

Tomato Bread (Bruschetta)

Lisalix

Follow the crumpet recipe and method

<http://forum.tonyferguson.com/Topic374181-10-1.aspx> but instead use Mediterranean Tomato SoupTF, once cooled slice in half and then pop under grill for a further 3 minutes or until crunchy 🤪



You can add any roasted vegetable on top that you like...goes well with philli as the Bread is very tomato in flavour

warm winter custard

Face.

this is so yummy,, not sure if its already on this site though,,

i made my morning milkshake into a warm custard the other day and i am addicted

all you need is a tony ferguson shake of your choice (i like the vanilla and chocolate) and 50mls of water,

mix together in a mug or small bowl and then microwave for 45seconds,, it is a little slice of heaven



Anzac Day Cookies: Vanilla and Apricot Cookies

1 shake makes approximately 3 medium cookies. Eat as an alternative to your morning/lunchtime shake and a serve of fruit.

Ingredients

1 Vanilla Shake
5 Dried Apricots
Simply Fibre
Water
Sweetner (Equal/Splenda)

Method

1. Pre-heat the oven to 180c
2. Add enough water in a bowl to make the vanilla shake powder into thick dough-like mixture.
3. Cut up 5 dried Apricots and add them to the mix
4. Add 2 teaspoons of Simply Fibre and mix in well.
5. Allow the mixture to sit for 10 minutes
6. Gradually mix in enough water until the mixture can hold a peak.
7. Line a baking tray with baking paper and spread the mixture into three flat circular shapes.
8. Bake for 10 - 12mins on 180c (be mindful to watch them!)
9. When the biscuits cool – they will be crispy on the outside & soft on the inside.
10. Sprinkle with sweetner (Equal/Splenda) if desired.

Have a Great Anzac Day!



T.F. Apple Cinnamon Slice



Enjoy this delicious spicy slice without ruining your daily intake.

(Serves 4)

Ingredients

- 4 Tony Ferguson Vanilla shake sachets
- 4 Small to medium apples, peeled
- ½ Cup Tony Ferguson Simply Fibre
- 2 Teaspoons Cinnamon
- 2 Tablespoons of olive oil
- 2 - 3 Tablespoons of sweetener (ensure it's a suitable for baking type)

Method

1. Pre-heat oven to 140 - 160°C (note: the low temperature is to prevent the slice from burning).
2. In a large bowl, grate all four apples.
3. To grated apples, add the contents of all 4 Tony Ferguson sachets, combining well as you add.
4. Add sweetener, cinnamon and olive oil and combine.
5. Gradually add Simply fibre, combining well to make a thick dough.
6. Grease a non - stick loaf tin with olive oil (you may want to add a greased baking paper) and add apple mixture.
7. Place apple mixture in the oven and cook for 45 - 55 minutes.
8. Remove from the oven and cool. Slice into 3cm squares. Makes about 12 squares.
9. This can be served warm or cold or even heated up later.

Note:

- Each serve (approximately 3 squares) is equal to one shake and one fruit serve.



Banana Slice

TinyCourageous

I am not a big fan of the Banana Shake so I thought I would try this slice with the Banana shake instead of Vanilla to use them up. It was so delicious I will definatly be trying it again, I liked it better than the apple version actually - pitty we can't have banana's every day.

Banana Slice

- 4 TF Shakes (Banana)
- 2 Apples (peeled & Grated)
- 2 Bananas (I used the only just ripe ones and mashed them up)
- 1/2 cup Fibre (I used Natural Metamucil 'Granular' cause that's what I had)
- 2 tbsp Olive Oil
- 1 tsp Vanilla Ess (no added sugar type)
- 1 tsp Chocolate Ess
- 1 tsp Cinnamon
- 3 tbsp sweetner

As with the Apple slice - I put grated apples and mashed banana into a large bowl then added all 4 sachets of Shakes (mixing well with each shake added). I added the sweetener, flavours and oil. Then gradually mixed through the fibre.

