



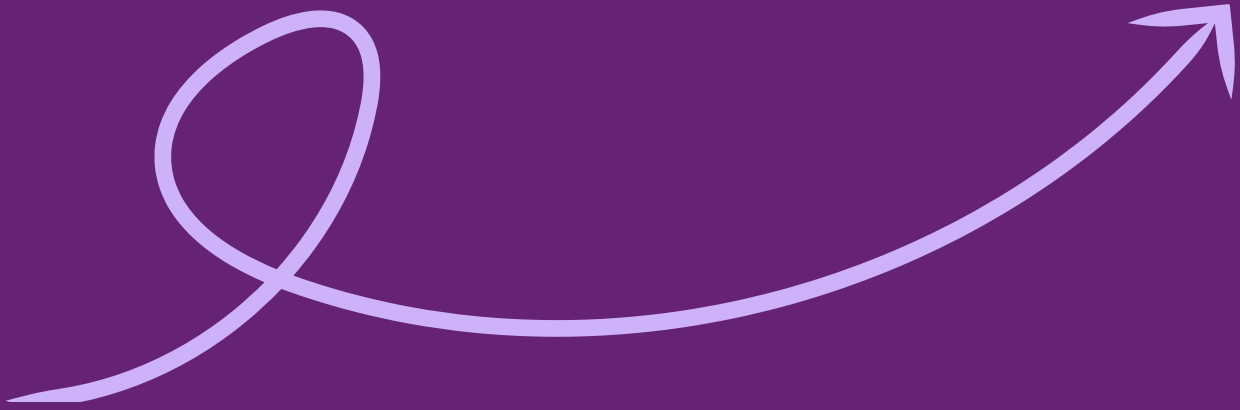
RECIPE BOOKLET

24 healthy recipes

I'm free to take

RECIPE CONTENTS

1. Roasted Pumpkin with Grains and Sultana
2. Braised Bean Nacho Bowl
3. Garden Tomato Pasta
4. Flatbread Pizza with Yoghurt Sauce
5. Slurpy Noodle Stir-fry
6. White Bean Chicken Soup
7. Lebanese Stuffed Pitas
8. Scalloped Potato and Cauliflower Gratin
9. Ultimate Chicken Fruit Salad
10. Massaman Curry with Yoghurt
11. Better Beans on Toast
12. Chicken Greens Stir Fry



13. Crispy Garden Rosti
14. 2-minute Corn Noodle Soup
15. Tzatziki Dip
16. Pea Hummus
17. Zucchini Coffee Cake
18. Carrot Cake Muffins
19. Fruity French Toast
20. Fruitburst Muffins
21. Creamy Banana Overnight Oats
22. Tutti Fruity Yoghurt Popsicles
23. Classic Crepe
24. Rice Pudding



ROASTED PUMPKIN WITH GRAINS AND SULTANA

PREPARATION TIME

5 Minutes

COOKING TIME

30 Minutes

SERVES

4

INGREDIENTS

2½ tablespoons canola oil

3 tablespoons peanut butter

2 tablespoons sultanas

2 cups rice

1 cup plain yoghurt

1 cup leafy green vegetables

1 clove garlic

2 medium carrots

250g pumpkin

1 teaspoon black pepper

*or use any other unsaturated oil (e.g. olive, sunflower, safflower, peanut)
Unsalted, if available*

Brown variety, if available

Reduced-fat variety, if available

Washed, chopped

Crushed

Halved lengthways

Sliced into thin wedges

Optional

ROASTED PUMPKIN WITH GRAINS AND SULTANA

UTENSILS

- Oven
- Mixing bowl and whisk
- Cutting board and knife
- Baking tray
- Measuring cup
- Tablespoon and teaspoon
- Saucepan, medium size

SERVING OPTIONS

- Add your choice of fish (e.g., tinned tuna in oil or spring water) or cooked chicken, lean meat, and plant-based proteins like beans (e.g., tinned chickpea) at Step 5.
- For vegetarian or vegan, replace yoghurt with unsweetened soy, oat, or almond milk

EXTRA SUGGESTIONS

Eat a rainbow by adding different colours of vegetables

- **Purple:** Beetroot, Purple Asparagus, Shallot
- **Red:** Radish, Red Capsicum, Tomato
- **Orange/Yellow:** Carrot, Corn, Pumpkin, Squash, Sweet Potato
- **Green:** Asparagus, Broccoli, Brussel Sprout, Celery, Cucumber, Green Beans, Green Capsicum, Kale, Leek, Lettuce, Peas, Silverbeet, Snap Peas, Spinach, Spring onion, Zucchini
- **Brown/White:** Cauliflower, Fennel, Garlic, Ginger, Mushroom, Onion, Potato, Parsnip, Turnip

METHOD

1. Pre-heat oven to 220°C.
2. Line a large tray with baking paper. Place pumpkin and carrots on the lined tray.
3. Combine garlic with 1 tablespoon of canola oil in a bowl and season with pepper. Drizzle over the vegetables and toss to coat. Place in the oven and bake for 20 minutes.
4. Fill a medium pan with 4 cups of water and bring to boil. Add rice and cook for 20 – 25 minutes or until tender.
5. Add sultanas and combine well.
6. Combine 3 tablespoons peanut butter with 2 teaspoons cold water in a bowl. Whisk until smooth.
7. Combine 1½ tablespoon of canola oil in a bowl. Combine leafy green vegetable with the rice and sultana blend.
8. Drizzle peanut butter yoghurt mix and plate the roast vegetables.

STORAGE TIPS

Freeze it in portion sized containers for up to 3 months; thawed overnight in the fridge.

FOR MORE INFORMATION

08 8351 1136 or reception@foodbanksa.org.au





BRAISED BEAN NACHO BOWL

PREPARATION TIME

10 Minutes

COOKING TIME

30 Minutes

SERVES

4

INGREDIENTS

1 tablespoon canola oil

1 onion

1 garlic

1 x 400g canned tomatoes

$\frac{3}{4}$ cup tomato puree

1 x 400g can red kidney beans
(or any tinned beans)

1 cup zucchini

1 cup carrots

$\frac{3}{4}$ cup cheese, grated

4 pieces pita bread or tortilla

1 teaspoon *dried coriander*

$\frac{1}{2}$ teaspoon *smoked paprika*

1 teaspoon *cumin*

1 tablespoon *plain yoghurt*

or any other unsaturated oil (e.g. olive, sunflower, safflower, peanut)

Chopped

Whole or diced

Reduced-salt variety, if available

Reduced-salt variety, if available

Drained

Diced into small pieces

Grated

Reduced-fat variety, if available

Wholemeal variety, if available

Optional

Optional

Optional

Reduced-fat variety, if available

BRAISED BEAN NACHO BOWL

UTENSILS

- Oven
- Saucepan, medium
- Cutting board and knife
- Baking tray
- Grater
- Tablespoon and teaspoon
- Measuring cup

SERVING OPTIONS

- Try squeezing over some lime or lemon for an extra zing!
- For strict vegetarian/ vegan, replace cheese with avocado or creamed corn; replace yoghurt with unsweetened soy, oat, or almond milk.

