



NGUUWA' LINA (NGOOWA-LIN'A)

TRANSLATES TO "WE'RE COOKING" IN BARKINDJI LANGUAGE



Maari Ma Health



MESSAGE FROM THE DIETITIANS

We would like to thank St Therese's Community School, Barlu Kurli Preschool, WINGS Drop-In-Centre, Menindee Preschool, Menindee Central School and Bugdlie Preschool for always being enthusiastic about making healthy and delicious foods.

The children who participate in our cooking groups have shown increased confidence when cooking in the kitchen. We have had a strong focus on the core food groups this year including fruit, vegetables and dairy. This has expanded their knowledge on the importance of each food group and how they influence our health and wellbeing.

We hope that you enjoy all of these recipes which have been used in many of our cooking classes in 2018 and have been loved by children and families.

ELISE WILSON & GEMMA PAGE

Dietitians, Maari Ma Health Aboriginal Corporation



Maari Ma Health

FROM THE CEO

Every week, across the communities of far west NSW, Maari Ma's dietitians are talking to individuals, children and families about healthy eating. And healthy eating is equal parts what goes into your food and how you prepare it.

HEALTHY
EATING



HEALTHY
INGREDIENTS



HOW YOU
PREPARE YOUR
FOOD

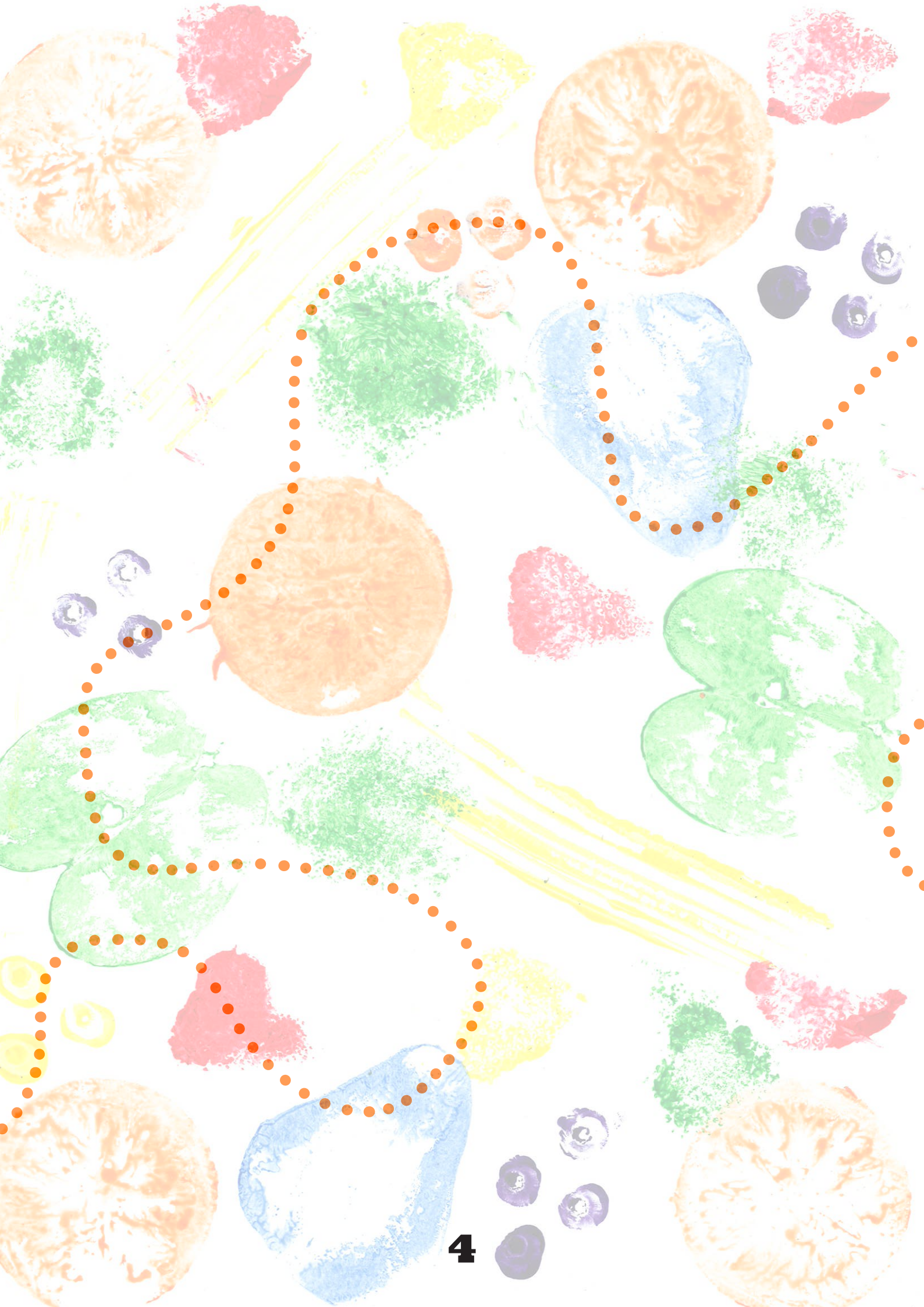
For many people, every day meal preparation falls to mum or nan or auntie, but what we see at our after school cooking groups, in preschools, schools and the Wings Drop-In-Centre, is that everyone likes to have a go: tasting foods they've not seen before, being creative with food presentation, and growing life skills and independence.

While learning about what goes into the food we cook for ourselves, our cooking groups also learn what goes into foods that we buy: added sugars, salt, good fats and bad fats, all that processing! So if we all take the time to think about what we eat, share the preparation, and sit down together to appreciate the food, we will start to see improvements in the numbers of people who are overweight, obese, or suffering from lifestyle-related diseases like diabetes.

Sharing meals is at the heart of family which is at the heart of Aboriginal culture. I hope this book inspires everyone to get cooking.

BOB DAVIS

CEO, Maari Ma Health Aboriginal Corporation



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Aboriginal and Torres Strait Islander Guide to **Healthy** Eating

Eat different types
of foods from the five
food groups every day.



Drink plenty of water.