Spread evenly over a 20cm x 20cm non-stick pan (I used grease proof paper) and then bake in the oven at 140-160c for 45-55 mins.

Once cooked divide into 4 serves with each serve = 1 shake + 1 fruit.

If I have added anything that wasn't allowed - let me know. I would definatly keep buying Banana shakes just to make this Slice, thankyou to whoever made up the original recipe!!

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## *Berry Bagels with cream cheese*

Lisalix

**Here is my very oh so yummy Berry Bagel (N.B..very similar to crumpet accept I didn't flip it this time)**

### Ingredients

1. 1 Packet of wildberry shake or strawberries and cream shake
2. 2 Table spoons of Simply Fibre
3. 1 Teaspoon of Strawberry Essence
4. 15 - 20mls of water (approx)
5. pinch of baking powder (small)
6. 2 Teaspoons of Philli Lite Cream Cheese
7. Small heart shaped baking tin or a mini bunt tin (these are readily available in supermarkets for about 3 - 5 dollars).

*N.b - You can use any shape you like, but this looks better in the heart shape*

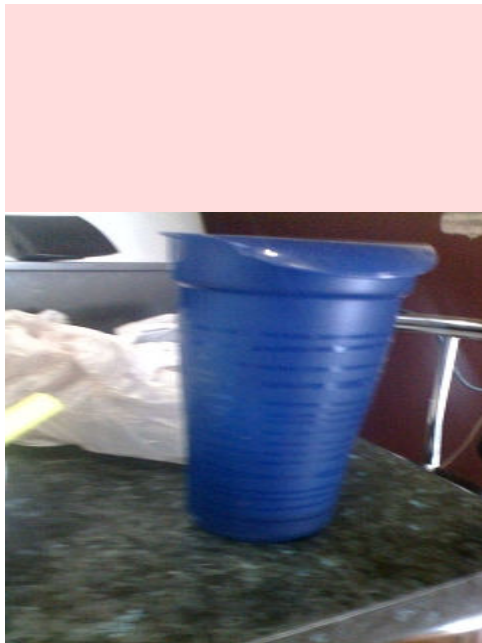
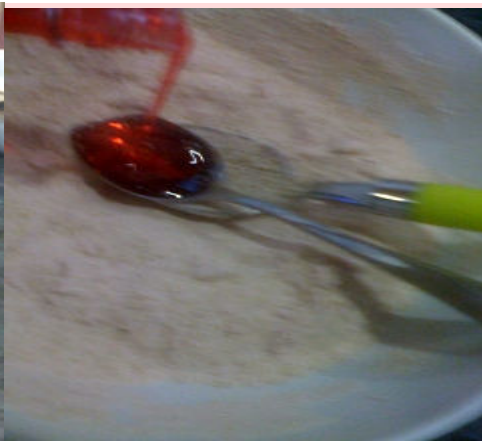


### Method

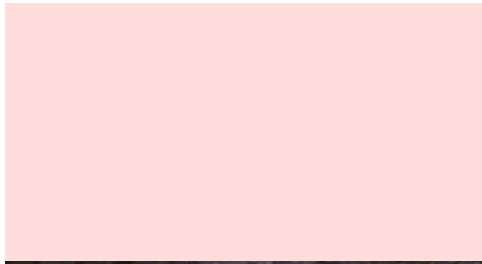
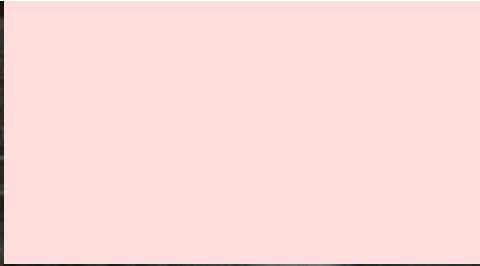


