

# Apple Crumble

Serves: 4 -6

Preparation time: 15 minutes

Cooking time: 15 minutes



## Ingredients

- 4- 6 large apples
- 1 tbsp sugar
- 2 cloves (optional)
- ¼ tsp cinnamon
- 4 slices bread
- Margarine for spreading
- ¼ cup brown sugar

## Equipment needed

- Large mixing bowl
- Peeler
- Measuring cups and spoons
- Mixing spoon
- Chopping boards
- Chopping knives
- Knife
- Bread knife
- Oven-proof dish
- Large saucepan
- Stove
- Oven

## Method

1. Preheat oven to 180°C.
2. Peel, core and slice apples.
3. Cook the apples in a small amount of water with the sugar, cloves and cinnamon in saucepan.
4. Spread the bread lightly on each side with margarine. Trim the crusts off and cut each slice into 16 squares.
5. Toss the bread squares in brown sugar.
6. Place the cooked apple in an oven-proof dish and layer the bread squares on top.
7. Bake in oven for 10-15 minutes or until topping is golden and crunchy.
8. Serve.

## Handy tip

Recipe best served with ice cream, custard or yoghurt. Try low-fat varieties.

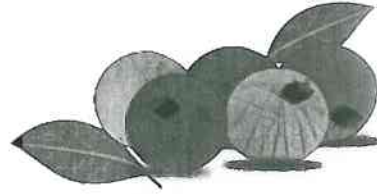
	Per serve	Per 100g
<b>Energy</b>	1402.0kJ	508.9kJ
<b>Fat</b>	1.9g	0.5g
<b>- Saturated fat</b>	0.3g	0.1g
<b>Carbohydrate</b>	67.9g	18.8g
<b>- Sugars</b>	51.8g	14.4g
<b>Fibre</b>	6.9g	1.8g
<b>Sodium</b>	159.6mg	44.3mg

# Chocolate Raspberry Brownies

**Serves: 16**

**Preparation time: 20 minutes**

**Cooking time: 35 minutes**



## Ingredients

- ½ cup plain flour
- ½ cup self-raising flour
- 1 tsp bicarbonate of soda
- ¾ cup cocoa
- 2 eggs, lightly beaten
- 1 cup caster sugar
- 1 tsp vanilla essence
- 1½ tbsp vegetable oil
- 200g thick reduced-fat vanilla yoghurt
- 120g apple puree
- 200g fresh, tinned or frozen raspberries, drained and thawed
- Icing sugar, to dust

## Equipment needed

- Large mixing bowl x 2
- Small mixing bowl x 2
- Baking tin (20cm x 30cm)
- Baking paper
- Oven
- Sifter
- Measuring cups and spoons
- Mixing spoons
- Whisk
- Skewer
- Knife

## Method

1. Preheat oven to 180°C. Line the base and sides baking tin with baking paper.
2. Sift the plain flour and self-raising flour, bicarbonate of soda and cocoa into a large mixing bowl and make a well in the centre.
3. Whisk together the eggs, sugar, vanilla essence, oil and yoghurt in a separate mixing bowl. Add to the flour mixture and mix until smooth.
4. Fold through the apple puree and raspberries.
5. Spoon the mixture into the prepared tin and bake for 30 minutes or until a skewer comes out clean when inserted in the centre. Allow to cool for 5 minutes in the tin before turning out onto a wire rack to cool completely.
6. Cut into squares and dust with icing sugar.
7. Serve with extra berries and reduced-fat ice cream or yoghurt if desired.

	Per serve*	Per 100g*
<b>Energy</b>	594.1kJ	861.2kJ
<b>Fat</b>	3.6g	5.3g
<b>- Saturated fat</b>	1.1g	1.5g
<b>Carbohydrate</b>	23.8g	34.5g
<b>- Sugars</b>	16.5g	23.9g
<b>Fibre</b>	1.3g	1.9g
<b>Sodium</b>	232.3mg	336.7mg