Use small amounts



Milk, yoghurt, cheese and/or
alternatives, mostly reduced fat



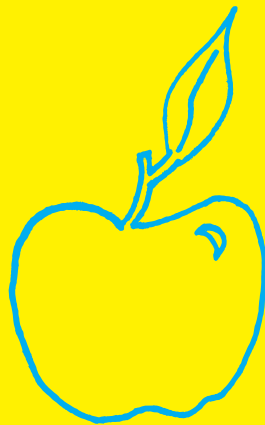
Only sometimes
and in small amounts

BARKINDJI BUSHTUCKER TALK

A big thank-you to Murray Butcher for translating the local Barkindji language and Muriel Hunter for creating the Bushtucker artwork



QUANDONG
Karpuka
(Kalp'ook'ha)

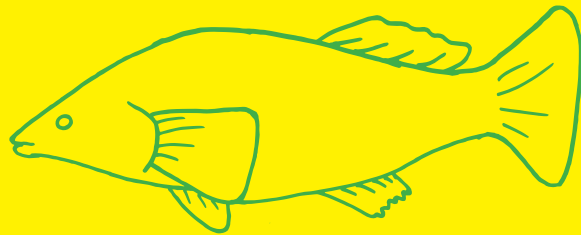


FRUIT
Yarra'manhu'ku
(Yarra'man'hoo'coo)

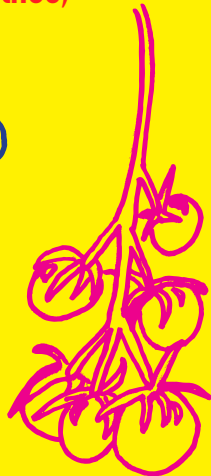
SAND GOANNA
Thakulu (Thuk'oo'loo)



EMU
Kalthi (Gul'thee)



FISH
Barndu (Bun'doo)



WILD TOMATO
Kuminya
(Coom'inya)



SNAKE
Thurru (Thoo'roo)



TURTLE
Pumaluka
(boom'ah'looka)



RED KANGAROO
Tharlta (Dal'tha)



You wouldn't eat 16 teaspoons of sugar - *so why drink it?*

600ml cola 16 teaspoons sugar per bottle	500ml iced tea 8 teaspoons sugar per bottle	600ml sports drink 9 teaspoons sugar per bottle	500ml energy drink 7 teaspoons sugar per can	600ml lemon squash 16 teaspoons sugar per bottle	1100ml slushy 25 teaspoons sugar per cup
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youtube.com/user/VACCHOinc
rethinksugarydrink.org.au





HOW TO PORTION YOUR PLATE CORRECTLY

1. Prioritise non-starchy vegetables – fill $\frac{1}{2}$ your plate (around 2–3 cups raw or 1.5–2 cups cooked) with veggies including: tomato, carrot, capsicum, cucumber, broccoli, beans, beetroot, spinach, mushrooms, onion, lettuce, bok choy etc.
2. Choose a lean protein source to fill $\frac{1}{4}$ plate including: red meats like kangaroo or lean beef, chicken, fish, eggs, seafood, legumes or tofu.
3. Choose a low GI carbohydrate including: wholegrain/wholemeal bread, wraps, pasta, rice, potato, sweet potato, corn or legumes.
4. Remember to choose a healthy source of fat at each meal including: olive oil, nuts/nut butter, olives or avocado.

HEALTHY LUNCH BOX

WHAT TO PUT IN YOUR KIDS LUNCH BOX?

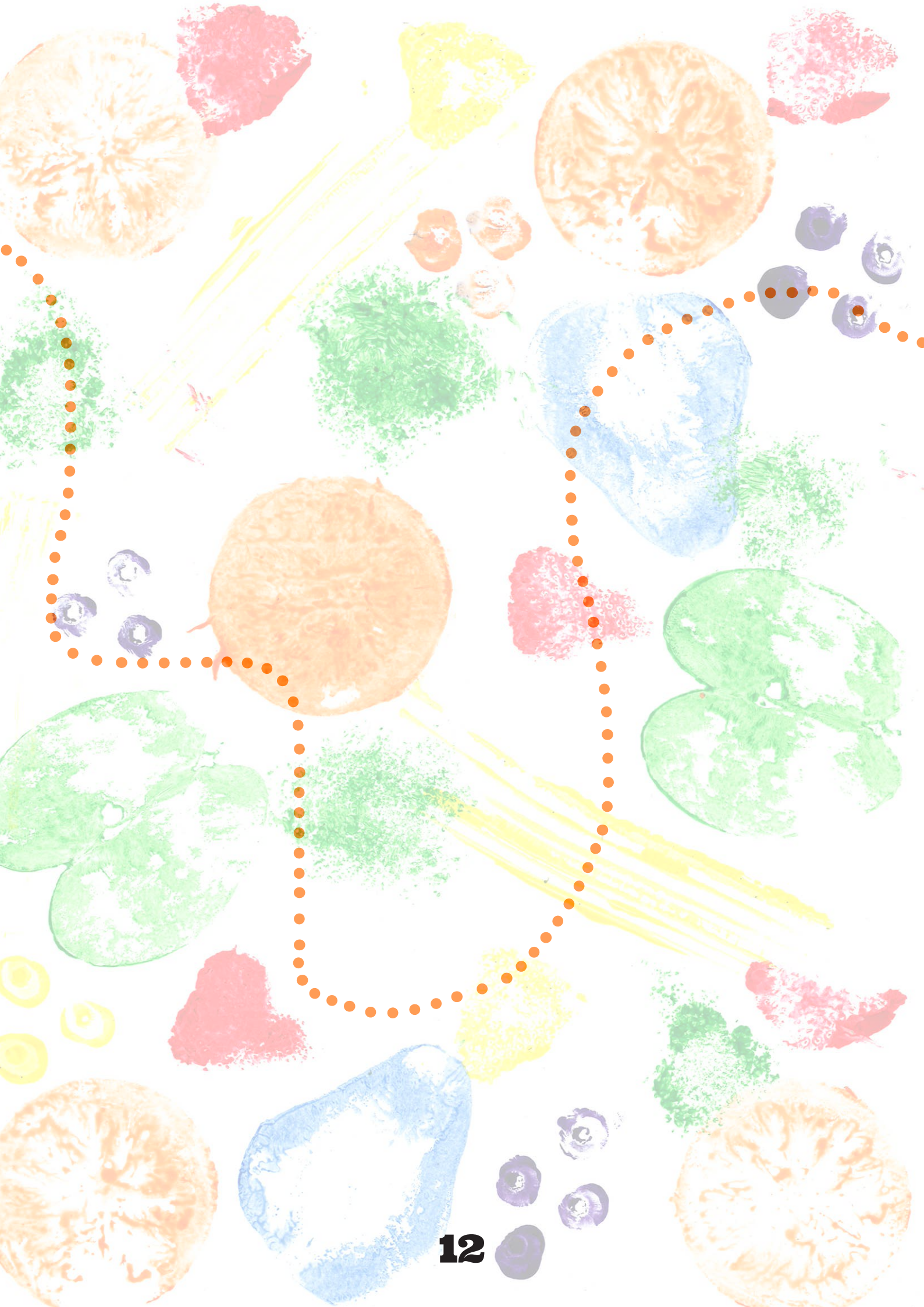
Always include:

