

HEALTHY BITES

Issue #7 | July

Ditch the box of choccies and try home-made treats

Food gifts are always popular! They're a great way to show appreciation, without giving people unnecessary (and perhaps unwanted) "stuff". We love the idea of giving something homemade, and these are tasty, affordable and look very cute in little jars (ribbons and handmade cards optional!).

TIP: Keep your food jars, and collect them from family, friends and your community.

1. Potted herbs

A gift that keeps giving long after a bunch of flowers would have wilted! You can get potted herbs at hardware stores, garden stores and even at the supermarket! You can also give plant cuttings from your own yard. Basil and mint are hardy and happy to spend their life in a pot on the windowsill. Other herbs like coriander and dill might need to be planted into the ground and are a bit higher maintenance. They all look and smell lovely!

2. Home-made dukkah

Dukkah is a Middle Eastern dish that blends together nuts, seeds and spices. It is traditionally served with bread and olive oil, with the bread first dipped in the olive oil and then into the dukkah. There are lots of recipes available online!

3. Infused oils and vinegars

Oils and vinegars infused with herbs, citrus peel or fruit are super easy and make lovely gifts!

(Heads up that garlic infused oil does carry a risk of botulism, a very serious health risk. That combo might be best left to the experts.)

4. Meal ingredient jars

This one is perfect for dishes like risotto, cous cous, soup, damper, rice pudding and muesli, or even baked goods like muffins and slices.

Find a recipe that includes mostly dry ingredients and add all the dry ingredients to a glass jar. Write any additional ingredients and the recipe instructions on a small piece of card, and attach it to the jar with some ribbon, raffia or string.

5. Toasted muesli

For every 3 cups of oats, mix through 1 cup of nuts and seeds, 2 tablespoons of honey and 2 tablespoons of oil. Heat up a large frypan or wok and toss the muesli in there, stirring frequently, for about 10 minutes, until everything is nice and golden and toasted. Once the muesli is cool, mix through a cup of dried fruit and some bran flakes. Store in an airtight container.

DATE AND MUESLI SLICE

Prep: 10 min

Cook: 35 min

Makes: 32



Ingredients

- ▲ olive or canola oil spray
- ▲ 2 apples, core removed, coarsely grated with skin on
- ▲ 1/3 cup water
- ▲ 1/4 cup margarine
- ▲ 2 cups date, seeded
- ▲ 2 cups natural muesli
- ▲ 1/2 cup plain flour
- ▲ 1/2 cup wholemeal plain flour
- ▲ 1 tsp ground cinnamon

Method

1. Preheat oven to 180°C (160°C fan forced).
2. Lightly spray a slice tin (approx. 25x30cm) with oil.
3. Add apple, water, margarine and dates to a small saucepan and bring to the boil.
4. Reduce heat, cover and simmer for a further 5 minutes until the apple is soft.
5. Cook uncovered for a further 5 minutes and stir occasionally until mixture thickens to a paste-like consistency.
6. While apple and date mixture is cooking, place muesli in a large frypan. Stir over low heat for 5 minutes until lightly browned.
7. Sift flours into a large bowl, returning husk remaining in the sieve to the bowl.
8. Add cinnamon and muesli to the flours and mix to combine.
9. Stir into the date mixture then spoon into prepared tin.
10. Bake for 20 minutes until firm.
11. Cool in tin before cutting.



Not sure what to do with those spotty bananas left at the bottom of the fruit bowl at the end of week? Don't chuck them out!

Chop up overripe bananas into a container and freeze. These are great for whipping up a healthy brekkie smoothie when you're on the run.