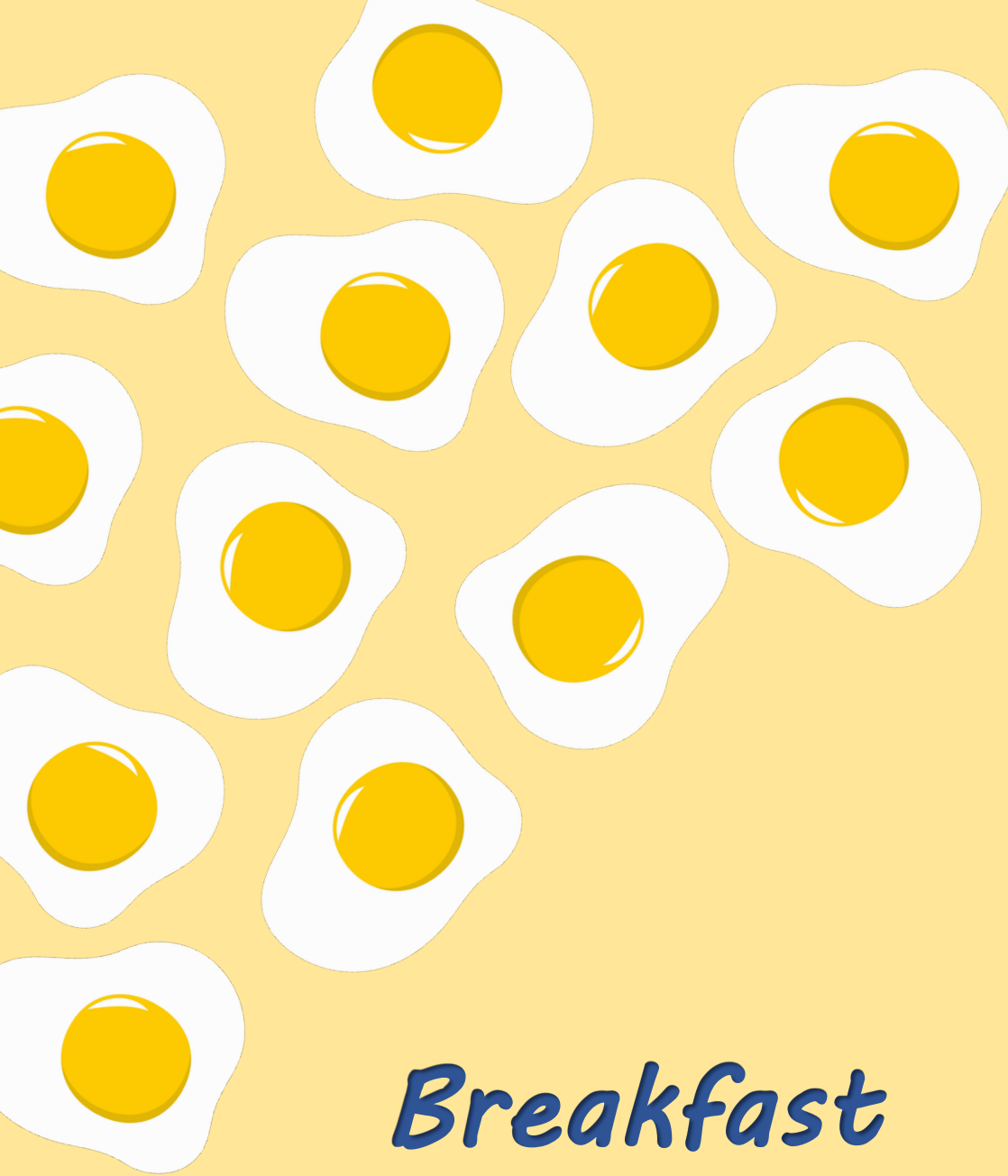


RECORD
Recipes





Fruit and nut yoghurt (serves 1)

Ingredients

- 85g (3oz) or 1 handful fresh strawberries or 1 small apple/pear, sliced
- 125g or 3 tablespoons plain yoghurt
- 1/4 teaspoon ground cinnamon
- 1 tablespoon plain nuts e.g. almonds, walnuts

Method

- Mix the cinnamon into the yoghurt and fold in the sliced fruit.
- Place in a serving bowl and sprinkle with the nuts.