- Fresh fruit
- Vegetables
- A meat or protein food such as slices of lean meat, hardboiled egg, peanut butter or nut paste
- Dairy food such as a cheese stick or slice, grated cheese, milk or yoghurt
- Starch food such as bread, a roll, pita or flat bread, fruit bread or crackers
- Plenty of plain water



TOP FOOD BUDGET TIPS

- Choose fruits and vegetables that are in season
- Choose some frozen or canned fruit & vegetables as they are often cheaper and have a longer shelf-life
- Bulk up mince or stew dishes by adding canned vegetables such as kidney beans, corn & lentils
- Choose generic brands i.e 'home brand' where possible
- Choose block cheese and grate it yourself
- Check catalogues and the pantry to identify products that you need and write an item list before going grocery shopping
- Have something to eat before going shopping to avoid buying any unnecessary items
- Buy items that will last a long time and that you can use to bulk up cooked dishes including: rice, pasta, oats, lentils, baked beans
- Freeze bread so that it will last longer
- Stock up on food staples such as fruits, vegetables, breads/grains/ cereals, meat and dairy first before considering discretionary snack foods like sweetened drinks, chips and lollies
- Try including some more vegetarian meals each week such as egg or bean based dishes – these still contain high amounts of protein but are much cheaper





HEALTHY DRINKS

FRUIT INFUSED WATER

Ingredients

- Ingredients/Method: Mix the following ingredients together – for best results, refridgerate overnight.
- 5 cups water
- 1 cup ice
- 1 of the following flavour combinations

Serves: 4-6 glasses

STRAWBERRY & LEMON

1 cup fresh/frozen strawberries + 1 lemon sliced into circles

CUCUMBER & MINT

1 cucumber finely sliced + 10 fresh mint leaves (shredded)

WATERMELON, LIME & MINT

1 cup watermelon cubes + 1 lime sliced into circles + 10 fresh mint leaves (shredded)

MIXED BERRIES & LEMON

1 cup mixed frozen berries or berry of choice + 1 lemon sliced into circles



SMOOTHIE

Ingredients

- ½ medium banana
- ½ cup mixed frozen berries
- ½ cup frozen mango
- ¼ cup oats
- 1-2 cups milk (dairy or soy)
- ½ cup plain yoghurt (farmers union greek or yoplait forme no sugar vanilla)

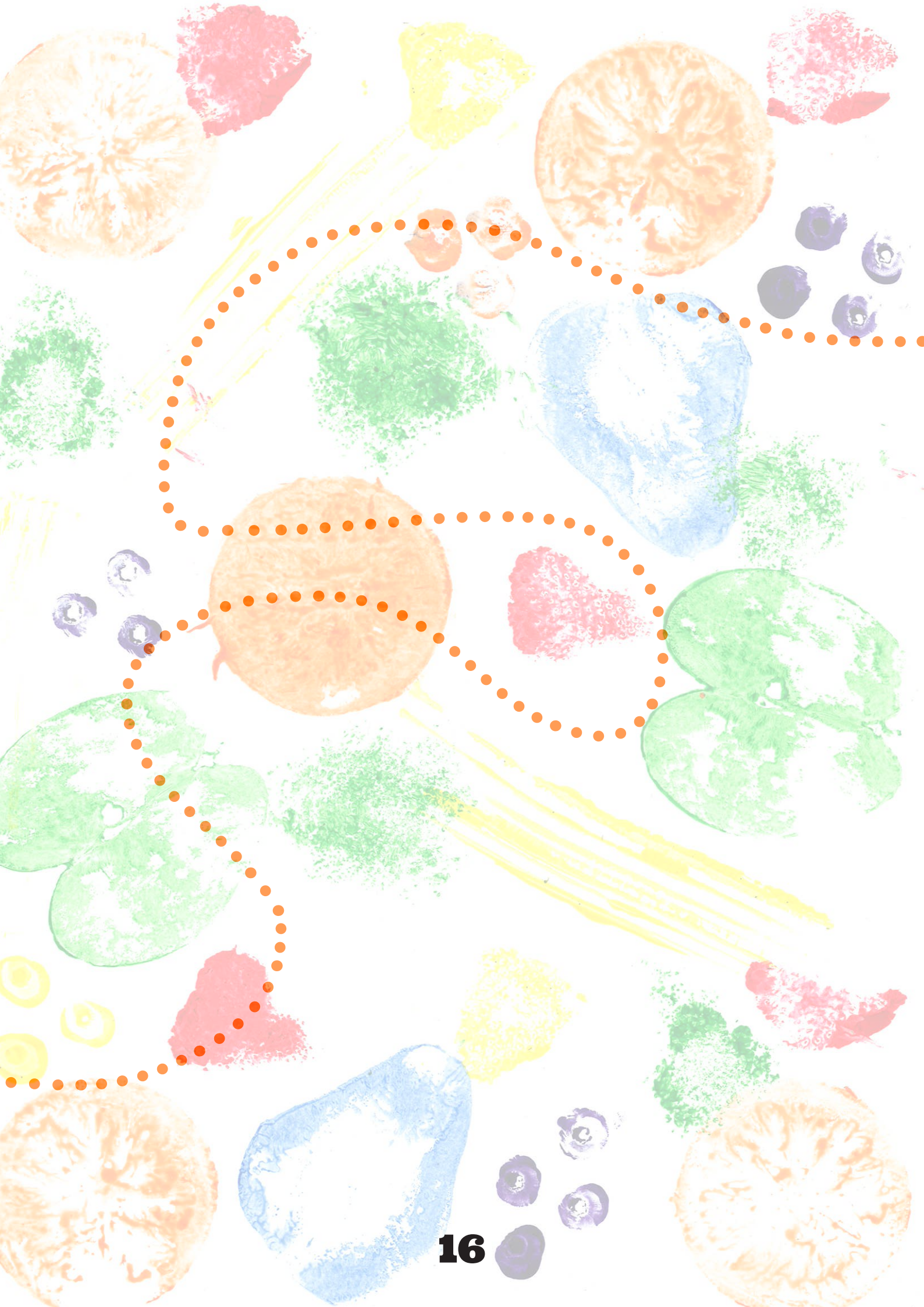
Serves: 4 glasses

METHOD:

Place all ingredients into blender and blend until smooth. Serve immediately.