\*Analysis excludes berries and ice cream

# Fruit Crumble

**Serves: 6**

**Preparation time: 20 minutes**

**Cooking time: 50 minutes**

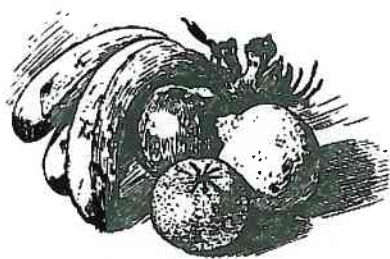
## Ingredients

*Base:*

- 1 tbsp honey
- 3 tbsp corn starch or arrowroot flour
- 5-6 cups of fruit, cut into chunks (Raspberries, blueberries, strawberries, mangoes and apple are tasty suggestions)

*Topping:*

- ½ cup margarine
- ⅓ cup brown sugar
- ⅓ cup wholemeal flour
- 1 tsp cinnamon
- 1½ cups rolled oats



## Equipment needed

- Oven
- Mixing bowl
- Baking dish (22cm x 22cm)
- Saucepan
- Spatula or spoon
- Chopping board
- Knife for cutting the fruit
- Measuring cups and spoons
- Stove

## Method

1. Preheat oven to 180°C.
2. Mix honey and cornstarch or arrowroot together then mix through fruit. Place into baking dish.
3. Melt the margarine in a saucepan over a low heat.
4. Add the sugar and stir together.
5. Add the flour, cinnamon and rolled oats, and mix well.
6. Crumble the topping evenly over the fruit mixture.
7. Bake for 40 minutes until golden on top.
8. Cool for 10 minutes before serving.
9. Serve with low-fat vanilla yoghurt or custard.

	Per serve*	Per 100g*
<b>Energy</b>	1544.2kJ	796.8kJ
<b>Fat</b>	18.7g	9.6g
<b>- Saturated fat</b>	3.4g	1.8g
<b>Carbohydrate</b>	43.6g	22.5g
<b>- Sugars</b>	21.1g	10.9g
<b>Fibre</b>	5.4g	2.8g
<b>Sodium</b>	81.9mg	42.3mg

\*Analysis excludes yoghurt and custard.

# Muscle Balls

**Serves: 30 balls**

**Preparation time: 30 minutes**

**Cooking time: 15 minutes (in fridge)**

## Ingredients:

- ⅔ cup dried apricots
- ½ cup dates, pitted
- 1 cup sultanas
- 5 tbsp boiling water
- ½ cup ground almonds
- 1½ cups desiccated coconut
- ½ tsp vanilla essence

## Method:

1. Finely chop or blend dried apricots, dates and sultanas. Place in a mixing bowl.
2. Add boiling water to the mixing bowl and soak for 10 minutes.
3. Add almonds, ½ cup of coconut and the vanilla essence.
4. Blend until it forms a firm paste.
5. Roll mixture into small balls and coat in remaining coconut.
6. Place in the fridge to set (around 15 minutes).

## Significance of Muscle Balls

Muscle Balls were one of the first recipes to be used at *Stir it up!* activities. They have been very popular with play groups. They are in the Special Occasions category because the saturated fat content is higher than the 2g per 100g we aim for in our recipes, however the total fat, sugar and sodium levels are within the recommended ranges.

## Equipment needed

- Chopping board
- Knife or food processor
- Mixing bowl
- Baking trays or platters
- Measuring cups and spoons
- Mixing spoon
- Fridge

## NOTE

This recipe contains nuts and should be avoided by persons with a nut allergy.

## Handy tips

This recipe can be made without almonds if allergies are an issue.

The muscle balls can be stored in an airtight container in the fridge for up to 7 days. Great as a Christmas snack!

	Per serve	Per 100g
<b>Energy</b>	301.1kJ	503.2kJ
<b>Fat</b>	3.7g	6.1g
<b>- Saturated fat</b>	2.2g	3.7g
<b>Carbohydrate</b>	8.2g	13.7g
<b>- Sugars</b>	7.9g	13.2g
<b>Fibre</b>	1.6g	2.7g
<b>Sodium</b>	4.5mg	7.5mg