Pre heat a FF oven to 220 degrees. Add 1 packet of the desired shake, Baking Powder(mix dry ingredients well together), next add essence into the middle of the mixture combining the dry ingredients in it (best way to do this is to make a well mixing and letting the dry ingredients fall into the essence).now it is time to add the water a drop at a time until it is to a thick consistency. Into the Baking dish add the mixture (helps if you lightly grease the pan first). Then decrease the oven to 180 degrees celsius and add the Bagel in for approx 20minutes on the middle shelf until the mixture is cooked and the top is slightly hardened (you can check with a skewer make sure there is no runny bits). Then leave to cool on a wire rack....Then slice in half and top finally with the cream cheese. This would have also been nice with some fresh wildberries but I didn't have any.











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## *Berry Muffins*

### **Snow White**

I am missing my berries SO badly  
SO this morning I decided to make NANA berry nuffins (hope you dont mind me  
also using that awsome name)

#### Recipe

- 1 Banana Shake
- 1 Egg white (whiped till just fluffy)
- 1 small handful of frozen berries (that your allowed - taking it away from your daily fruit!
- 2 tsp TF fiber
- 100 mls cold water

Preheat oven to 180

Whip eggs till fluffy. Add shake mix till dissolved and gooey. Add water and mix, sprinkle over the fiber and allow to expand for a few minutes. Tumble in berries

and gentle stir to combine.

Cook (WITHOUT OPENING THE DOOR 🤖) for 12 mins

See piccies below 😊



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Cakey Mocca Fingers with pics

Lisalix

I have been playing with shakes again, and today decided I would use my 10cm by 4cm cake loaf pan to make something sweet....

Ingredients

1. Choc Shake TF
2. pinch Baking Powder
3. 2 teaspoons artificial sweetener (spoon for spoon)
4. Dash of Vanilla Essence
5. a teaspoon of decaf coffee (instant)
6. 1 Tablespoon of Simply Fibre
7. 20mls of water

Method

Combine all dry ingredients well, slowly combine water and Vanilla until it makes a thick batter. Preheat oven to 180 degrees FF

Bake for 10 minutes, then flip cake out of tin and bake bottom side for a further 5 minutes (time varies, so turn cake when the top is slightly hardened). Take out of Tin and let cool. Then once chilled slice into finger shapes...if your feeling naughty you can add diet carb free choc to the recipe of even dip the fingers in the choc and let cool...They go great with a Decaf Coffee 😊



cherry berry d'lite

lil'miss piggy

- 1 sachet of cherry flavoured jelly
- 1 sachet TF wildberry shake

make up the jelly as per directions on the pack. use your shaker. set aside to cool.

once cool (but not set) add your TF shake and shake until the mixture is smooth and consistent.

the more you shake the smoother the jelly will be.

pour into a bowl and chill for a couple of hours to set.

cherry ripe dessert

TaShA*22

well i am a huge fan of cherry ripers so when i came up with this recipe i was excited. even more so when it worked! i made up the chocolate shake with 160mls of water then made up some diet dark cherry jelly added about 6 teaspoons of jelly mixture (not set) and a capful of coconut essence blend together and place in freezer for icecream or fridge for mousse. i really couldnt believe how close it was to tasting like a cherry ripe. i called it a dessert cause i have it after a big bowl of vegie soup which in my mind is my dinner and my shake is a treat.

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## *Chicken Biscuit*



### **Ingredients:**

- 1 sachet of TF Mushroom Soup
- 1 cube of Chicken Stock
- 1/4 teaspoon Baking Powder
- 1 tablespoon of Simply Fibre
- 3 Tablespoons of Water

### **Method:**

Combine dry ingredients and mix until even.

Add 3 tablespoons of water (cold or room temperature) and mix until it is a dough-like consistency.

Line a oven tray with foil and spray with extra virgin olive oil.

Add mix and flattern out to desired size and thickness (a little tricky as it's sticky)

Spray dough mixture with oil.

Cook for 15 - 20 minutes at 180 degrees.