Fruity porridge (serves 1)

Ingredients

- 1 sachet porridge oats (or 27g)
- 1 cup milk
- 1 portion of lower-sugar fruit e.g. berries or small apple/pear
- 1 teaspoon cinnamon
- Optional: 1 teaspoon artificial sweetener

Method

- Boil the milk and water in a saucepan.
- Stir in the contents of 1 sachet or 27g of oats, the fruit and the sweetener (optional).
- Simmer for 2 minutes, stirring occasionally until the milk and water are absorbed.
- Serve with a sprinkle of cinnamon.



Scrambled eggs (serves 1)

Ingredients

- 1 teaspoon olive oil or rapeseed oil
- 1 spring onion, sliced
- 4 cherry tomatoes, chopped
- 1/4 red pepper, chopped
- Optional: 1 pickled jalapeno pepper, sliced

Serve with

2 thin/medium slices of wholegrain bread

Method

- Heat the oil in a small non-stick frying pan and add the vegetables.
- Sauté for 2-3 minutes, and then add the eggs.
- Stir the mixture over the heat until the eggs have scrambled and have been cooked through.



Omelette *(serves 1)*

Ingredients

- 2 medium eggs
- 2 squirts of spray oil
- 1 medium (125g/5oz) tomato, chopped or 50g (2oz) fresh mushrooms, sliced
- salt and pepper to taste

Serve with

2 thin/medium slices of wholegrain bread

Method

- Pre-heat the grill.
- Break the eggs into a bowl, add a tablespoon of cold water, salt and pepper to taste, and beat lightly.
- Heat a non-stick pan, spray with oil and add the eggs.
- Pull the cooked eggs away from the side of the pan and tip allowing liquid raw egg to come into contact with the heated pan. Sprinkle tomato or mushrooms on top and place under the grill until cooked through.



Tofu scramble (serves 1)

Ingredients

- Spice mix: 1/4 teaspoon yeast extract, 1/4 teaspoon chilli flakes, 1/4 teaspoon ground cumin, 1/4 teaspoon turmeric
- 2 teaspoons olive oil or rapeseed oil
- 100g (4oz) mushrooms, sliced
- 2 spring onions, chopped
- 100g (4oz) firm tofu

Serve with

2 thin/medium slices of wholegrain bread

Method

- Mix the spices together in a small bowl.
- Heat the oil in a frying pan and add the vegetables.
- Sauté the vegetables for 4-5 minutes until they start to brown.
- Add the spice mix and stir thoroughly to combine.
- Add the tofu and break the block up with a spoon until scrambled and cooked through.



Quorn™/turkey ham grill(serves 1)

Ingredients

- 2 slices turkey/Quorn™ ham
- 1 teaspoon olive oil or rapeseed oil
- 1 medium tomato
- 2 large flat mushrooms

Serve with

2 thin/medium slices of wholegrain bread

Method

- Halve the tomato and peel the mushrooms.
- Brush the tomato, the mushrooms and ham with the oil.
- Grill for 5 minutes each side or until brown.



Vegetarian sausage grill (serves 1)

Ingredients

- 2 Quorn™ or other vegetarian sausages
- 1 teaspoon olive oil or rapeseed oil
- 1 medium tomato

Serve with

2 thin/medium slices of wholegrain bread

Method

- Halve the tomato and peel the mushrooms.
- Brush the tomato, mushrooms and sausages with the oil.
- Grill the tomato and mushrooms for 5 minutes on each side or until brown.
- Grill the sausages on each side as per packet instructions.



