 Teaspoon of paprika
- Salt (pinch)
- ¼ Teaspoon of cracked pepper

Fajita Filling

- 2 Large green capsicums, sliced thinly
- 1 Medium Spanish onion, sliced thinly
- 10 Medium mushrooms, finely sliced
- 1 Clove of garlic, crushed
- Salt and pepper to taste

Spicy tomato salsa

- 3 Large tomatoes, finely chopped
 - 1 Small onion, finely chopped
 - 1 Small chilli, seeds removed
 - 1 Clove of garlic, crushed
 - 1 Tablespoon of olive oil
 - Salt and pepper to taste
- ½ - ¾ Cup low fat smooth ricotta cheese (with a pinch of salt and pepper added if desired)
 - 4 - 8 Large firm lettuce leaves

Method

1. Add all steak ingredients except oil, in a large bowl and combine well. Cover with a cling wrap and place in the refrigerator to marinate for 1 - 2 hours.
2. Once the steak has finished marinating, place a large fry pan on medium heat, add 1 tablespoon of olive oil and heat.
3. Add the steak and cook until half cooked, stirring every few minutes to prevent sticking.
4. Add all the fajita ingredients and combine well. Toast until meat is cooked through and vegetables are golden.
5. Once cooked, remove from the heat and put aside and prepare the tomato salsa.
6. Place a medium fry pan on low to medium, heat 1 tablespoon of olive oil then add onion, garlic, and chilli combining well. Toast until onion is golden and just soft.
7. Add tomatoes, salt and pepper, combine well and reduce heat to low and simmer for 10 minutes. Then remove from heat.
8. Once all ingredients have cooked, obtain four serving plates, place one lettuce leaf on each and in the centre add ¼ of each cooked ingredient (beef and fajita ingredients and salsa), then add 1 heaped tablespoon of ricotta on top. Fold the top and bottom of the leaf up about 1-2cm, and then wrap the filling with the side of the leaf tightly.
You may want to divide each ¼ of the ingredients into half and use two lettuce leaves (making 2 fajitas) especially for male serves or add extras on top of the fajita as pictured.

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## "Burger"

[LizzyLou](#)



OK so what we've got here is two giant flat mushrooms that have been sandwich pressed to within an inch of their lives. These were filled with whatever was in the fridge, which happened on this very occasion to be oil-free semi-dried tomatoes, purple basil, baby spinach, olive tapenade and lite Philly.

I love giant mushrooms!

~~~~~



Chargrilled tomato salad with garam masala dressing

Preparation Time

10 minutes

Cooking Time

10 minutes

Ingredients (serves 8)

- 2 x 220g punnets grape tomatoes, halved lengthways
- 3 1/2 tbs extra virgin olive oil
- Salt & freshly ground black pepper
- 1 x 150g pkt baby spinach leaves
- 1 bunch fresh basil, leaves picked
- 2 tbs fresh lemon juice
- 1 tsp caster sugar
- 1/2 tsp garam masala

Method

1. Preheat a barbecue or chargrill on high. Place tomato in a bowl and drizzle with 2 tsp of the oil. Season with salt and pepper and toss to combine. Cook half the tomato on preheated grill for 2 minutes each side or until brown and tender. Transfer to a large heatproof bowl. Repeat with remaining tomato.
2. Combine spinach and basil in a large bowl. Add tomato and toss to combine.
3. Combine the remaining oil, lemon juice, sugar and garam masala in a screw-top jar and shake well to combine.
4. Drizzle salad with dressing and gently toss to combine. Serve immediately.

Notes & tips

- You can prepare this salad to the end of step 3, up to 1 hour ahead. Carry out step 4 just before serving.

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## *Mango Shake Biscuits with Creamy White Chocolate*

### [not-a-dumb-blonde](#)

This recipe tastes too sweet to be sugar free and allowed on TF!!!!!!

I have used the TF Recipe book 2, page 128.

## Ingredients

1 TF Mango Shake, 2 Tsp Simply Fibre, 50ml Water & allowable amount of creamy white Chocolate (Sugarless Co)

## Method

1. Preheat oven to 180 C and line a baking tray with baking paper.
2. Combine the shake and water and stir in well. Just a hint mix the shake well, before you add the fibre.
3. Individually place a tsp of mixture on the prepared tray. Use a knife or spatula to spread to 1cm thickness.
4. Bake for 10-12 minutes until lightly browned. Allow to cool on tray.

Note: I have cooked these twice and both times they have burnt underneath even though I turned the oven down.

5. Melt the creamy white chocolate in a double pan using steam (bottom pan has water, top pan has chocolate)
6. Use a knife and evenly cover the top of the biscuits with the creamy white chocolate.

HOPE YOU ENJOY THIS RECIPE AS MUCH AS I DID!!!!

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Zucchini soup



Ingredients

- 1 3 second spray Always Fresh Olive Oil Extra Virgin Olive Oil Spray
- 1 medium onion, finely chopped
- 2 clove garlic, crushed
- 1000 g zucchini, coarsely chopped
- 4 whole chicken stock cube, dissolved in 1 litre hot water
- 1/2 cup fresh basil

Instructions

Place a large saucepan over medium-high heat and spray with oil. Add onion and garlic and cook, stirring for 5 minutes or until soft.

Add zucchini and stock and bring to the boil. Reduce heat to medium and simmer covered for 10 minutes. Add basil and remove from heat.

Blend or process soup in batches until smooth. Return to the saucepan and add remaining milk. Stir over low heat for 5 minutes or until hot. Season to taste with salt and pepper. Ladle soup among serving bowls and serve with scones.

Scones..

these could be made with TF soups to keep it TF friendly, this recipe was adapted from WW

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