When cooked, remove and let cool slightly.

ENJOY!

Once cooked it has the consistency of a soft, yet crunchy biscuit

*When I get to TF next, I'll grab a pumpkin soup sachet and try making a pumpkin scone type think...*

*You could use the chicken soup mix too I'm sure, but I only had a sachet of mushroom soup in the house.*

Anyone got a clever name for this?? post in the comments section!

NOTE: This counts as your 1 shake/soup meal replacement for the day

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Choc Banana Paddle Pops

MessyJessy

I made these yesterday! Turned out pretty good!

You will need:

- Icy pole moulds (4) (you know those kiddy ones with the sipper) or whatever icy pole containers you have.

- 2 bananas

- 2 teaspoons philly

- 1/4 cup of water

- 1 capfull of vanilla essence

- 1 1/2 capfulls chocolate essence

- 1 tablespoon equal/splenda

Mash the banana then mix in other ingredients..

Using an electric mixer or blender mix until the philly disappears (you will know what i mean when you make it!) You can taste it as u go, u may want to add more essence or sweetener.

Then poor into the icy pole moulds and freeze overnight - this recipe makes 4 icy poles

The icy poles I made have turned out quite a strong banana flavour. I suggest blending 1 banana and add more water.

this is something different anyhow!! i like them! just remember they count as part of ur fruit serve depending on how many bananas you use!

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## *choc chip muffins...*

### **Lisalix**

Hey everyone, well I tried out BEEBEES recipe...however I altered slightly, and yeah they stayed risen, and tasted just like a chop chip MUFFIN 🍪

The secret is BAKING POWDER can you believe it

This is what I did.....

1 sachet of TF french vanilla

75mls of water

1 small egg

1 tbsp of TF simply fibre

1/4 tsp baking powder

3 squares of cadbury carb (smashed)

and the other secret ingredient 1 Tbsp of LSA (powdered)

1 tsp of Vanilla extract

1 Tbsp of Equal spoon for spoon 😊

I mixed these all together and let the baking soda sit for a bit, then put it in the oven for about 15 min fan forced on 180 degrees..

and these are how they turned out...ohhh soo yum 🍪



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Choc Shake Cookies

If you do a search for biscuits in the recipe section you will find lots but I cut and paste this for you.

Hi, This is the recipe that came out on the latest TF newsletter. Issue no 3 Summer 2008

Choc shake cookies - 1 shake makes approx 9 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 and mix well
3. Gradually mix in a couple of tablespoons of water and allow the mixture to sit for 10mins 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 - 12 mins on 180c (be mindful to watch them)
6. when the biscuits cool - they will be crispy on the outside and soft on the inside. enjoy!

Hope you enjoy them
Kerry

Chocolate Banana Cake

ksim

Hi all, Felt like chocolate cake so I just made this -

2 sachets chocolate shake
1/4 cup simply fibre
2 small bananas mashed
1 tablespoon artificial sweetener
1 tablespoon oil
1 teaspoon bi-carb soda
50ml (approx) water

Combine ingredients with water until cake consistency. Pour into greased or lined cake tin. Cook in preheated oven (150 degrees) for approx 50mins. Turns out fantastically. Allow to cool and cut into slices. 1/2 this cake equals one shake and one fruit serve.

It is very fudgy in the middle and moist. Tastes terrific, smells enticing. Not at all bad for my first 'invention'. Enjoy and have a great day. Cheers, Kim.



