



TOASTED BREAKFAST BARS

Prep: 5 min
Cook: 45 min
Makes: 8 bars

Ingredients

- ▲ 2 very ripe bananas
- ▲ 1 tsp vanilla extract
- ▲ 1 tsp ground cinnamon
- ▲ 1 ½ cups untoasted muesli
- ▲ ⅔ cup bran sticks (e.g. All-Bran[®])

Method

1. Preheat oven to 180°C (160°C fan forced).
2. Line base and sides of a 20 x 20 cm cake tin with baking paper.
3. Mash bananas and vanilla in a medium bowl with a fork. Add remaining ingredients and mix until well combined.
4. Spoon mixture into prepared tin, smoothing the surface to an even thickness.
5. Bake for 20 minutes until golden, remove from oven and allow to cool in tin for 5 minutes.
6. Cut into 8 pieces then return to the oven and bake for a further 20 minutes to crisp up.
7. Allow bars to cool completely on a wire rack. Refrigerate in an airtight container and keep for up to 3 days. These bars also freeze well!

Tip: Before serving, place in a toaster to reheat and crisp up.

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HONEY SOY TOFU BOWLS

Prep: 5 min
Cook: 2 min
Servings: 4

Ingredients

- ▲ 500 g packet microwave rice (or 1 cup uncooked rice)
- ▲ 1 clove garlic, minced
- ▲ 1 tsp fresh ginger, minced
- ▲ 1 tbs honey
- ▲ 1 tbs reduced-salt soy sauce
- ▲ 2 tsp sesame oil
- ▲ 1 tbs vinegar
- ▲ 1 tbs water
- ▲ 2 carrots, grated
- ▲ 2 Lebanese cucumbers, chopped
- ▲ 400 g honey soy flavoured tofu
- ▲ 4 tbs peanuts
- ▲ 1 tbs mayonnaise, optional
- ▲ Chilli sauce, optional

Method

1. Cook rice according to package instructions.
2. Mince or finely chop the garlic and ginger.
3. Mix the garlic, ginger, honey, soy sauce, sesame oil, vinegar and water in a jar and shake to mix.
4. Grate the carrots or peel into ribbons. Slice the cucumber.
5. Warm the tofu if desired.
6. Divide rice, tofu, vegetables and peanuts between bowls.
7. Top with dressing and a drizzle of mayonnaise and chilli sauce (if using).

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BBQ CHICKEN SLAW BOWL

Prep: 10 min

Cook: 8 min

Servings: 4

Ingredients

- ▲ 800 g sweet potato or potato
- ▲ 4 tbs Greek or natural yoghurt
- ▲ 1 tbs mayonnaise
- ▲ 1 tbs Dijon mustard
- ▲ 2 tbs lemon juice
- ▲ 400 g shredded coleslaw (no dressing)
- ▲ 400 g cooked chicken
- ▲ 4 tbs barbecue sauce
- ▲ 1 tsp smoked paprika
- ▲ 1 cup frozen corn kernels, defrosted
- ▲ 4 pickled cucumbers or gherkins

Make it vego: try black beans or tofu instead of chicken.

Method

1. Scrub sweet potato and use a fork to prick at least a dozen times. Place in a bowl and cover with a plate. Microwave on HIGH for 3-4 minutes, turn over and cook another 3-4 minutes until softened and cooked in the centre. Be careful when turning over the sweet potato - steam will burn!
2. While sweet potato is cooking, mix the yoghurt, mayonnaise, mustard and lemon juice in a large bowl. Add the coleslaw vegetables and mix together.
3. Divide the chicken, BBQ sauce and smoked paprika between serving bowls and toss to coat. Add the corn and pickles to each bowl, then add the dressed slaw and cooked sweet potato.

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EASY POPCORN

Prep: 2 min
Cook: 2 min
Servings: 2

Ingredients

- ▲ 2 tbs popping corn
- ▲ Olive oil spray
- ▲ Flavour additions (see below)

SPICY PARMESAN

- ▲ 1 tbs grated dried parmesan
- ▲ ½ tsp smoked paprika
- ▲ Small pinch cayenne pepper

ZINGY CITRUS

- ▲ 1 ½ tsp icing sugar
- ▲ ⅓ tsp citric acid
- ▲ ½ tsp citrus zest

SPICED CHOC

- ▲ 1 tsp icing sugar
- ▲ ½ tsp ground cinnamon
- ▲ 2 tsp cocoa
- ▲ Small pinch cayenne pepper

VEGAN CHEESE

- ▲ 1 tbs nutritional yeast flakes
- ▲ ⅓ tsp reduced-salt stock powder
- ▲ ½ tsp garlic powder
- ▲ ½ tsp dried oregano
- ▲ Small pinch pepper

Method

1. Put popping corn in a paper bag and fold down the top a couple of times.
2. Microwave on HIGH for about 2 minutes or until most of the corn has popped (if there's 3 or 4 seconds between popping noises, it's probably done)
3. Be careful when opening the bag, the steam will be hot!
4. Lightly spray the popcorn with oil.
5. Add the flavouring ingredients and shake to mix.

Storage: Put in a sealed container on the bench for up to 3 days.



CHEESE AND SPINACH GOZLEME

Prep: 30 min
Cook: 20 min
Servings: 4

Ingredients

- ▲ 1 red onion, sliced
- ▲ 250 g frozen spinach, defrosted and squeezed of extra liquid
- ▲ 1 cup wholemeal self-raising flour, plus extra for dusting
- ▲ 150 g low-fat natural or Greek yoghurt
- ▲ Olive or canola oil spray
- ▲ 100 g reduced-fat feta cheese, crumbled
- ▲ Pepper, to taste
- ▲ 1 lemon, cut into wedges

Method

1. Peel and slice the red onion.
2. Defrost spinach in the microwave. Squeeze off extra liquid.
3. Place flour and yoghurt in a medium-sized bowl and mix to combine. Use clean hands to bring together until a dough forms then turn out onto a lightly floured surface and knead for three minutes.
4. Place the dough ball into a bowl, cover with plastic wrap and set aside at room temperature to rest (but not rise) while filling is prepared.
5. For filling, spray a large non-stick pan with oil and place on medium heat. Add onion and cook for 5 minutes until soft, stirring often.
6. Turn off heat, stir through feta and spinach and season with pepper.
7. Divide dough into four portions. Flatten and roll each with a floured rolling pin into a thin 20cm square.
8. Place a quarter of spinach filling (squeezing off any extra liquid) evenly onto a rectangular half of the pastry, fold other half over to enclose and press edges together to seal.
9. Repeat with remaining dough and filling.
10. Wipe out the frypan with a paper towel, spray with oil and heat on high. Cook each gozleme for 2 minutes on each side or until golden brown. Transfer to serving plates and serve with lemon wedges.





MANGO LASSI

Prep: 5 min
Servings: 2

Ingredients

- ▲ 1 ½ cups frozen mango
- ▲ 140 g low-fat natural or Greek yoghurt
- ▲ 200 mL reduced-fat milk
- ▲ 1 tsp honey
- ▲ 2 pinches ground cardamom

Method

1. Blend all ingredients together in a blender or using a bar mix.
2. Serve in a tall glass.

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