EXTRA SUGGESTIONS

Eat a rainbow by adding different colours of vegetables

- **Purple:** Beetroot, Shallot
- **Red:** Radish, Red Capsicum, Tomato
- **Orange/Yellow:** Carrot, Corn, Pumpkin, Squash
- **Green:** Avocado (fruit) Cucumber, Green Bean, Green Capsicum, Kale, Leek, Lettuce, Peas, Silverbeet, Snap Peas, Spinach, Spring onion, Zucchini
- **Brown/White:** Cauliflower, Fennel, Garlic, Mushroom, Onions, Parsnip

METHOD

1. Pre-heat oven to 180°C. Line oven tray with baking paper.
2. Light brush pita bread with canola oil and cut into bite-sized triangles. Place the tray in oven and bake for 6 minutes or until golden.
3. Heat canola oil in medium saucepan over medium-high heat. Add diced onion, zucchini, carrot, and tinned tomatoes. Cook for 8 minutes or until softened. Optional: add seasoning mix) and cook, stirring for 2 minutes.
4. Add beans and 1 cup of water. Stir to mix and bring to a simmer. Reduce heat to low and cook, stirring occasionally, for 8 minutes or until slightly thickened.
5. Serve in a bowl with toasted pita bread (optional: top with grated cheese and yoghurt)

STORAGE TIPS

Freeze it in portion sized containers for up to 3 months; thaw overnight in the fridge.



GARDEN TOMATO PASTA

PREPARATION TIME

5 Minutes

COOKING TIME

20 Minutes

SERVES

4

INGREDIENTS

2 tablespoons canola oil

**or use any other unsaturated oil (e.g. olive, sunflower, safflower, peanut)*

2 medium onions

Any colour, diced

6 cloves garlic

Finely chopped and crushed

1 x 500mL jar tomato pasta sauce

1 x 400g canned tomatoes

Diced

1 cup seasonal vegetables

Diced, use a mixture of types and colours

450g wholegrain pasta

½ teaspoon black pepper

Optional: 1½ teaspoons dried basil

GARDEN TOMATO PASTA

UTENSILS

- Saucepan, medium size
- Measuring cup
- Cutting board and knife
- Tablespoon
- Teaspoon

SERVING OPTIONS

- For vegetarian or vegan, replace yoghurt with unsweetened soy, oat, or almond milk.
- Replace tomato-based pasta sauce with an additional tinned tomato (whole, puree or crushed)

EXTRA SUGGESTIONS

Eat a rainbow by adding different colours of vegetables

- **Purple:** Purple Asparagus, Shallot
- **Red:** Red Capsicum, Tomato
- **Orange/Yellow:** Carrot, Corn, Pumpkin, Squash
- **Green:** Asparagus, Broccoli, Brussel Sprouts, Celery, Green Bean, Green Capsicum, Kale, Leek, Lettuce, Olive (fruit), Peas, Silverbeet, Snap Peas, Spinach, Zucchini
- **Brown/White:** Cauliflower, Garlic, Ginger, Mushroom, Onion

METHOD

1. Heat canola oil in a saucepan over medium heat.
2. Add onion, garlic, and pepper for 3 minutes.
3. Add seasonal vegetables (add optional: dried basil and black pepper). Gently cook for 3 minutes.
4. Combine tomato pasta sauce with chopped tomatoes into saucepan. Simmer for 8 minutes or until thickened.
5. Cook pasta according to package direction and drain water once pasta is cooked.
6. Toss the pasta with sauce and serve.

STORAGE TIPS

Freeze it in portion sized containers for up to 3 months; thaw overnight in the fridge.

FOR MORE INFORMATION

08 8351 1136 or reception@foodbanksa.org.au





FLATBREAD PIZZA WITH YOGHURT SAUCE

PREPARATION TIME

15 Minutes

COOKING TIME

15 Minutes

SERVES

2

INGREDIENTS

1½ tablespoons canola oil

1 medium zucchini

2 medium tomatoes

1 medium canned chicken

4 flatbread

1 packet tomato puree

3 tablespoons plain yoghurt

2 cups leafy green vegetables

2 cups shredded cheese

**or use any other unsaturated oil (e.g. olive, sunflower, safflower, peanut)*

Thinly sliced

Quartered

Drained

Wholemeal variety, if available

Packet or tinned tomato puree or tinned crushed tomato

Reduced fat, if available

Use a mixture of types and colours

Reduced fat, if available

FLATBREAD PIZZA WITH YOGHURT SAUCE

UTENSILS

- Oven
- Frying pan, medium size
- Cutting board and knife
- Oven tray
- Measuring cup
- Mixing bowl and whisk spoon
- Tablespoon

SERVING OPTIONS

- For vegetarian option, consider using haloumi in place of chicken.
- For vegan option, swap the chicken with flat brown mushroom or tempeh and use a shredded cheese alternative

EXTRA SUGGESTIONS

Eat a rainbow by adding different colours of vegetables

- **Purple:** Purple Asparagus, Shallot
- **Red:** Radish, Red Capsicum, Tomato
- **Orange/Yellow:** Pumpkin, Squash
- **Green:** Asparagus, Broccoli, Brussel Sprout, Celery, Green Bean, Green Capsicum, Kale, Leek, Silverbeet, Spinach, Zucchini
- **Brown/White:** Cauliflower, Fennels, Garlic, Mushroom, Onion, Potato, Parsnip, Turnip

METHOD

1. Pre-heat oven to 200°C. Line oven tray with baking paper.
2. Heat 1 tablespoon of the canola oil over medium-high heat. Cook tomatoes, zucchini, and chicken, breaking up chicken with a spoon, until veggies are softened, and chicken is golden brown, for about 4 to 5 minutes.
3. Lay flatbreads, rough side-down. Spread tomato puree evenly across breads with the back of a spoon.
4. Sprinkle with shredded cheese and top with cooked tomatoes, zucchini, and chicken mixture.
5. Place flatbread pizzas directly on the oven tray and bake until cheese is melted and golden for about 12 to 15 minutes.
6. Combine yoghurt, and the remaining ½ tablespoon canola oil in a bowl. Whisk until watery consistency.
7. Serve the pizza together with leafy green vegetables, drizzled with yoghurt sauce.

STORAGE TIPS

Freeze patties in portion sized containers for up to 3 months; thaw overnight in the fridge.

FOR MORE INFORMATION

08 8351 1136 or reception@foodbanksa.org.au





SLURPY NOODLE STIR-FRY

PREPARATION TIME

10 Minutes

COOKING TIME

15 Minutes

SERVES

4

INGREDIENTS

1 tablespoon canola oil

**or use any other unsaturated oil (e.g. olive, sunflower, safflower, peanut)*

½ tablespoon soy sauce

Reduced-salt variety, if available

1 tablespoon tomato paste

Reduced-salt variety, if available

4 serves wok-ready noodles

Wholegrain variety, if available

1 cup frozen vegetables

Chopped to bite size, use a mixture of types and colours

1 cup seasonal vegetables

Diced or chopped roughly, use a mixture of types and colours

500g minced meat e.g. beef

Lean, if available

2 cloves garlic

Crushed

1 onion

Any colour, julienned

SLURPY NOODLE STIR-FRY

UTENSILS

- Saucepan, medium size
- Mixing bowl
- Cutting board and knife
- Measuring cup
- Tablespoon
- Mixing spoon

SERVING OPTIONS

- Choose meat options such as lean chicken, fish, turkey and lean cuts of beef and pork.
- For vegetarian or vegan option, swap the minced chicken with mushroom, tofu, chickpeas or tempeh.
- Use a variety of types of vegetables and colours, both frozen and fresh vegetables are suitable. Stir-fry mixes are often available (frozen and fresh).