Pancakes (serves 8)

Ingredients

- 100g wholegrain flour
- 1 medium egg beaten
- 300ml skimmed or semi-skimmed milk
- 1 teaspoon olive oil or rapeseed oil

Serve with

- Cottage cheese or plain yoghurt and one portion of lower-sugar fruit e.g. berries or small apple/pear
- Cinnamon and cardamom sprinkle

Method

- Put the flour in a bowl and add the beaten egg. Add the milk gradually while beating the mix.
- In a hot non-stick frying pan add the oil. Add 2-3 table-spoons batter and swirl the pan gently to help the mix spread a little around the pan.
- Leave until the batter forms a crust on the edges and bubbles in the middle. Let it cook for 1-2 minutes. Flip and cook the other side for 1 minute or until golden.



Light meal



Spicy chickpeas *(serves 2)*

Ingredients

- 400g (14oz) can chickpeas
- 400g (14oz) can tomatoes
- 1 medium onion, peeled and sliced
- 1 clove garlic, peeled and finely chopped
- 2 squirts of spray oil
- 1 teaspoon ground cumin
- 1 teaspoon ground coriander
- 1/2 teaspoon dried chilli flakes
- Salt and pepper to taste

Serve with

Salad **AND** 2 tablespoons brown rice **OR**
1 thin/medium slice of wholegrain bread

Method

- Heat a medium pan and spray with the oil.
- Add the onion and garlic and cook gently until soft.
- Add the spices and stir for a couple of minutes over the heat.
- Add the tomatoes, drained chickpeas and salt and pepper to taste, and bring to a boil. Cover and simmer for 20-30 minutes. Sprinkle with chopped coriander.



Cottage cheese salad (serves 1)

Ingredients

- 100g (4oz) cottage cheese
- 1 tablespoon fresh chives, chopped
- 2 spring onions, finely chopped
- 1 red chilli, de-seeded and finely chopped (optional)
- Mixed salad: lettuce, tomatoes, cucumber
- 2 egg-sized **OR** 4 baby potatoes in their skins, boiled, chopped

Method

Combine the cottage cheese, chives, chilli (optional), spring onions and potatoes, and serve piled on a bed of mixed salad.



Turkey/chicken/Quorn™ with potatoes and coleslaw

(serves 1)

Ingredients

- 75g (3oz) (size of palm) roast/grilled skinless turkey/chicken breast **OR** half a packet Quorn™ chicken style pieces
- 100g (4oz) white cabbage, finely sliced or grated
- 50g (2oz) carrots, peeled and grated
- 1 spring onion, finely chopped
- Half a small pot or 1-1.5 tablespoons plain yoghurt
- 1/2 teaspoon mustard

Method

- Mix the grated cabbage, carrot and chopped onion in a bowl with the yoghurt and mustard. Add salt and pepper to taste.
- Arrange the salad leaves on a plate and pile the coleslaw and potatoes in the centre.
- Serve the turkey/chicken/Quorn™ pieces.



Tortilla-base pizza (serves 1)

Ingredients

- 1 regular size wholemeal tortilla wrap
- 50g (2oz) mozzarella cheese
- 1 tablespoon tomato puree
- 1/2 a medium tomato, thinly sliced
- 4 olives
- Fresh basil leaves

Serve with

Mixed salad leaves

Method

- Preheat the oven to 180 degrees.
- Spread the tomato puree, mozzarella, tomato slices, olives and basil over the tortilla wrap.
- Bake until the cheese has melted.
- Serve with plenty of mixed salad leaves.



