

How to use this recipe collection

About the recipes

The *Stir it up!* criteria for a healthy recipe is:

<u>Total fat</u> 10g / 100g or less	<u>Saturated fat</u> 2g / 100g or less Higher amounts accepted for margarine, nuts, cheese & oils	<u>Sugar</u> 15g / 100g or less OR 25g / 100g or less for recipes with fruit	<u>Sodium</u> 400mg / 100g or less
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Most of the recipes in the *Stir it up!* 2012 Recipe Collection meet all these criteria. Healthy eating guidelines recommend we enjoy a wide variety of foods every day for good health.

Handy kitchen tips

<u>Temperature</u> Low oven temperature = 125°C Medium oven temperature = 180°C High oven temperature = 230°C If using a fan forced oven cooking times may be quicker.	<u>Abbreviations</u> g = gram mL = millilitre L = litre tbsp = tablespoon tsp = teaspoon	<u>Conversion chart</u> 1 teaspoon = 5mL 1 tablespoon = 20mL ¼ cup = 60mL ⅓ cup = 80mL ½ cup = 125mL 1 cup = 250mL
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