EXTRA SUGGESTIONS

Eat a rainbow by adding different colours of vegetables

- **Purple:** Shallot
- **Red:** Radish, Red Capsicum, Tomato
- **Orange/Yellow:** Carrot, Corn, Pumpkin, Squash, Sweet Potato
- **Green:** Asian Greens, Celery, Leek, Lettuce, Peas, Silverbeet, Snap Peas, Spinach, Spring onion, Zucchini
- **Brown/White:** Beansprout, Cauliflower, Garlic, Ginger, Mushroom, Onions, Potato

METHOD

1. Place noodles in a bowl and cover with boiling water. Stand for 2 to 3 minutes, stir to separate noodles, and drain water.
2. Combine tomato paste, soy sauce and ¼ cup of hot water in a bowl. Stir to mix sauce mixture.
3. Heat oil in a saucepan over high heat. Add garlic, onion, and minced meat. Stir-fry for about 8 minutes, breaking up meat until well browned.
4. Add frozen vegetables and seasonal vegetables to the pan. Sauté for 3 to 4 minutes or until tender.
5. Add noodles and sauce mixture. Toss over for 2 minutes until sauce coats noodle and mixture is hot.

STORAGE TIPS

Freeze it in portion sized containers for up to 3 months; thaw overnight in the fridge.

FOR MORE INFORMATION

08 8351 1136 or reception@foodbanksa.org.au





WHITE BEAN CHICKEN SOUP

PREPARATION TIME

15 Minutes

COOKING TIME

35 Minutes

SERVES

4

INGREDIENTS

2 tablespoons canola oil

or use any other unsaturated oil (e.g. olive, sunflower, safflower, peanut)

1 onion

Any colour, diced

2 medium carrots

Diced

2 celeries

Diced

3 cloves garlic

Crushed

8 cups chicken stock

Reduced-salt variety, if available

2 x **400g** canned cannellini beans

Drained

2 – 3 cups cooked chicken
or tinned chicken

Shredded

1 teaspoon black pepper

1 small lemon

Squeezed

1 tablespoon parmesan cheese

Shaved, or grated

WHITE BEAN CHICKEN SOUP

UTENSILS

- Saucepan, medium size
- Cutting board and knife
- Measuring cup
- Tablespoon and teaspoon
- Mixing spoon

SERVING OPTIONS

- Enjoy soup with toasted wholemeal bread or wholegrain pasta.
- For vegetarian or vegan option,
replace chicken stock with vegetable stock
replace poached chicken with tofu, mushrooms, cabbage, or baby spinach

EXTRA SUGGESTIONS

Eat a rainbow by adding different colours of vegetables

- **Purple:** Eggplant, Shallot
- **Red:** Radish, Red Capsicum, Tomato
- **Orange/Yellow:** Carrot, Corn, Pumpkin, Squash, Sweet Potato
- **Green:** Asian Greens, Broccoli, Celery, Green Bean, Green Capsicum, Leek, Peas, Silverbeet, Snap Peas, Spinach, Spring onion, Zucchini
- **Brown/White:** Beansprout, Cauliflower, Garlic, Ginger, Mushroom, Onion, Potato, Parsnip, Turnip

METHOD

1. Heat canola oil in the saucepan over a medium heat.
2. Sauté onion, garlic, carrots, and celery until vegetables are tender (about 7 minutes) and stirring frequently.
3. Add chicken stock, beans, shredded chicken, and black pepper. Bring to a boil and reduce to a simmer.
4. Simmer for 20 minutes and stir occasionally.
5. Add lemon juice and simmer for 10 minutes.
6. Serve in a bowl and sprinkle in parmesan cheese.

STORAGE TIPS

Freeze it in portion sized containers for up to 3 months; thaw overnight in the fridge.

FOR MORE INFORMATION

08 8351 1136 or reception@foodbanksa.org.au





LEBANESE STUFFED PITAS

PREPARATION TIME

15 Minutes

COOKING TIME

35 Minutes

SERVES

4

INGREDIENTS

4 pieces pita or flat bread

2 tablespoons canola oil

500g minced meat e.g., beef

2 onions

2 cloves garlic

1 x 400g canned tomatoes

1 cup parsley

* Optional 1 teaspoon any seasoning mix

Wholegrain variety, if available

**or use any other unsaturated oil (e.g. olive, sunflower, safflower, peanut)*

Lean variety, if available

Diced, Any colour

Crushed and minced

Chopped

Chopped

LEBANESE STUFFED PITAS

UTENSILS

- Saucepan, medium size
- Cutting board and knife
- Mixing bowl and spatula
- Measuring cup
- Tablespoon

SERVING OPTIONS

- For vegetarian or vegan option:
Replace minced meat with 2 x 400g tinned chickpeas or lentils.
- Try adding a pinch of these spices for extra flavour: cumin, cinnamon, coriander seed, smoked paprika. These could be added at Step 1 with the pepper.

EXTRA SUGGESTIONS

Eat a rainbow by adding different colours of vegetables

- **Purple:** Eggplant, Shallot
- **Red:** Radish, Red Capsicum, Tomato
- **Orange/Yellow:** Carrot, Corn, Pumpkin, Squash, Sweet Potato
- **Green:** Broccoli, Celery, Cucumber, Green Beans, Green Capsicum, Kale, Leek, Lettuce, Peas, Silverbeet, Snap Peas, Spinach
- **Brown/White:** Cauliflower, Fennels, Garlic, Ginger, Mushroom, Onion, Potato, Parsnip

METHOD

1. Combine minced meat with parsley, chopped tomatoes, onion, and all spices (optional spices: cumin, cinnamon, coriander and paprika) in a large bowl. Use hands or spatula to mix until well combined.
2. Heat canola oil in saucepan on a medium high heat. Cook meat until brown and tender. Drain and heat over pan until toasted.
3. Slice each pita bread into quarters. Pull apart the two sides of pita. Spoon about 2 tablespoons of the meat mixture into the bread.
4. On a medium heat, add 1 tablespoon of canola oil.
5. Place stuffed pitas on the pan. Cook until pita is golden brown in colour or about 7 to 10 minutes. Repeat with the remaining stuffed pitas.

STORAGE TIPS

Freeze meat mixture in portion sized containers for up to 3 months; thaw overnight in the fridge.