Tuna salad Niçoise (serves 2)

Ingredients

- 100g (4oz) green beans, trimmed and halved
- 100g (4oz) mixed salad leaves
- 1/4 of medium cucumber, sliced
- 2 small (100g/4oz) tomatoes, quartered
- 2 medium eggs, hard-boiled, shelled and quartered
- 25g (1oz) olives, canned in brine
- 1 can (100g) tuna canned in water or brine
- 2 teaspoons olive oil
- 2 teaspoons balsamic vinegar
- 4 egg-sized or 8 baby potatoes in their skins, boiled, chopped

Method

- To make the dressing, whisk the olive oil and balsamic vinegar and add salt and pepper to taste.
- Boil the beans for 2 minutes, until just tender and drain.
- In a large bowl, mix the salad leaves, cucumber, tomatoes and beans.
- Drain the tuna and mix with the salad.
- Add the eggs, olives and potatoes.
- Pour over the dressing and combine with the rest of the salad.



Smokey baked beans (serves 2)

Ingredients

- 400g (14oz) cannellini or haricot beans, drained.
- 1 clove garlic, peeled and crushed
- 1 medium onion, peeled and chopped
- 1 teaspoon oregano,
1/2 teaspoon dried thyme,
1 teaspoon ground cumin,
1/2 teaspoon smoked paprika,
1 bay leaf
- 1 tablespoon red wine vinegar
- 2 tablespoons tomato puree
- 1 vegetable stock dissolved in
1/2 pint of water
- Stevia sweetener (optional)
- Salt and pepper to taste

Method

- Heat a non-stick pan and spray oil in it.
- Add the garlic and onions, and cook until soft but not browned.
- Add the rest of the ingredients. Add Stevia only if you want a sweeter taste. Bring to the boil.
- Cover and simmer gently for 10-15 minutes, adding more water if necessary.

Serve with

Salad and 1 thin/medium slice of wholegrain bread per person



Lentil salad (serves 2)

Ingredients

- 400g (14oz) can of green or Puy lentils, drained
- 1/4 medium cucumber, finely chopped
- 2 small tomatoes, finely chopped
- 1 small red onion, finely chopped
- 2 tablespoons fresh mint, finely chopped
- 2 tablespoons fresh coriander, finely chopped
- 2 teaspoons olive oil
- 1/2 teaspoon mustard
- 2 teaspoons white wine vinegar

Method

- To make the dressing, whisk the mustard, olive oil, and vinegar, and season to taste.
- Combine the rest of the ingredients in a large bowl, add the dressing and mix well.

Serve with

1 thin/medium slice of wholegrain bread per person



Main meal



Beef/QuornTM spaghetti Bolognese (serves 4)

Ingredients

- 400g (1lb) lean minced beef (5% fat) **OR** 1 packet (500g) QuornTM mince
- 1 clove garlic, peeled and crushed
- 1 medium onion , finely chopped
- 1 medium carrot, peeled and finely chopped
- 400g (14oz) canned tomatoes
- 1 vegetable or beef stock dissolved in 1/3 pint of water
- 2 teaspoons dried oregano

Serve with

Salad and small portion (1/4 plate or size of fist) of whole wheat spaghetti.

You can increase the volume of spaghetti with courgette, butternut squash or carrot spaghetti

Beef/Quorn™ spaghetti Bolognese (continued)



- Dry fry the beef mince in a non-stick pan until brown, or, if using Quorn™, spray a bit of oil, add the mince and stir until it gets colour.
- Add the garlic, onion, carrot, and cook for another 4-5 minutes until the vegetables are cooked but not coloured.
- Add the canned tomatoes, stock, oregano and salt and pepper to taste, and bring to the boil.
- Cover and simmer for 1 hour.



Curry, chicken/QuornTM (serves 2)

Ingredients

- 2 small skinless chicken breasts (250g/8oz), cut into small chunks
OR 1 packet (300g) QuornTM chicken pieces
- 1 clove garlic, crushed
- 1 medium onion, finely chopped
- 1 red chilli, sliced (optional)
- 2 teaspoons ground cumin, 1 teaspoon ground coriander, 1 teaspoon turmeric
- 400g (14oz) canned tomatoes
- 1 chicken or vegetable stock cube dissolved in 1/3 pint of water

Method

- Add 2 squirts of spray oil in a non-stick pan and add the chicken breast or QuornTM pieces. Cook them until coloured.
- Add the onion, coriander, turmeric, and cook for 2 minutes.
- Add the tomatoes, stock, salt and pepper to taste, and bring to the boil. Cover and simmer for 30 minutes.