* WATER IS THE BEST DRINK TO HAVE WHEN YOU ARE THIRSTY. LIMIT INTAKE OF SOFT DRINK, CORDIAL, ENERGY DRINKS, SPORTS DRINKS AND JUICE.







HEALTHY SNACKS

BUSH DAMPER

Ingredients

- 3 cups self raising flour
- ½ tsp salt
- 3 tbsp unsalted butter (softened)
- ½ cup milk
- ½ cup water

Serves: 4-6

METHOD:

1. Preheat oven to 200°C.
2. Sift salt and flour into large bowl and rub in butter until mixture resembles fine crumb consistency.
3. Make a well in the centre of the mixture and add milk and water. Mix together with knife until dough leaves sides of bowl.
4. Lightly flour flat surface and begin kneading dough mixture into round shape and then place on a greased oven tray. Pat dough into round 15-16cm diameter.
5. Brush the top of the dough with milk and lightly sprinkle flour on top.
6. Bake for 10 minutes or until golden brown. Reduce heat to 170°C and continue baking for another 20 minutes.
7. Serve damper with Quandong jam and ricotta cheese.



GUACOMOLE WITH CORN CHIPS

Ingredients

- ¼ cup chopped coriander
- ½ tsp salt
- 2 medium avocados
- ½ tsp cumin (optional)
- ½-1 lime
- 1 medium tomato

Serves: 4

METHOD:

1. Using the back of a fork, mash avocado to desired consistency
2. Add chopped coriander, salt, cumin, lime and give a good stir
3. Lastly add finely chopped tomato and stir through
4. Serve with corn chips



VEGGIE FRITTERS

Ingredients

- 1 ½ cups self-raising flour (or 1 ½ cups plain flour + 1tsp baking powder)
- 2 eggs, lightly whisked
- ½ cup milk (add more if required)
- ¾ cup corn kernels (canned or frozen, drain if using canned)
- ¾ cup frozen peas
- 1 carrot, grated
- ½ onion finely chopped
- Herbs — coriander, parsley, mint (optional)
- 2tbsp olive oil
- Salt and pepper to taste

Serves: 10

METHOD:

1. Place the flour in a large bowl and make a well in the centre. Add the egg and milk and stir gently to make a smooth batter. Add more milk if required. It should result in a thick but drop-able consistency. Cover with plastic wrap and set aside for 30 minutes to rest.
2. Add the corn, peas, grated carrots, onions and herbs to the batter and stir to combine. Season with salt and pepper.
3. Heat a little of the olive oil in a large non-stick frying pan over medium heat. Drop 2 tablespoons of batter in the pan for a fritter, filling in as many fritters in the pan leaving room for spreading. Cook for 1-2 minutes or until bubbles have risen to the surface and the fritter is golden underneath. Turn with a spatula and cook for a further 1-2 minutes or until just cooked through. Transfer to a plate. Repeat in more batches with remaining batter and oil.
4. Serve with Greek yoghurt and chives.

VEGGIE & CHEESE SKEWERS

Ingredients

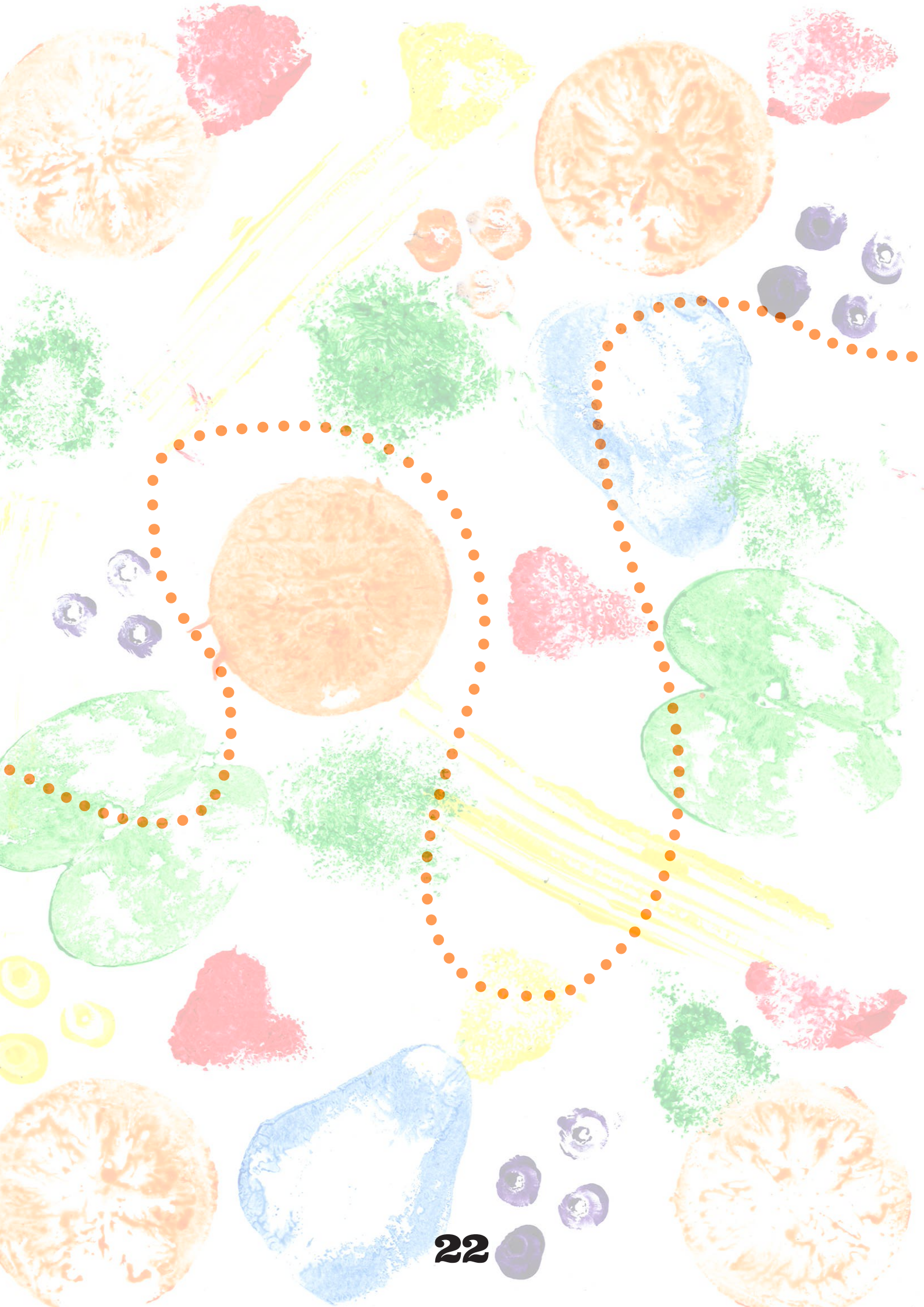
- 1 punnet cherry tomatoes
- 1 cucumber
- 1 capsicum
- Bocconcini or tasty cheese
- Balsamic glaze (optional)
- 10 mini skewers