FOR MORE INFORMATION

08 8351 1136 or reception@foodbanksa.org.au





SCALLOPED POTATO AND CAULIFLOWER GRATIN

PREPARATION TIME

30 Minutes

COOKING TIME

60 Minutes

SERVES

6

INGREDIENTS

5 tablespoons canola oil

500g potatoes

500g cauliflower

5 tablespoons flour

1 onion

2½ cups milk or milk alternatives

½ cup cheese, shredded

2 cloves garlic

1 teaspoon black pepper

**or use any other unsaturated oil (e.g. olive, sunflower, safflower, peanut)*

Skin on and thinly sliced

Small florets

Wholemeal variety, if available

Any colour, chopped

Reduced-fat variety, if available

Reduced-fat variety, if available

Crushed

Optional

SCALLOPED POTATO AND CAULIFLOWER GRATIN

UTENSILS

- Oven
- Mixing bowl
- Cutting board and knife
- 2 oven trays lined with baking paper
- Saucepan, large size
- Baking dish

SERVING OPTIONS

- For vegetarian or vegan option,
Replace cheese with vegan cheese.
Replace milk with dairy-free milk such as unsweetened, calcium fortified non-dairy milk like soy, oats, and almond milk

EXTRA SUGGESTIONS

Eat a rainbow by adding different colours of vegetables

- **Purple:** Beetroot, Eggplant, Purple Asparagus, Shallot
- **Red:** Radish, Red Capsicum
- **Orange/Yellow:** Carrot, Pumpkin, Squash, Sweet Potato
- **Green:** Asparagus, Celery, Leek, Silverbeet, Zucchini
- **Brown/White:** Cauliflower, Fennels, Garlic, Ginger, Mushroom, Onions, Potato, Parsnip, Turnip

METHOD

1. Pre-heat the oven to 180°C.
2. Toss potatoes, cauliflower and 2 tablespoons of canola oil in the bowl until well coated.
3. Spread the potatoes and cauliflower evenly between the 2 lined oven trays and place in the oven.
4. Bake until tender and beginning to brown, about 20 to 25 minutes. Then, remove from the oven and set aside.
5. Heat 2 tablespoons of oil in a sauce pan over medium heat. Add the onion and stir frequently, until soft and golden brown (about 2 to 3 minutes).
6. Add the flour and black pepper to the onion. Cook, stirring over a low heat for about 1 minute.
7. Gradually add the milk, stirring constantly to avoid any lumps forming. Continue to cook over a low heat, stirring until the sauce thickens (about 3 to 5 minutes). Remove from heat.
8. Transfer half of the potato and cauliflower to the baking dish. Spread half of the sauce over the potatoes and cauliflower. Top with ½ cup of the shredded cheese. Add the remaining potatoes and cauliflower. Top with the remaining sauce and cheese and place in the oven.
9. Bake until the sauce is bubbling, and the cheese is beginning to brown (about 10 to 15 minutes). Once cooked, let stand for 10 minutes before serving.

STORAGE TIPS

Freeze it in portion sized containers for up to 3 months; thaw overnight in the fridge.

FOR MORE INFORMATION

08 8351 1136 or reception@foodbanksa.org.au





ULTIMATE CHICKEN FRUIT SALAD

PREPARATION TIME

10 Minutes

COOKING TIME

5 Minutes

SERVES

4

INGREDIENTS

2 tablespoons canola oil

**or use any other unsaturated oil (e.g. olive, sunflower, safflower, peanut)*

2 tablespoons balsamic vinegar

2 chicken breasts
(or tinned chicken or tuna)

Diced to bite size pieces

2 cups fruits e.g. apples, mandarins,
bananas and mangoes

*Use a mixture of types and colours. Diced,
sliced or whole (e.g. berries)*

2 zucchinis

Thinly sliced into rounds

1 cucumber

Thinly sliced into rounds

4 cups leafy green vegetables

Use a mixture of types and colours

½ cup any nuts or seeds e.g. walnuts or
sunflower seeds

Roughly chopped

ULTIMATE CHICKEN FRUIT SALAD

UTENSILS

- Frying pan, medium size
- Mixing bowl and mixing spoon
- Cutting board and knife
- Measuring cup
- Tablespoon

SERVING OPTIONS

- Add cooked grains such as cooked brown rice, barley or wholegrain pasta
- For vegetarian or vegan option,
Replace chicken breast and cheese with avocado, creamed corn, tinned beans, roasted sweet potato, roasted pumpkin, tofu, or tempeh.

EXTRA SUGGESTIONS

Eat a rainbow by adding different colours of vegetables

- **Purple:** Beetroot, Shallot
- **Red:** Radish, Red Capsicum, Tomato
- **Orange/Yellow:** Carrot, Corn, Pumpkin, Squash, Sweet Potato
- **Green:** Broccoli, Brussel Sprout, Celery, Cucumber, Green Bean, Green Capsicum, Leek, Lettuce, Peas, Snap Peas, Spinach, Zucchini
- **Brown/White:** Cauliflower, Fennels, Mushroom, Onions, Potato, Parsnip, Turnip

METHOD

1. Heat 1 tablespoon canola oil in a frying pan set over a medium heat. Cook chicken turning occasionally until cooked through. Once chicken is cooked, cool, slice and set aside.
2. Add zucchini slices to the pan and cook for 1 minute each side or until lightly charred.
3. To make dressing, whisk 1 tablespoon of canola oil with the balsamic vinegar.
4. Toss together leafy green vegetables, zucchini and fruit mixture, walnuts (or sunflower seeds) and chicken in a bowl. Dress salad mix with dressing and ready to serve!

STORAGE TIPS

Freeze it in portion sized containers for up to 3 months; thaw overnight in the fridge.

FOR MORE INFORMATION

08 8351 1136 or reception@foodbanksa.org.au





MASSAMAN CURRY WITH YOGHURT

PREPARATION TIME

15 Minutes

COOKING TIME

25 Minutes

SERVES

4

INGREDIENTS

2 cups rice

Brown variety, if available

½ cup chicken stock

Salt reduced, if available

1 eggplant

Chopped to 3cm chunks

2 medium carrots

Chopped to 3cm chunks

1 medium onion

Chopped to 3cm chunks

2 cups frozen vegetable mix

Use a mixture of types and colours

3 tablespoons any curry paste

½ tablespoon canola oil

**or use any other unsaturated oil (e.g. olive, sunflower, safflower, peanut)*

1 x 400g canned tomatoes

Reduced-salt variety, if available

2 cup potatoes

Chopped to bite-sized chunks

½ cup greek yoghurt, plain

Reduced-fat variety, if available

MASSAMAN CURRY WITH YOGHURT

UTENSILS

- Saucepan, large size
- Measuring cup
- Cutting board and knife
- Tablespoon

SERVING OPTIONS

- Add your choice of protein such as cooked diced tempeh, chickpeas, or lean meat cuts such as chicken breast at Step 5
- For vegetarian or vegan option, replace chicken stock with vegetable stock and Greek yoghurt with unsweetened, calcium fortified non-dairy milk like soy, oats, and almond milk.

EXTRA SUGGESTIONS

Eat a rainbow by adding different colours of vegetables

- **Purple:** Eggplant, Shallot
- **Red:** Red Capsicum, Tomato
- **Orange/Yellow:** Carrot, Corn, Pumpkin, Squash
- **Green:** Broccoli, Brussel Sprout, Celery, Green Bean, Green Capsicum, Leek, Lettuce, Peas, Silverbeet, Spinach, Zucchini, Spring onion
- **Brown/White:** Cauliflower, Garlic, Ginger, Mushroom, Onions, Potato, Parsnip, Turnip

METHOD

1. Rinse rice and place in a saucepan on a medium heat with plenty of boiling water.
2. Place eggplants on top of the rice to steam for the first 8 minutes, covered or until starting to soften.
3. Heat canola oil in a saucepan. In batches, add eggplants, carrot, and onion into the pan for 5 minutes, turning often. Once cooked, remove from pan and set aside.
4. Add potatoes, chicken stock, and tinned tomato with curry paste. Simmer for 15 minutes or until potato is soft and sauce is slightly thickened.
5. Add the Greek yoghurt and stir well. Bring to simmer and cook for 8 minutes or until the potatoes are cooked and the sauce thickened.
6. Add frozen vegetables mix and cooked eggplant and carrot to the pan. Cook for another 2 minutes. Serve over curry!