Serve with

1 small chapatti or 1 mini naan bread
OR small portion of brown rice (1/4 of plate or size of fist), per person



Stir-fry (serves 2)

Ingredients

- 200g (8oz) lean pork/beef/chicken, sliced OR 1 packet (300g) Quorn™ chicken style pieces
- 1 clove garlic, crushed
- 1 tablespoon tomato puree
- 1 tablespoon lemon juice
- Chilli flakes (optional)
- 2 teaspoons sesame or rapeseed oil
- 3 spring onions, chopped
- 1 medium pepper (150g/6oz), sliced
- 50g (2oz) baby corn
- 300g packet bean sprouts
- 1/4 teaspoon Chinese five spice
- 1-2 tablespoons soy sauce
- 1 nest of whole wheat noodles per person

Method

- Marinate the pork/beef/chicken/Quorn™ in a mix of garlic, chilli flakes, tomato puree, lemon juice.
- Heat the oil in a wok or non-stick pan, and stir-fry the mixture for 5 minutes.
- Add the spring onions, pepper, baby corn and bean sprouts, and cook for another 3-4 minutes.
- Lower the heat, add a little water, and the five spice, and stir-fry for another 5-10 minutes.
- Cook the noodles as per instructions on the packet and then mix into the pan.
- Add soy sauce to taste.



Stir-fry, prawn/tofu (serves 2)

Ingredients

- Spray oil
- 1 teaspoon ground or grated fresh ginger
- 1 garlic glove, crushed
- 1 red chilli, finely chopped (optional)
- 4 spring onions, chopped
- 1 large carrot, sliced
- 2 medium peppers, sliced
- 200g Savoy cabbage, shredded
- 2 tablespoons soy sauce
- 2 tablespoons rice wine or dry sherry
- 1/2 teaspoon Chinese five spice powder
- 250g (10oz) cooked prawns
OR 200g firm tofu.
- 1 nest of whole wheat noodles per person

Method

- Add 2 squirts of spray oil in a hot non-stick pan.
- Add the ginger, garlic and chilli, and stir-fry for 1-2 minutes.
- Add the onions, carrot, peppers, cabbage, and stir-fry for further 5 minutes, until softened but not brown.
- Add the soy sauce, rice wine or sherry, and Chinese five spice, and cook for a further 2 - 3 minutes.
- Add the prawns or tofu and cook until thoroughly cooked through.
- Cook the noodles as per instructions on the pack, and then mix into the pan.



Baked fish and chips (serves 4)

Ingredients

For the fish:

- 4 frozen hake/cod fish fillets (100g each)
- 50g breadcrumbs
- 1 lemon, zested
- 25g grated reduced-fat cheese
- 2 tablespoons parsley, chopped
- 1 tablespoon olive oil or rapeseed oil

For the chips:

- 2 egg-sized potatoes in their skins per person
- Olive oil or rapeseed oil for drizzle
- 1 teaspoon sweet paprika

Baked fish and chips *(continued)*



Method

- Preheat the oven to gas 7/220°C, fan/200°C.
- Cut each potato into 1cm-wide slices, then into 1cm-thick sticks.
- Cook the potato sticks in boiling water or in the microwave for 3 minutes, and drain well.
- Add the potato sticks into a roasting pan and drizzle with the oil so they are all evenly coated. Sprinkle with the paprika and bake for 10 minutes in the preheated oven.
- Place the frozen fish fillets on a lightly oiled baking sheet.
- Put the breadcrumbs in a bowl, then add the lemon zest, cheese, parsley and 1 tablespoon of oil. Season with black pepper and mix.
- After 10 minutes in the oven, turn the chips, and brush with a little oil if they are sticking. Return them to the middle shelf of the oven and put the fish fillets on the top shelf.
- Bake for another 5 minutes.
- Drain off any liquid from the fish baking pan.
- Add breadcrumb mixture on top of each fish fillet, pressing firmly with the back of a spoon.
- Return to the oven and leave everything to cook for another 15 minutes, or until the crumbs are golden and the potatoes are golden and crisp.
- Serve with boiled peas on the side.