Serves: 10 Mini Skewers

METHOD:

1. Wash vegetables
2. Chop cucumber and capsicum into bite sized chunks
3. Thread cherry tomatoes, cucumber, capsicum and cheese onto skewer
4. Drizzle balsamic glaze over skewer (optional)







HEALTHY MEALS

CHICKEN & AVOCADO PASTA SALAD

Ingredients

- 3 cups dried small spiral pasta
- 3 cups shredded cooked chicken
- 4 spring onions thinly sliced
- 2 avocados
- 50g shredded baby spinach or rocket
- ½ cup whole-egg mayonnaise
- ¼ cup lemon juice
- 2 tbsp chopped fresh thyme
- ½ x 270g tin sundried tomatoes

Serves: 4

METHOD:

1. Cook pasta in a large saucepan of boiling, salted water for around 10–12 minutes or until tender. Rinse under cold water, drain and set aside.
2. Place pasta, chicken, onion, spinach, sundried tomatoes and avocado in large bowl.
3. Combine lemon juice, thyme and mayonnaise in small bowl, season with salt and pepper and toss gently until ingredients all mixed through evenly.



VEGGIE FACE WRAPS

Ingredients

- 1 Wholegrain/wholemeal wrap
- 1 tbsp hummus or tatziki
- 2-3 olives sliced or whole
- 1 handful alfalfa sprouts
- 1/8 cucumber sliced in semi-circles
- 1/8 capsicum sliced longways
- 1 handful sliced mushrooms
- 40g shredded cheddar cheese

Serves: 1

METHOD:

1. Lay wrap on plate and spread 1 tbsp of hommus or tatziki evenly over surface
2. Using a combination of alfalfa sprouts, olives, cucumber, capsicum, mushrooms and cheese; make a vegetable face.
3. Roll wrap upwards and serve immediately.



BUNNY CHOW

Ingredients

- 500g chicken thighs cut into 3cm pieces
- 6 potatoes
- 4 carrots
- 1 onion finely diced
- 3-4 cloves garlic finely diced
- 2 cups chicken stock
- 280g tomato paste
- 2 tsp garam masala
- ¼ tsp chilli powder or curry powder
- 4cm piece ginger grated
- 2 tablespoons olive oil
- 4 large round bread rolls
- 1/3 cup farmers union greek yoghurt

Serves: 4

METHOD:

1. Preheat oven to 180°C. Heat 1 tbsp olive oil and add garlic, ginger, garam masala, chilli powder/curry powder and onion in a large saucepan and cook for 2-3 minutes. Add chicken and cook until browned.
2. Add carrots, potato and tomato paste and cook for further 1-2 minutes. Add stock and bring to boil, then reduce heat to medium-low and cook for 20-30 minutes.
3. Cut the tops off the breadrolls and pick out the middle bread stuffing (discard or save to toast as breadcrumbs for another dish). Leave fresh or brush with olive oil and bake in oven for 5 minutes until slightly golden.
4. Stir yoghurt through curry mixture (optional) and then serve in bread rolls. Dollop 1 tbsp yoghurt on top and season with coriander (optional).



HEALTHY BURGERS

Ingredients

Burger Patty

- 350g lean minced beef
- 1 large carrot grated
- 2 medium zucchini grated
- 1 large green apple, cored and grated
- 3 slices wholemeal bread, made into crumbs (or bread crumbs)
- 2 tbsp chopped parsley
- 1 tsp mixed dried herbs
- 1 egg, beaten
- 1 tbsp olive oil
- 6 wholemeal bread rolls

Serves: 6 Burgers

Toppings

- 1 lettuce
- 2 tomatoes
- 1 cucumber
- 6 cheese slices
- 1 can of beetroot

METHOD:

1. Combine beef, carrot, zucchini, apple, breadcrumbs, parsley, herbs and egg together until well mixed.
2. Form into 6 patties
3. Grill or barbecue, using moderate heat, for about 5 to 6 minutes on each side.
4. While burgers are cooking, heat oil and cook onion, stirring several times.
5. Assemble burgers by placing a lettuce leaf on one half of each bread roll, adding a burger patty, sliced tomatoes, cucumber, cheese and beetroot. Top with remaining half of bun. Serve.