# Oatmeal Cookies

**Serves: 60**

**Preparation time: 15 minutes**

**Cooking time: 20 minutes**

## Ingredients

- 1½ cups plain flour
- 1½ tsp bicarbonate of soda
- 1 tsp cinnamon
- ¼ tsp nutmeg
- ½ cup sugar
- 2 cups rolled oats
- ½ cup mixed fruit
- ¼ cup walnuts, chopped
- 90g low-fat margarine
- 1 tbsp golden syrup
- 1 egg, lightly beaten
- ½ cup light evaporated milk
- 1 tsp vanilla
- Extra flour

## Equipment needed

- Large mixing bowl
- Small mixing bowl
- Sifter
- Measuring cups and spoons
- Mixing spoon
- Chopping board
- Chopping knife
- Small saucepan or microwave-proof bowl
- Whisk or fork
- Baking trays
- Baking paper
- Oven
- Stove or microwave

	Per serve	Per 100g
<b>Energy</b>	219.3kJ	1438.8kJ
<b>Fat</b>	1.8g	12.1g
- Saturated fat	0.3g	2.0g
<b>Carbohydrate</b>	7.8g	50.9g
- Sugars	3.3g	21.4g
<b>Fibre</b>	0.5g	3.1g
<b>Sodium</b>	56.8mg	372.4mg

## Method

1. Preheat oven to 180°C.
2. Sift flour, bicarbonate of soda, cinnamon and nutmeg into a bowl.
3. Mix in sugar, rolled oats, mixed fruit and walnuts.
4. Melt margarine and add golden syrup.
5. Add egg, milk and vanilla to margarine mixture.
6. Add wet mixture to flour mixture. Combine well.
7. Roll mixture into small balls and flatten with a fork. Place on greased or lined baking tray.
8. Bake for 15-20 minutes or until golden brown. Cool on wire rack.

### NOTE

This recipe contains nuts and should be avoided by persons with a nut allergy.

### Added extras

Use your favourite dried fruit (sultanas, dates) instead of mixed dried fruit.

Use other nuts instead of walnuts, or replace the nuts with dried fruit.

### Handy hints

Placing baking paper on baking trays is a healthy alternative to greasing the trays and makes cleaning up easier.

# Sweet Apple Rolls

**Serves: 8**

**Preparation time: 10 minutes**

**Cooking time: 25 minutes**

## Ingredients

- 400g canned pie fruit (apple)
- 2 tsp cinnamon
- ½ cup sultanas
- 2 sheets filo pastry
- Icing sugar for dusting
- Low-fat milk for brushing

## Equipment needed

- Mixing bowl
- Oven
- Knife
- Pastry brush
- Oven tray
- Baking paper

## Method

1. Preheat oven to 180°C.
2. Combine apple, cinnamon and sultanas.
3. Place mix in centre of pastry and roll in to a sausage.
4. Seal the ends with a little water.
5. To brown pastry, brush with milk.
6. Cook for 15-20 minutes or until brown.

	Per serve	Per 100g
<b>Energy</b>	285.9kJ	443.10kJ
<b>Fat</b>	0.2g	0.3g
- Saturated fat	<0.1g	<0.1g
<b>Carbohydrate</b>	15.7g	24.5g
- Sugars	13.6g	21.1g
<b>Fibre</b>	1.3g	2.0g
<b>Sodium</b>	29.2mg	45.3mg

# Ruby Red Rhubarb

**Serves: 4**

**Preparation time: 5 minutes**

**Cooking time: 10 minutes**

## Ingredients

- 1 bunch rhubarb, trimmed into 4cm pieces
- 2 tbsp brown sugar
- ½ tsp mixed spice

## Equipment needed

- Heavy-based saucepan
- Chopping board
- Paring knife
- Wooden spoon
- Measuring spoons

## Method

1. Place all ingredients into a saucepan over a low heat and stir until sugar dissolves.
2. Increase heat and simmer for 10 minutes or until rhubarb is tender.

	Per serve	Per 100g
<b>Energy</b>	122.1kJ	373.6kJ
<b>Fat</b>	<0.1g	0.1g
- Saturated fat	<0.1g	<0.1g
<b>Carbohydrate</b>	6.7g	20.5g
- Sugars	6.6g	20.4g
<b>Fibre</b>	0.6g	1.9g
<b>Sodium</b>	21.2mg	64.9mg