Chilli, beef/Quorn™ (serves 4)

Ingredients

- 400g (1lb) lean minced beef (5% fat) **OR** 1 packet (500g) Quorn™ mince.
- Spray oil
- 1 medium onion, finely chopped
- 1 clove garlic, peeled and crushed
- 1 red chilli, finely chopped
- 1/2 teaspoon ground ginger
- 1 medium bell pepper sliced
- 1 teaspoon ground cumin
- 1 tablespoon balsamic vinegar
- 400g (14oz) canned chopped tomatoes
- 400g (14oz) canned red kidney beans
- 2 teaspoons tomato puree
- 1 vegetable or beef stock cube dissolved in 1/3 pint water

Chilli, beef/Quorn™ *(continued)*

Method

- Dry fry the beef mince in a non-stick pan until brown or if using Quorn™ mince, spray the pan with oil and stir until it gets colour.
- Add to the pan: garlic, onion, chilli, pepper, and cook for 4-5 minutes until the vegetables are soft but not coloured.
- Add the ground cumin, ginger and balsamic vinegar.
- Add the tomatoes, canned kidney beans, stock, salt and pepper to taste, and bring to the boil.
- Cover and simmer for 1 hour.

Serve with

Salad and small portion of boiled brown rice (size of fist or 4 tablespoons) per person

Want more rice?

See page 33



Jerk chicken/Quorn™ *(serves 4)*

Ingredients

- 8 chicken thighs, bone in **OR** •
1 packet (300g) Quorn™
chicken style pieces

- 1 lime, halved

For the marinade:

- 1 bunch spring onions, chopped
- Thumb-sized piece ginger, chopped
- 2 garlic cloves
- 1/2 a small onion
- 2 scotch bonnet chillies, chopped
- 1/2 a teaspoon dried thyme
- Juice of 1 lime
- 2 tablespoons soy sauce
- 2 tablespoons olive or rapeseed oil
- Granulated sweetener to taste
- 1 tablespoon ground allspice

Method

Combine the ingredients for the marinade with 1 teaspoon of salt, and blend to a purée.

- Make a few slashes in the chicken thighs, if using. Pour the marinade over the chicken/Quorn™ and rub it everywhere. Cover and leave to marinate overnight in the fridge.
- Heat to 180°C / 160 °C fan/gas 4. Put the chicken/Quorn™ in a roasting tin with the halved lime. Cook for 45 minutes until tender and cooked through, and squeeze the roasted lime over it.

Serve with

Salad and small portion of boiled brown rice (size of fist or 4 table-
spoons) per person



Stuffed peppers (serves 4)