STORAGE TIPS

Freeze it in portion sized containers for up to 3 months; thaw overnight in the fridge

FOR MORE INFORMATION

08 8351 1136 or reception@foodbanksa.org.au





BETTER BEANS ON TOAST

PREPARATION TIME

5 Minutes

COOKING TIME

10 Minutes

SERVES

4

INGREDIENTS

3 sticks celery

Chopped

1 tablespoon canola oil

or use any other unsaturated oil (e.g. olive, sunflower, safflower, peanut)

1 onion

Any colour, diced

4 cloves garlic

Crushed

2 x 400g cans any beans

Reduced salt variety, if available

2 x 400g canned tomatoes

Diced

4 slices toasted bread

Wholegrain variety, if available

2 teaspoons margarine

Unsalted, if available

BETTER BEANS ON TOAST

UTENSILS

- Saucepan, large size
- Teaspoon and tablespoon
- Cutting board and knife

SERVING OPTIONS

- Add your choice of fish (e.g., tinned tuna in oil or spring water) or cooked chicken, lean meat, and plant-based proteins like beans (e.g., tinned chickpea) at Step 5.
- For vegetarian or vegan, replace yoghurt with unsweetened soy, oat, or almond milk

EXTRA SUGGESTIONS

Eat a rainbow by adding different colours of vegetables

- **Purple:** Beetroot, Shallot
- **Red:** Red Capsicum, Tomato
- **Orange/Yellow:** Carrot, Corn,
- **Green:** Peas, Silverbeet, Snap Peas, Spinach, Zucchini, Spring onion
- **Brown/White:** Mushroom, Onions, Potato

METHOD

1. Heat ½ tablespoon of canola oil in a large saucepan over a medium heat.
2. Fry onion, garlic, and celery in oil until the onion becomes translucent.
3. Add tomatoes and beans. Simmer for 10 to 15 minutes
4. Spread margarine sparingly over the wholemeal toast and top with bean mix.

STORAGE TIPS

Freeze it in portion sized containers for up to 3 months; thaw overnight in the fridge.

FOR MORE INFORMATION

08 8351 1136 or reception@foodbanksa.org.au





CHICKEN GREENS STIR FRY

PREPARATION TIME

5 Minutes

COOKING TIME

10 Minutes

SERVES

4

INGREDIENTS

1 chicken breast, skinless

1 tablespoon canola oil

3 cups frozen mix vegetables

3 cups green leafy vegetables

2 tablespoons soy sauce

2 cloves garlic

3 cups cooked rice

Sliced

or use any other unsaturated oil (e.g. olive, sunflower, safflower, peanut)

Defrosted

Use a mixture of types and colours

Reduced-salt soy sauce, if available

Crushed and chopped

Brown variety, if available

CHICKEN GREENS STIR FRY

UTENSILS

- Saucepan
- Cutting board and knife
- Tablespoon
- Measuring cup and spoon

SERVING OPTIONS

- Use a variety of types of vegetables and colours, both frozen and fresh vegetables are suitable. Stir-fry mixes are often available (frozen and fresh).
- For vegetarian or vegan option, swap the chicken with mushroom, tofu, chickpeas or tempeh.
- Add a handful of nuts such as cashew at Step 6 for an extra crunch!

EXTRA SUGGESTIONS

Eat a rainbow by adding different colours of vegetables

- **Purple:** Eggplant, Purple Asparagus, Shallot
- **Red:** Red Capsicum, Tomato
- **Orange/Yellow:** Carrot, Corn, Pumpkin, Squash
- **Green:** Asian Greens, Asparagus, Broccoli, Brussel Sprout, Celery, Green Bean, Green Capsicum, Kale, Leek, Lettuce, Peas, Silverbeet, Snap Peas, Spinach, Zucchini, Spring onion
- **Brown/White:** Beansprout, Cauliflower, Garlic, Ginger, Mushroom, Onions

METHOD

1. Marinade chicken with garlic and soy sauce for a short while (about 30 minutes).
2. Cook rice as per the instruction on the rice packet – set aside
3. While the rice is cooking, heat 1 tablespoon of oil in the saucepan and on a medium to high heat.
4. Add the chicken and sauté until browned and cooked through. Remove cooked chicken from pan and set aside.
5. Add the remaining oil to the saucepan and then add frozen and fresh vegetables, stir-frying these until tender and heated through.
6. Add the cooked chicken and heat together for about 5 minutes.
7. Serve on top of the cooked rice.

STORAGE TIPS

Freeze it in portion sized containers for up to 3 months; thaw overnight in the fridge

FOR MORE INFORMATION

08 8351 1136 or reception@foodbanksa.org.au





CRISPY GARDEN ROSTI

PREPARATION TIME

10 Minutes

COOKING TIME

20 Minutes

SERVES

4

INGREDIENTS

2 medium potatoes

Grated

1 medium zucchini or carrot

Grated

1 onion

Any colour, diced

½ cup corn flour

2 tablespoons canola oil

**or use any other unsaturated oil (e.g. olive, sunflower, safflower, peanut)*

1 tablespoon garlic powder

Optional

CRISPY GARDEN ROSTI

UTENSILS

- Frypan, medium size
- Bowl, medium size
- Cutting board and knife
- Grater
- Paper towel
- Measuring cup
- Spatula
- Tablespoon

SERVING OPTIONS

- Enjoy Rosti with a squeeze of lemon and dollop of plain yoghurt!

EXTRA SUGGESTIONS

Eat a rainbow by adding different colours of vegetables

- **Purple:** Shallot
- **Red:** Red Capsicum
- **Orange/Yellow:** Carrot, Pumpkin, Squash, Sweet Potato
- **Green:** Green Bean, Green Capsicum, Kale, Leek, Silverbeet, Spring onion
- **Brown/White:** Beansprout, Mushroom, Onions, Potato, Parsnip, Turnip

METHOD

1. Use the paper towel to squeeze excess liquid from the grated potatoes.
2. Combine grated potatoes, zucchini, onion, corn flour and garlic powder in a bowl. Again, squeeze excess liquid from mixture, using a fresh piece of paper towel.
3. Divide mixture into 4 serves.
4. Spray the base of the frypan with canola oil and then heat the pan at medium to high heat.
5. Add one serve of vegetable mix and spread into a pancake shape.
6. Flip with a spatula when bottom is browned and set. Keep flipping till both sides are golden and crispy.
7. Once set and golden brown, rosti is ready to serve!
8. Repeat Step 4 to Step 6 with remaining serves of vegetable mix.

STORAGE TIPS

Freeze it uncooked mix frozen up to 12 months; thaw overnight in the fridge

FOR MORE INFORMATION

08 8351 1136 or reception@foodbanksa.org.au





2-MINUTE CORN NOODLE SOUP

PREPARATION TIME

2 Minutes

COOKING TIME

8 Minutes

SERVES

2

INGREDIENTS

3 cups water

2 x 2-minute noodle packets

1 x 125g canned corn kernels

1 cup frozen vegetables

1 cup baby spinach

2 medium eggs

Wholegrain variety, if available

Use a mixture of types and colours

Slice to finger length.