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## *choc/strawberry cheesecake with pics TF...*

Lisalix

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

*N.B..only have this occassionally 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 Simply Fibre

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 😊



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### *Crumpets/Roll using TF shake and SF Pics...*

#### **Lisalix**

Hello everyone, so I was toying about with my shakes making muffins etc, and came across this which is Identicle to crumpet toast..I noticed once cooked that the French Vanilla shake is'nt very sweet, and you can not really taste it...anyway It was YUMMY..and Totally TF friendly

#### Here is the recipe

1. 1 packet of French Vanilla TF shake
2. a pinch of Baking Powder
3. 2 Teaspoons of Simply Fibre
4. 20mls of water (approx)

#### Method

I mixed the dry ingredients until they were well combined, then slowly I incorporated the water a drop at a time, till I had a thick consistency...not runny like the muffin batter but not as thick as a dough...I then placed the mix into a non-stick small baking loaf tin...10cm by 4cm (you can get these most places but i got mine from BIG W for 6 dollars for 3 of them)..I then baked in a pre heated fan forced oven at 180 degrees for 10 minutes or until then top was golden (or hard)...I then took it out of the pan and noticed it was rubbery underneath, so I flipped the crumpet having the rubbery side up and then baked

for a further 5 - 10 minutes....and this is the result...it was sooo nice and closer to any bread I have had..only prob is you can not exactly have and protein with it...but I toasted mine in the toaster and had a smear of philli cheese (low fat) and sliced tomato.....and ohh soo good, only tasted a tiny bit sweet...but imagine what we can make, Berry bagels with the Wildberry shake, choc crumpets, banana crumpets...or even more svaoury with the soups.....hmmm I am thinking I may even make garlic bread next...or bruschetta using the mediterranian Tomato...I will post more pics and let you know how it goes 😊



I cooked a batch today and it was a bit more runny in consistency than last time, and it turned out more sweet (vanillary), I also had a bit less SF....so the trick is to make the batter almost dough like..and combine mixture well together.....I have made the tomato bread using the soup and a coffee choc cake....using the above method as in my recipe for the crumpets....I will post the pics soon

Well I made a **banana bread** loaf yesterday using the banana shake and it was delicious. Just tasted like BANANA BREAD.

This morning I was craving cinnamon pancakes as I make them for hubby and bubby nearly every day. SO...

I made the same thing as yesterday but added some cinnamon, means you have to add a little more water depending on how much cinnamon you put in. But oh my gosh it's just divine! So Good! Obviously it tastes like **Banana Cinnamon Bread**.

Edit: I was going to take photos but I was just in so much of a hurry to eat it while it was hot! YUM!

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Tomato Bread (Bruschetta)

Follow the crumpet recipe and method

<http://forum.tonyferguson.com/Topic374181-10-1.aspx> but instead, use Mediterranean Tomato SoupTF, once cooled slice in half and then pop under grill for a further 3 minutes or until crunchy 🤪



You can add any roasted vegetable on top that you like...goes well with philli as the Bread is very tomato in flavour

Squeek

Can I just say..... YYYUUUUMMMM.

I just made one with the vanilla shake and some cinammon, put some Philly cheese on top and it was AWESOME (It did turn out a little heavy in the middle but I think that was because I didn't put enough baking powder in). I'm always a little disappointed in the way that the shakes turn out when you try cooking/baking them - but this one was fantastic and will probably become a regular feature in my menu 😊

Thanks so much for the brilliant recipe!

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### **ksim**

#### *English toffee truffles.*

1 english toffee shake

1 big teaspoon of simply fibre

dash of water.

mix dry ingredients together adding drop of water to really firm consistency. spoon mixture onto plate and set in fridge for a few hours.

They reminded me of little rum balls (different flavour of course) and I thought I'd try chocolate after weigh in and restocking sachets tomorrow. They were a really sweet treat.

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## *Jelly Slice!*

### **Huffy**

Just thought I'd share my "invention" with you all. I love jelly slice but as it is a nono while on tf I thought I'd try my own recipe. It has worked out ok but I won't know the taste etc till the morning when I have jelly slice for breaky!!

So here is what I did:

Mixed 2 teaspoons simply fibre in a small bowl with a drop of vanilla (to flavour the horse food fibre 🤪!!!), an egg yoke and a little water. I then put this into a small oven proof bowl and baked it in the oven for about 10 mins at 180C to make a sort of biscuit base.