Ingredients

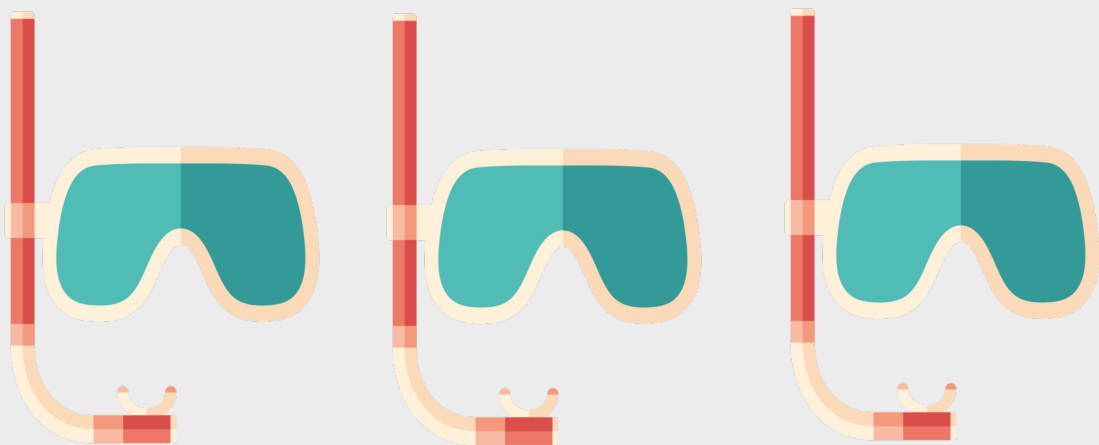
- 4 medium bell peppers, with tops cut off and deseeded.
- 200g (8oz) lean beef mince (5% fat) **OR** 1 packet (500g) Quorn™ mince
- 4 spring onions, chopped
- 1 medium courgette, chopped
- 100g (4oz) mushrooms, sliced
- 1 vegetable or beef stock cube dissolved in 1/3 pint water
- 1 teaspoon tomato puree
- 1 teaspoon mixed herbs
- Grated cheese

Serve with

Small portion of potatoes e.g. 2 egg-sized or 4 baby potatoes, per person.

Method

- Preheat the oven to 190°C, fan oven 170°C.
- Place the peppers in a baking dish.
- In a hot non-stick pan, dry fry the beef mince until browned (if using), or spray some oil and cook the Quorn™ mince until coloured.
- Add the spring onions, courgette and mushrooms. Cook gently for 2 minutes.
- Stir in the stock and add the herbs and tomato puree. Cook gently for about 15 minutes, until the stock has been absorbed. Add extra stock or water if needed. Remove from the heat and season.
- With a spoon place the mixture into the peppers and sprinkle the grated cheese over them. Bake for 15-20 minutes.



Sides and dips



Stuffed mushrooms *(serves 2)*

Ingredients

- 2 large flat mushrooms, such as Portobello
- Spinach
- Spray oil
- Cheese of preference, such as feta cheese, ricotta
- 1 spring onion, chopped
- Salt and pepper to taste

Method

- Preheat the oven to 200°C (fan 180°C/gas mark 6).
- Remove the stalks from the mushrooms and dice them finely.
- Spray a frying pan with some spray oil, then sauté the spring onion until softened, but not coloured.
- Toss the spinach in and continue to cook until it has wilted. Then remove from the heat and drain off any excess moisture. Mix in cheese and season with a little salt and pepper.
- Spoon the mixture into the mushrooms and place them on a baking tray. Cook in the oven for 10-12 minutes, or until the mushrooms are cooked.



Cauliflower rice

Use cauliflower rice to add bulk and flavour to your regular rice portion. You can buy it ready riced or make it from scratch as follows:

Ingredients

1 small cauliflower

Method

- Remove the leaves and base, and cut it into chunks.
- Put the chunks in a food processor for about 30 seconds until it looks like rice. If you don't have a food processor, grate it instead.
- Steam the cauliflower rice for at least 5 minutes or cover and cook it on high heat in the microwave for 3 minutes.
- Either mix with the regular rice or serve on the side.



Creamy spinach (serves 4-6)

Ingredients

- 1kg bag frozen spinach, defrosted and drained well.
- 200g tub soft cheese with garlic and herbs.
- Pinch of nutmeg.

Method

- Melt the soft cheese in a saucepan.
- Add the spinach and stir well to combine.
- Heat gently until warmed through.
- Add the nutmeg, season with salt and pepper, and serve.



Tzatziki

Ingredients

- 1/4 cucumber, peeled, deseeded and sliced
- 400g plain natural or Greek yoghurt
- 1/2 lemon, juiced
- 2 garlic cloves, finely diced or minced
- 1/2 teaspoon dried mint or 8-10 fresh mint leaves, finely chopped

Method

- Slice the cucumber lengthways and remove the seeds. Grate and sprinkle with 1/2 teaspoon of salt. Mix and put aside.
- Let the cucumber sit for 10 minutes. Then squeeze any further liquid out of the cucumber by pressing with the back of a wooden spoon.
- In a bowl, combine the yoghurt, lemon juice, garlic and mint. Add the drained cucumber and a little black pepper, and mix well.