Lightly beaten

2-MINUTE CORN NOODLE SOUP

UTENSILS

- Saucepan, medium size
- Measuring cup

SERVING OPTIONS

- Add your choice of protein such as cooked sliced tofu, chickpeas, shredded chicken breast and lean meat cuts at Step 1.

EXTRA SUGGESTIONS

Eat a rainbow by adding different colours of vegetables

- **Purple:** Shallot
- **Red:** Red Capsicum, Tomato
- **Orange/Yellow:** Carrot, Corn
- **Green:** Asian Greens, Celery, Leek, Lettuce, Peas, Spinach, Spring onion
- **Brown/White:** Garlic, Ginger, Mushroom

METHOD

1. Heat water in the saucepan until boiling.
2. Add the noodles and use only ½ of the flavour sachet. Bring to boil.
3. When noodle is almost ready, add corn, baby spinach and frozen vegetables, bring back to the boil.
4. Simmer for 2 minutes. Pour the egg slowly all over the noodle mix.
5. Turn off heat and allow egg to gently cook in the soup.

FOR MORE INFORMATION

08 8351 1136 or reception@foodbanksa.org.au





TZATZIKI DIP

PREPARATION TIME

5 Minutes

COOKING TIME

None

SERVES

2

INGREDIENTS

4 cups cucumber

3 cups plain yoghurt

4 tablespoons olive oil

1 large lemon

2 cloves garlic

4 tablespoons herbs, your choice

Variety salad dippers, your choice

Diced

Reduced fat, if available

Squeezed

Minced

Optional, add when serving

Variety of freshy chopped finger salad dippers

TZATZIKI DIP

UTENSILS

- Mixing bowl
- Measuring cup
- Tablespoon
- Mixing spoon

SERVING OPTIONS

- Try a variety of types and colours of vegetables for dippers

METHOD

1. In a mixing bowl, combine cucumber, yoghurt, garlic, lemon juice and olive oil.
2. Let mixture rest for 5 minutes. Garnish with fresh herbs of your choice.
3. Enjoy tzatziki dip with celery, capsicum and carrots sticks, sugar snap peas, cherry tomatoes, mushroom slices, cauliflower, or broccoli florets.

FOR MORE INFORMATION

08 8351 1136 or reception@foodbanksa.org.au





PEA HUMMUS

PREPARATION TIME

10 Minutes

COOKING TIME

None

SERVES

2

INGREDIENTS

2 cups frozen peas

2 x 400g cans chickpeas

¼ cup olive oil

1 lemon

2 cloves garlic

2 tablespoons tahini

4 tablespoons herbs, your choice

Defrost

Drained and rinsed

Squeezed

Minced

Optional

Optional, add when serving

PEA HUMMUS

UTENSILS

- Food processor
- Measuring cup
- Tablespoon

SERVING OPTIONS

- Try a variety of types and colours of vegetables for dippers

METHOD

1. Place all ingredients into a food processor and blitz until thick and creamy.
2. Serve with wholegrain crackers or enjoy hummus with celery, capsicum and carrots sticks, sugar snap peas, cherry tomatoes, mushroom slices, cauliflower, or broccoli florets

FOR MORE INFORMATION

08 8351 1136 or reception@foodbanksa.org.au





ZUCCHINI COFFEE CAKE

PREPARATION TIME

20 Minutes

COOKING TIME

40 Minutes

SERVES

6

INGREDIENTS

$\frac{3}{4}$ cup brown sugar

$\frac{1}{3}$ cup canola oil

1 large egg

1 cup milk

1 teaspoon baking soda

$2\frac{1}{2}$ cups all purpose flour

$1\frac{1}{2}$ cup zucchini, grated

1 teaspoon cinnamon

$\frac{1}{2}$ teaspoon nutmeg

$\frac{1}{4}$ teaspoon cardamon

Room temperature

Reduced fat, if available

Wholemeal, if available

Optional

Optional

Optional

ZUCCHINI COFFEE CAKE

UTENSILS

- Oven
- Baking square pan, 9x9 inch
- Parchment paper
- 2 Mixing bowls
- Paper towel
- Measuring cup
- Spatula
- Whisk
- Teaspoon

SERVING OPTIONS

- Add chopped walnuts, pecans or almond as crumble at Step 5.
- For extra flavour, add a tablespoon of any citrus zest (e.g., lemon, lime, or orange)

METHOD

1. Pre-heat oven to 175°C.
2. Lightly grease and flour a baking pan.
3. Press or drain the excess moisture out of zucchini with paper towel.
4. In a mixing bowl, whisk together all-purpose flour, baking soda and optional, spice mix.
5. In another mixing bowl, whisk together canola oil, brown sugar, egg, and milk. Stir in the shredded zucchini. Fold in the dry ingredients (Step 4) until thoroughly combined.
6. Pour batter into the prepared pan. Bake for 35 to 40 minutes, rotating once during baking. Bake until golden around the edges.
7. Remove from the oven and allow to cool for 15 minutes before slicing.

STORAGE TIPS

Cake will last up to 3 days well wrapped at room temperature.

To freeze, individually wrap each slice once it has cooled to room temperature, or place in a sealed container and freeze.

Once defrosted, you can reheat in the microwave.

FOR MORE INFORMATION

08 8351 1136 or reception@foodbanksa.org.au





CARROT CAKE MUFFINS

PREPARATION TIME

15 Minutes

COOKING TIME

30–40 Minutes

SERVES

20

INGREDIENTS

3 medium eggs

2 carrots

1 teaspoon canola oil

1½ cups self-raising flour

½ cup plain yoghurt

½ cup sugar

¼ cup milk, dairy or dairy free

1½ teaspoons cinnamon powder

Shredded

To grease only

Wholemeal variety if available

Reduced-fat variety, if available

Reduced-fat variety, if available

Optional

CARROT CAKE MUFFINS

UTENSILS

- Oven
- Mixing bowl, large
- Mixing spoon
- 2 x 12-cup muffin trays
- Whisk
- Measuring cup
- Spatula
- Grater
- Teaspoon

SERVING OPTIONS

- Add chopped dried fruits (e.g. sultanas and apricots) and/ or chopped nuts (e.g. walnuts and pecan) and /or frozen fruit (e.g. blueberries)

METHOD

1. Pre-heat oven to 175°C.
2. In a large bowl, whisk the eggs until light and fluffy.
3. Add in the yoghurt and whisk again until the mixture is smooth and fluffy.
4. Add in the sugar and milk. Beat the mixture again until smooth.
5. Add the shredded carrots, self-rising flour, and cinnamon to the wet ingredients. Using a spatula, fold the wet and dry ingredients together until combined.
6. Grease the muffin tin lightly with canola oil. Spoon the batter into the muffin trays (makes about 20 muffins).
7. Bake for 20 minutes until the muffins have risen and set.

STORAGE TIPS

Muffins will last up to 3 days when kept in a sealed container at room temperature.

To freeze, individually wrap each muffin once it has cooled to room temperature, or place in a sealed container and freeze.