Next I got about 75ml of boiling water and dissolved 1/2 a sachet of gelatine in it. Next I added the liquid to a French vanilla shake and beat it together with a fork. Pour the vanilla mix over the simply fibre (horse mix) and place in the fridge for about 10 mins.

Mix 1 pkt jelly crystals and a little of the left over gelatine into about 50ml of boiling water. Mix until dissolved. Pour slowly over the vanilla shake mix and allow to set.

I have no idea what it is going to taste like but I am possibly going to leave the horse food base and just eat the rest!!! The finished thing looks like jelly slice 🤪!

Will let you know in the morning how it goes. I'm just a little unsure how the base is going to work. It may have needed a bit longer in the oven. Time will tell!!

Have a great night!! 😊

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## *Pumpkin Scone*

Angelina

### **Ingredients:**

1 sachet of TF Pumpkin Soup  
1/4 teaspoon Baking Powder  
1 tablespoon of Simply Fibre  
3 Tablespoons of Water

### **Method:**

Combine dry ingredients and mix until even.  
Add 3 tablespoons of water (cold or room temperature) and mix until it is a dough-like consistency.  
Line a oven tray with foil and spray with extra virgin olive oil.  
Add mix and flattern out to desired size and thickness (a little tricky as it's sticky)  
Spray dough mixture with oil.

Cook for 15 - 20 minutes at 180 degrees.  
When cooked, remove and let cool slightly.  
ENJOY!

Once cooked it has the consistency of a soft, yet crunchy biscuit... have yet to make a 'scone like shape', but feel free to try it out and let me know!

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Thanks to the groundbreaking post on how to make shakes into brownies by gigi_a_go_go i have discovered heaven....

I mixed a mocha shake with only 40 mls water (just with a fork) in a rammikin dish then into the oven (200 Degrees) for about 15 mins and then left it to stand for ages so it went hard then i melted two 'Double D' Caramel Chews in the microwave and poured it over my brownie (gotta be quick before the caramel sets) then i just slipped a knife down the sides of the rammakin and lifted out my gorgeous, tasty, better than sex brownie! YUMMMMMMMMM

Here it is fresh out of the oven (a bit puffed up, it shrinks unfortunately)



Drizzled with melted caramel chews



It doesnt look like Jamies Kitchen material but it sure is tasty!

Shake a Cake

MaShelly

Shake a Cake

1 Chocolate TF Shake
1 English Toffee TF Shake
Gelatine
Simply Fibre

Place 2 teaspoons of fibre into 1 chocolate shake , add 100mls of water stir and cook in 4 ramakin dishes for 5 to 7 minutes.. let cool.

Mean while place 2 teaspoons of fibre into 1 English Toffee Shake and add 200mls of water& into 50 mls of hot water at 1 heaped teaspoon of gelatine let it dissolve then add to the shake and blend..it goes very thick..pour over the baked choc muffins and refridge..2 desserts=1shake. they taste like a butterscotch cake .I have to be totally honest and tell you i won't hurry to make them again but if i really was hanging for cake these are like a very dense moist cake.you need to drink a lot of water afterwards.



Savoury Mushroom Muffins

By: Jenny Fisher

Makes 4 muffins Serves 1

1 TF Mushroom Soup sachet
3 teaspoons Simply Fibre
3 medium mushrooms diced
½ carrot finely shredded
¼ red capsicum finely diced

1. Preheat oven to 180C
2. Place 4 muffin papers in a muffin tray
3. Place all ingredients in a bowl and add 2 Tablespoons of water, Stir until mixture thicken
4. Allow the mixture to sit for 10 minutes to bulk out, add more water if necessary
5. Place mixture into muffin papers evenly between the 4 and bake for 30 minutes
6. When the muffins cool, the outside is crispy and the inside is soft.
7. Serve with salad

Note: the 4 muffins are equal to 1 sachet meal for 1 person.....