BUTTER CHICKEN

Ingredients

- 4 tbsp olive oil
- 1/2 white onion, peeled and chopped
- juice of 1/2 lemon
- 1 clove of garlic, crushed or chopped
- 2cm piece of fresh ginger, peeled and finely chopped
- 2 tsp garam masala
- 1 tsp chilli powder
- 1 tsp ground cumin
- 1 bay leaf
- 3 tbsp natural yogurt
- 1 cup (250ml) light cream
- 1 cup (250ml) tomato puree
- 1 pinch salt
- 1 pinch black pepper
- 500g boneless, skinless chicken thighs, cut into bite-size pieces
- 1 tbsp cornflour
- 3 tbsp water

Serves: 4

METHOD:

1. Heat half of the oil in a large saucepan over medium high heat. Fry the onion until soft and transparent
2. Stir in lemon juice, garlic, ginger, half the garam masala, the chilli powder, cumin and bay leaf. Cook, stirring, for 1 minute
3. Add tomato puree, and cook for 2 minutes, stirring frequently.
4. Stir in the cream and yoghurt. Reduce heat to low, and simmer for 10 minutes, stirring frequently. Season with salt and pepper. Remove from heat and set aside.
5. Heat the rest of the oil in a large heavy frypan over medium heat. Cook chicken until lightly browned, about 10 minutes. Reduce heat and season with the rest of the garam masala.
6. Stir in a few spoonful's of sauce, and simmer until liquid has reduced, and chicken is no longer pink. Spoon the cooked chicken into the sauce.
7. Mix together the cornflour and water, then stir into the sauce. Adjust seasonings and cook for 5 to 10 minutes, or until the sauce thickens.
8. Serve with brown rice and plenty of veggies

PIZZA

Ingredients

- 1 ½ cups self-raising flour
- 1 cup greek yoghurt

Serves: 2

TOP TIP: ADD HERBS OF CHOICE ON TOP FOR EXTRA FLAVOUR E.G. CHILI FLAKES, THYME, ROSEMARY, BASIL OR OREGANO

LET YOUR CHILDREN PICK THEIR TOPPINGS FROM A VARIETY OF DIFFERENT VEGETABLES. THEY WILL THEN FEEL PROUD THAT THEY HAVE MADE THEIR OWN MEAL AND ONE LESS THING FOR YOU TO DO.

METHOD:

1. In a bowl pour the greek yoghurt and the self-raising flour. Mix with a spoon until well combined.
2. Dust a clean counter top with more flour and lay the dough out. Knead for a few minutes until dough is tacky (not sticky).
3. Roll out to desired thickness, and lay onto a prepared tray (greased or lined). Top with your favourite toppings.
4. Bake in a preheated 230°C oven for about 10-12 minutes once topped. Keep a close eye on your pizza while it cooks, adjusting time as required.
5. Use tomato paste on the base and add a variety of veggies on top e.g. capsicum, cherry tomatoes, mushrooms, corn, olives, zucchini, spinach, pineapple and cheese.



MINI QUICHE

Ingredients

- 2 tsp olive oil
- 3/4 cup packed grated green zucchini
- 3/4 cup packed grated carrots
- 2 spring onions, green ends trimmed off, finely chopped white section
- 4 large eggs, whisked
- 1/3 cup grated cheese
- 1/4 tsp salt

Serves: 6

METHOD:

1. Preheat oven to 180°C and grease a mini cupcake pan with spray oil.
2. In a medium frypan, heat oil over medium heat. Add the zucchini, carrots, and spring onion, and cook, stirring, for 5–7 minutes until the veggies begin to soften. Remove from heat and set aside to cool down to room temperature.
3. In a large bowl, combine veggies, eggs, grated cheese, and salt. Spoon mixture into mini muffin pan.
4. Bake for 15–18 minutes. Allow mini quiches to cool in the pan before carefully removing with a small knife or spatula.



MEATBALLS

Ingredients

- 500g beef mince
- Breadcrumbs or 2 slices bread turned into breadcrumbs
- ½ brown onion finely diced
- 1 garlic clove
- 1 tbsp tomato sauce
- 1 tbsp soy sauce
- 1 egg, slightly beaten
- 1 tbsp olive oil
- 2 cups tomato passata or 2 x 400g tins diced tomatoes
- 1 tbsp finely chopped basil

Serves: 6

METHOD:

1. Using clean hands, mix together mince, garlic, onion, breadcrumb, sauces and egg. Shape mixture into small golf ball-sized meatballs.
2. Add olive oil to frying pan and sear meatballs until browned all over.
3. Reduce heat, add tomatoes and basil and stir until all meatballs have been coated by mixture.
4. Cover meatballs with lid and cook for 20-30 minutes stirring occasionally until fully cooked through.



LASAGNE

Ingredients

- 500g lean beef mince
- 2 tbsp olive oil
- 1 x 250g packet lasagne sheets
- 3-4 finely diced garlic cloves
- 1-2 tbsp dried oregano
- 1 red onion
- 2 finely grated zucchini
- 2 finely grated carrot
- 280g tomato paste
- 410g tomato puree
- 2 cups beef or vegetable stock
- 1 x 375g ricotta cheese
- 2 cups greek yoghurt
- 1 ½ - 2 cups shredded tasty cheese

Serves: 6-8

METHOD:

1. Preheat oven to 180°C. Heat olive oil in large saucepan, add garlic, onion and oregano and stir for 1-2 minutes. Add beef mince and cook until browned.
2. Add carrot and zucchini and stir for 1-2 minutes. Add tomato paste and puree and stir for another 1-2 minutes. Add beef/vegetable stock and bring to the boil, reduce heat to medium-low and simmer for 30 minutes.
3. Meanwhile, mix together ricotta cheese and greek yoghurt in a small bowl.
4. In a large deep baking tray, spread 1 layer of lasagne sheets to cover the bottom of the tray. Spoon mince mixture on top of lasagne sheets until 1-2cm thick. Pour an even layer of the ricotta/greek yoghurt mixture until around 1cm thick. Continue layering process 3-4 times or until ingredients run out.
5. Cover baking pan with aluminium foil and bake for 20 minutes.
6. Remove lasagne from oven and sprinkle tasty cheese over the top, return to oven and bake for another 20 minutes. Serve with a large salad.