Once defrosted, you can reheat in the microwave.

FOR MORE INFORMATION

08 8351 1136 or reception@foodbanksa.org.au





FRUITY FRENCH TOAST

PREPARATION TIME

5 Minutes

COOKING TIME

10 Minutes

SERVES

2

INGREDIENTS

2 medium eggs

½ cup milk, or milk alternatives

¼ teaspoon cinnamon

1 teaspoon canola oil

4 slices bread

1 banana

½ cup seasonal fruit of choice

¼ teaspoon nutmeg

Reduced-fat variety, if available

Thinly coat pan

Wholemeal variety, if available

Slice to bitesize

Slice to bitesize

Optional

FRUITY FRENCH TOAST

UTENSILS

- Fry pan, medium to large
- 2 mixing bowl, small and medium
- Whisk
- Measuring cup
- Teaspoon

SERVING OPTIONS

- Serve French toast with reduced-plain yoghurt (or no added salt peanut butter) and fruit on the bread.
- Try sliced banana, berries (frozen or fresh), sliced apple, mango, fig, tinned peaches, or pears, tinned pie apple or stewed rhubarb
- Fruit can be served cold or heated

EXTRA SUGGESTIONS

Eat a rainbow by adding different colours of fruit

- **Purple:** Blackberry, Blueberry, Plum, Purple Grape,
- **Red:** Cherries, Raspberry, Red Apple, Red Grape, Rhubarb (vegetable), Strawberry, Watermelon
- **Orange/Yellow:** Apricot, Carrot (vegetable), Grapefruit, Lemon, Mandarin, Mango, Nectarine, Orange, Pineapple, Rockmelon
- **Green:** Avocado, Green apple, Green grape, Kiwifruit, Lime, Pear
- **Brown/White:** Banana, Date, Brown Pear, Sultana, White Peach

METHOD

1. Whisk the eggs, milk, cinnamon, and nutmeg together in a bowl until combined.
2. Heat a non-stick flat pan over medium heat and spray lightly with oil spray.
3. Dip the bread in the egg mixture and evenly coat both sides. Shake off any excess mixture.
4. Cook for 2 to 3 minutes on each side until lightly browned. Transfer to a plate.
5. Top French toast with bitesize fruits and lightly dust with powder sugar.

STORAGE TIPS

To freeze, individually wrap each toast once it has cooled to room temperature. Once defrosted, you can reheat in the toaster.

Use 2-day old breads as this will prevent the toast from becoming too soggy.

FOR MORE INFORMATION

08 8351 1136 or reception@foodbanksa.org.au





FRUITBURST MUFFINS

PREPARATION TIME

15 Minutes

COOKING TIME

30–40 Minutes

SERVES

12

INGREDIENTS

1 $\frac{1}{4}$ cups self-raising flour

1 cup whole rolled oats

1 cup frozen fruit (e.g. berries)

$\frac{3}{4}$ cup milk or dairy alternatives

$\frac{1}{2}$ cup margarine

$\frac{1}{4}$ cup brown sugar

canola oil

1 medium egg

$\frac{1}{2}$ teaspoon cinnamon powder

Wholemeal variety, if available

Not instant

Do not defrost.

Reduced-fat variety, if available

Unsalted variety, if available

To grease only

Optional

FRUITBURST MUFFINS

UTENSILS

- Oven
- 3 mixing bowls small, medium & large size
- Container (for melting margarine)
- 1 x 12-cup muffin tray
- Measuring cup
- Mixing spoon or spatula

SERVING OPTIONS

- Replace milk with any unsweetened, calcium fortified non-dairy milk like soy, oats, and almond milk.
- Try replacing the frozen fruit with grated carrots, and mashed bananas!

EXTRA SUGGESTIONS

Eat a rainbow by adding different colours of fruit

- **Purple:** Blackberry, Blueberry, Plum, Purple Grape
- **Red:** Cherries, Raspberry, Red apple, Red Grape, Rhubarb (vegetable), Strawberry, Watermelon
- **Orange/Yellow:** Apricot, Carrot (vegetable), Grapefruit, Lemon, Mandarin, Mango, Nectarine, Orange, Pineapple, Rockmelon
- **Green:** Avocado, Green apple, Green grape, Kiwifruit, Lime, Pear
- **Brown/White:** Banana, Date, Brown Pear, Sultana, White Peach

METHOD

1. Soak oats in milk for 20 minutes.
2. Pre-heat oven to 180 to 200°C.
3. In a large bowl, mix the flour, and cinnamon sugar together. Set aside.
4. In a medium bowl, combine the melted margarine, brown sugar, and egg together. Pour wet ingredients into the dry ingredients. Using a spoon, fold the wet and dry ingredients together until just combined.
5. Add frozen fruits and soaked oats, including the milk. Fold everything together gently until just combined.
6. Grease the muffin tin with canola oil. Spoon the muffin mix evenly in each cup, filling these to about 2/3 full.
7. Place muffin tray in oven and bake for about 15 minutes or until muffins are baked
8. Remove from oven. Allow the muffins to cool for 5 minutes in the muffin pan.

STORAGE TIPS

For longer storage, freeze muffins for up to 3 months.

FOR MORE INFORMATION

08 8351 1136 or reception@foodbanksa.org.au





CREAMY BANANA OVERNIGHT OATS

PREPARATION TIME

15 Minutes

COOKING TIME

None

SERVES

2

INGREDIENTS

1 cup instant or rolled oats

1 cup milk or dairy alternative

Reduced-fat variety, if available

½ cup plain yoghurt

Reduced-fat variety, if available

1 banana

Mashed

1 tablespoons frozen fruits

1 teaspoon cinnamon

Optional: 2 tablespoons chia seeds

Optional: 2 tablespoons
Peanut butter

Reduced-salt variety, if available

CREAMY BANANA OVERNIGHT OATS

UTENSILS

- Fridge
- Container with lid
- Measuring cup
- Teaspoon
- Tablespoon
- Mixing spoon

SERVING OPTIONS

- Replace milk with any unsweetened, calcium fortified non-dairy milk like soy, oats, and almond milk.
- Try adding a grated apple to the mixture prior to soaking overnight – mix through the oats.
- Top your overnight oats with your favourite toppings such as nuts and seasonal fruits like mangoes, kiwis, strawberries, apples, or peaches.
- Fresh, frozen, tinned or stewed fruit goes well either on top or mixed through the oats.

EXTRA SUGGESTIONS

Eat a rainbow by adding different colours of fruit

- **Purple:** Blackberry, Blue berry, Plum, Purple Grape,
- **Red:** Cherries, Raspberry, Red apple, Red Grape, Rhubarb (vegetable), Strawberry, Watermelon
- **Orange/Yellow:** Apricot, Carrot (vegetable), Grapefruit, Lemon, Mandarin, Mango, Nectarine, Orange, Pineapple, Rockmelon
- **Green:** Avocado, Green apple, Green grape, Kiwifruit, Lime, Pear
- **Brown/White:** Banana, Date, Brown Pear, Sultana, White Peach

METHOD

1. Add all the ingredients into a sealable jar, container, or cling-wrap a bowl.
2. Give it a stir until it is all combined.
3. Soak and refrigerate for at least 2 hours or overnight.