Raita

Ingredients

- 1/4 medium cucumber, peeled and grated
- 125g or 3 tablespoons plain yoghurt
- 2 tablespoons fresh coriander, chopped

Method

Mix the grated cucumber with the yoghurt, the fresh coriander and salt and pepper to taste.



Cauliflower mash (serves 4)

Ingredients

- 1 whole cauliflower
- 1/4 of a cup whole milk
- 2 tablespoons butter/spread
- 60g grated cheese
- Salt and pepper to taste

Method

- Chop the head of the cauliflower into florets. Bring a pot of water to boil. Add the cauliflower and boil for 15 minutes, or until the cauliflower is soft.
- Drain the cauliflower, then return to the pot.
- Add the butter/spread, salt, and milk/cream to the cauliflower.
- Mash the ingredients together until most of the milk is absorbed and the texture is creamy.
- Add pepper and the grated cheese and stir to combine.



Lemony green beans *(serves 2)*

Ingredients

- 200g green beans, trimmed
- 1 lemon, zested and juiced
- 1-2 tablespoon olive or rapeseed oil

Method

- Bring a pan of salted water to the boil.
- Boil or steam the green beans for 4-5 minutes, until tender.
- In a bowl, zest and juice the lemon. Add the oil, salt and pepper, and whisk to combine.
- Drain the cooked beans, and combine with the dressing. Add extra lemon if necessary.



Pudding



Fruity yoghurt jelly (serves 4)

Ingredients

- 1 sachet (23g) sugar-free fruit jelly crystals
- 200g (8oz) fresh or frozen fruit e.g. sliced strawberries, mixed berries
- 200g (8oz) plain yoghurt

Method

- Put the fruit in a large heat-proof dish.
- Pour the jelly crystals into a jug or bowl, and add 1/2 pint (284ml) boiling water. Stir until they melt.
- Once the crystals melt, remove from the heat and leave the jelly to cool for 10-15 minutes.
- Then gradually stir in the yoghurt until they combine.
- Pour the mixture over the fruit and refrigerate until set (5-6 hours).



Spiced fruit yoghurt *(serves 1)*

Ingredients

- 2 small plums or 1 small apple or pear, sliced
- 1 clove
- 1/4 teaspoon ground cinnamon
- 1/4 teaspoon grated orange zest (optional)
- Sweetener to taste (optional)
- 125g pot or 3 tablespoons of plain yoghurt

Method

- Halve or cut the fruit in quarters.
- Place the fruit in a small pan with 4-5 tablespoons of water, the spices and the orange zest, and sweetener to taste if you prefer something sweeter.
- Bring to the boil and simmer for about 10-15 minutes until the fruit is tender.
- Remove from the heat, allow to cool, remove the clove and serve with yoghurt.



Gooseberry fool *(serves 2)*

Ingredients

- 200g (8oz) gooseberries, topped and tailed
- Sweetener
- 125g pot or 3 tablespoons of plain yoghurt or fromage frais

Method

- Put the gooseberries in a pan with a little water and cook gently until soft.
- Puree the gooseberries in a blender and then press through a sieve to remove the seeds.
- Fold the yoghurt or fromage frais into the fruit puree.
- Add sweetener to taste and mix it well.
- Divide the fools into 2 individual glasses or dessert bowls and chill.



Berry frozen yoghurt *(serves 2)*

Ingredients

- 200g (8oz) frozen strawberries or other berries
- 125g pot or 3 tablespoons of plain yoghurt
- Sweetener to taste

Method

- Place all ingredients into a food processor or blender and blend until smooth.
- Put the mix into a loaf or small pan.
- Freeze until solid.