APRICOT CHICKEN

Ingredients

- Olive oil
- 500g chicken thigh fillets cut into 3cm pieces
- 1 brown onion finely diced
- 1 x 410g tin apricot halves in juice or syrup OR 1 x 405mL tin apricot nectar + ½ cup dried apricots
- 1 tbsp Moroccan seasoning OR 1 packet MAGGI apricot chicken recipe base

Serves: 4

METHOD:

1. Heat 1 tbsp olive oil in a large saucepan. Add onion and chicken and cook until golden and brown.
2. In a small bowl combine seasoning and apricots/nectar and then whisk together. Add apricot mixture to saucepan, stir and bring to the boil. If mixture appears too dry, add ½–1 cup water.
3. Cover and simmer for 30 minutes, stirring occasionally until chicken is tender. Serve
4. Serve with rice or potatoes and plenty of veggies



SUSHI

Ingredients

- 1 x 185g can Safcol Tuna in Springwater, drained
- 2 cups sushi rice
- ½ cup (125ml) rice vinegar sweetened for sushi
- 6 sheets nori
- 2 tablespoons Japanese mayonnaise (Cupie brand)
- 1 Lebanese cucumber peeled and cut in strips length ways
- 1 ripe avocado peeled seeded and cut in strips
- Soy sauce and pickled ginger, to serve

Serves: 6

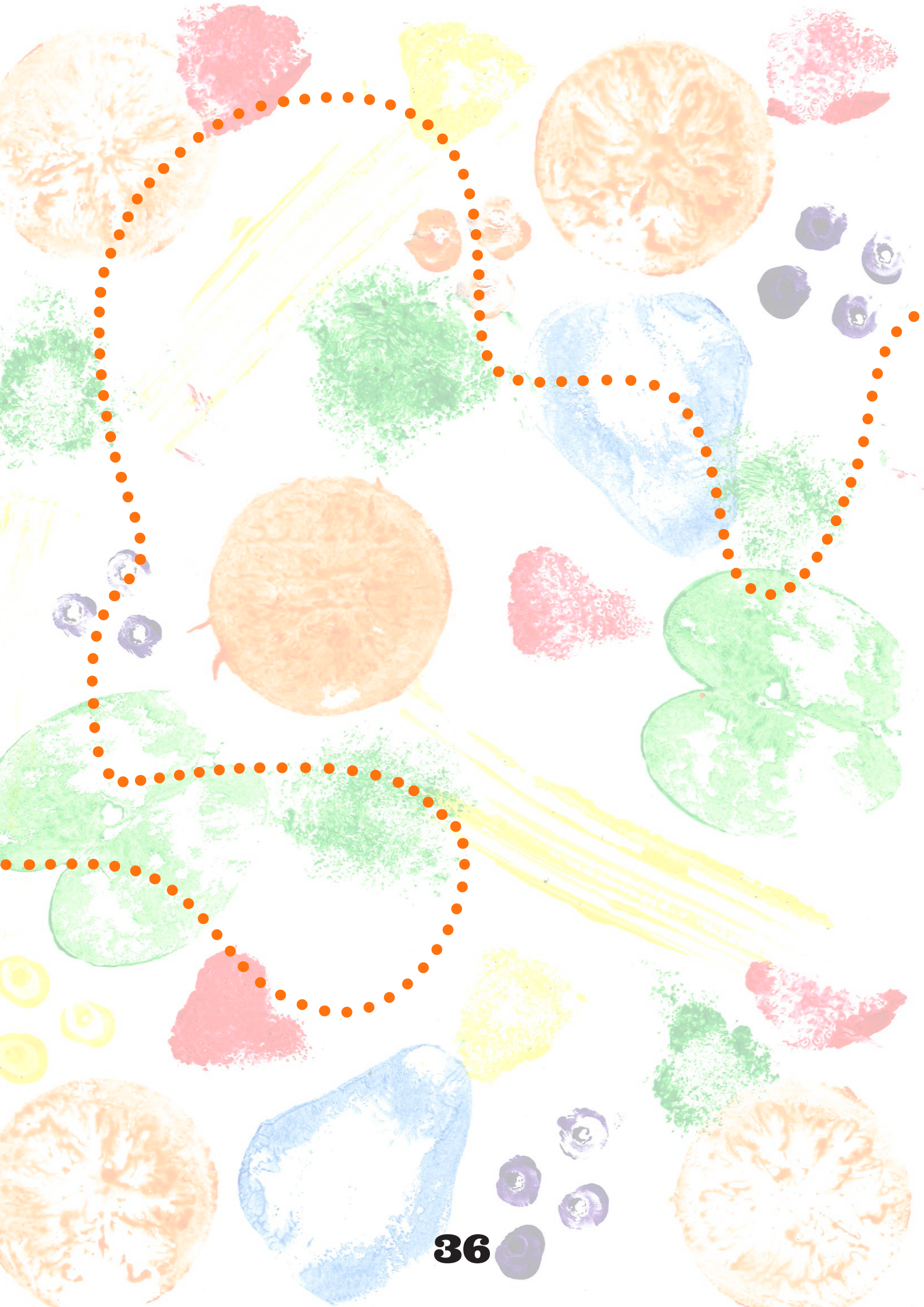
METHOD:

You will need a bamboo sushi mat to make this recipe.

1. Cook rice following the manufacturer's instructions. Spread rice into a container and allow to cool. Sprinkle the sushi vinegar over the rice and stir until thoroughly mixed.
2. Drain tuna, mash with fork and stir in mayonnaise.
3. Place a sheet of nori, shiny side down on the bamboo mat. Place some of the rice on the sheet, press down with clean wet fingers to a depth of 1cm, leaving a 3cm gap at one end.
4. Arrange a 2cm wide strip of tuna about 3cm in from the other end. Place one or two strips of cucumber and avocado on top of the tuna, overhanging the nori at both ends.
5. Start rolling up from the end with fillings. Lift the bamboo mat and roll tightly. Wet the strip at the end and push gently to seal the edges.
6. Slice into two or three pieces using a sharp, wet knife. Place on a serving platter, cover with plastic wrap and refrigerate for 30–60 minutes to allow the nori to soften.
7. Serve with soy sauce and pickled ginger.









HEALTHY DESSERTS

RASPBERRY & RICOTTA MUFFINS

Ingredients

- ½ cup nuttelex
- 3 eggs
- 1 ½ cups ricotta
- 2 ½ tsp vanilla essence
- 1 ½ cups wholemeal all-purpose flour
- ¼ cup sugar
- 2 tsp baking powder
- 1 cup raspberries (frozen or fresh)

Makes: 12 Muffins

METHOD:

1. Preheat oven to 180°C and line a 12 cup muffin tray with muffin cases.
2. Melt nuttelex and set aside to cool.
3. Whisk together eggs, ricotta and vanilla essence until smooth.
4. Add flour, baking powder and sugar and fold in gently (don't overmix).
5. Add nuttelex and raspberries and fold in gently.
6. Pour mixture into muffin cases and bake for around 15-20 minutes until golden and serve.