FOR MORE INFORMATION

08 8351 1136 or reception@foodbanksa.org.au





TUTTI FRUITY YOGHURT POPSICLES

PREPARATION TIME

2 Minutes

COOKING TIME

None

SERVES

5

INGREDIENTS

2 ripe mangoes or 2 cups mangoes

(or any fruits!)

1 cup baby spinach

1 cup plain yoghurt

Reduced-fat variety, if available

TUTTI FRUITY YOGHURT POPSICLES

UTENSILS

- Freezer
- Blender or Food Processor
- Teaspoon
- Tablespoon
- Measuring Cup

SERVING OPTIONS

- Replace baby spinach with fresh mint for refreshing blend!
- To make a sorbet, repeat the same process but instead of placing the mixture in the mould, place it into a bowl, cover and freeze
- To make a smoothie, repeat the same process but instead of placing the mixture in the mould, place it a glass, and enjoy!

EXTRA SUGGESTIONS

Eat a rainbow by adding different colours of fruit

- **Purple:** Blackberry, Blueberry, Plum, Purple Grape,
- **Red:** Cherries, Raspberry, Red apple, Red Grape, Rhubarb (vegetable), Strawberry, Watermelon
- **Orange/Yellow:** Apricot, Carrot (vegetable), Grapefruit, Lemon, Mandarin, Mango, Nectarine, Orange, Pineapple, Rockmelon
- **Green:** Avocado, Green apple, Green grape, Kiwifruit, Lime, Pear
- **Brown/White:** Banana, Date, Brown Pear, Sultana, White Peach

METHOD

1. Cut mango flesh into small chunks. Place mango in a container and freeze for 2 to 3 hours (or until partially frozen).
2. Add mangoes and baby spinach to the blender and blend until smooth and creamy.
3. Add water and blend until smooth and thick consistency.
4. Add 2 tablespoons of mango spinach puree to each popsicle mould.
5. Top the mango puree with 2 teaspoons of yoghurt, forming a yoghurt layer.
6. Add another 2 tablespoon of mango spinach puree on top of yoghurt to produce a layer.
7. Place the mould into the freezer for at least 4 hour or until set.

FOR MORE INFORMATION

08 8351 1136 or reception@foodbanksa.org.au





CLASSIC CREPE

PREPARATION TIME

5 Minutes

COOKING TIME

10 Minutes

SERVES

4

INGREDIENTS

3 medium eggs

2 cups milk or milk alternative

1 cup all-purpose flour

1 tablespoon margarine, melted

1 lemon, quartered

1 teaspoon cinnamon powder

Wholemeal if available

Unsalted

Optional

Optional

CLASSIC CREPE

UTENSILS

- Mixing bowl, large
- Whisk
- Frypan, medium
- Ladel
- Cutting board and knife

SERVING OPTIONS

- Replace milk with any unsweetened, calcium fortified non-dairy milk like soy, oats, and almond milk.
- Top your crepes with your favourite dessert spreads such as plain yoghurt and top with fresh seasonal fruits like mangoes, kiwis, strawberries, apples, or peaches.
- For savoury spread, enjoy your crepe with canned tuna and creamed corn or sliced avocado, mushroom, and spinach.

EXTRA SUGGESTIONS

Eat a rainbow by adding different colours of fruit

- **Purple:** Blackberry, Blue berry, Plum, Purple Grape,
- **Red:** Cherries, Raspberry, Red apple, Red Grape, Rhubarb (vegetable), Strawberry, Watermelon
- **Orange/Yellow:** Apricot, Carrot (vegetable), Grapefruit, Lemon, Mandarin, Mango, Nectarine, Orange, Pineapple, Rockmelon
- **Green:** Avocado, Green apple, Green grape, Kiwifruit, Lime, Pear
- **Brown/White:** Banana, Date, Brown Pear, Sultana, White Peach

METHOD

1. In a large mixing bowl, whisk together all the ingredients until a smooth batter forms with no lumps.
2. Heat frypan over medium-high heat, and lightly grease with margarine.
3. Ladel $\frac{1}{4}$ of the batter into the hot pan, and gently rotate the pan to spread batter as thinly as possible. Aim for the thickness of a tortilla, not a pancake.
4. Cook on medium heat and until brown on both sides. Flip as needed, cooking for about 1 to 2 minutes on each sides. .
5. Place the cooked crepe on a plate, add sweet or savoury fillings, and fold into quarters.
6. Enjoy your crepes with a dust of cinnamon powder and a squeeze of lemon for an extra zing!

STORAGE TIPS

Cook all the crepes, and store in the fridge, in a sealed container for up to 2 days

FOR MORE INFORMATION

08 8351 1136 or reception@foodbanksa.org.au





RICE PUDDING

PREPARATION TIME

5 Minutes

COOKING TIME

60 Minutes

SERVES

4

INGREDIENTS

$\frac{1}{2}$ cup rice

4 cups milk, dairy or dairy free

2 sticks cinnamon sticks

$\frac{1}{4}$ cup brown sugar

$\frac{1}{2}$ cup sultana or dates

Brown variety, if available

Reduced-fat variety, if available

Optional

If using dates, then roughly chop these

RICE PUDDING

UTENSILS

- Saucepan with a lid, medium size
- Measuring cup
- Cutting board and knife
- Mixing spoon

SERVING OPTIONS

- Enjoy rice pudding topped with fruits such as strawberries, mangoes, peaches, stewed apple, sliced banana. Use fresh, frozen, and tinned varieties.
- Replace milk with any unsweetened, calcium fortified non-dairy milk like soy, oats, and almond milk.

EXTRA SUGGESTIONS

Eat a rainbow by adding different colours of fruit

- **Purple:** Blackberry, Blue berry, Plum, Purple Grape,
- **Red:** Cherries, Raspberry, Red apple, Red Grape, Rhubarb (vegetable), Strawberry, Watermelon
- **Orange/Yellow:** Apricot, Carrot (vegetable), Grapefruit, Lemon, Mandarin, Mango, Nectarine, Orange, Pineapple, Rockmelon
- **Green:** Avocado, Green apple, Green grape, Kiwifruit, Lime, Pear
- **Brown/White:** Banana, Date, Brown Pear, Sultana, White Peach

METHOD

1. Place rice, 3 cups of milk, sultanas, cinnamon stick, and brown sugar in the saucepan over a low heat.
2. Gradually bring to the boil, stirring regularly.
3. Keeping the heat on low, partly cover the pot with a lid. Let simmer for 20 minutes, stirring often.
4. Add remaining 1 cup of milk and let simmer for an additional 15 to 20 minutes or until rice is soft and chewy. Remove from heat.
5. Serve with your favourite fruit topping!

STORAGE TIPS

Store in an air-tight container in the fridge for up to 5 days.

FOR MORE INFORMATION

08 8351 1136 or reception@foodbanksa.org.au





**For more recipes
scan the QR code**

A collaboration between the University of Adelaide and Foodbank South Australia and Northern Territory. This recipe book forms part of the resource kit developed by Shaeny Chandra, alongside research team members Helen Morris and Jo Zhou (University of Adelaide), and Eleisha Golding and Sarah Davies (Foodbank South Australia and Northern Territory). This work was undertaken as part of the Healthy Merchandising Project, a key component of Shaeny Chandra's PhD conducted from 2021 to 2023.

Enjoy!