MILO & STRAWBERRY SUNDAES

Ingredients

- 1 x 250g punnet strawberries washed and hulled
- 3 cups yoplait forme no sugar vanilla yoghurt
- 2 tsp milo + 1/3 or 40g cup milo

Serves: 4

METHOD:

1. Thinly slice strawberries.
2. Divide 1 cup of yoghurt between 4 glasses.
3. Divide 1/3 of strawberries between 4 glasses and sprinkle with 2 tsp milo.
4. Layer the remaining 2 cups of yoghurt, strawberries and milo between the 4 glasses and serve.



FRUIT SKEWERS

Ingredients

- Bamboo skewers
- 2 bananas
- 250g punnet strawberries
- 2 kiwi fruit
- 1 apple
- ¼ watermelon
- 1 cup yoghurt (greek farmers union or yoplait forme no sugar vanilla)
- ½ cup shredded coconut or passionfruit pulp

Serves: 10

METHOD:

1. Dice fruit into chunk size pieces and thread fruit in pattern onto skewer leaving a 3cm space at the bottom of the skewer.
2. Roll the fruit skewer in the yoghurt and sprinkle shredded coconut over the top and serve.

** A QUICK AND TASTY WAY TO MEET YOUR
2 SERVES OF FRUIT DAILY.*



BANANA CAKE

Ingredients

- Olive oil spray
- 2 large eggs
- ½ cup farmers union greek yoghurt
- 2 medium bananas (mashed)
- 6 tbsp maple syrup
- 1 tsp vanilla extract
- ¾ cup quick oats
- 1 tsp baking soda
- ½ tsp ground cinnamon
- 1 ¼ cup flour
- Optional add-ins: ½ cup dark chocolate chips, dried fruits or nuts.

Serves: 12 Pieces

Icing

- ½ cup low fat cream cheese
- 2 tbsp farmers union greek yoghurt
- ½ tsp vanilla extract
- ½ cup sugar

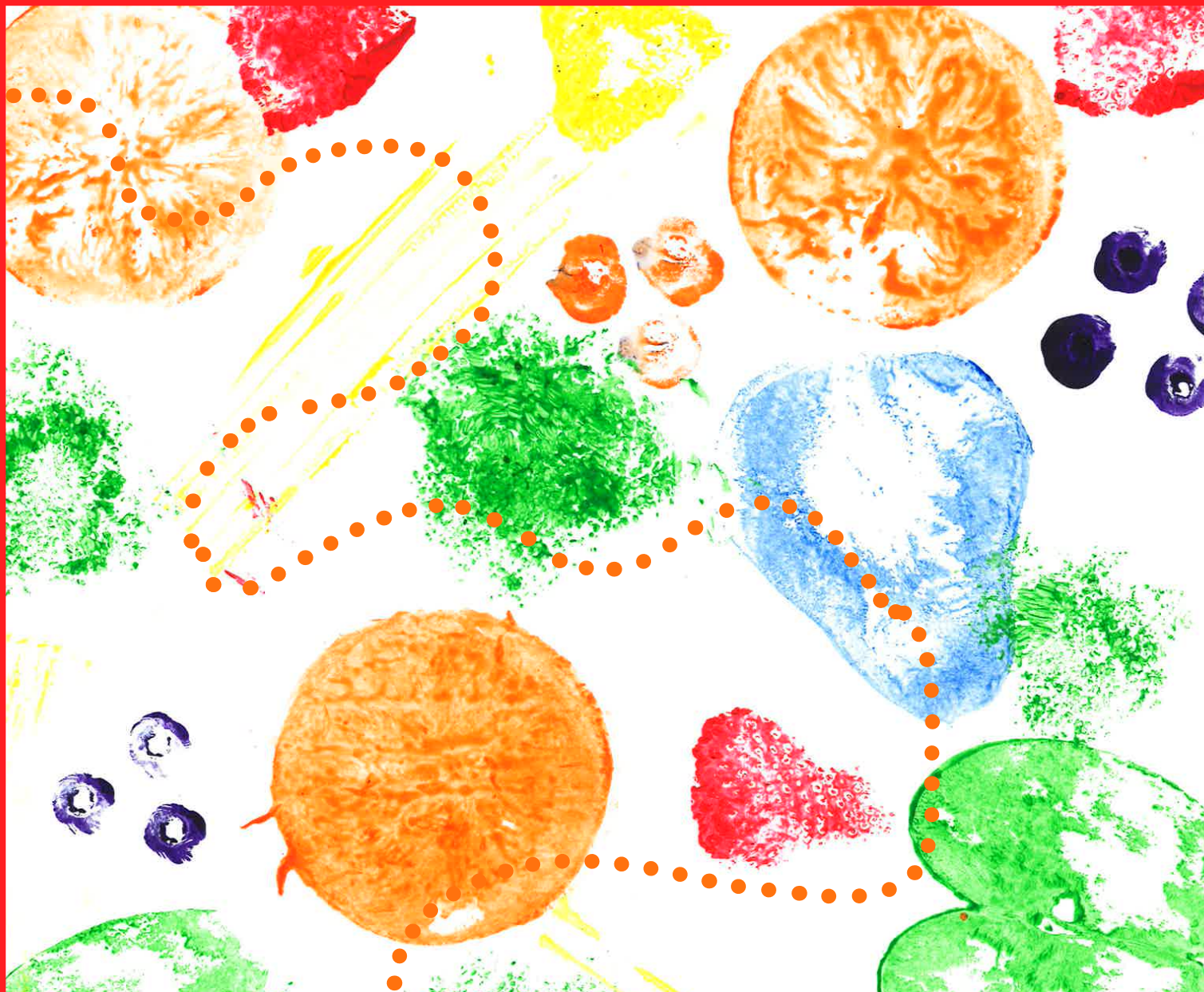
METHOD:

1. Preheat oven to 180°C, line a large baking pan with baking paper and spray with olive oil spray.
 2. Lightly beat eggs in a large mixing bowl. Add the yoghurt, bananas, maple syrup and vanilla and whisk together until smooth.
 3. Add the oats, cinnamon and baking soda and stir. Add flour and any mix-ins and fold in gently.
 4. Pour mixture into baking pan and spread surface evenly. Bake in the oven for 35-40 minutes.
 5. Remove the baking pan from the oven and allow it to cool for 10 minutes before transferring the cake to a cooling rack.
 6. Prepare icing by beating the yoghurt, cream cheese, sugar and vanilla together. Spread frosting over cooled cake and cut into slices.
- Cake can be stored in fridge for up to 7 days (in a container) and up to 3 months in freezer (without icing).









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